

# Chef



e x p r e s s

# all about chocolate



The Leader-Herald

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The Recorder



# all about chocolate

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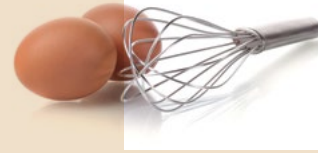
From Aztec times, people have enjoyed the tastes provided by the seeds of the tropical cocoa tree, which are the source of chocolate. Advances in processing over the years have produced a variety of wonderful products, from unsweetened cocoa to milk chocolate. Chocolate manufacturers blend seeds from various areas to obtain a consistent style and flavor.



# all about chocolate

## Chocolate types:

- **Chocolate flavored syrup:** Basically, corn syrup and cocoa with preservatives, emulsifiers and flavorings.
- **Commercial coating chocolate:** this is an imitation product and does not normally contain cocoa.
- **Eating chocolate:** Cocoa and sugar are added to chocolate liquor. Distinctions of bittersweet, semisweet and sweet do not correspond to any fixed degree of sweetness: the amount of sugar depends on the formula of the individual manufacturer.
- **Milk chocolate:** Dried milk solids are added to sweetened chocolate. Widely used for chocolate bars and confectionary, but rarely used for cooking.
- **Powered cocoa:** Enough cocoa is pressed out of the chocolate liquor to leave a press cake with a content of between 10 to 25 percent cocoa butter.
- **Instant cocoa:** Contains lecithin, an emulsifier that makes cocoa easier to dissolve in cold liquids.



- **Solid unsweetened chocolate:** Generally poured into molds and solidified. Used mainly in cooking.
- **White chocolate:** Lacks chocolate liquor, so is technically not real chocolate.

This collection of mouth-watering cakes, puddings, cookies, muffins and desserts is guaranteed to gladden the hearts and delight the taste buds of chocolate lovers.

Whether you yearn for old favorites, chocolate home bakes, or a spectacular center piece for a celebration, these recipes are sure to satisfy the longings of even the most exquisite chocoholics.

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# chocolate

## espresso cheesecake

■ ■ □ | Cooking time: 40 minutes - Preparation time: 15 minutes

### ingredients

- > 8 oz/250 g chocolate wafer biscuits, crushed
- > 5 oz/155 g butter, melted

### *chocolate espresso filling*

- > 2 tablespoons instant espresso coffee powder
- > 1 tablespoon hot water
- > 8 oz/250 g cream cheese, softened
- > 1 cup/8 oz/250 g sour cream
- > 3 eggs, lightly beaten
- > 1 cup/8 oz/250 g sugar
- > 5 oz/155 g dark chocolate, melted

### *coffee liqueur glaze*

- > ¼ cup/2 fl oz/60 ml coffee-flavored liqueur
- > ¼ cup/2 fl oz/60 ml rum
- > 8 oz/250 g dark chocolate, broken into pieces
- > 2 oz/60 g butter
- > ½ cup/4 fl oz/125 ml double cream

### method

1. To make base, place biscuit crumbs and butter in a bowl and mix to combine. Press mixture over the base of a lightly greased and lined 8 in/20 cm spring form tin. Refrigerate until firm.
2. To make filling, place coffee powder and water in a bowl and mix until coffee powder dissolves. Set aside to cool slightly.
3. Place cream cheese, sour cream, eggs, sugar and coffee mixture in a bowl and beat until smooth.
4. Pour half the filling over prepared base. Drop 4 tablespoons of melted chocolate into filling and swirl with a skewer. Repeat with remaining filling and chocolate and bake at 400°F/200°C/Gas 6 for 40 minutes or until cheesecake is firm. Cool in tin.
5. To make glaze, place liqueur and rum into a saucepan and bring to simmering over a medium heat. Simmer, stirring occasionally, until mixture reduces to ¼ cup/60 ml/2 fl oz. Add chocolate, butter and cream and cook, stirring, until mixture is smooth. Remove pan from heat and set aside until mixture thickens slightly. Spread glaze over cheesecake and allow to set.

.....  
Serves 10





# chocolate

## marble cheesecake

■ ■ □ | Cooking time: 75 minutes - Preparation time: 15 minutes

### method

1. Mix together biscuit crumbs and butter until combined, press mixture over base and sides of a 8¾ in/22 cm springform pan; chill.
2. To make filling, blend or process cream cheese with caster sugar, flour, essence and eggs until smooth. Divide mixture into two bowls, quickly mixing the melted chocolate and cocoa into one of the bowls. Pour the plain mixture into the biscuit crust. Pour chocolate mixture onto plain batter and gently swirl mixture together with a spatula to create a marble pattern.
3. Bake cheesecake in moderate oven for 1¼ hour; set aside to cool to room temperature. Chill cheesecake and decorate with piped cream just prior to serving.

