



The mysterious *Theobroma cacao* grows wild in the Amazon River Basin and the foothills of the Venezuelan and Colombian Andes, where it is believed the first cacao trees were first found.





To the Maya cacao farmers  
and all those cooks who have shared  
their recipes over the years.





# INTRODUCTION

Christened *Theobroma* which means 'food of the gods', cocoa is indisputably one of the most desired and valuable substances in the world. Purists would say that it is at its best used in a bar of chocolate, unadulterated by any other taste. But we think it can be just as exciting when transformed into a dessert or cake, or more unexpectedly, into a hearty stew or spicy sausage.

It is not an easy ingredient to create something new with, or something different, but we have searched through our treasured library of recipes, collected over our thirteen years in chocolate, and have chosen the best of them for this book.

Chocolate can surprise even the greatest of chefs, but it is not difficult or frightening to use. Be patient and gentle and take your time. Above all, chocolate should not be hurried.

Any recipe in this book made with good-quality chocolate will taste dramatically different if made with an inferior chocolate, so choose your chocolate carefully. For most of the recipes, we have used our Dark Chocolate, which contains 70% cocoa solids and very little sugar. It is generally the best chocolate to use for cooking because its intense flavour is not easily overpowered by competing flavours or other ingredients. Avoid dark chocolates that have less than 60% cocoa solids and are not made with natural vanilla. Vanillin, which is an artificial flavouring, and vegetable fat, gives the chocolate a very different flavour and texture from chocolate that contains natural vanilla and cocoa butter.

Where milk chocolate is specified, try to use milk chocolate that has at least 34% cocoa solids. White chocolate only contains cocoa butter from the cacao bean, not the dark solids. If white chocolate does not declare a percentage of cocoa solids, it will not contain cocoa butter. It will probably also not have natural vanilla in it, which gives our chocolate its unique flavour.

An unsweetened cocoa powder is best for baking.

## COOKING WITH CHOCOLATE

- Always store chocolate in a cool, dry place and do not expose to direct light. Chocolate that has been exposed to extremes in temperature or light will 'bloom', or have whitish-grey streaks on it. These streaks indicate that the cocoa butter in the chocolate has changed its structure and crystallised on the surface. This does not affect the flavour though and once melted, the chocolate will be fine to use for cooking.
- Never store chocolate near other household items or foods that have a strong scent. Chocolate absorbs odours easily and will soon taste of other flavours if stored near them. This is especially true of mint, citrus fruit, perfumes and chemicals, so be careful when packing your shopping.

Chocoholic, n. 1. Someone whose constant craving for and delight in chocolate suggests addiction. 2. A person who eats chocolate compulsively.



- To melt chocolate, break or chop it up into even-sized pieces using your hands or a large sharp knife. Place it in a dry, heatproof bowl suspended over a saucepan of barely simmering water. Never allow steam or water to come into direct contact with the chocolate and make sure the bottom of the bowl is not touching the water. This is especially important if you are melting white chocolate, which is particularly sensitive to over-heating. After 2 minutes turn off the heat and leave the bowl over the saucepan of hot water while the chocolate slowly melts. Stir gently once most of the chocolate has melted and remove the bowl from the heat.
- Chocolate can also be easily melted in a bowl in a microwave oven. Cook on medium for 1 minute, then depending on the quantity, in 30-second bursts. Keep checking the chocolate by prodding it with a spoon as it will keep its shape despite it having melted.
- Chocolate that has been overheated may 'seize' or become very thick and lumpy and impossible to use. If this does happen you can try whisking in a knob of butter or a little vegetable oil, but you may not be able to save it if it has gone too far.
- Try to have melted chocolate at a similar temperature to the mixture you are adding it to.
- Never try to melt chocolate by adding a hot mixture to solid chocolate or vice versa, unless the recipe specifically instructs you to. The result will be grainy in texture.
- Melting chocolate with liquids is fine if specified but start melting all the required ingredients together – never add any once the chocolate has begun to melt as this may cause it to seize.
- If you need to grate chocolate, place the bar in the fridge overnight before grating and make sure your hands are cold.
- Tempering chocolate, which we describe in detail on page 150, is only necessary if you are dipping or coating for an extremely important occasion and want to guarantee a brittle snap and gloss. Tempering is a complicated procedure, but as bars of chocolate are already tempered when you buy them you could try this simpler version instead.

#### SIMPLE TEMPERING

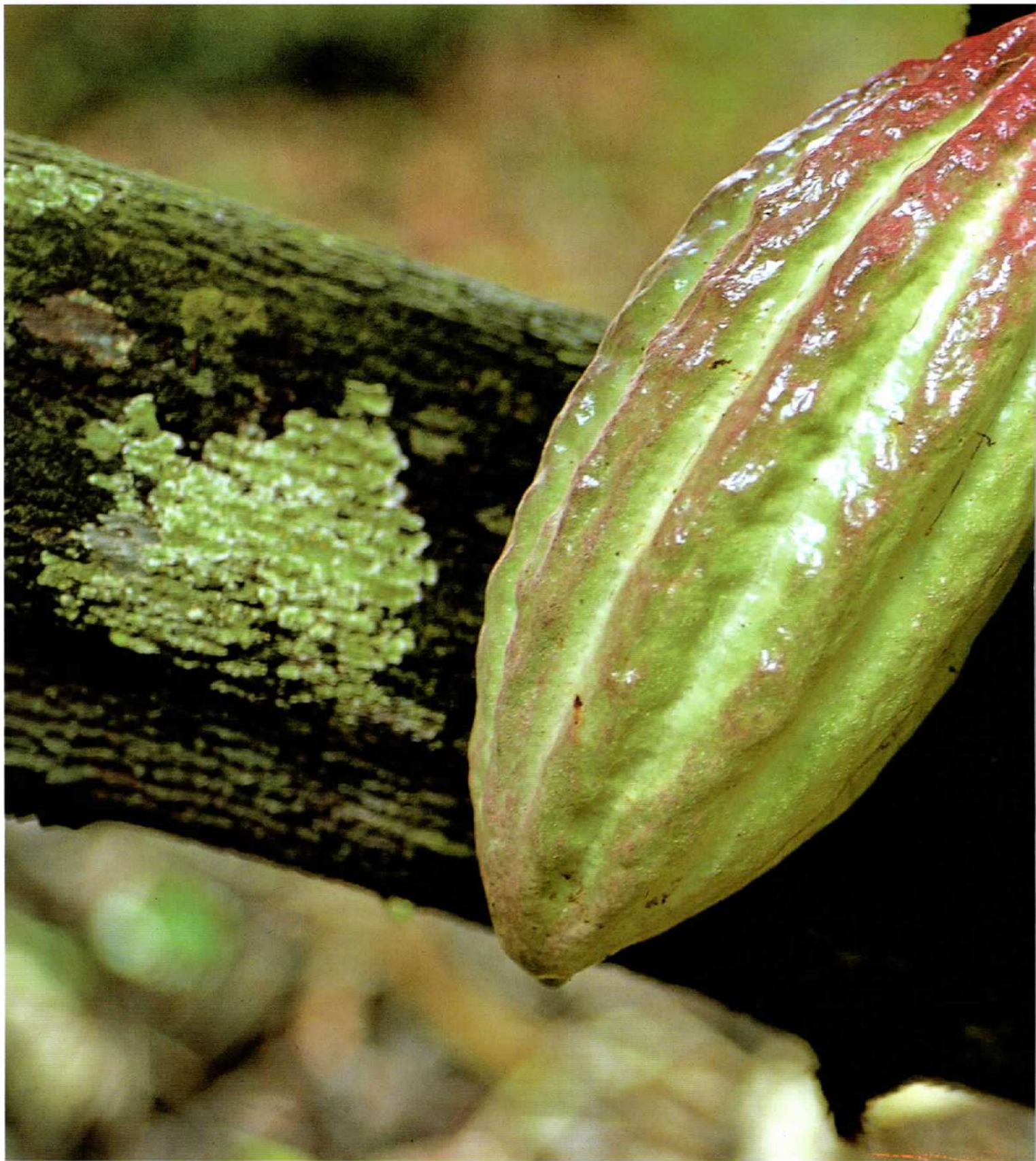
The stable fat crystals do not melt until 34°C (94°F) so, in theory, if the chocolate is never heated above 33°C (91–92°F), the temper won't be lost. The trick is to barely melt the chocolate. Grate the chocolate finely so it will melt quickly and evenly. Heat a thick-bottomed saucepan of water until it boils and then take it off the heat. Place the bowl of chocolate over the saucepan and stir gently, but constantly, until the chocolate has melted. For dark chocolate, the temperature should end up between 32–33°C (89–91°F) and between 31–32°C (87–89°F) for milk and white. It is then ready to use.

