

FRÉDÉRIC BAU S PISTACHIO PASTE

The Recipe

<https://www.cuisinedaubery.com/recipe/frederic-baus-pistachio-paste/>

Frédéric Bau's Pistachio Paste

Chef: Frédéric Bau

Preparation Time: 10 Minutes

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base, Sweet Base, Pistachio Paste,

Ingredients

Pour 200 g de Pistaches

1 3/4 Cup Pistachios (200 grams)

some Grape seed oil

*Optional

A few drops of Almond liquor

Steps

You will need a powerful Food Processor (with chopping blades) (sometimes called 'robot coupe')
Keep in mind, the quantity of the Pistachios (1 3/4 Cup or 200 g) assumes the pistachios are already shelled... 1 3/4 Cup or 200 g !

Otherwise, shell them and weigh them to get exactly

And of course, your pistachios must be unsalted !

1. Roast the Pistachios (1 3/4 Cup or 200 g) at 320 F / 160 C for about 10 minutes
2. Remove from oven and let cool down at room temperature for 20 minutes

Grinding the pistachios

3. Place the Pistachios (1 3/4 Cup or 200 g) in the Food Processor (with chopping blades) (sometimes called 'robot coupe') with a small amount of Grape seed oil
4. Grind using the Food Processor (with chopping blades) (sometimes called 'robot coupe')
5. Stop, open and verify the thickness of the paste : it should not be grainy, not too thick. If it's too thick, add some more Grape seed oil
6. Keep on grinding a few minutes

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7. Stop when the paste has the right thickness

When the paste is too thick...

8. If the paste is too thick, the blade won't be able to do its job... That's when you want to add Almond liquor (not in the original recipe)

9. I use Amaretto...

10. Pour in the Amaretto while grinding...

11. You can adjust the thickness of the paste by pouring more or less Amaretto

12. If the paste is too thick, grind the paste using a immersion blender (sometimes called 'hand blender')

Place the paste into a jar

You may keep this paste refrigerated a couple weeks