### ingredients

- > ½ lb/250 g packet golden oatmeal biscuits, crushed
- > 3½ oz/100 g butter, melted
- > 1 lb/500 g cream cheese, softened
- > 1½ cups caster sugar
- > ¼ cup plain flour
- > 1½ tablespoon vanilla essence
- > 5 eggs
- > 3½ oz/100 g milk chocolate, melted
- > 4 tablespoons cocoa
- > 1½ cups double cream, whipped

.....  
Serves 8

### tip from the chef

*It is irresistible if served with raspberry sauce or lemon curd.*



# chocolate

## mousse cake

■ ■ □ | Cooking time: 5 minutes - Preparation time: 20 minutes

### ingredients

- > 9 in/1 x 23 cm chocolate sponge or butter cake
- > 2 tablespoons brandy
- > chocolate caraquees or chocolate sticks, for decoration
- > mousse filling
- > 1 lb/500 g dark chocolate, chopped
- > 4 oz/125 g/ butter
- > 2 egg yolks
- > 1½ cups/12 fl oz/375 ml double cream, whipped

### method

1. To make filling, place chocolate and butter in a heatproof bowl set over a saucepan of simmering water and heat, stirring constantly, until mixture is smooth. Remove bowl from pan and set aside to cool slightly. Beat egg yolks into chocolate mixture and fold in cream.
2. Using a serrated edged knife, cut cake into three even layers. Brush each layer with brandy. Place one layer of cake in the base of a 9 in/23 cm lined springform tin. Spoon one-third of the filling over cake in tin. Top with a second layer of cake and half the remaining mousse. Repeat layers. Refrigerate for 4 hours or until firm. Unmold and decorate with chocolate hot sauce.

.....  
**Makes a 9 in/23 cm round cake**



### tip from the chef

*If you do not have a nonstick tin, line tin with nonstick baking paper.*



# best mud cake

■ ■ □ | Cooking time: 45 minutes - Preparation time: 45 minutes

## method

1. Place chocolate, caster sugar and butter in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Remove bowl and set aside to cool slightly. Beat in egg yolks one at a time, beating well after each addition. Fold in flour.
2. Place egg whites in a clean bowl and beat until stiff peaks form. Fold egg whites into chocolate mixture. Pour mixture into a greased 9 in/23 cm springform tin and bake at 350°F/180°C/Gas 4 for 45 minutes or until cake is cooked when tested with a skewer. Cool cake in tin.
3. Just prior to serving dust cake with cocoa powder and icing sugar.

- > 11 oz/350 g dark chocolate, broken into pieces
- > ¾ cup/5½ oz/170 g caster sugar
- > 6 oz/185 g butter, chopped
- > 5 eggs, separated
- > ½ cup/1½ oz/45 g flour, sifted
- > cocoa powder, sifted
- > icing sugar, sifted

.....  
 Makes one 9 in/23 cm round cake

## tip from the chef

*The chocolate butter cake recipe on page 16 can be used for this recipe. Line the springform tin base and sides with greaseproof paper for easier unmolding.*



# chocolate rolls

■ □ □ | Cooking time: 20 minutes - Preparation time: 25 minutes

## ingredients

- > 5 eggs, separated
- > ¼ cup/2 oz/60 g caster sugar
- > 3½ oz/100 g dark chocolate, melted and cooled
- > 2 tablespoons self-raising flour, sifted with 2 tablespoons cocoa powder

## chocolate filling

- > 2 oz/60 g dark chocolate
- > ⅔ cup/5 ½ fl oz/170 ml cream (double)
- > grated chocolate, to decorate

## method

1. Place egg yolks and sugar in a mixing bowl and beat until mixture is thick and creamy. Beat in chocolate, then fold in flour mixture.
2. Beat egg whites until stiff peaks form and fold into chocolate mixture. Pour into a greased and lined 10 1/2 x 12 3/4 in/26 x 32 cm Swiss roll tin and bake at 350°F/180°C/ Gas 4 for 12-15 minutes or until just firm. Turn onto a damp tea towel sprinkled with caster sugar and roll up from the short end. Set aside to cool.
3. To make filling, place chocolate and cream in a small saucepan and cook over a low heat until chocolate melts and mixture is well blended. Bring to the boil, remove from heat and set aside to cool completely. When cold, place in a mixing bowl over ice and beat until thick and creamy.
4. Unroll cake, spread with filling and reroll. To serve, cut into slices.

.....  
Serves 8

## tip from the chef

*A chocolate roll filled with chocolate cream makes a special afternoon tea treat or dessert. Irresistibly good to eat, these spectacular cakes are easy to make. Follow these step by step instructions for a perfect result every time.*



# chocolate sandwich cake

■■■ | Cooking time: 25 minutes - Preparation time: 45 minutes

## method

1. Place flour, bicarbonate of soda, cocoa powder, butter, sugar, eggs and sour cream in a large mixing bowl and beat until well combined and mixture is smooth.
2. Spoon batter into two greased and lined 8 in/20 cm sandwich tins and bake at 350°F/180°C/Gas 4 for 25-30 minutes or until cooked when tested with a skewer. Stand cakes in tins for 5 minutes before turning onto a wire rack to cool.
3. Sandwich cold cakes together with whipped cream.
4. To make icing, place chocolate and butter in a small saucepan and cook over a low heat, stirring constantly, until melted. Cool slightly then spread over top of cake. Serve decorated with strawberries and whipped cream.

