

Chef

express



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chocolate

sweets & treats





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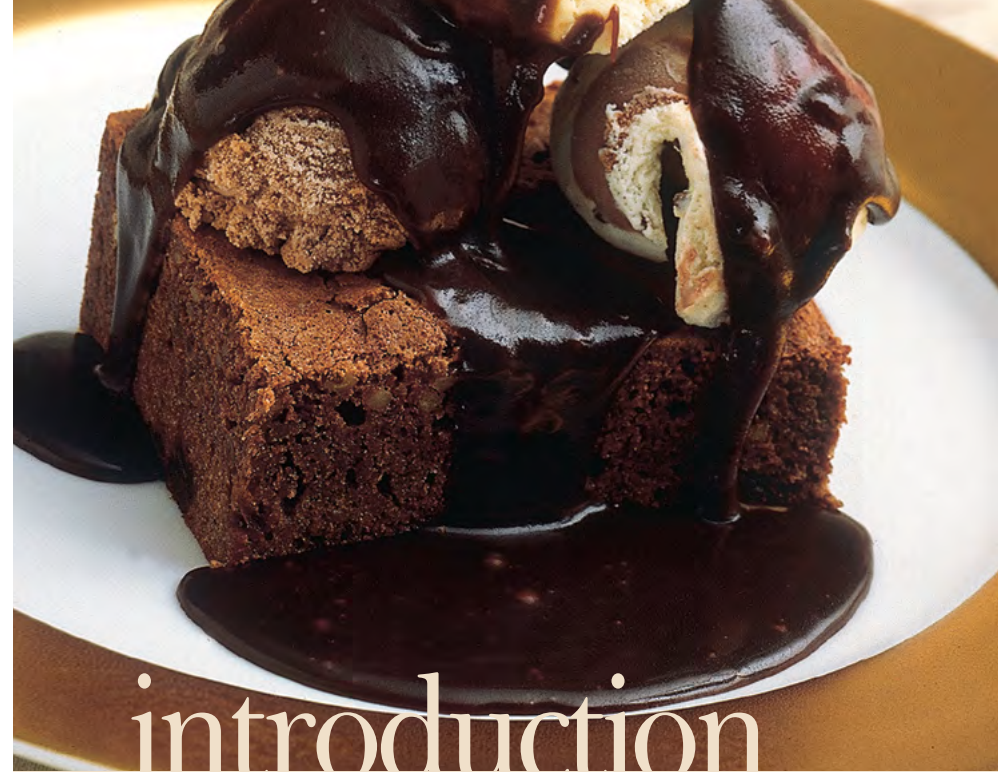
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introduction

Indulge yourself and your loved ones with these delicious sweet chocolate recipes. Here you will find luscious ideas for cookies, brownies, cakes and mousses that showcase one of the most loved ingredients across the globe.



chocolate

sweets & treats



Chocolate is delicious in any form, that's why there are many techniques to prepare it. Whether you want to make simple treats or complex desserts, there are some very basic principals that everyone should apply.

Tips & Tricks

- Melting: Chocolate melts at body temperature; 36°C/96°F.
- Molds: To make molds check the temperature is right by bringing your lips close to the melted chocolate.
- Chocolate leaves: Easy to make coating with a brush melted chocolate on the backs of ivy leaves; once the chocolate has set, remove leaves, one at a time.
- Small chocolate curls: Scrape the chocolate tablet with a thin knife blade.
- Big chocolate curls: Spread melted chocolate on a flat surface; remove with spatula when hardened.

- Bicolor decoration: Sprinkle cacao on top of cake. Place a piece of cardboard over it, sprinkle glaze sugar and carefully remove cardboard.
- Chocolate cream glaze: To cover a cake, use 100 g/3 oz dark chocolate, 1 tablespoon water, 1 tablespoon glaze sugar and 100 ml/3 fl oz cream. Heat chocolate, cut in small pieces, and water, in low flame; when melted, add sugar and stir till mixture is smooth; finally, fold in cream, blending thoroughly.
- Store chocolate in a dry, cool place. Chocolate should be kept at a consistent temperature below 16°C/60°F. Avoid placing it in the refrigerator.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



chocolate cashew toffee

■ □ □ | Cooking time: 5 minutes - Preparation time: 2 hours 10 minutes

ingredients

- > 2 cups brown sugar, firmly packed
- > ½ cup light golden syrup
- > 185 g/6 oz butter
- > 2 tablespoons vinegar
- > 125 g/4 oz dark chocolate
- > 30 g/1 oz copha (vegetable shortening)
- > 125 g/4 oz roasted unsalted cashews, chopped

method

1. Combine sugar, syrup, butter and vinegar in a saucepan, stir over heat, without boiling, until sugar is dissolved. Bring to the boil, cook, without stirring, until golden brown. Allow bubbles to subside.
2. Pour mixture into a greased shallow 19 x 29 cm/7½ x 11½ in baking dish, allow to set.
3. Melt chocolate and copha in a heatproof bowl set over a saucepan of simmering water, spread evenly over toffee. Sprinkle with cashews, allow to set.
4. Loosen toffee from pan with a knife, lift out onto a chopping board. Cut into chunks with a sharp knife. Store in a airtight container with greaseproof paper between layers.