*Caroline Jeremy*

July 2003



## MAGIC



The magical ingredient in chocolate comes from a pod that grows out of the trunk of a tree.











MAGIC





MAGIC









# MAGIC





## TIME TO SHINE



The Toledo Cocoa Growers Association (TCGA) is a cooperative of 172 subsistence farmers. Most are Maya people, who grow cacao for us in Belize. The fairtrade contract and the premium price they can command for their organic cacao ensure that they have a stable economic future.





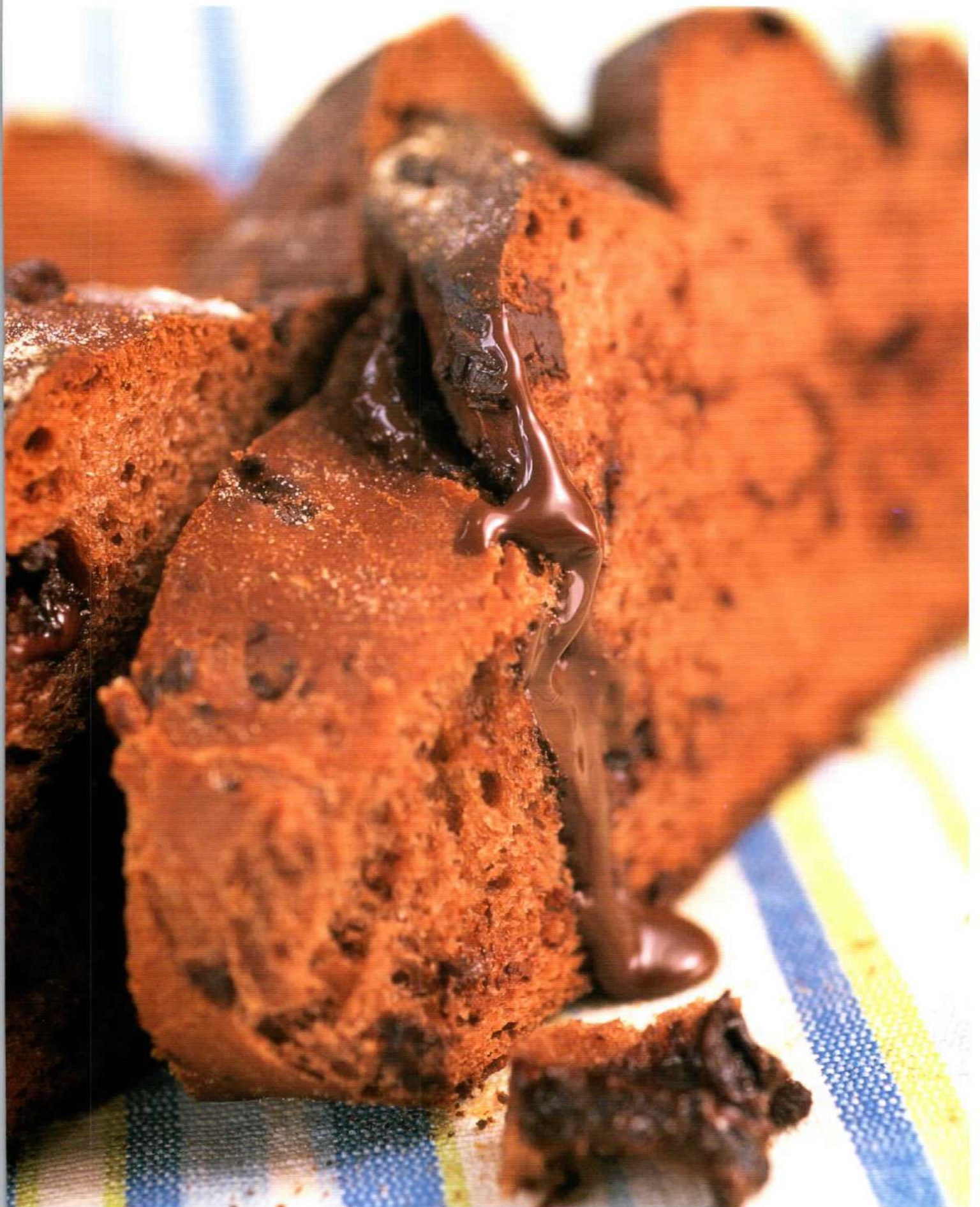


# TIME TO SHINE





TIME TO SHINE



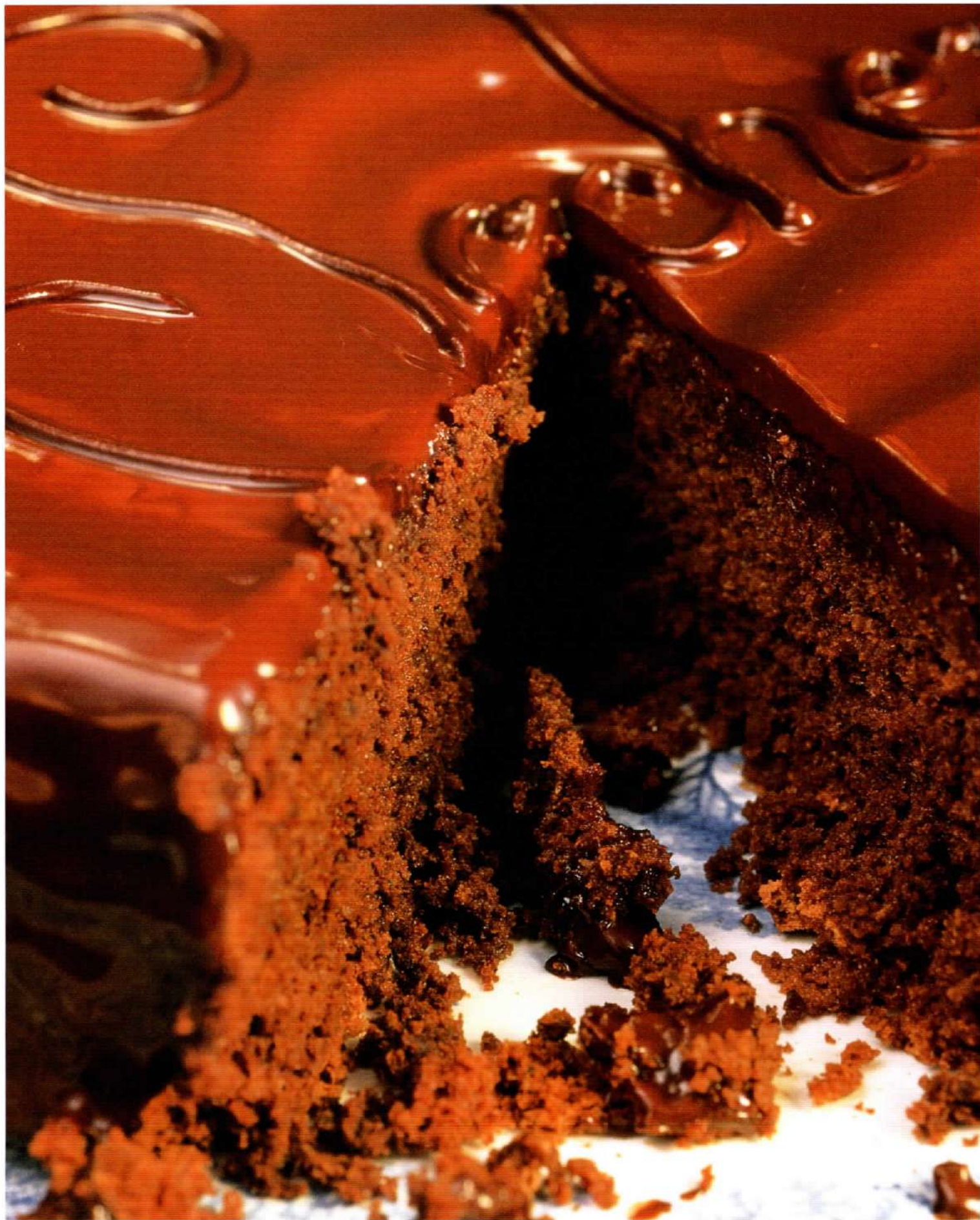


TIME TO SHINE





# TIME TO SHINE











To make the marzipan, mix together the ground almonds, icing sugar and cocoa with the reserved egg white. Knead lightly together in the bowl until a pliable ball forms. Roll out to an oblong about the length of the tin.

