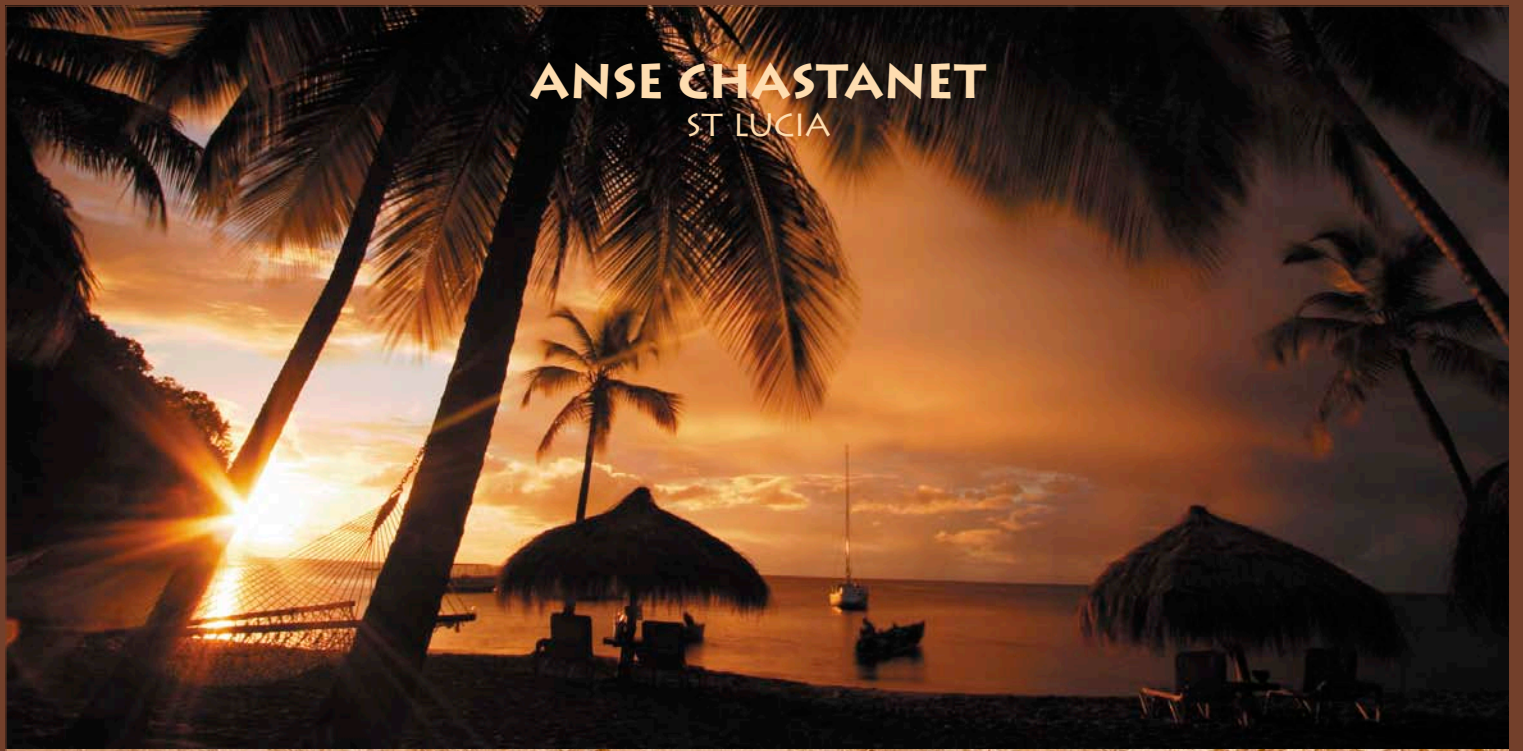


ANSE CHASTANET  
ST LUCIA



# Discover CHOCOLATE

The sweetest time of year is during our Discover Chocolate Festival which begins on Dec 9 and is hosted by our consulting Chef, James Beard Award winner Allen Susser.

Please let us share with you some of the culinary highlights.



## ANSE CHASTANET ESTATE CHOCOLATE FESTIVAL

Let us introduce you to the World's favorite aphrodisiac: Chocolate. This will be a delicious, interactive chocolate experience featuring our own estate grown cacao. Cacao has a history in St Lucia that dates back to the early 1700's. There are over 1500 cacao trees on our Anse Mamin and Emerald Estates.

We have been harvesting and producing cocoa for many years supplying the our resident guests and the local market with our delicious chocolate and have become part of the international community of Cocoa producers and artisanal chocolate makers.