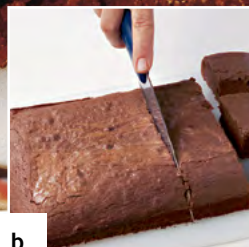
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Makes 60

tip from the chef

It is important to keep toffee in a dry place, otherwise it will get damp.



double choc brownies



■ □ □ | Cooking time: 40 minutes - Preparation time: 5 minutes

method

1. Place sugar, chocolate, oil, vanilla essence and eggs in a bowl and whisk to combine. Sift together flour and baking powder. Add flour mixture to chocolate mixture (a) and mix well to combine.
2. Pour mixture into a greased and lined 20 cm/8 in square cake tin and bake at 180°C/350°F/Gas 4 for 40 minutes or until firm to touch.
3. Cool in tin, then cut into 5 cm/2 in squares (b) and place on a wire rack.
4. To make glaze, place chocolate in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until chocolate melts. Stir in oil. Spoon glaze over brownies (c) and stand until set.

ingredients

- > 1½ cups/375 g/12 oz sugar
- > 200 g/6½ oz dark chocolate, melted
- > 1 cup/250 ml/8 fl oz vegetable oil
- > 2 teaspoons vanilla essence
- > 4 eggs
- > 1¾ cups/220 g/7 oz flour
- > 1 teaspoon baking powder

chocolate glaze

- > 185 g/6 oz dark chocolate
- > 2 teaspoons vegetable oil

.....
Makes 20

tip from the chef

These intensely chocolatey and tender treats will stay moist and delicious for several days if stored in an airtight container in a cool, dry place.



chocolate panforte

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

ingredients

- > 1 cup/250 ml/8 fl oz honey
- > 1 cup/250 g/8 oz sugar
- > 250 g/8 oz almonds, toasted, chopped
- > 250 g/8 oz hazelnuts, toasted, chopped
- > 125 g/4 oz glacé apricots, chopped
- > 125 g/4 oz glacé peaches, chopped
- > 100 g/3½ oz candied mixed peel
- > 1½ cups/185 g/6 oz flour, sifted
- > ⅓ cup/45 g/1½ oz cocoa powder, sifted
- > 2 teaspoons ground cinnamon
- > 155 g/5 oz dark chocolate, melted
- > rice paper

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 18 x 28 cm/7 x 11 in shallow cake tin with rice paper. Pour mixture into tin and bake at 200°C/400°F/Gas 6 for 20 minutes. Turn onto a wire rack to cool, then cut into small pieces.

.....
Makes 32



tip from the chef

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

chocolate

soufflé



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

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/250 ml/8 fl oz-capacity soufflé dishes and bake at 190°C/375°F/ Gas 5 for 25 minutes or until soufflés are puffed. Dust with icing sugar, if desired, and serve immediately.

ingredients

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

.....
Makes about 24

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

macadamia clusters

■ □ □ | Cooking time: 5 minutes - Preparation time: 25 minutes

ingredients

- > 300 g/10 oz dark chocolate, chopped
- > 200 g/7 oz roasted macadamia nuts
- > ½ cup/45 g/1½ oz shredded coconut

method

1. Melt chocolate in a bowl over a saucepan of simmering water.
2. Chop macadamia nuts into chunks.
3. Add nuts and shredded coconut to chocolate, stir to coat.
4. Place heaped teaspoonfuls of mixture onto foil-lined tray, allow to set.

.....
 Makes about 24



tip from the chef

Chocolate topping can also be made over caramelized orange peels or pecan nuts.



chocolate macaroons

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. Place egg whites in a bowl and beat until stiff peaks form. Gradually beat in sugar and continue beating until mixture is thick and glossy.
2. Fold cocoa powder and coconut into egg whites. Drop tablespoons of mixture onto greased baking trays and bake at 180°C/350°F/Gas 4 for 15 minutes or until macaroons are firm. Transfer to wire racks to cool.

ingredients

- > 2 egg whites
- > ¾ cup/170 g/5½ oz caster sugar
- > ½ cup/45 g/1½ oz cocoa powder, sifted
- > 1½ cups/140 g/4½ oz shredded coconut

.....
Makes 20

tip from the chef

Avoid baking these on a humid day as moisture will affect their texture. Store macaroons in an airtight container in a cool, dry place.



berry mousses

■ □ □ | Cooking time: 0 minutes - Preparation time: 20 minutes

ingredients

- > 100 g/3½ oz blueberries
- > 100 g/3½ oz raspberries
- > 100 g/3½ oz mulberries
- > 2 tablespoons maple or golden syrup
- > 2 egg whites
- > 1 cup/250 ml/8 fl oz cream, whipped
- > 3 teaspoons gelatin dissolved in 1 tablespoon boiling water, cooled

chocolate cream

- > 90 g/3 oz chocolate, melted and cooled
- > ¼ cup/60 ml/2 fl oz cream

method

1. Place blueberries, raspberries, mulberries and maple or golden syrup in a food processor or blender and process until smooth. Push purée through a fine sieve to remove seeds. Place egg whites in a bowl and beat until stiff peaks form.
2. Fold berry mixture into whipped cream, then fold in egg whites and gelatin mixture. Carefully pour mixture into two oiled ¾ cup/185 ml/6 fl oz capacity molds or ramekins. Cover and refrigerate for 2 hours or until set.
3. To make chocolate cream, fold chocolate into cream.
4. To serve, unmold mousses, place on serving plates and accompany with chocolate cream.