Melt together the remaining butter and rum.

Turn the dough out on to a lightly floured board. Knead a little, then roll it out into an oblong about 5mm (1/4 in) thick.

Brush the dough with some melted butter and rum. Place half the fruit mixture on the top two-thirds of the dough, then fold the bottom third, two-thirds of the way up the oblong, then fold down the top third over it. Seal the edges with the rolling pin. Turn the

dough clockwise so that the right-hand edge is now at the bottom, then roll it out into an oblong again. Brush again with the butter and rum and cover the top two-thirds with the remaining fruit mixture, fold, seal and roll again as before. Do not turn it this time.

Place the marzipan in the centre of the dough, fold in the two sides to meet in the centre and place, join-side down, in the lined tin. Brush the top with butter and rum and bake for 35 minutes.

As soon as you remove the stollen from the oven, brush with the remaining butter and rum mixture (which you may need to reheat slightly) and then dredge heavily with icing sugar. Allow to cool, then sprinkle with cocoa powder to serve.





## MELTING



After they have been picked, the pods are carefully cut open with a machete to reveal up to 45 beans surrounded by a gooey, white pulp. The beans and pulp are then removed by hand.











## MELTING



The pulp that cocoons the deep beetroot, pink or white beans inside the pod is placed in wooden boxes and lined with banana leaves. They are then covered with more banana leaves and left for about five days to ferment.

The action of fermentation kills the beans and breaks down the sugars whilst other compounds and enzymes react together to produce the precursors of the first chocolate flavours.

Unfermented bulk beans are often used in cheaper chocolate blends where their poor taste can be disguised using further processing techniques and strong flavours.





# MELTING









## LICKING THE BOWL



With the only secondary school far away in Punta Gorda, many cacao farmers' children have to board with families near the school. Without the extra income generated from Fairtrade organically grown cacao, their parents would not be able to afford the cost of their accommodation and the weekly bus fare.







# LICKING THE BOWL





## LICKING THE BOWL



After fermentation, the beans are spread out on mats to dry in the sun and raked over intermittently. In sunny weather, drying the beans usually takes about a week.