.....  
 Makes a 8 in/20 cm sandwich cake

## ingredients

- > 1 cup/4 oz/125 g selfraising flour, sifted
- > ¼ teaspoon bicarbonate of soda
- > 1 cup/11½ oz/45 g cocoa powder, sifted
- > ¾ cup/5½ oz/170 g caster sugar
- > ½ cup/4 fl oz/125 ml cream (double), whipped
- > 4 oz/125 g butter, softened
- > 2 eggs, lightly beaten
- > 1 cup/8 oz/250 g sour cream

## chocolate icing

- > 2 oz/60 g dark chocolate, chopped
- > 1 oz/30 g unsalted butter
- > Strawberries and whipped cream, to decorate

## tip from the chef

*To frost only the top of the cake leaving the sides free, cool glaze to spreading consistency; this will make it easier to pour gradually over the top and spread with a spatula.*



# chocolate soufflé

■ □ □ | Cooking time: 35 minutes - Preparation time: 60 minutes

## ingredients

- > 8 oz/250 g dark chocolate,  
broken into pieces
- > 1 cup/8 fl oz/250 ml  
thickened double cream
- > 6 eggs, separated
- > 1 cup/7 oz/220 g caster  
sugar
- > ¼ cup/1 oz/30 g flour
- > icing sugar, sifted  
(optional)

## method

1. Place chocolate and half the cream in a heatproof bowl set over a saucepan of simmering water and heat, stirring constantly, until mixture is smooth. Remove bowl from pan and set aside to cool slightly.
2. Place egg yolks and caster sugar in a clean bowl and beat until thick and pale. Gradually beat in flour and remaining cream and beat until combined.
3. Transfer egg-yolk mixture to a saucepan and cook over a medium heat, stirring constantly, for 5 minutes or until mixture thickens. Remove pan from heat and stir in chocolate mixture.
4. Place egg whites in a clean bowl and beat until stiff peaks form. Fold egg whites into chocolate mixture. Divide mixture evenly between six buttered and sugared 1 cup/8 fl oz/250 ml-capacity soufflé dishes and bake at 375°F/ 190°C/Gas 5 for 25 minutes or until soufflés are puffed. Dust with icing sugar, if desired, and serve immediately.

.....  
**Makes 6**

## tip from the chef

*To prepare soufflé dishes, brush interior of each with melted unsalted butter, coating lightly and evenly, then sprinkle lightly with caster sugar to coat.*



# chocolate tart

■■■ | Cooking time: 35 minutes - Preparation time: 40 minutes

## method

1. To make pastry, place flour, cocoa, sugar, butter, egg yolk, vinegar and iced water in a blender or food processor and process for about 10 seconds or until mixture begins to bind. Wrap in foil and chill for 30 minutes.
2. Dust working surface with cocoa, and roll out pastry to fit a 9 in/23 cm removable base flange tin, or a 9 in/23 cm ovenproof pie dish. Bake in moderately hot oven for 15 minutes. Cool completely.
3. To make filling, beat custard with electric mixer, pour in melted chocolate while motor is operating, pour in cream, add sugar, mix until combined. Dissolve gelatin in 3 tablespoons cold water, stir in double saucepan over simmering water until dissolved. Stir in custard/chocolate mixture. Pour mixture into cooled pastry shell, chill until set.
4. To make topping, melt chocolate with butter in double saucepan over simmering water. Quickly spread over the top of pie using a spatula. Decorate the cake with the topping. Chill and serve with chocolate curls and icing sugar.

## ingredients

### pastry

- > 1 cup plain flour
  - > ¼ cup sweetened cocoa powder
  - > 1 tablespoon brown sugar
  - > 6 tablespoons chilled butter, cut into small cubes
  - > 1 egg yolk
  - > 2 teaspoons white vinegar
  - > 2 tablespoons iced water
- ### filling
- > 1 cup carton custard
  - > 6½ oz/200 g dark chocolate, melted
  - > 1 cup thickened cream
  - > 3 tablespoons icing sugar
  - > 2 tablespoons gelatin

### topping

- > 3 oz/90 g dark chocolate
- > 1 tablespoon butter
- > chocolate curls and icing sugar, to decorate

.....  
Serves 8

## tip from the chef

*Chocolate is made from the seeds of tropical cacao tree.*



# devil's food cake

■■■ | Cooking time: 25 minutes - Preparation time: 60 minutes

## ingredients

- > 1 cup/3½ oz/100 g cocoa powder
- > 1½ cups/12 fl oz/375 ml boiling water
- > 12 oz/375 g unsalted butter, softened
- > 1 teaspoon vanilla essence
- > 1½ cups/10½ oz/330 g caster sugar
- > 4 eggs
- > 2½ cups/10 oz/315 g flour
- > ½ cup/2 oz/60 g corn flour
- > 1 teaspoon bicarbonate of soda
- > 1 teaspoon salt
- > ½ cup/4 fl oz/125 ml cream (double), whipped

## chocolate butter icing

- > 8 oz/250 g butter, softened
- > 1 egg
- > 2 egg yolks
- > 1 cup/5 oz/155 g icing sugar, sifted
- > 6 oz/185 g dark chocolate, melted and cooled

## method

1. Blend cocoa powder and water in a bowl. Set aside to cool. Place butter and vanilla essence in a bowl and beat until light and fluffy. Gradually add caster sugar, beating well after each addition until mixture is creamy. Beat in eggs one at a time, beating well after each addition.
2. Sift together flour, corn flour, bicarbonate of soda and salt. Fold flour mixture and cocoa mixture, alternately.
3. Divide batter between three greased and lined 9 in/23 cm sandwich tins and bake at 350°F/180°C/Gas 4 for 20-25 minutes or until cakes are cooked when tested with a skewer. Stand in tins for 5 minutes before turning onto wire racks to cool completely.
4. To make icing, place butter in a bowl and beat until light and fluffy. Mix in egg, egg yolks and icing sugar. Add chocolate and beat until icing is thick and creamy. Sandwich cakes together using whipped cream, then cover top and sides with icing.