.....
Serves 2

tip from the chef

Mousses and cream can be made the day before. Remove cream from the refrigerator 1 hour prior to serving to allow it to soften. Any combination of fresh, canned or frozen berries can be used for this dessert. If using canned berries, drain them well first. If using frozen berries allow them to thaw before using.



nuts truffles



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

method

1. To make hazelnut truffles, place chocolate, butter, cream and liqueur in a heatproof bowl set over a saucepan of simmering water and heat, stirring (a), until mixture is smooth. Cool slightly. Stir until thick and pliable.
2. Roll tablespoons of mixture into balls (b). Press a hazelnut into the center of each ball and roll to enclose nut (c). Roll balls in coconut and refrigerate for 1 hour or until firm.
3. To make almond truffles, place chocolate, butter, cream, golden syrup and brandy in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth. Remove bowl from pan. Add figs and slivered almonds to chocolate mixture and mix well to combine. Chill mixture for 1 hour or until pliable.
4. Take tablespoons of mixture and roll into balls, then roll in flaked almonds. Place on nonstick baking paper and chill until required.

.....
 Makes 40 hazelnut truffles
 and 24 almond truffles

ingredients

hazelnut truffles

- > 200 g/6½ oz white chocolate, broken into pieces
- > 45 g/1½ oz butter, chopped
- > ¼ cup/60 ml/2 fl oz double cream
- > 1 tablespoon hazelnut-flavored liqueur
- > 125 g/4 oz hazelnuts, toasted, skins removed
- > 60 g/2 oz desiccated coconut

almond truffles

- > 185 g/6 oz milk chocolate, broken into pieces
- > 90 g/3 oz butter, chopped
- > ½ cup/125 ml/4 fl oz double cream
- > ¼ cup/60 ml/2 fl oz light golden syrup
- > 1 tablespoon brandy
- > 75 g/2½ oz chopped dried figs
- > 45 g/1½ oz slivered almonds, toasted
- > 60 g/2 oz flaked almonds, toasted

tip from the chef

You may also wish to toast the coconut used for rolling the hazelnut truffles, for a richer flavor. If preferred, soft dried prunes or dates may be used in place of the figs for the almond truffles.



chocolate nougat hearts

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

ingredients

- > 375 g/12 oz milk chocolate, broken into pieces
- > 45 g/1½ oz butter, chopped
- > ½ cup/125 ml/4 fl oz double cream
- > 200 g/6½ oz nougat, chopped
- > 100 g/3½ oz almonds, toasted, chopped

method

1. Place chocolate, butter and cream in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until mixture is smooth.
2. Add nougat and almonds and mix well to combine. Pour mixture into a greased and lined 18 x 28 cm/7 x 11 in shallow cake tin. Refrigerate for 2 hours or until set.
3. Using a heart-shaped cutter, cut out hearts from set mixture.

.....
Makes 40

tip from the chef

Dip cutter into warm water and dry on a clean towel between each cut to achieve evenly straight edges.





rich choc chip cookies

■□□ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. Place butter and sugar in a bowl and beat until light and fluffy. Beat in egg, vanilla essence and milk and continue to beat until well combined.
2. Sift together flour and bicarbonate of soda and stir into butter mixture. Add hazelnuts, chocolate chips, coconut, sultanas and cherries and mix until well combined.
3. Drop tablespoons of mixture onto greased baking trays and bake at 180°C/350°F/ Gas 4 for 15 minutes or until golden. Remove to wire racks to cool completely.

.....
Makes 25

ingredients

- > 125 g/4 oz butter
- > 1 cup/220 g/7 oz caster sugar
- > 1 egg, lightly beaten
- > 2 teaspoons vanilla essence
- > ¼ cup/60 ml/2 fl oz milk
- > 1¼ cups/155 g/5 oz flour
- > ½ teaspoon bicarbonate of soda
- > 90 g/3 oz roasted hazelnuts, chopped
- > 125 g/4 oz chocolate chips
- > 90 g/3 oz shredded coconut
- > 90 g/3 oz sultanas
- > 90 g/3 oz glacé cherries, chopped

tip from the chef

Glacé fruits such as cherries or pineapple should be rinsed and dried before using in cookies to remove the sugary coating. This helps to prevent the fruit from sinking to the bottom of the mixture.



banana mousse

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

ingredients

- > 1 tablespoon gelatin
- > ¼ cup/60 ml/2 fl oz boiling water
- > 500 g/1 lb ripe bananas
- > ¼ cup/60 g/2 oz sugar
- > 1 tablespoon lemon juice
- > 220 ml/7 fl oz double cream
- > 100 ml/3½ fl oz coconut milk
- > 100 g/3½ oz dark chocolate, melted

method

1. Place gelatin and boiling water in a bowl and stir until gelatin dissolves. Set aside to cool.
2. Place bananas, sugar and lemon juice in a food processor and process until smooth. Stir gelatin mixture into banana mixture.
3. Place cream and coconut milk in a bowl and beat until soft peaks form. Fold cream mixture into banana mixture.
4. Spoon mousse into six serving glasses. Divide melted chocolate between glasses and swirl with a skewer. Refrigerate for 2 hours or until set.