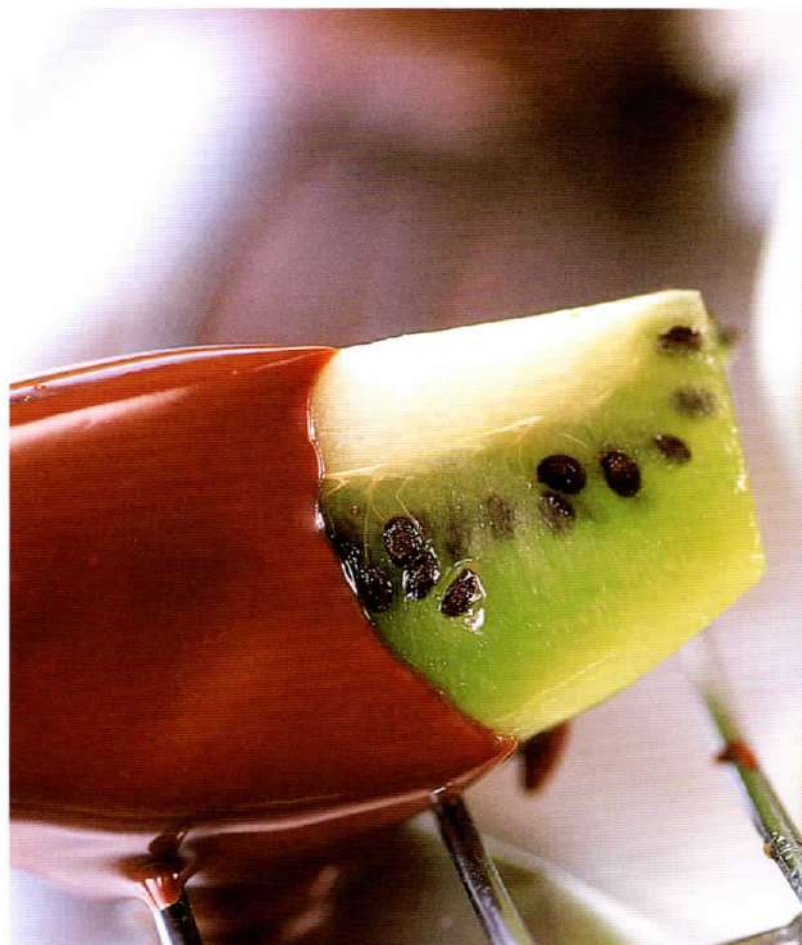


# LICKING THE BOWL





# LICKING THE BOWL



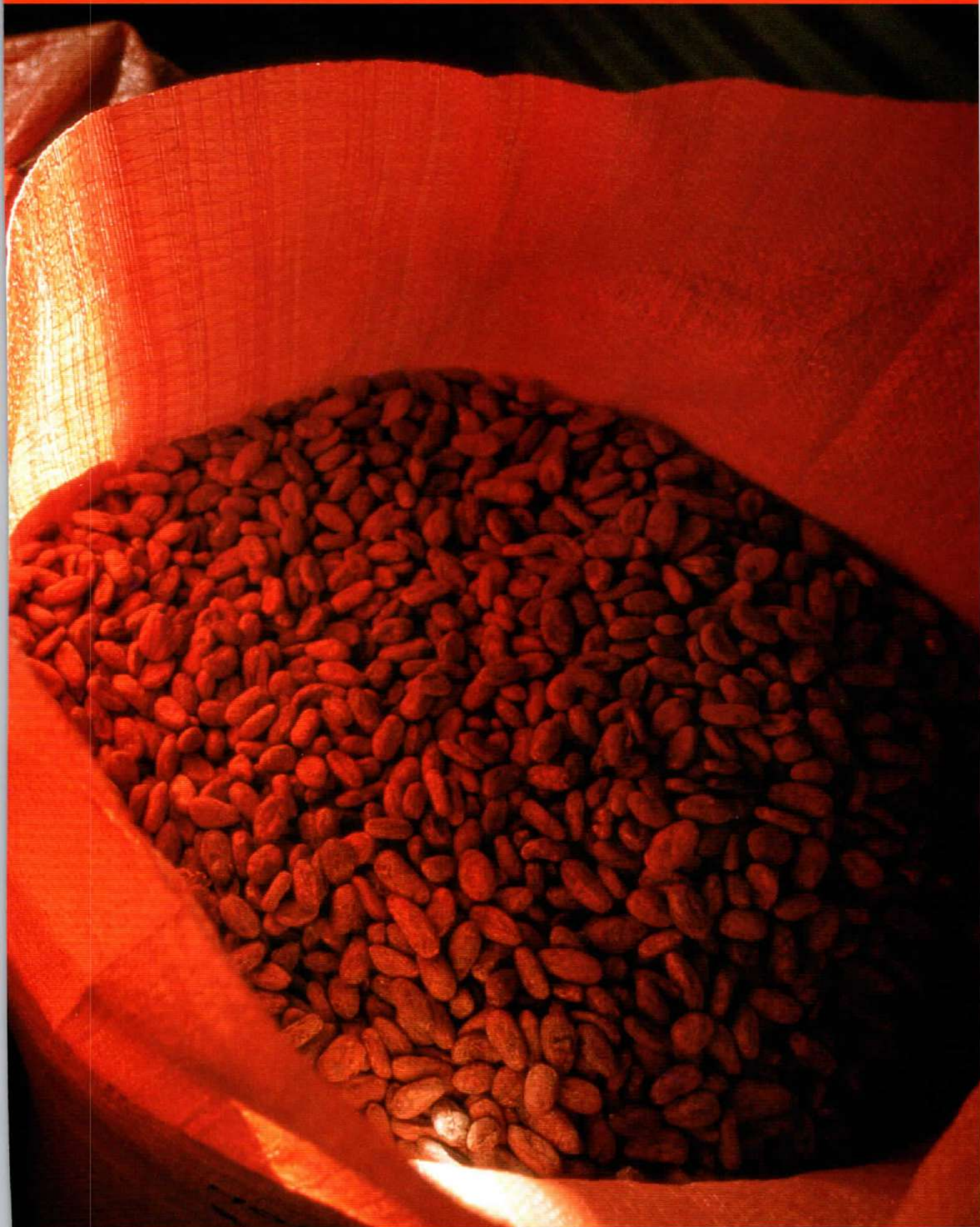


## CREATE A STIR



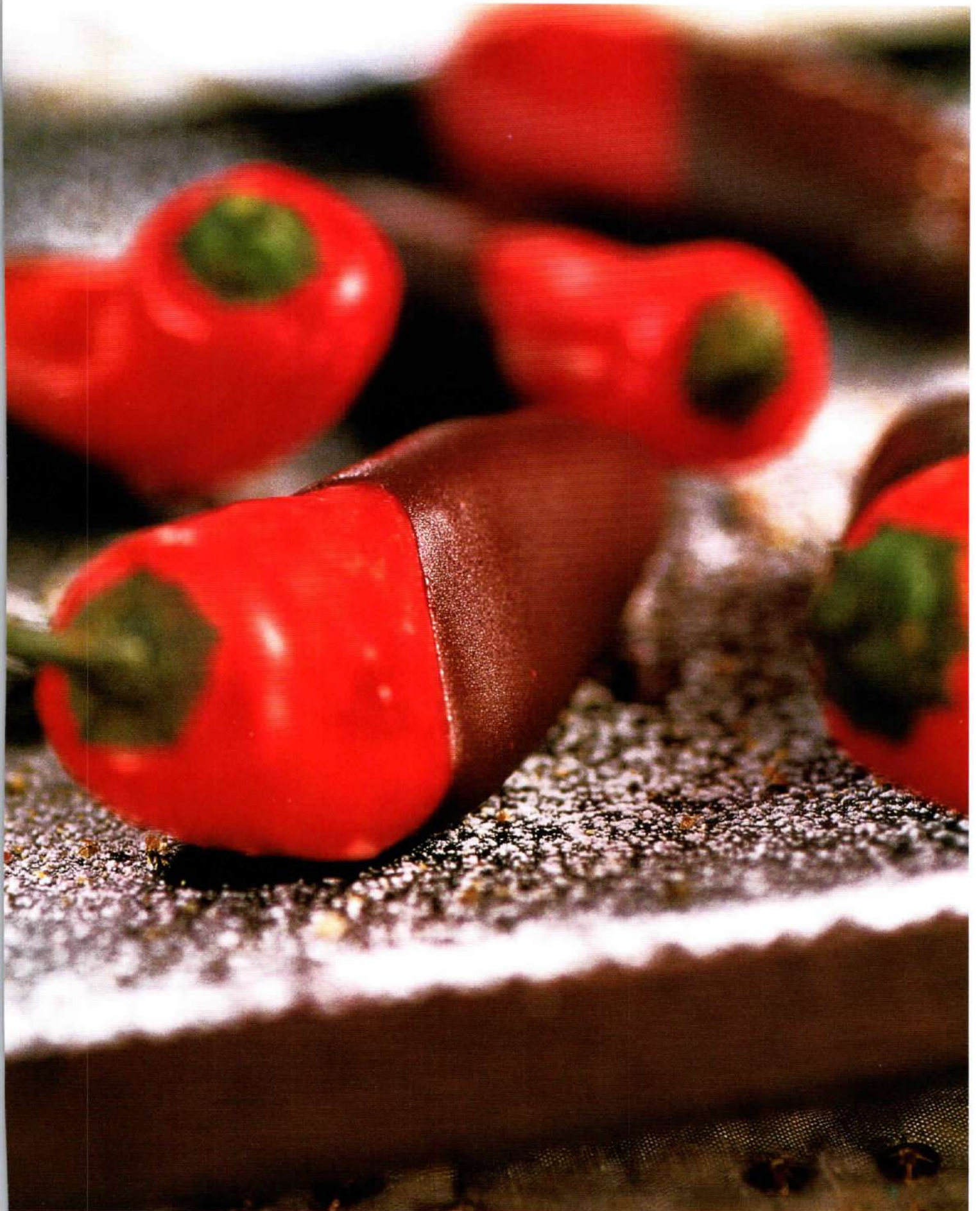
The dried beans must contain less than 7–8 per cent moisture, which prevents mould growth during storage.







CREATE A STIR





## CREATE A STIR



Once dried, the beans are hard and shrunken, having transformed from a white, purple or pink colour, depending on the variety, to a medium or dark brown.

The chocolate flavours are now in place, although they are not yet fully developed. The beans are ready to be shipped to the factory.





CREATE A STIR





# TREASURES



Traces of caffeine and theobromine were discovered in 2002 in the remains of a brew found in cooking pots in north Belize. The pots came from a Maya burial site *c.*600BC and showed that chocolate was used for food 1,000 years earlier than previously thought and that it was the Maya, not the Aztecs, who were the first to make a drink from













Once they arrive at the chocolate factory, the beans are de-stoned and cleaned. A brief, intense blast of heat is fired at them to loosen the shells from the nibs that nestle inside. Crushers, sieves and streams of air are then used to force open the shells and release the nibs.





# TREASURES









## MYSTICAL



Hurricane Iris devastated Belize on 21 October 2001. It destroyed many homes and crops and caused havoc for the cacao that survived, but more cacao trees have since been replanted by the growers. This cacao pod has been bored into by a woodpecker.

