



Cooking Class: If It's Not Chocolate, It's Not Dessert

Saturday, February 9th, 2:00-6:00 pm

The Cambridge School of Culinary Arts, 2020 Massachusetts Ave, Cambridge

Cost: \$50 for members; \$60 for non-members and guests

RSVP ASAP to wcab_rsvp_members@yahoo.com

Questions: Elizabeth Dayton elizabeth@fromscratchboston.com

Just in time for Valentine's Day, come learn how to make classic chocolate confections like flourless chocolate cake, chocolate truffles, pots de crème, molten chocolate cake, and chocolate mousse. Personal chef Elizabeth Dayton '04 will provide tips on buying and working with chocolate and will lead us through several delicious recipes that we will be able to enjoy at the end of class. Everyone will be put to work in the kitchen, so make sure to wear comfortable clothing and closed-toed shoes. Due to space restraints, please RSVP as soon as possible to wcab_rsvp_members@yahoo.com. Payments must be received prior to the event. Checks payable to WCAB should be sent to WCAB-RSVP, PO Box 67154, Chestnut Hill, MA 02467 or you can pay via [Paypal](#) by directing payments to wcabpay@yahoo.com.

Class outline on following pages:



If It's Not Chocolate, It's Not Dessert

How Chocolate is Made

- 1) Cacao Beans
- 2) Cacao Seeds
- 3) Fermentation
- 4) Drying
- 5) Winnowing
- 6) Conching
- 7) Manufacturing

Types of Chocolate

Nibs: Roasted, hulled, broken cocoa beans. The essence of chocolate. Crunchy and slightly bitter. Can be used whole, ground, chopped, or infused.

Unsweetened: Also known as chocolate liquor. Ground cocoa nibs. The essential element of all chocolate.

Cocoa Powder: Made by extracting 75-85% of the cocoa butter from the chocolate liquor, and then pulverizing the partially defatted remains.

Natural (Nonalkalized) Cocoa: See above. Naturally strong and bitter, but can be wonderfully complex. Its harsher aspects are tempered by sugar.

Dutch-process Cocoa: A technique of treating natural cocoa with chemical alkalis that was created in the early 1800s to make natural cocoa less harsh and acidic. To determine if a cocoa is natural or dutched, look for "alkalized" or "alkali" on the ingredient statement. In recipes without leavening (baking powder or baking soda), can be used interchangeably with natural cocoa.

Bittersweet and Semisweet Chocolate: There is no official distinction between the two. By law, they must contain a minimum of 35% chocolate liquor, but most standard commercial chocolates contain between 50-60% chocolate liquor; the remainder is sugar. Legally they may contain up to 12% milk solids.

Milk: Made of sugar, milk solids (at least 12%), chocolate liquor (at least 10%), added cocoa butter, and butterfat. Dairy mellows and mutes chocolate flavor, so milk chocolate tends to be milder and softer than dark chocolate.

White: According to the FDA, chocolate must contain chocolate liquor, which is composed of cocoa butter and nonfat dry cocoa solids. Though it may contain cocoa butter, it does not contain cocoa solids, therefore it's not really chocolate.



Chocolate Chips: Specially formulated to remain intact in cookies and cakes. Made with less cocoa butter than bar chocolate so they hold their shape at higher temperatures. Not an acceptable substitute for baking bar chocolate.

Callets: A specialty item. Small bits of chocolate that are designed to be melted, thereby eliminating the need to chop chocolate.

Premelted Chocolate Pouches: Please, don't.

Substituting High-Percentage Chocolates for Standard Semisweet or Bittersweet

To substitute chocolate labeled 62% for standard:

For every ounce of chocolate called for in the recipe, use 10-15% less chocolate and add 1 tsp sugar.

To substitute chocolate labeled 64% for standard:

For every ounce of chocolate called for in the recipe, use 20-25% less chocolate and add 1 ¼ tsp sugar.

To substitute chocolate labeled 66% for standard:

For every ounce of chocolate called for in the recipe, use 25-30% less chocolate and add 1 ½ tsp sugar.

To substitute chocolate labeled 70 or 72% for standard:

For every ounce of chocolate called for in the recipe, use 30-35% less chocolate and add 1 ½ tsp sugar.

Selecting and Storing Chocolate

Elizabeth's Top Picks:

Callebaut
Guittard
Scharffen Berger
Valrhona
El Rey
Michel Cluizel

- Premium chocolates are best in recipes with short ingredient lists and modest amounts of dairy, fat and sugar.



- Store tightly wrapped in an airtight container in a cool, dry place, away from strong scents for up to a year.
- Blooming indicates improper storage, not spoilage.

Working with Chocolate

Chopping: Easiest with room temperature (not cold!) chocolate. Finely chopped chocolate melts more quickly and at a lower temperature. For large amounts, can break into small pieces and process in the food processor.

Melting: The temperature of semisweet or bittersweet chocolate should not exceed 120°F or 115°F for milk or white chocolate. If it is too hot to the touch, it is too hot. Can use a double broiler, a hot water bath, or the microwave. Regardless of method, stir frequently and avoid moisture!

Seizing: What happens when a small amount of moisture interacts with chocolate, rendering it thick, dull, pasty, and grainy. Can be remedied by adding more liquid. Standard bittersweet or semisweet chocolates (50-60%) require 1 Tbsp of water for each 2 oz of chocolate to remain fluid. Higher percentage chocolates require 1 ½ Tbsp per 2 oz of chocolate. Unsweetened chocolate requires 1 Tbsp per 1 oz of chocolate.

Tempering: The controlled heating, cooling, and stirring process that creates stable fat crystals in chocolate. Tempered chocolate has a shiny surface, an even interior color, and a nice snap when you break or bite it.