.....
Serves 6



tip from the chef

When available, dried banana chips make an attractive garnish with fresh mint leaves.



tiramisú



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

method

1. Beat egg yolks with sugar until mixture is thick and pale. Add mascarpone cheese (a) and brandy; beat until smooth.
2. In a separate bowl, beat egg whites with salt until just holding soft peaks; fold into mascarpone mixture (b).
3. Arrange half of sponge biscuits in the base of a clear bowl (c). Sprinkle half coffee mixture over biscuits, spread half mascarpone mixture over biscuits. Repeat with remaining biscuits, coffee mixture (d) and mascarpone, dust top with sifted cocoa. Chill until ready to serve.

ingredients

- > 2 eggs, separated
- > 1 cup caster sugar
- > 1½ cup mascarpone cheese
- > ¼ cup brandy
- > pinch of salt
- > 200 g/6½ oz Savoiardi sponge biscuits
- > ¼ cup espresso coffee, at room temperature
- > ¼ cup cocoa, sifted

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Serves 8



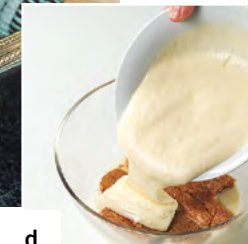
a



b



c



d

tip from the chef

Mascarpone, an Italian cream cheese, is available at delicatessens.



chocolate mascarpone roulade

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

ingredients

- > 185 g/6 oz dark chocolate, broken into pieces
- > ¼ cup/60 ml/2 fl oz strong black coffee
- > 5 eggs, separated
- > ½ cup/100 g/3½ oz caster sugar
- > 2 tablespoons self-raising flour, sifted
- > frosted rose petals

mascarpone filling

- > 375 g/12 oz mascarpone
- > 2 tablespoons icing sugar
- > 2 tablespoons brandy
- > ½ cup/125 g/4 oz chocolate hazelnut spread

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 26 x 32 cm/ 10½ x 12¾ in Swiss roll tin and bake at 160°C/325°F/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 and decorate with frosted rose petals.

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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 paper to harden.





fruit and nut brownies

■■■ | Cooking time: 50 minutes - Preparation time: 60 minutes

method

1. Place chocolate and butter in a heatproof bowl set over a saucepan of simmering water and cook, stirring constantly, until chocolate and butter melt and mixture is combined. Remove bowl from heat and set aside to cool slightly.
2. Place eggs and caster sugar in a bowl and beat until foamy. Fold chocolate mixture, walnuts, sultanas or raisins and flour into egg mixture. Spoon batter into a greased and lined 23 cm/9 in springform tin and bake at 160°C/325°F/Gas 3 for 40 minutes or until top is dry but center is still moist.
3. To make topping, place chocolate in a heatproof bowl set over a saucepan of simmering water and heat until chocolate melts. Remove bowl from heat and set aside to cool slightly. Place cream cheese and sugar in a bowl and beat until smooth. Beat in egg, then chocolate mixture and continue beating until well combined. Pour topping over hot brownies and bake for 15 minutes longer. Allow to cool in tin, then refrigerate for 2 hours before cutting into wedges and serving.

ingredients

- > 125 g/4 oz dark chocolate, chopped
- > 90 g/3 oz butter
- > 2 eggs
- > 1¼ cups/280 g/9 oz caster sugar
- > 60 g/2 oz walnuts, chopped
- > 90 g/3 oz chocolate-coated sultanas or raisins
- > ½ cup/60 g/2 oz self-raising flour, sifted

chocolate topping

- > 90 g/3 oz dark chocolate, chopped
- > 185 g/6 oz cream cheese
- > 2 tablespoons sugar
- > 1 egg

.....
Serves 10

tip from the chef

Two of the easiest decorations for a baked product are chocolate curls and shavings. Curls are made from chocolate at room temperature; for shavings the chocolate is chilled first.



truffle

easter eggs

■■■ | Cooking time: 5 minutes - Preparation time: 90 minutes

ingredients

> 125 g/4 oz dark chocolate,
melted

truffle filling

> ½ cup/125 ml/4 fl oz
thickened double cream
> 250 g/8 oz milk chocolate
> 1 tablespoon golden syrup

method

1. Place a spoonful of dark chocolate in a small Easter egg mold and use a small paintbrush to evenly coat. Freeze for 2 minutes or until chocolate sets. Repeat with remaining chocolate to make 32 shells.
2. To make filling, place cream in a saucepan and bring to the boil. Remove pan from heat, add milk chocolate and stir until smooth. Stir in golden syrup and chill for 20 minutes or until mixture is thick enough to pipe.
3. Spoon filling into a piping bag fitted with a star-shaped nozzle and pipe filling into chocolate shells.

.....
Makes 32



tip from the chef

Eggs can be moulded and filled several hours in advance. Store in a covered container in a cool, dry place.



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 20 cm/8 in-square cake tin and bake at 180°C/350°F/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.