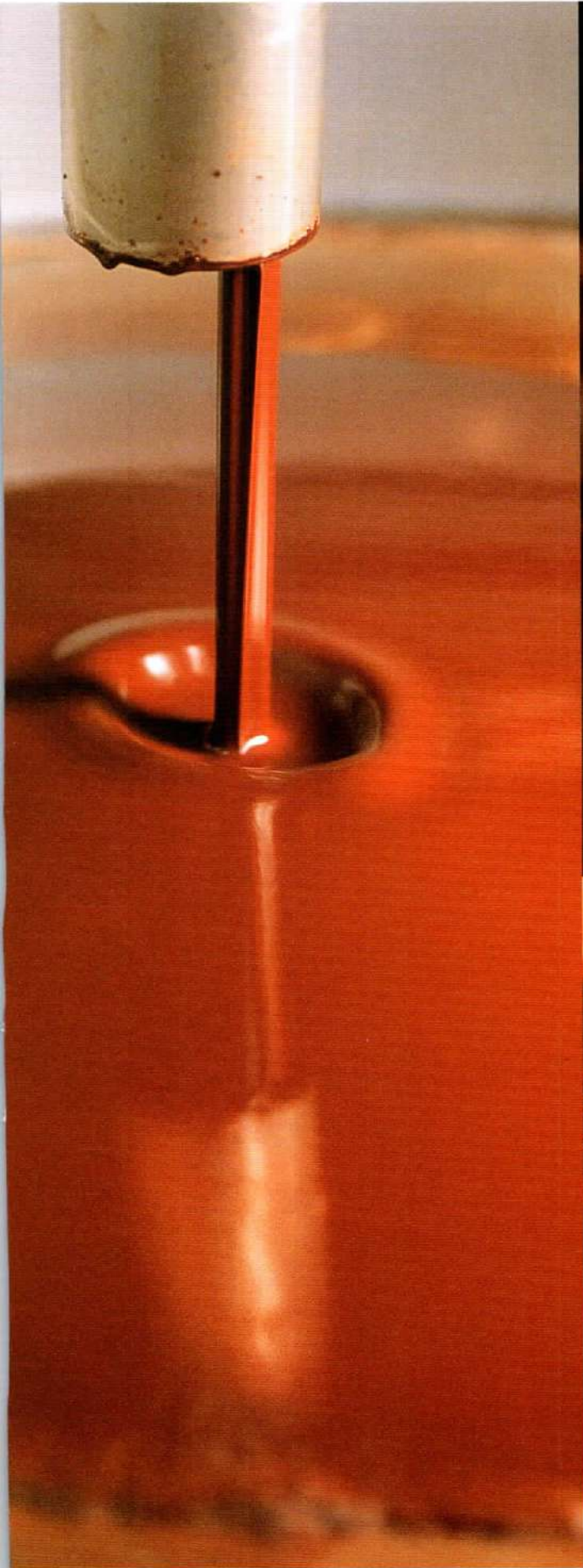




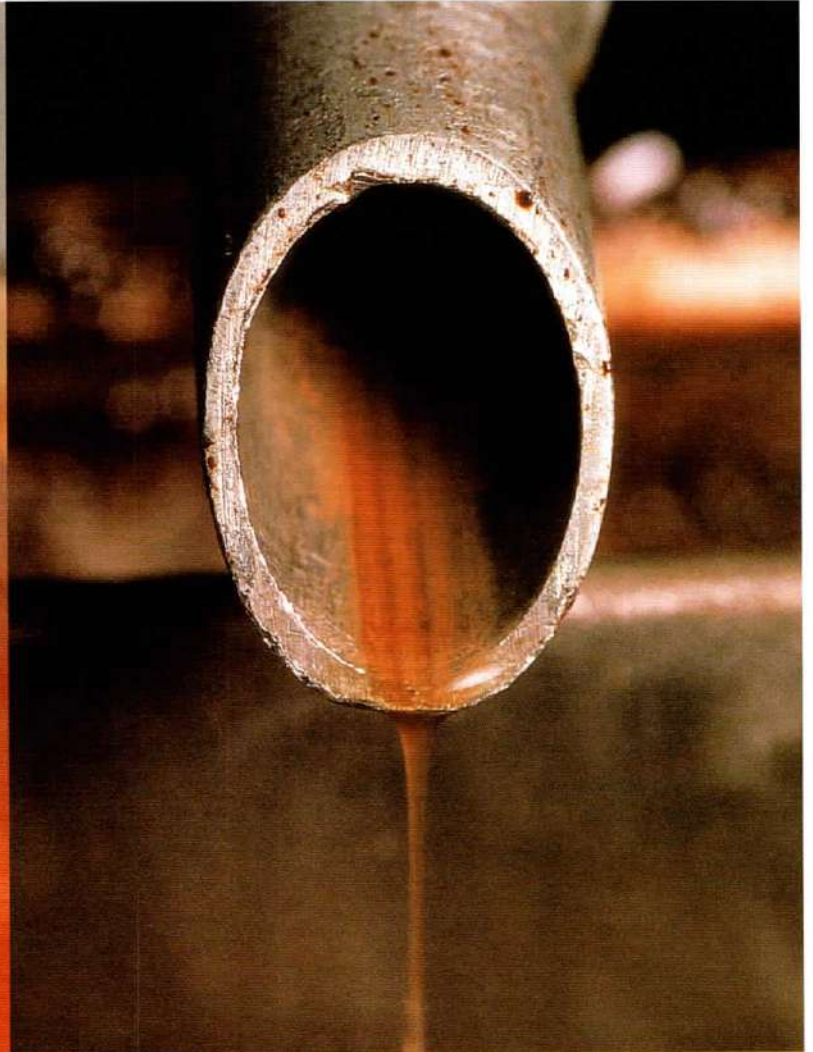




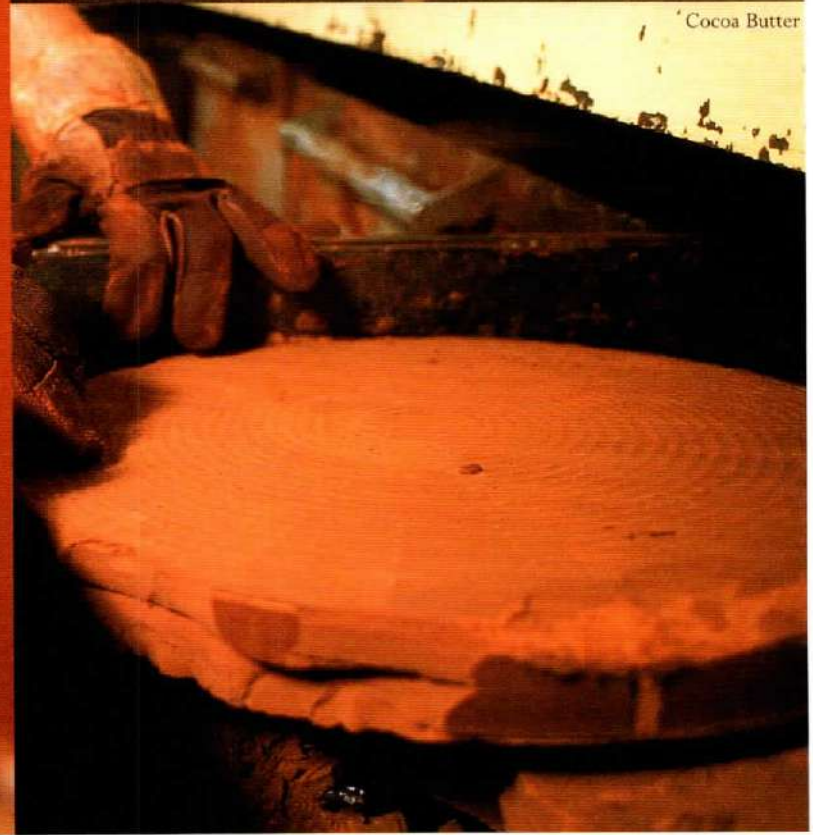




Cocoa Mass

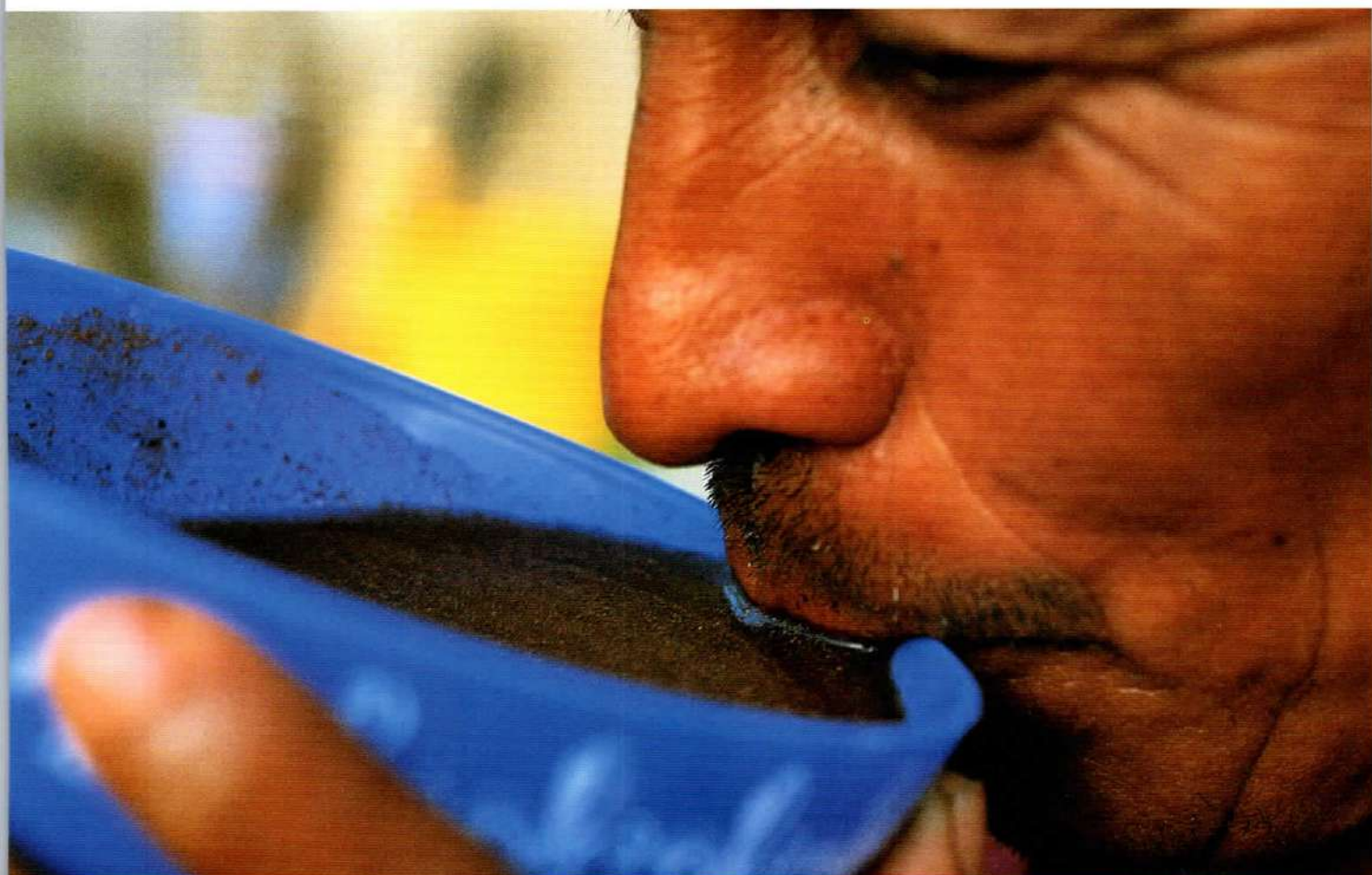


Cocoa Butter



Cocoa Powder







# WICKED



The rainforest is the perfect environment for the cacao tree, which likes rich soil, humidity and shade. It is rare to find *Theobroma cacao* growing outside a band 20 degrees north and 20 degrees south of the Equator.











# WICKED



White Chocolate

When we make our Dark Chocolate with 70% cocoa solids, we begin by mixing together cocoa mass, raw cane sugar and Bourbon vanilla to our own special recipe.

This mixture is then refined through a series of rollers that grind the particles of cocoa, sugar and vanilla so finely that they cannot be felt on the tongue. This process also continues to develop the flavour of the chocolate.

The next stage is the conching, which cannot be hurried and is a vital stage in the production of quality chocolate. A conching vessel, named after the conch shell-shape of the first prototype, controls the temperature and stirs the chocolate to create a smooth, velvety texture. The volatile acids are driven off and the flavour of the chocolate matures.