.....  
**Makes a 9 in/23 cm round cake**

## tip from the chef

*Chocolate “seizes” if it is overheated or if it comes in contact with water or steam. Seizing results in the chocolate tightening. To rescue seized chocolate, stir a little cream or vegetable oil into the chocolate until it becomes smooth again.*





# self sauce

## chocolate pudding

■ ■ □ | Cooking time: 55 minutes - Preparation time: 20 minutes

### method

1. Sift together flours, cocoa, malted milk and baking powder into a bowl. Stir in caster sugar. Combine milk and eggs and stir into flour mixture. Spoon batter into a greased 8 cup /3½ pt/2 liter capacity ovenproof dish.
2. To make sauce, place chocolate, butter and water in a saucepan and cook, stirring constantly, over a low heat until chocolate melts. Place brown sugar, cocoa powder and corn flour in a bowl, pour in chocolate mixture and mix to combine.
3. Pour sauce evenly over batter in dish and bake at 350°F/180°C/Gas 4 for 45-50 minutes or until firm. To serve, dust top of pudding with extra malted milk powder and serve with whipped cream.

.....  
Serves 8

### ingredients

- > 1 cup/4 oz/125 g selfraising flour
- > 1 cup/4 oz/125 g plain flour
- > ¼ cup/1 oz/30 g cocoa powder
- > ¼ cup/1 oz/30 g malted milk powder
- > 1 teaspoon baking powder
- > 1 cup/7 oz/220 g caster sugar
- > 1 cup/8 fl oz/250 ml milk
- > 2 eggs, lightly beaten
- > extra malted milk powder
- > whipped cream

### chocolate sauce

- > 3½ oz/100 g dark chocolate, chopped into small pieces
- > 1 oz/30 g butter
- > 2 cups/16 fl oz/500 ml hot water
- > 1 cup/5½ oz/170 g brown sugar
- > ¼ cup/1 oz/30 g cocoa powder, sifted
- > 2 tablespoons cornflour

### tip from the chef

*This wonderful pudding makes enough for everyone to enjoy second helpings.*



# hearts of chocolate

■ ■ □ | Cooking time: 40 minutes - Preparation time: 10 minutes

## ingredients

- > 4 oz/125 g butter, softened
- > 1 cup/8 oz/250 g sugar
- > 1 teaspoon vanilla essence
- > 2 eggs, lightly beaten
- > 1¾ cups/5 oz self-raising/155 g flour
- > ½ cup /1½ oz/45 g cocoa powder
- > 1 teaspoon bicarbonate of soda
- > 1 cup/8 fl oz/250 ml milk
- > cocoa powder, sifted
- > whipped cream, to decorate

## creamy chocolate filling

- > 12 oz/375 g milk chocolate, broken into pieces
- > 5 oz/155 g butter, chopped
- > ¾ cup/6 fl oz/185 ml double cream
- > whipped cream and candy hearts, to decorate

## method

1. Place butter, sugar and vanilla essence in a bowl and beat until light and fluffy. Gradually beat in eggs.
2. Sift flour, cocoa powder and bicarbonate of soda together into a bowl. Fold flour mixture and milk alternately into egg mixture.
3. Pour mixture into a greased and base-lined heart-shaped cake tin and bake at 375°F/190°C/Gas 5 for 40 minutes or until cake is cooked when tested with a skewer. Stand cake in tin for 5 minutes. Turn onto a wire rack to cool.
4. Trim top of cake and turn cake upsidedown. Scoop out center of cake leaving a ¾ in/2 cm in border. Do not cut right the way through the cake, but leave ¾ in/2 cm in cake to form the base.
5. To make filling, place chocolate, butter and cream in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Remove bowl from pan and set aside to cool. Beat until light and creamy. Pour filling into prepared cake and chill for 4 hours or until filling is firm.
6. Place cake on a serving plate. Dust top with cocoa powder and decorate with whipped cream and candy hearts.

.....  
Serves 10





# chocolate mascarpone roulade

■ ■ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

## method

1. Place chocolate and coffee in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Cool slightly.
2. Beat egg yolks until thick and pale. Gradually beat in caster sugar. Fold chocolate mixture and flour into egg yolks.
3. Beat egg whites until stiff peaks form. Fold into chocolate mixture.
4. Pour mixture into a greased and lined 10 ½ x 12 ¾ in/26 x 32 cm Swiss roll tin and bake at 325°F/160°C/Gas 3 for 20 minutes or until firm. Cool in tin.
5. To make filling, beat mascarpone, icing sugar and brandy in a bowl.
6. Turn roulade onto a clean tea-towel sprinkled with caster sugar. Spread with chocolate hazelnut spread and half the filling and roll up. Spread with remaining filling. If you wish, you can decorate with frosted rose petals.

## ingredients

- > 6 oz/185 g dark chocolate, broken into pieces
- > ¼ cup/2 fl oz/60 ml strong black coffee
- > 5 eggs, separated
- > ½ cup/3 ½ oz/100 g/3 ½ oz caster sugar
- > 2 tablespoons self-raising flour, sifted
- > frosted rose petals mascarpone filling
- > 12 oz/375 g mascarpone
- > 2 tablespoons icing sugar
- > 2 tablespoons brandy
- > ½ cup/4 oz/125 g chocolate hazelnut spread
- > frosted rose petals (optional)

.....  
Serves 8-10

## tip from the chef

*To make frosted rose petals, lightly whisk egg white in a shallow bowl and dip in fresh, dry petals to lightly cover. Dip petals into caster sugar, shake off excess and stand on greaseproof to harden.*