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Serves 6

ingredients

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

brownie base

- > 250 g/8 oz butter, melted
- > 4 eggs, lightly beaten
- > 1½ cups/330 g/ 10½ oz caster sugar
- > 2 teaspoons vanilla essence
- > ¾ cup/90 g/3 oz flour, sifted
- > ¼ cup/30 g/1 oz cocoa powder, sifted
- > 60 g/20 oz chopped dates
- > 45 g/1½ oz chopped pecans

fudge sauce

- > 2 cups/350 g/11 oz brown sugar
- > ¼ cup/30 g/1 oz cocoa powder, sifted
- > 1 cup/250 ml/8 fl oz thickened double cream
- > 2 tablespoons butter

tip from the chef

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



chocolate shortcake

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

- > 200 g/6½ oz dark cooking chocolate, broken into small pieces
- > 100 g/3½ oz shortbread finger biscuits, cut into chunky pieces
- > ½ cup/125 g/4 oz sour cream or ½ cup/125 ml/4 fl oz cream (double)
- > ¼ cup/60 g/2 oz ground almonds or hazelnuts
- > 1 tablespoon orange-flavored or whiskey liqueur (optional)

method

1. Melt chocolate in a microwavable bowl on Defrost (microwave power 30%) for 2 minutes, stir, then heat for 2 minutes longer. Continue in this way for 6-8 minutes longer or until chocolate is completely melted.
2. Stir shortbread into chocolate, then add sour cream or cream, almonds or hazelnuts and liqueur, if using, and mix well to combine.
3. Press mixture in a base-lined and buttered 18 cm/7 in diameter round cake tin and chill until firm.

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 Makes an 18 cm/7 in round cake



tip from the chef

This is a quick and slick treat for chocoholics who don't want to spend a lot of time in the kitchen. Serve cut into wedges for morning coffee or afternoon tea or with sugared berries for a simple dessert.





chocolate fritters

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

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 triangles, dip in batter to coat, deep-fry until golden; drain on absorbent paper.

.....
 Makes about 12

ingredients

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

batter

- > 1/3 cup self-raising flour
- > 1/3 cup custard powder
- > 1/4 teaspoon ground cinnamon
- > 3/4 cup milk
- > oil for deep-frying

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.



chocolate rolls

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

ingredients

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

chocolate filling

- > 60 g/2 oz dark chocolate
- > 2/3 cup/170 ml/ 5½ fl oz cream (double)

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 (a) and fold into chocolate mixture. Pour into a greased and lined 26 x 32 cm/10½ x 12¾ in Swiss roll tin and bake at 180°C/350°F/Gas 4 for 12-15 minutes or until just firm. Turn onto a damp teatowel sprinkled with caster sugar and roll up from the short end (b). 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 (c). To serve, cut into slices.

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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.



a

b

c

berry chocolate mud cake



■ ■ □ | Cooking time: 75 minutes - Preparation time 45 minutes

method

1. Place chocolate and butter in a heatproof bowl over a saucepan of simmering water and heat, stirring, until chocolate melts and mixture is smooth. Cool slightly.
2. Beat egg yolks and caster sugar into chocolate mixture, then fold in flour.
3. Place egg whites in a separate bowl and beat until stiff peaks form. Fold egg whites and raspberries into chocolate mixture. Pour into a greased and lined 20 cm/8 in round cake tin and bake at 120°C/250°F/Gas ½ for 1¼ hours or until cooked when tested with a skewer. Turn off oven and cool cake in oven with door ajar.
4. To make coulis, place raspberries in a food processor or blender and process until puréed. Push purée through a sieve to remove seeds. Add sugar to taste. Serve cake with coulis and cream.

ingredients

- > 315 g/10 oz dark chocolate
- > 250 g/8 oz butter, chopped
- > 5 eggs, separated
- > 2 tablespoons caster sugar
- > ¼ cup/30 g/1 oz self-raising flour, sifted
- > 250 g/8 oz raspberries
- > whipped cream, for serving

raspberry coulis

- > 250 g/8 oz raspberries
- > sugar to taste

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Serves 10

tip from the chef

To simplify preparation of coulis, dilute ½ cup strawberry or raspberry jam in 2 tablespoons water. This express sauce saves time and is equally tasty.



double chocolate cake

■ ■ □ | Cooking time: 50 minutes – Cooking time: 45 minutes

ingredients

- > 200 g/7 oz. dark chocolate
- > 200 g/7 oz. butter, chopped
- > 6 egg yolks
- > 1½ tablespoons flour, sifted
- > 6 egg whites
- > ⅔ cup/100 g/3½ oz. sugar

chocolate frosting

- > 2 cups/500 ml/17 oz. heavy whipping cream
- > ¾ cup/150 g/5¼ oz. sugar
- > ¼ cup/50 g/2 oz. 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 until well until combined.
2. Beat whites and sugar to snow. Stir in chocolate.
3. Heat oven to 180°C/350°F/Gas 4. Pour mixture into a greased and lined 24 cm/9½ -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 24 cm/9½ in 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.



chocolate pinwheels



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

method

1. Place butter, sugar (a) 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/125 g/4 oz flour into one portion and mix to combine. Sift together cocoa powder and remaining flour (b) and mix into other portion.
3. Roll out each portion between two sheets of greaseproof paper to form a 20 x 30 cm/ 8 x 12 in rectangle. Remove top sheet of paper from each and invert one onto the other. Roll up from longer edge (c) to form a long roll. Wrap in plastic food wrap and refrigerate for 1 hour.
4. Cut roll into 5 mm/¼ in slices, place on greased baking trays and bake at 180°C/350°F/Gas 4 for 10-12 minutes or until lightly browned. Cool on wire racks.