# Discover Chocolate

## Friday, December 9

### **Chocolate, Wine and Paradise located in the Emerald Restaurant from 5:30 – 6:00 pm**

Learning how to taste wines is a straightforward adventure that will deepen your appreciation for both wines and wine makers. Now though here at Jade Mountain we take it one step further to matching and tasting wine with our own hand made organic Emerald Estate Chocolate. Look, smell, taste - starting with your basic senses and expanding from there you will learn how to taste wines and chocolate like the pros in no time! *(Complimentary for all guests)*

## Saturday, December 10

### ***The Long Lost Art of Chocolate Truffle Creation!***

#### **Chocolate Truffle Workshop at our Chocolate Lab with Pastry Chef Kristof – 10:00 am**

Everyone wants to get their hands on our chocolate. But some want to take that to a whole new level! This truffle workshop focuses on techniques you can use in your own kitchen using ingredients you can find in local stores. The best part...you take home what you make! So, if you've ever pondered the alchemy involved in the making of fine chocolate, enroll in the Chocolate Truffle workshop and learn the delicious art for yourself! *(US 45 per guest + 10% service charge and 10% VAT. Sign up at Social Desk. Limited to 8 guests on a first come first service basis)*

## Sunday, December 11

### **Breakfast – Treehouse Restaurant – Discover St Lucian Cocoa Tea**

Enjoy St Lucia's favorite breakfast beverage, Cocoa Tea with our compliments today. The locals have been making different versions of the tea for centuries. Discover our version of this national hot cocoa made tableside for you this morning in the dinning room using a cocoa stick (a finger-sized log of roasted, ground, and rolled cacao nibs) along with nutmeg, cinnamon, bay leaf and other local warming spices. *(Complimentary for all guests)*

### **Lunch at our private beach at the Jungle Grill at Anse Mamin – 1:00 pm**

Take a resort shuttle boat over and enjoy a leisurely lunch grilled under the shade of the mango and palm tree. The menu is simple and delicious. With your toes in the sand, you have to try our "adult" Chocolate Milk Shake with a jungle burger. *(Jungle Grill a la carte rates apply)*

### **Tour the plantation at Anse Mamin with our special guide at 1:45 pm**

Plantation was originally a sugar cane plantation in the 18th century, until changing hands and moving to a cocoa crop. The cacao plants are still numerous on the grounds for guests to see and for us to produce our own estate chocolate. A tour with Meno is always memorable as he shares his heritage, his enthusiasm, and some herbal secrets. In Anse Mamin one can find turmeric, tamarind, cashews, mangos, avocados, oranges, tangerines, guavas, papaya, coconut, bread fruit, yams, and sweet potatoes. The superior taste and quality of the ingredients as well as the connection to the earth is inspiring. Anse Mamin is a wonderful resource. *(Complimentary for all guests)*

### **Caribbean Rum & Emerald Estate Chocolate "Mixology" at the Beach Bar at 4:00 pm**

For those who enjoy Caribbean Rum and our Emerald Estate Chocolate. You will be surprised as we taste several rums and chocolate together matching their flavors and aromas. Then we will turn it over to explore the fine craft of mixing Chocolate cocktails using the basic techniques and tricks of our bartenders. Learn how to make Spiced Chocolate Mojitos and our most popular Coco Doo in this special Mixology Class. If you already have a favorite from our Cocktail list we would love to show you how it is made. *(US 25 per guest + 10% service charge and 10% VAT)*

# Discover Chocolate

## Monday, December 12

### **The Emerald Estate Cocoa Tree to Chocolate Bar Tour with Chef Allen from 9:00 – 11:00 am.**

In this class we would like to indulge you further into the world's favorite aphrodisiac... chocolate. We will host you on our Emerald Estate Cocoa Tour to show you the complete cycle of Tree to Bar production. We will discuss the history of chocolate in the Caribbean and the production process. To start off we will visit the Emerald Estate to witness the natural side of cocoa including tasting raw cacao while discussing the fermentation, sun drying and polishing of the beans. Then travel back to our own Chocolate Lab to elaborate on the technical part of making the perfect chocolate bar. This 2 hour guided experience takes you through cocoa bean roasting, grinding and conching in the making of our chocolate to create the perfect snap and shine. Along the way you will enjoy an invigorating cup of local cocoa tea and our organic chocolate bars that range from 60%, 70 % and 92 % Bittersweet. A complimentary Bar of Emerald Estate Organic Chocolate will be our treat to you as souvenir to take home. (US 75 per guest + 10% service charge and 10% VAT. Sign up at Social Desk)

### **Chef Stefan's Sensory Chocolate Degustation Dinner – Treehouse Restaurant at 7:00 pm**

A specially prepared unique 6 course dinner. Our chefs practice their magic only with the desire that it awaken the diner's sense of taste. Chocolate aromas, colors and textures, and spices are only a few of the elements used to entice the diner (US 75 per guest + 10% service charge and 10% VAT). The dinner can be accompanied by a pairing of carefully selected wines from our wine cellar to match each course. (US 45 per guest + 10% service charge and 10% VAT)

## Tuesday, December 13

### **Chocolate Sensory Tasting in the Emerald Restaurant at 10:00 am**

Cocoa beans from the tree Theobroma cacao are a very complex raw ingredient used to make the chocolate. The complexity of the cocoa bean's flavor mystifies chocolate lovers. Three main cacao bean types exist: Forastero, Criollo, and a hybrid of the formers, Trinitario. All sensory panels should occur first thing in the morning so that the panelists have a fresh focus and can concentrate on the task at hand. We will be tasting and evaluating plenty of Nick Troubetzkoy's Emerald Estate Organic Hand Made Chocolates. Come have fun with us this morning. (Complimentary for all guests)