# chocolate fritters

■ □ □ | Cooking time: 5 minutes - Preparation time: 20 minutes

## ingredients

- > 2 cups chocolate cake crumbs
- > 1 tablespoon cocoa
- > 5 oz/150 g dark chocolate, melted
- > 2 tablespoons thickened cream

## batter

- > ½ cup self-raising flour
- > ½ cup custard powder
- > ¼ teaspoon ground cinnamon
- > ¾ cup milk
- > oil for deep-frying

## method

1. Blend or process cake crumbs with cocoa, melted chocolate and cream until smooth. Press mixture over base of a greased and lined loaf tin and freeze for 2 hours.
2. Meanwhile, to make the batter, blend or process flour with custard powder, cinnamon and milk until smooth. Cover and chill until ready to use.
3. Cut chocolate mixture into cubes, dip in batter to coat, deep-fry until golden; drain on absorbent paper.

.....  
**Makes about 12**

## tip from the chef

*In order to obtain a crunchy batter, the oil should be very hot; to check, drop a teaspoon of batter and verify that it turns golden in a few seconds.*





# banana

## choc-chip muffins

■ □ □ | Cooking time: 20 minutes - Preparation time: 5 minutes

### method

1. In a mixing bowl, mash the banana, add the milk, egg and melted margarine. Mix well.
2. Stir the sifted flour, baking powder, sugar and choc bits into the banana mixture, mix only until the ingredients are combined.
3. Spoon mixture into well-greased muffin tins. Bake at /370°F/190°C /Gas 5 for 20 minutes. Serve warm or cold.

.....  
**Makes 12**

### ingredients

- > 1 large ripe banana
- > 1 cup/8 fl oz/ 250 ml milk
- > 1 egg
- > ¼ cup/2 fl oz/60 ml margarine, melted
- > 1½ cups/6 oz/185 g all purpose flour
- > 1½ teaspoons baking powder
- > ½ cup/4 oz 120 g caster sugar
- > ¾ cup/4 oz/120 g choc bits

### tip from the chef

*Muffins are ready when a skewer is inserted in the middle and it comes out clean and dry; remove muffins from tin and cool on wire rack.*



# candy chocolate cookies

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

## ingredients

- > 4 oz/125 g butter, softened
- > ⅔ cup/3½ oz/100 g brown sugar
- > ½ cup/4 oz/125 g caster sugar
- > 1 teaspoon vanilla essence
- > 1 egg, lightly beaten
- > 1¼ cups/5 oz/155 g flour
- > ¼ cup/1 oz/30 g cocoa powder
- > 1 teaspoon bicarbonate of soda
- > 4 oz/125 g candy-coated chocolates
- > 2½ oz/75 g chopped almonds

## method

1. Place butter, brown sugar, caster sugar and vanilla essence in a bowl and beat until light and fluffy. Gradually beat in egg.
2. Sift together flour, cocoa powder and bicarbonate of soda. Add flour mixture, candy-coated chocolates and almonds to butter mixture and mix well to combine. Cover with plastic food wrap and refrigerate for 30 minutes or until mixture is firm.
3. Drop tablespoons of mixture onto lightly greased baking trays and bake at 325°F/160°C/Gas 3 for 8-10 minutes or until cookies are firm. Stand on trays for 3 minutes before transferring to wire racks to cool.

.....  
**Makes 30**

## tip from the chef

*Be sure to make biscuits a uniform size; not only will they look more attractive but they will also cook more evenly.*



# chocolate mocha cream

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

## method

1. Beat cream with vanilla essence and coffee until soft peaks form. Stir in melted chocolate and Kahlua until combined.
2. Whip egg whites until stiff; gradually add sugar and continue to beat until thick and glossy, about 5 minutes.
3. Gently fold meringue into chocolate cream mixture until just combined. Spoon into 4 serving cups, chill, top with coffee beans to decorate.

## ingredients

- > 1½ cups thickened cream
- > 1 tablespoon vanilla essence
- > 2 teaspoons instant coffee dissolved in 2 teaspoons water
- > 3½ oz/100 g dark chocolate, melted
- > 3 tablespoons Kahlua or chocolate liqueur
- > 4 egg whites
- > ½ cup caster sugar
- > coffee beans to garnish

.....  
Serves 4

## tip from the chef

*It may be served with chocolate sauce and broken meringue.*



# chocolate panforte

■ ■ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

## ingredients

- > 1 cup/8 fl oz/250 ml honey
- > 1 cup/8 oz/250 g sugar
- > 8 oz/250 g almonds, toasted, chopped
- > 8 oz/250 g hazelnuts, toasted, chopped
- > 4 oz/125 g glac. apricots, chopped
- > 4 oz/125 g glac. peaches, chopped
- > 3 oz/100 g candied mixed peel
- > 1½ cups/6 oz/185 g flour, sifted
- > ⅓ cup/1 ½ oz/45 g cocoa powder, sifted
- > 2 teaspoons ground cinnamon
- > 5 oz/155 g dark chocolate, melted
- > rice paper
- > icing sugar, to decorate

## method

1. Place honey and sugar in a small saucepan and heat, stirring constantly, over a low heat until sugar dissolves. Bring to the boil, then reduce heat and simmer, stirring constantly, for 5 minutes or until mixture thickens.
2. Place almonds, hazelnuts, apricots, peaches, mixed peel, flour, cocoa powder and cinnamon in a bowl and mix to combine. Stir in honey syrup. Add chocolate and mix well to combine.
3. Line an 7 x 11 in/18 x 28 cm shallow cake tin with rice paper. Pour mixture into tin and bake at 400°F/200°C/Gas 6 for 20 minutes. Turn onto a wire rack to cool, then cut into small pieces. Decorate with icing sugar.

