



Introduction

Rich, dark and luxuriously smooth and enticing, chocolate remains one of the most popular ingredients for both everyday and exotic desserts, cakes and confectionery. These mouth-watering recipes have been specially selected for their variety as well as their relative ease of preparation: recipes which are bound to delight all those with a passion for chocolate cuisine.

Hints For Cooking With Chocolate

The amount of cocoa butter added to chocolate determines how the chocolate can be used.

Cooking Chocolate

This is not to be confused with cake covering. Cooking chocolate has some cocoa butter replaced with palm kernel oil or coconut oil. Flavourings are used to make the chocolate less expensive and easy to use; it can be used for any chocolate cooking or decoration.

Milk Chocolate

This is rarely used in cooking as it does not give a strong enough flavour, but it can be used for making Easter Eggs and in other recipes that require a delicate flavour.

Couverture

This is a chocolate containing a high proportion of cocoa butter,

which gives it a smooth, glossy appearance. Couverture chocolate requires repeated heating and cooling, or tempering; a professional method of working with chocolate.

White Chocolate

This variety has a relatively high sugar content. It is used in some recipes in this book but great care should be taken when using this as it is difficult to melt and has a tendency to go grainy if overheated.

Plain Chocolate

This chocolate has a rich, dark flavour and is used in most recipes where chocolate is called for. Plain eating chocolate can always be used but there are also some varieties of plain chocolate available which are specially recommended for cooking.

Bitter Chocolate

This is not easy to buy but it can be made as required. To make plain chocolate bitter add 5ml (1 tsp) instant coffee powder or granules (or 5ml (1 tsp) cocoa powder) for every 50g (2oz) of chocolate.

Chipped and Grated Chocolate

Chocolate can be chipped and grated either manually or in a food