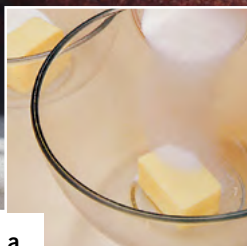
ingredients

- > 125 g/4 oz butter
- > 2/3 cup/140 g/4½ oz caster sugar
- > 1 teaspoon vanilla essence
- > 1 egg
- > 1¾ cups/220 g/7 oz flour
- > ¼ cup/30 g/1 oz cocoa powder

.....
Makes 30

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.



tuile cups

with white chocolate

■ ■ □ | Cooking time: 5 minutes - Preparation time: 70 minutes

ingredients

- > 125 g/4 oz butter, melted
- > 4 egg whites
- > 2 tablespoons milk
- > 1 cup/125 g/4 oz flour
- > 2/3 cup/140 g/4½ oz caster sugar
- > 60 g/2 oz flaked almonds

white chocolate filling

- > 250 g/8 oz white chocolate, broken into pieces
- > 60 g/2 oz butter, chopped
- > ¼ cup/60 ml/2 fl oz cream (double)

method

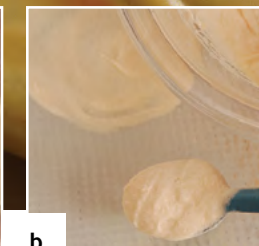
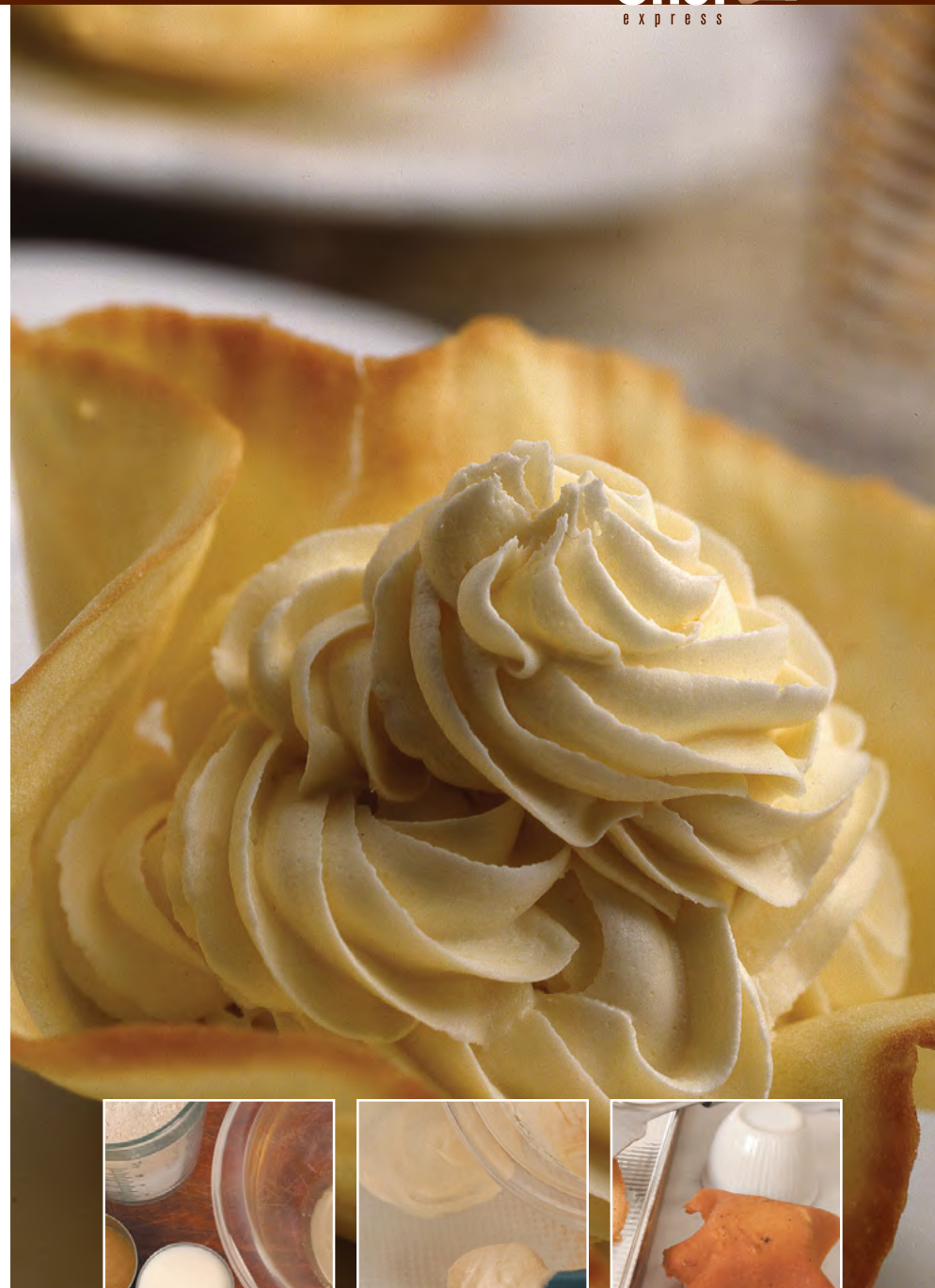
1. To make tuiles, place butter, egg whites, milk, flour and sugar in a bowl (a) and beat until smooth.
2. Place 2 teaspoons of mixture (b) on a lightly greased baking tray and spread out to make a 10 cm/4 in round. Repeat with remaining mixture leaving 10 cm/4 in between each tuile. Sprinkle with almonds and bake at 160°C/325°F/Gas 3 for 3-5 minutes or until edges of tuiles are golden. Using a spatula, carefully remove tuiles from trays and place over a small upturned strainer. Press gently to shape, then allow to cool (c) and harden before removing from strainer.
3. 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 until mixture thickens slightly. Beat mixture until light and thick. Spoon mixture into a piping bag and pipe into tuile cups.