.....  
**Makes 32**

## tip from the chef

*If you don't have rice paper, cover the mold with greaseproof paper.*





# chocolate pinwheels

■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

## method

1. Place butter, sugar and vanilla essence in a bowl and beat until mixture is creamy. Add egg and beat until well combined.
2. Divide mixture into two equal portions. Sift 1 cup/4 oz/125 g flour into one portion and mix to combine. Sift together cocoa powder and remaining flour and mix into other portion.
3. Roll out each portion between two sheets of greaseproof paper to form a 8 x 12 in/20 x 30 cm rectangle. Remove top sheet of paper from each and invert one onto the other. Roll up from longer edge to form a long roll. Wrap in plastic food wrap and refrigerate for 1 hour.
4. Cut roll into 0,19 in/5 mm. in slices, place on greased baking trays and bake at 350°F/180°C/Gas 4 for 10-12 minutes or until lightly browned. Cool on wire racks.

## ingredients

- > 4 oz/125 g butter
- > ⅔ cup /4 oz/140 g caster sugar
- > 1 teaspoon vanilla essence
- > 1 egg
- > 1¾ cups/7 oz/220 g flour
- > ¼ cup/1 oz/30 g cocoa powder

.....  
**Makes 20**

## tip from the chef

*These are ideal last-minute biscuits, as the dough can be made in advance and kept in the refrigerator until needed.*



# chocolate pound cake

■ □ □ | Cooking time: 55 minutes - Preparation time: 20 minutes

## ingredients

- > 6 oz/180 g butter, softened
- > 1½ cups/10½ oz/330 g  
caster sugar
- > 3 teaspoons vanilla  
essence
- > 3 eggs, lightly beaten
- > 2 cups/8 oz/250 g plain  
flour
- > 2 teaspoons baking powder
- > ½ cup/1½ oz/45 g cocoa  
powder
- > 1¼ cups/10 fl/315 ml milk

## method

1. Place butter, sugar and vanilla essence in a bowl and beat until light and fluffy. Gradually beat in eggs.
2. Sift together baking powder, flour and cocoa powder. Fold flour mixture and milk, alternately, into butter mixture.
3. Pour mixture into a greased and lined 8 in/20 cm square cake tin and bake at 375°F/190°C/Gas 5 for 55 minutes or until cake is cooked when tested with a skewer. Stand cake in tin for 10 minutes before turning onto a wire rack to cool.

.....  
 Makes one 8 in/20 cm square cake

## tip from the chef

*This rich buttery cake can be served plain, with a ready made chocolate sauce or with cream. A simple glaze icing drizzled over the top makes another delicious alternative.*





# chocolate strawberries

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

## method

1. Chocolate Strawberries: Melt chocolate in bowl over hot water. Holding onto strawberry stems, dip half of strawberry into chocolate, hold over chocolate to allow excess to run off. Place onto foil-covered tray, refrigerate until set.
2. Crème Fraîche: Combine cream and sour cream, cover, leave unrefrigerated until thick; this will take 12 to 24 hours, depending on weather. After, refrigerate until required; will keep up to 1 week in refrigerator.
3. To serve, place strawberries and chocolate chips on dessert plates, serve Crème Fraîche in a separate bowl for dipping.

## ingredients

- > 9 oz/250 g dark chocolate, chopped
- > 4 x 9 oz/250 g baskets strawberries
- > chocolate chips, for garnish

## Crème Fraîche:

- > 10 fl oz/300 ml carton heavy cream
- > 10 fl oz/300 ml carton sour cream

.....  
Serves 4

## tip from the chef

*Fruit can be dipped up to a day ahead and refrigerated. Crème Fraîche can be made up to 10 days ahead.*



# sacher torte

■■■ | Cooking time: 25 minutes - Preparation time: 15 minutes

## ingredients

- > 8 oz/250 g butter, softened
- > 1½ cups/8½ oz/265 g brown sugar
- > 2 teaspoons vanilla essence
- > 2 eggs, lightly beaten
- > 1½ cups/6 oz/185 g flour
- > ⅔ cup/60 g/2 oz cocoa powder
- > ¼ teaspoon baking powder
- > 1½ cups/12 ½ oz/375 ml
- > 12 fl oz/360 oz buttermilk
- > ½ cup/5 oz/155 g
- > apricot jam

## dark chocolate glaze

- > 6 oz/185 g dark chocolate, broken into pieces
- > 6 oz/185 g butter, chopped
- > grated chocolate, to decorate

## method

1. Place butter, sugar and vanilla essence in a bowl and beat until light and fluffy. Gradually beat in eggs.
2. Sift together flour, cocoa powder and baking powder over butter mixture. Add buttermilk and mix well to combine.
3. Pour mixture into two greased and lined 9 in/23 cm cake tins and bake at 350°F/180°C/Gas 4 for 25 minutes or until cakes are cooked when tested with a skewer. Stand cakes in tins for 5 minutes before turning onto wire racks to cool.
4. To make glaze, place chocolate and butter in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Remove bowl from pan and set aside to cool until mixture thickens and is of a spreadable consistency.
5. To assemble cake, place one cake on a serving plate and spread with jam. Top with remaining cake and spread top and sides with glaze.