Extra cocoa butter is added at the end of conching to make the chocolate super smooth and to help it to melt more easily in the mouth.

Some chocolates are made using cheaper fats that are derived from nut and palm oil, which leaves a greasy film in the mouth.





WICKED









# WICKED





# ABRACADABRA



The complex flavour of chocolate is created by 550 flavour compounds found in cocoa after fermentation, drying, roasting and conching – far more than in most foods. A carrot has 96 flavour compounds.

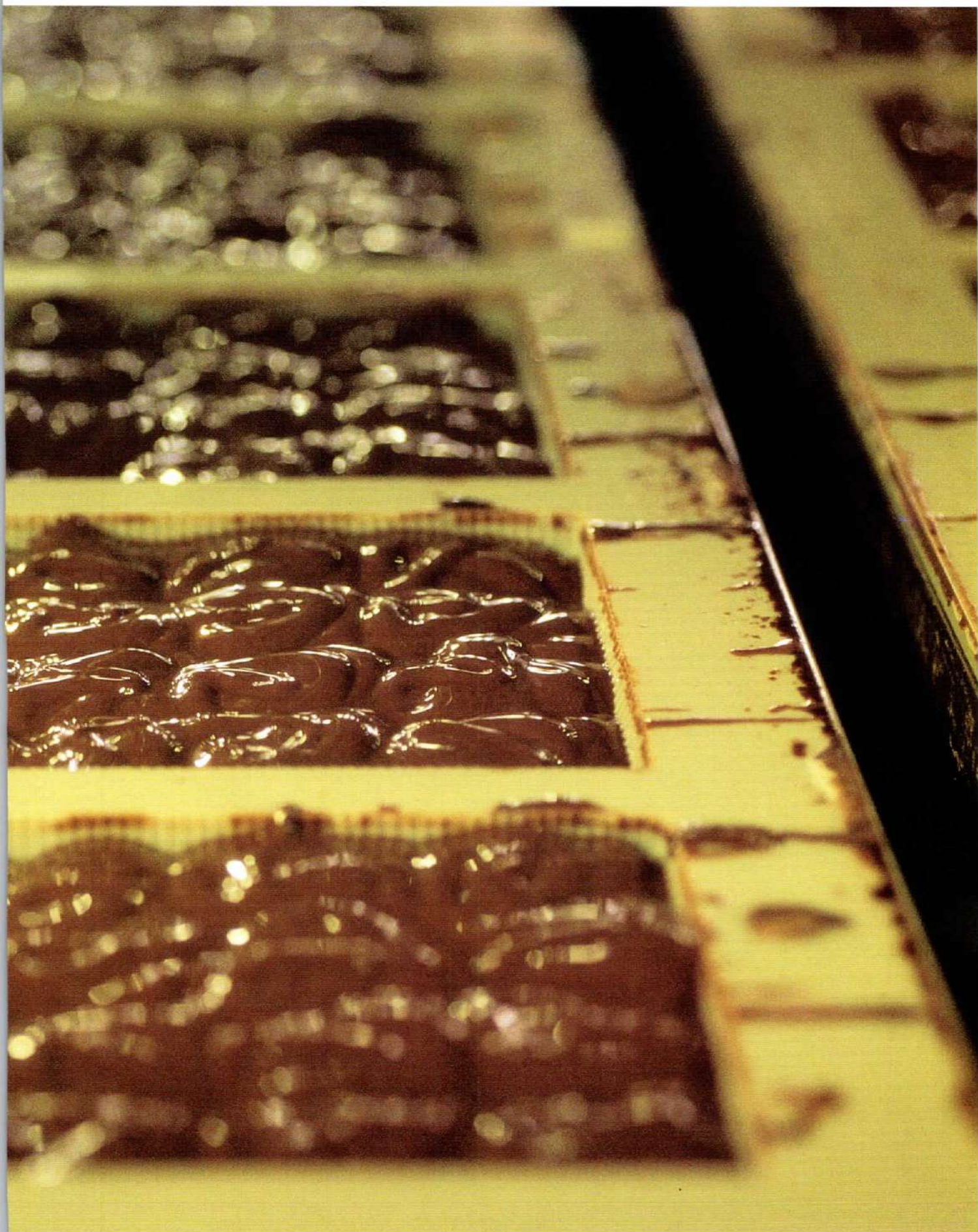




# GOLD









# ABRACADABRA









ABRACADABRA









# ABRACADABRA









## OLD TIMERS



The rainforest has existed for at least 40 million years and although it now covers just 2 per cent of the earth's surface, 40 per cent of all species of animals and plants live there. By 1990, half of the world's rainforests had been destroyed and they are still being felled at an alarming rate of about 142,000 square kilometres per year.