.....
Makes 28



tip from the chef

To avoid tuiles from softening, add the filling just before serving. The empty tuiles can be stored in sealed jars up to 2 months.



a

b

c

choc

almond biscotti



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

method

1. Sift together flour, cocoa powder and bicarbonate of soda into a bowl. Make a well in the center of the flour mixture, add sugar, almonds and eggs (a) and mix well to form a soft dough.
2. Turn dough onto a lightly floured surface and knead until smooth. Divide dough into 4 equal portions. Roll out each portion of dough to make a strip that is 5 mm/¼ in thick and 4 cm/1½ in wide (b).
3. Place strips on a baking tray lined with nonstick baking paper. Brush with egg yolk and bake at 180°C/350°F/Gas 4 for 30 minutes or until lightly browned. Cut strips into 1 cm/½ in slices (c), return to baking tray and bake for 10 minutes longer or until dry.

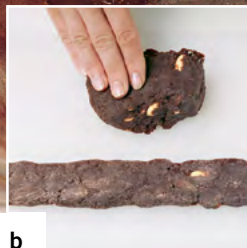
ingredients

- > 2 cups/250 g/8 oz flour
- > ¾ cup/75 g/2½ oz cocoa powder
- > 1 teaspoon bicarbonate of soda
- > 1 cup/250 g/8 oz sugar
- > 200 g/6½ oz blanched almonds
- > 2 eggs
- > 1 egg yolk, lightly beaten, to brush

.....
Makes 35

tip from the chef

Biscuits may be partially dipped into melted chocolate for a two-toned effect. Before the chocolate sets completely, dip into toasted crushed almonds.



a

b

c

malt ball biscuits

■ □ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

ingredients

- > 90 g/3 oz butter, melted
- > 1/3 cup/60 g/2 oz brown sugar
- > 1/4 cup/90 g/3 oz honey
- > 1 teaspoon vanilla essence
- > 1 1/3 cups/170 g/5 1/2 oz flour, sifted
- > 100 g/3 1/2 oz chocolate covered malt balls, halved

method

1. Place butter, sugar, honey, vanilla essence and flour in a bowl and mix to combine. Add malt balls and mix to combine.
2. Drop tablespoons of mixture onto lightly greased baking trays and bake at 180°C/350°F/Gas 4 for 15 minutes or until biscuits are golden. Stand on trays for 3 minutes before transferring to wire racks to cool completely.

.....
Makes 25



tip from the chef

An obvious choice for a child's birthday party, these malty morsels will taste even better teamed with a malted milk shake.



light chocolate brownies

■□□ | Cooking time: 30 minutes - Preparation time 5 minutes

method

1. Sift together flour, baking powder and cocoa powder into a bowl. Add sugar, yogurt, eggs, vanilla essence and oil and mix to combine.
2. Spoon batter into a 20 cm/8 in square nonstick tin and bake at 180°C/350°F/ Gas 4 for 25-30 minutes.
3. Allow brownies to cool in tin before turning out and cutting into squares.

.....
Makes 16

ingredients

- > ¾ cup/90 g/3 oz flour
- > ½ teaspoon baking powder
- > ½ cup/45 g/1½ oz cocoa powder
- > 1 cup/ 220 g/7 oz caster sugar
- > ½ cup/100 g/3 oz vanilla yogurt
- > 2 eggs
- > 1 teaspoon vanilla essence
- > 1½ tablespoons vegetable oil



tip from the chef

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



nut bavarian cream

■ ■ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

ingredients

- > 1 tablespoon gelatin dissolved in 3 tablespoons boiling water and cooled
- > 1 cup/250 ml/8 fl oz cream, whipped
- > 10 chocolate cases

praline

- > 4 tablespoons water
- > 1 cup/250 g/8 oz sugar
- > 125 g/4 oz hazelnuts, toasted

custard

- > 3 egg yolks
- > 1½ tablespoons sugar
- > 300 ml/10 fl oz milk, scalded
- > ½ teaspoon vanilla essence

method

1. To make praline, place water and sugar in a small saucepan and stir over a medium heat until sugar dissolves. Brush down sides of pan with a wet pastry brush. Bring to the boil and cook for 5-7 minutes or until toffee turns golden brown. Add hazelnuts and pour over a greased, upside-down baking tray (a). When cool, break into pieces and crush in a food processor or blender.
2. To make custard, combine egg yolks and sugar in a heatproof bowl. Place over a saucepan of simmering water and beat until a ribbon trail forms. Gradually add milk (b) and vanilla essence, stirring constantly. Transfer to a heavy-based saucepan and cook over a low heat, stirring in a figure-eight pattern, until custard thickens and coats the back of a wooden spoon. Do not allow to boil. Remove pan from heat and place in a bowl of ice. Stir until custard cools a little. Strain through a fine sieve if necessary.
3. Stir gelatin mixture into custard. Place over ice to cool, stirring occasionally. Fold whipped cream (c) and praline into custard as it begins to set. Spoon mixture into chocolate cases and refrigerate until set.