.....  
Serves 8-10



## tip from the chef

*This Austrian favorite comes complete with a hidden layer of apricot jam.*



# the ultimate chocolate sundae

■ ■ □ | Cooking time: 40 minutes - Preparation time: 40 minutes

## method

1. To make base, place butter, eggs, caster sugar and vanilla essence in a bowl and beat to combine. Add flour, cocoa powder, dates and pecans and mix well to combine.
2. Pour mixture into a greased and lined 8 in/20 cm-square cake tin and bake at 350°F/180°C/Gas 4 for 30 minutes or until firm to touch, but still fudgy in the center. Cool in tin, then cut into six squares.
3. To make sauce, place brown sugar, cocoa powder, cream and butter in a saucepan and cook over a low heat, stirring constantly, until sugar dissolves. Bring to the boil, then reduce heat and simmer for 5 minutes or until sauce thickens slightly.
4. To assemble sundaes, top each brownie square with a scoop of vanilla, chocolate and choc-chip ice cream. Drizzle with hot sauce and serve decorated with chopped nuts.

.....  
Serves 6

## ingredients

- > 6 scoops vanilla ice cream
- > 6 scoops choc-chip ice cream

### *brownie base*

- > 8 oz/250 g butter, melted
  - > 4 eggs, lightly beaten
  - > 1½ cups/10½ oz/330 g caster sugar
  - > 2 teaspoons vanilla essence
  - > ¾ cup/3 oz /90 g flour, sifted
  - > ¼ cup/1 oz/30 g cocoa powder, sifted
  - > 20 oz/60 g chopped dates
  - > 1½ oz/45 g chopped pecans
- ### fudge sauce
- > 2 cups/11 oz/350 g brown sugar
  - > ¼ cup/1 oz/30 g cocoa powder, sifted
  - > 1 cup/8 fl oz/250 ml thickened double cream
  - > 2 tablespoons butter
  - > 6 teaspoons chopped nuts



## tip from the chef

*Extra fudge sauce can be stored in an airtight container in the refrigerator.*



# double chocolate cake

■ ■ □ | Cooking time: 45 minutes - Preparation time: 20 minutes

## ingredients

- > 7 oz/200 g dark chocolate
- > 7 oz/200 g butter, chopped
- > 6 egg yolks
- > 1½ tablespoon flour, sifted
- > 6 egg whites
- > ⅔ cup/3 ½ oz/100 g sugar  
chocolate frosting
- > 2 cups/17 oz/500 ml heavy  
whipping cream
- > ⅔ cup/5 ¼ oz/150 g sugar
- > ¼ cup/2 oz/50 g cocoa  
powder, sifted

## method

1. Melt chocolate and butter in a bowl over a pot of simmering water, stirring to prevent bubbles from forming. Add yolks, one at a time, and flour. Mix well until combined.
2. Beat whites and sugar until stiff peaks form. Stir in chocolate.
3. Heat oven to 350°F/180°C/Gas 4. Pour mixture into a greased and lined 9 ½/24 cm-round cake tin and bake for 45 minutes or until firm to touch, but still fudgy in the center. Let cool inside the oven, the cake should sink towards the center.
4. To make chocolate frosting, in a large bowl, combine whipping cream, sugar and cocoa. Refrigerate for 40 minutes or to desired degree of thickness. Remove and beat well.
5. Spread frosting into the center of the cake. Use a spoon or piping bag with a large tip to create leaves. Serve in wedges.

.....  
 Makes an 9 ½ in/24 cm round cake

## tip from the chef

*Chocolate frosting can stiffen up quite a bit when kept cold. If it becomes too stiff, just allow it to come to room temperature. It may need to be re-whipped, to get it soft again.*





# giant choc-chip cookies

■ □ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

## method

1. Place butter, brown sugar, caster sugar and vanilla essence in a bowl and beat until light and fluffy. Gradually beat in eggs. Add flour, baking powder and chocolate chips and mix until just combined.
2. Place 3 tablespoons of mixture in piles well apart onto greased baking trays. Bake at 325°F/160°C/Gas 3 for 25 minutes or until golden, cool on wire racks.

.....  
Makes 12

## ingredients

- > 9½ oz/300 g butter, softened
- > 1¼ cups/7 oz/220 g brown sugar
- > ⅔ cup/4½ oz/140 g caster sugar
- > 2 teaspoons vanilla essence
- > 2 eggs, lightly beaten
- > ¾ cups/13 oz/410 g flour, sifted
- > 1 teaspoon baking powder, sifted
- > 12 oz/375 g chocolate chips

## Try these tempting variations

*Here's one for the school lunch box! For something different you might like to use white or milk chocolate chips or a mixture of dark, milk and white chocolate chips.*



# monkey tails

■ □ □ | Cooking time: 30 minutes - Preparation time: 10 minutes

## ingredients

- > 10 firm ripe bananas
- > 14 oz/400 g dark chocolate, chopped
- > 4 tablespoons oil
- > 2 cups finely chopped mixed nuts

## method

1. Toast nuts on oven tray in moderate oven for about 5 minutes, cool. Peel bananas, cut in halves, insert stick into each banana.
2. Melt chocolate over hot water; stir in oil. Place nuts on a sheet of greaseproof paper. Dip bananas in chocolate mixture, 1 at a time, using a spoon to coat them evenly; sprinkle thickly with nuts, place on oven tray, refrigerate until set.