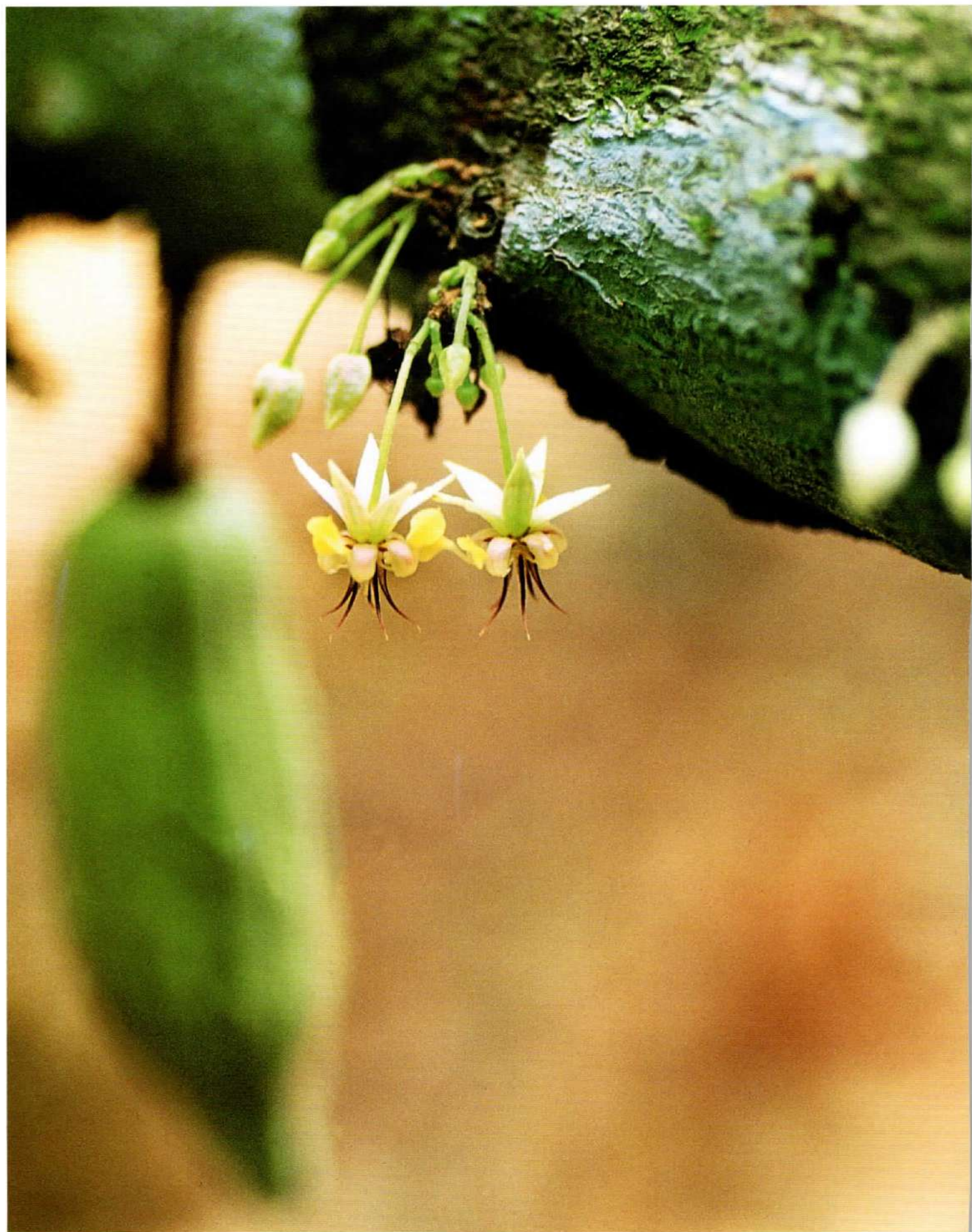


## OLD TIMERS





## OLD TIMERS







You only have to spend a short time in the rainforest to understand why growing cacao organically makes sense. The cacao trees are planted under indigenous trees for shade, are sheltered from the wind and sun and don't dry out when it gets too hot. Any insect pests that eat the crop are picked off by natural predators.

The forest floor is a carpet of leaf litter which fills the soil with the nutrients that help the plants to grow without need of chemical fertilisers. This results in a bio-diverse environment where cacao trees thrive amongst forest flora and fauna.

Slashing and burning rainforest trees to intensify the cultivation of crops has destroyed large tracts of the rainforest. The natural pest predators cannot live without trees and so many of the conventional growers use chemical insect-killers and if these are not used carefully they can poison other wildlife or wipe out their food chains. Less leaf litter means the soil runs out of nutrients, so artificial fertilisers have to be used. If too much is used, the excess can run off into streams and rivers and pollute them, which harms the animals that live in and depend on the river water.











## DRINKING WITH --- CHOCOLATE

Micah Carr-Hill is our Product Development Manager and he is also a serious foodie. He became interested in wine when he worked in the wine shop, Oddbins, and eight years later, has poured most of his earnings into buying wine and cooking meals for his friends and his partner Nat that can take him days to prepare.

Micah believes that there should be no rules about what you should drink with particular foods, but says that 'chocolate and chocolate puddings are particularly difficult to match as they coat your mouth, are usually quite sweet and chocolate itself has a certain amount of acidity'. He therefore suggests a few tips:

'The one thing to bear in mind when matching wine to desserts is that it is best to choose a wine that is as sweet, if not sweeter, than the food otherwise the wine is likely to be overpowered by what you are eating and seem unpleasantly sharp.

'However, chocolate does not always go well with traditional sweet wines such as Sauternes and as chocolate is often married with cherries, raisins, dates and other such fruits, it often makes sense to match them with drinks that have similar flavours. For example, a chocolate pudding with raspberry would go well with a raspberry liqueur like Framboise or raspberry beer from Belgium.

'Lighter puddings made with white and milk chocolate work well with a fresh, spritzy, grapey Moscato d'Asti or a slightly heavier Orange Muscat (especially if they contain orange). Belgian cherry or raspberry beers would also be good.

'Puddings made with a dark chocolate demand a richer and fuller wine such as a Black Muscat or a sweet Italian Recioto, made from partially dried red wine grapes. You could also try a vin doux naturels, which is a type of French wine that is made from partially fermented wine and local brandy, such as Rivesaltes, Banyuls or Maury. A port, Ruby or Tawny, an Australian Liqueur Muscat, or even one of the sweeter Madeiras (Malmsey or Bual) would also be good choices.

'If you're serving a savoury dish such as a mole, you need a weighty red wine to cope with the range of rich flavours kicking about. A big Syrah, Shiraz or Zinfandel would cope as would a big Italian red such as an Amarone or Barolo.

'Stouts, porters and dark beers made from chocolate malts (that have been highly roasted) are also good companions as is black coffee, irrespective of whether there is coffee in the recipe or not.