### **Discover Chocolate — Chocolate Lab from 11:00 am**

For this tantalizing interactive experience following the Chocolate Sensory Tasting, we will move to the Chocolate Lab to discover just how chocolate is made. We are a Tree to Bar organic boutique chocolate producer using only Emerald Estate Organic Cocoa. Join us to learn the basic techniques of making chocolate, tempering chocolate, creating your own fudge and making a personalized chocolate bar. The best part...you take home what you make! So, if you've ever pondered the alchemy involved in creating the finest of chocolates, enroll in this Discover Chocolate workshop and learn this delightful art for yourself. This class is hands on so be prepared to be covered with chocolate! (US\$45 per guest + 10% service charge and 10% VAT. Sign up at the Social Desk. Limited to 8 guests on a first come first serve basis)

### **Tuesday evening's Anse Chastanet Resort Manager's chocolate greeting cocktail party 6:30 – 7:30pm**

Come Join us at the beach restaurant for our signature Spiced Rum punch and passed Hors D' oeuvres. Experience a St Lucian Tropical Chocolate Fondue using Nick Troubetzkoy's Emerald Estate Chocolate. (Complimentary for all guests)

## **Why stop at food and drink? Luxuriate in our Spa Chocolate delight.**

Luxury at it's sweetest. Chocolate - what a treat to experience it on your body. The cocoa bean which grows here in Soufriere has long been touted for breaking down harmful free radical and now Jade Mountain has taken the chocolate treatment to new exotic heights. Revitalize your skin with anti-oxidant properties while indulging your sense for sweetness with this delightful chocolate experience. Decently warm then cooling chocolate is applied in layers, stimulating endorphins in the body and adding minerals to the skin to awaken your senses and bringing them into pure harmony. The chocolate caresses your skin while you relax, leaving you looking refreshed and feeling revitalized.

(Optional inclusion: \$150 US plus 10 % service charge – please book as early as possible)

# Our Emerald Estate Grown *Organic Chocolate Beans*



Where does chocolate come from? Actually, it DOES grow on trees. It all starts with a small tropical tree, the *Theobroma cacao*, usually called simply, "cacao." (Pronounced *ka-KOW*. *Theobroma* is Greek for "food of the gods.") Cacao is native to Central and South America, but cultivation of cacao is throughout the tropics.

Our Emerald Estate cacao beans are organically grown, which benefits the environment, the health of the eater as well as the flavor of chocolate. Higher levels of immunity enhancing flavonoids are present because we do not use chemicals.

A cacao tree can produce close to two thousand pods per year. The ridged, football shaped pod, or fruit, of the cacao grows from the branches and, oddly, straight out of the trunk. The pods, which mature throughout the year, encase a sticky white pulp and about 30 or 40 seeds. The pulp is both sweet and tart; it is eaten and used in making drinks. The seeds, were you to bite into one straight out of the pod, are incredibly bitter. Not at all like the chocolate that comes from them.

First, the pods must be harvested, which is usually done twice a year. Because the trees are too fragile to climb, harvesting is accomplished by workers on the ground, who wield either a machete or a long pole with a machete on the end. Then, workers open the pods by hand, taking care not to damage the beans inside.

Next comes one of the most important steps in the process - fermentation. The beans, still sticky with pulp, are placed in earthen pits or wooden bins and covered with banana leaves, then left to ferment. The heat of fermentation changes the bitter flavors in the beans into something more edible, more chocolatey. The sugars in the bean turn into acids, the color changes from pale to dark brown, and the pulp residue melts away. The length of the fermentation process depends on the type of bean; the higher quality beans may need only a few days, where others may need a week or more.

After fermentation, the beans are dried in the sun for about a week on the drying rails. This is all done on the Estate. The flavor continues to develop during this time. At this point they are ready to be processed into chocolate.



## THE BEAN

The three beans used in most chocolate production today are the Criollo, Forastero and Trinitario. Each of these beans has its own properties that result in slightly different tastes in the chocolate end product. On the Emerald Estate and Anse Mamin Plantation we have both the Criollo and Trinitario cacao beans.

The Criollo beans, which are some of the most cherished beans on Emerald Estate, and are the ones that started it all. Most grow in South America's milder climates and require very rich soil, such as the volcanic soil here on St Lucia. The beans themselves are considered the best for making chocolates because they are highly aromatic and have low acid levels, which helps create fine chocolate with intense flavor.

Forastero come from the Amazon region of South America. These beans are thought to account for about 80 percent of the world's cacao production. Not considered as fine as the Criollo, these beans produce a weak aroma and have a bitter taste although they can be processed to create fine products.

Less common for chocolate making than the Forastero and more available in the Caribbean than the Criollo, the Trinitario is considered a hybrid bean from the cacao tree. This bean combines the fine taste of the Criollo with the higher yields of the Forastero and is grown in South America, various Caribbean islands and a few other locals.