.....  
Serves 20



## tip from the chef

*These will keep covered and refrigerated for up to a week. Use lollipop wooden sticks.*



# pecan brownies

■ □ □ | Cooking time: 10 minutes - Preparation time: 30 minutes

## method

1. Grease deep 7 in cake pan. Combine butter and chocolate in a large saucepan, stir over low heat until chocolate is melted. Add sugar and stir until dissolved; remove from heat, allow to cool.
2. Combine eggs and vanilla and stir into chocolate mixture, add sifted flour, baking powder and pecans. Pour into prepared pan, bake in moderate oven for about 30 minutes.
3. Cool and cut into small squares. Top with chopped pecans and drizzle with caramel sauce, if desired.

## ingredients

- > 7 oz/200 g butter
- > 5 oz/150 g dark chocolate, chopped
- > 2 cups brown sugar
- > 2 eggs, lightly beaten
- > 1 teaspoon vanilla essence
- > 1 cup plain flour
- > ¼ teaspoon baking powder
- > ¾ cup chopped pecans
- > extra pecans, for garnish
- > caramel sauce, for garnish

.....  
**Makes 15**

## Tip from the Chef

*Pack brownies in a covered container or in the pan (washed and dried) they were baked in, then cover with foil or plastic wrap. Pack in a single layer if possible to preserve their nice shiny surface. In hot weather, store pecans in a covered container in the refrigerator.*



# poached pears

## with chocolate ganache

■ □ □ | Cooking time: 20 minutes - Preparation time: 30 minutes

### ingredients

- > 4 firm pears, stems intact
- > 1 cup caster sugar
- > 3 cups water
- > 2 tablespoons freshly squeezed lemon juice
- > 1 cup sweet white wine
- > ¾ cup thickened cream
- > 3½ oz/100 g milk chocolate

### method

1. Peel pears and level off the bottoms so they will stand upright.
2. Bring sugar, water, lemon juice and wine to the boil in a large saucepan over moderate heat, reduce heat to simmer. Add the pears and poach for 15-20 minutes or until just tender. Allow pears to cool in syrup.
3. To make ganache, boil cream in a medium saucepan over moderate heat until reduced by a third. Remove from heat, add chocolate, stir until smooth; set aside to cool until thick enough to pipe.
4. Drain pears, pipe ganache above each one.

.....  
Serves 4



### tip from the chef

*It is important to choose very firm pears to avoid breaking during cooking. In order to obtain colored pears, you may substitute red wine or green mint liqueur for the white wine.*



# raspberry chocolate soufflé

■■■ | Cooking time: 30 minutes - Preparation time: 10 minutes

## method

1. Combine cocoa powder and boiling water. Mix to dissolve and set aside to cool.
2. Place butter, sugar and jam in a bowl and beat until light and fluffy. Beat in eggs one at a time, adding a little flour with each egg. Fold remaining flour and cocoa mixture, alternately, into creamed mixture.
3. Spoon mixture into eight lightly greased ramekins or large muffin tins. Bake for 20-25 minutes or until cakes are cooked when tested with a skewer. Cool for 5 minutes then turn onto wire racks to cool. Turn cakes upside down and scoop out center leaving a ½-inch shell. Spread each cake with chocolate to cover top and sides, then place right way up on a wire rack.
4. To make Raspberry Cream, fold raspberry puree into cream. Spoon mixture into a piping bag fitted with a large nozzle. Carefully turn cakes upside down and pipe in cream to fill cavity. Place right way up on individual serving plates.
5. To serve, sprinkle with grated chocolate, and top with berries.

.....  
Serves 8

## Tip from Chef

*These rich little chocolate cakes fille with a raspberry cream and served with a bitter sweet chocolate sauce are a perfect finale to any dinner party.*

## ingredients

- > 2 oz/60 g cocoa powder, sifted
  - > 8 fl oz/250 ml boiling water
  - > 4 oz/125 g butter
  - > 12½ oz/390 g caster sugar
  - > 1½ tablespoons raspberry jam
  - > 2 eggs
  - > 6½ oz/200 g self-raising flour, sifted
  - > 13 oz/410 g dark chocolate, melted
  - > mixed berries, for garnish
  - > grated chocolate, for garnish
- Raspberry Cream**
- > 4 oz/125 g raspberries, pureed and sieved
  - > 4 oz/125 g/4 ml heavy cream, whipped



# double chocolate velvet mousse

■ □ □ | Cooking time: 0 minutes - Preparation time: 25 minutes

## ingredients

- > 6½ oz/200 g milk chocolate melts
- > 1 cup sour cream
- > 2 egg yolks
- > 4 egg whites
- > ¼ cup caster sugar
- > 6½ oz/200 g white chocolate melts
- > ½ cup cream, whipped, to decorate
- > 4 strawberries, to decorate
- > 1 tablespoon sifted cocoa, to decorate

## method

1. Combine milk chocolate melts with half the sour cream and 1 egg yolk in a large bowl, stir until smooth. Beat 2 egg whites until soft peaks form, gradually add half the caster sugar, beat for a further 3 minutes; fold into chocolate mixture. Pour mousse into 4 large balloon glasses and chill for several hours or until set.
2. To make white chocolate layer, combine white melts with remaining sour cream and remaining egg yolk, stir until smooth. Beat remaining egg whites until soft peaks form, gradually add remaining sugar, beat for a further 3 minutes.
3. Pour into brown chocolate layer.

.....  
Serves 4



## tip from the chef

*This dessert should be served very cold. If you wish to make a variation, replace the milk chocolate or the white chocolate with bittersweet chocolate.*



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