.....
Serves 10



a

b

c



dark

chocolate bavaroi

■ ■ □ | Cooking time: 15 minutes - Preparation time: 20 minutes

method

1. Beat egg yolks with sugar until light and creamy. Slowly bring milk to the boil, pour over egg mixture while motor is operating. Return mixture to saucepan over low heat, stir constantly until mixture thickens slightly, about 3 minutes.
2. Dissolve gelatin in $\frac{1}{4}$ cup water over double saucepan. Remove custard from heat, stir in gelatin and melted chocolate. Cool for 10 minutes.
3. Beat cream until soft peaks form, fold into chocolate mixture. Lightly grease four 1-cup capacity molds, pour in mousse and refrigerate until set.
4. To make sauce, combine chocolate and extra cream in a medium saucepan, stir over low heat until combined. Cool to room temperature. Ease bavaroi out of molds and pour sauce over the top.

ingredients

- > 4 egg yolks
- > $\frac{1}{4}$ cup caster sugar
- > 1 cup milk
- > 2 teaspoons gelatin
- > 200 g/ $6\frac{1}{2}$ oz dark chocolate, melted
- > 1 cup thickened cream

sauce

- > 100 g/ $3\frac{1}{2}$ oz white chocolate, grated
- > $\frac{3}{4}$ cup thickened cream, extra

.....
Serves 4

tip from the chef

In step 1, it is important not to let the egg yolk and milk mixture boil, as it would curdle. If the mixture happens to boil in spite of the care taken, it may be saved by blending it for a couple of seconds.



chocolate chips pastry pie

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

ingredients

- > 3 sheets puff pastry
- > 1 egg white
- > 2 cups cream
- > 1 tablespoon vanilla essence
- > ½ cup grated dark chocolate
- > ¼ cup icing sugar
- > extra icing sugar to dust
- > cocoa to dust

method

1. Cut a 22 cm/8¾ in circle from each pastry sheet, brush with egg white, bake on greased baking trays in moderately hot oven for 15 minutes, or until golden. Cool on wire racks.
2. Beat cream with vanilla essence, chocolate and icing sugar until thick.
3. When pastry is cool, sandwich together with the choc-chip cream. Dust top with icing sugar and cocoa.

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Serves 8

tip from the chef

If you wish to make the filling richer, add ½ cup of toasted and chopped walnuts.



choc-hazelnut gâteau

■□□ | Cooking time: 70 minutes - Preparation time: 15 minutes

method

1. Beat egg whites in a bowl until soft peaks form. Gradually add sugar and continue beating until stiff peaks form. Fold in hazelnuts.
2. Draw four 20 cm/8 in circles on nonstick baking paper and place on baking trays. Spread equal amounts of meringue on each circle. Bake at 120°C/250°F/Gas ½ for 1 hour or until meringues are crisp. Turn oven off and leave meringues inside to cool.
3. To make filling, place chocolate in a heatproof bowl set over a saucepan of simmering water and heat, stirring, until chocolate melts. Remove bowl from pan and set aside to cool slightly. Place chocolate, ricotta cheese, yogurt and vanilla essence in a bowl and beat until smooth.
4. Place one circle of meringue on a serving plate, spread with one-third of the filling. Repeat layers and finish with a layer of meringue. Decorate top of gâteau with strawberries and drizzle with melted chocolate. Allow chocolate to set before serving.

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Serves 8-10

tip from the chef

Meringue circles can be made up to a week in advance and the filling up to a day in advance. The final assembly can be done 2-3 hours prior to serving.

ingredients

- > 8 egg whites
- > ½ cup/120 g/4 oz sugar
- > 90 g/3 oz hazelnuts, toasted and ground
- > 200 g/7 oz strawberries to garnish
- > 60 g/2 oz dark chocolate, melted

creamy chocolate filling

- > 125 g/4 oz dark chocolate, chopped
- > 500 g/1 lb low-fat ricotta cheese, drained
- > ½ cup/100 g/3½ oz natural yogurt
- > 1 teaspoon vanilla essence



index

Chocolate Cashew Toffee	6
Double Choc Brownies	8
Chocolate Panforte	10
Chocolate Soufflé	12
Chocolate Macadamia Clusters	14
Chocolate Macaroons	16
Berry Mousses	18
Nuts Truffles	20
Chocolate Nougat Hearts	22
Rich Choc Chip Cookies	24
Banana Mousse	26
Tiramisu	28
Chocolate Mascarpone Roulade	30
Fruit and Nut Brownies	32
Truffle Easter Eggs	34
Ultimate Chocolate Sundae	36
Chocolate Shortcake	38
Chocolate Fritters	40
Chocolate Rolls	42
Berry Chocolate Mud Cake	44
Double Chocolate Cake	46
Chocolate Pinwheels	48
Tuile Cups with White Chocolate	50
Choc Almond Biscotti	52
Malt Ball Biscuits	54
Light Chocolate Brownies	56
Nut Bavarian Cream	58
Dark Chocolate Bavarois	60
Chocolate Chips Pastry Pie	62
Choc-Hazelnut Gâteau	64

chocolate sweets & treats