'The following are my suggestions, but remember that there are no hard and fast rules:



## COMPLEMENTARY FLAVOURS

- APRICOT** – light, sweet Muscat or a Hungarian Tokaji
- APPLES** – sweet Oloroso Sherry or a Liqueur Muscat
- BANANA** – Australian Liqueur Muscat, Tokaji, sweet Madeira or Tawny Port
- BISCUITS** – Tea, coffee, milk
- BROWNIES** – Black coffee or a good whisky
- COFFEE** – Coffee, Orange Muscat, Australian Liqueur Muscat or a sweet Oloroso sherry such as Matusalem
- DATES** – Liqueur Muscat or sweet Oloroso sherry
- FIGS** – Black Muscat or sweet Oloroso sherry
- GINGER** – Ginger beer, sweet Oloroso sherry or a Liqueur Muscat
- GORGONZOLA** – Sweet red Italian Recioto, late-bottled vintage Port or Tawny Port
- HARE** – a big Syrah, Shiraz or Zinfandel
- HAZELNUTS** – a Malmsey or Bual Madeira, or a stout made from chocolate malt
- ICE CREAM** – a Liqueur Muscat, sweet Oloroso or even a Pedro Ximinez (PX) sherry, a Malmsey or Bual Madeira
- LAMB** – a big red from the Rhone Valley, Portugal or southern Italy
- LEMON** – a very sweet late-harvest Riesling such as a Trockenbeerenauslese
- MEXICAN** – Chilcan or Argentinian red wine, Mexican beer or a cocktail such as a Margarita or Bloody Mary
- PANNA COTTA** – Recioto di Soave from Italy or an Orange Muscat
- PEARS** – Orange Muscat
- PECAN PIE** – Liqueur Muscat, sweet Oloroso Muscat or a Malmsey or Bual Madeira
- SAUSAGES** – robust Spanish or Portuguese reds or a Zinfandel
- STOUT CAKE** – stout
- TRUFFLES** – eau de vie of your choice
- VANILLA** – late-harvest Riesling
- VENISON** – big Italian red such as a Barolo or something from the south such as a Salice Salentino
- WALNUTS** – Australian Liqueur Muscat or a sweet Oloroso sherry
- WHITE CHOCOLATE** – sweet white Bordeaux such as Sauternes or Barsac, or a late-harvest Riesling such as an Auslese or Beerenauslese.'







Lubaantun was the centre of the Maya civilisation in southern Belize. A great ceremonial focus, it existed over 1,000 years ago, hidden deep in the rainforest.

In this vibrant society, the universal measure of value was the cocoa bean. As Lubaantun was situated in the Maya mountains, where cacao trees thrived in the wild, it rapidly became the economic centre of the Maya world, with the cocoa bean at the heart of the economy.

In the 1850s, it was taken over by colonists, who logged the land and established plantations. But they struggled to control nature and place names like 'Go To Hell Creek' and 'Hellgate' are all that remains of those desperate times.

The Maya returned to their villages in the mountains and lived by subsistence farming, trading their surplus cocoa beans for cash and growing indigenous crops using traditional methods. But in the early 1990s the price of cocoa, which had been falling for years, dropped dramatically just before harvest time as too much cocoa flooded world markets and many farmers were left unable to afford even to harvest their crops.

It was at this time that Jo Fairley and Craig Sams, who were on holiday in Belize and looking for organic cocoa beans, heard about their plight. They began to buy organic beans from the Maya, which in turn, led to their involvement with the Fairtrade foundation. Their relationship with the Toledo Cocoa Growers Association resulted in the creation of Green & Black's





Maya Gold Chocolate, sold in the UK and the first-ever product to carry the Fairtrade Mark.

Over 300 families benefit from the sale of cocoa beans and many of the farmers have plantations with trees that are over 100 years old. They live on the land that their ancestors have farmed for thousands of years and will preserve that land for future generations.





# OLD TIMERS







Saul Garcia is a Fairtrade farmer who has been farming cacao in Belize for thirty-eight years. If you visit his fifteen-acre farm set on the banks of the Columbia river, you can see more than fifteen different varieties of cacao tree, surrounded by a cascade of beautiful colours from the shrubs and crops that he plants between his cacao trees.

The bio-diversity created by planting so many different species of cacao and other plants helps to reduce the threat of bugs that cause serious damage to organically grown cacao.

Papaya, bananas, coffee, breebee, coconut, mango, breadfruit, cacao, mamey sapote, lime, *Theobroma bicolor*, avocado, cohune palm, soursop, plantain, samwood, jippy japa, golden plum, leucaena, glyricidia, craboo, orange, starfruit, vanilla, ginger, sugar cane, sorrel and bamboo. These are just some of the plants Saul Garcia grows. Some are used for food or as fibre, particularly for basket weaving, others are good for the soil and there are also ornamental plants for attracting pollinators.







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## ACKNOWLEDGEMENTS

Green & Black's and Caroline Jeremy would like to thank all the staff past and present at Green & Black's especially Micah Carr-Hill, Cluny Brown and Mark Palmer; all the farmers who grow cacao for us; Jo Fairley and Craig Sams our founders; all those people whose recipes have been included in this book; Christopher Nesbitt who has been the driving force behind the development of the TCGA in Belize, and his wife Dawn; Claire Fry who designed the book; Francesca Yorke for her photographs; David Morgan, the home economist; Wei Tang for her prop styling; the recipe testers Jo Gilks, Sally Leighton, Gilly Booth and Sofia Craxton; Kyle Cathie, Muna Reyah and Ana Sampson at Kyle Cathie our publishers; Pearlfisher, our packaging design company and Phipps PR.

We would also like to thank the following chefs, authors and publishers for giving us permission to use their recipes:

Alastair Little and Richard Whittington, Fudge Sauce, *Keep It Simple* (Conran Octopus 1993)  
Tavola, 155 Westbourne Grove, London W11 2RS

Dodi Miller, Mole Poblano de Guajolote, Cool Chile Co. P.O. Box 5702, London W11 2GS

Elisabeth Luard, Italian Venison Agridolce, more recipes in *Latin American Kitchen* (Kyle Cathie 2002)

Elizabeth Weisberg and Rachel Duffield,  
Lighthouse Bakery Chocolate Bread, Lighthouse Bakery, 64 Northcote Road, London SW11 6QL

Gerard Coleman and Anne Weyns, Chocolate Salted Caramel Tart,  
L'Artisan du Chocolat, 89 Lower Sloane Street, London SW1 8DA

Gerhard Jenne, Chocolate Biscuit Cake, Konditor & Cook, 22 Cornwall Road, London SE1 8TW

The Groucho Club, Chocolate Eruptions, The Groucho Club, 45 Dean Street, London W1D 4QB

Launceston Place, Chocolate Berry Torte, Launceston Place 1a, Launceston Place, London W8

Lorna Wing, Sachertorte, Lorna Wing Ltd, 48 Westover Road, London SW18 2RH

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Nora Carey, Chocolate and Chestnut Soufflés,  
*Perfect Preserves Provisions from the Kitchen Garden* (Stewart, Tabori & Chang, 1990)

Paul and Jean Rankin, White Chocolate and Hazelnut Cheesecake, *Hot Chefs* (BBC Worldwide, 1992)  
[www.cayennerestaurant.com](http://www.cayennerestaurant.com)

Rachel Green, Chocolate and Lemongrass Mousse,  
Rachel Green's Food Design, The Barn, St Leonard's Lane, South Cockerington, Louth, Lincolnshire LN11 7EF

Stuart Oetzman, Fruit Cake, The Handmade Food Company,  
18 Charleswood Road, Rashers Green Industrial Estate, Dereham NR19 1SX

Sue Lawrence, Chocolate Crusted Lemon Tart, *Book of Baking* (Headline 2004)

The New Covent Soup Company, Chocolate Soup,  
*The New Covent Garden Soup Company Book of Soups New, Old and Odd Recipes* (Macmillan, London, UK 1996)

Valentina Harris, Tuscan Sweet and Sour Hare, *Regional Italian Cooking* (BBC Worldwide)  
[www.villavalentina.com](http://www.villavalentina.com) (Cookery school in Tuscany).

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Whole Earth Foods, Cocoa Crunch Kallo Foods, Wormley, Surrey GU8 5SZ

We also thank the following organisations:

The Fairtrade Foundation, Suite 204, 16 Baldwin's Gardens, London EC1N 7RJ Tel:020 7405 5942 [www.fairtrade.org.uk](http://www.fairtrade.org.uk)  
Soil Association, Bristol House, 40-56 Victoria Street, Bristol BS1 6BY Tel: 0117 929 0661 [www.soilassociation.org](http://www.soilassociation.org)  
Toledo Cacao Growers Association, Punta Gorda Depot, Main Road, Punta Gorda, Toledo District, Belize.

Caroline would also like to thank her husband David and children Oscar, Edward, Chloë and Oliver for their tasting skills patience and enthusiasm for all things chocolate; Claire Fry, Jo Gilks, Gilly Booth, Beverley Patrick and Sally Johnston for endless creative thought, animated discussion and laughter.