

ANSE CHASTANET  
ST LUCIA



# Discover CHOCOLATE

We have pleasure to inform you that our Discover Chocolate Festival offered by our culinary services begins on October 2 and will include our consulting chef Allen Susser, a James Beard Award winner. He will be with us this week to personally celebrate the event with us.

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



## ANSE CHASTANET ESTATE CHOCOLATE FESTIVAL

We would like to introduce you to the world's favorite aphrodisiac: Chocolate. This will be delicious, interactive chocolate experience featuring our own estate grown cacao. The cacao has a history in St Lucia that dates back to the early 1700's. The Cacao trees were established in Anse Mamin and Emerald Estate including over 1000 Cacao Trees. We have been harvesting and producing cocoa for many years supplying the local market and culture as well as becoming a part of the international commodity of Cocoa.

# Discover Chocolate

## Friday, October 2

### **Chocolate enthused Cocktail Party in the Emerald Restaurant 6:00 - 7:00 pm**

This is the Launch for our own Nick Troubetzkoy's Emerald Estate Chocolate. Our Chocolate is hand crafted with organically grown cocoa beans from Nick Troubetzkoy's Emerald Estate here on St Lucia. Three generations of care and local technique have taught us to select exceptional quality cacao beans that are hand picked at their peak maturity and ripeness.

We are a Bean to Bar organic single estate boutique chocolate maker. James Beard award winning Chef Allen Susser has pioneered this signature intense chocolate taste with exotic tropical aromas. Our secret is authentically hand crafting small batches of our own cacao beans, slow roasted and stone ground. Emerald Estate Chocolate is to savor.

Start your evening with the alchemy of chocolate hosted by Chef Allen. He will introduce you to the world of chocolate. You will see freshly picked Cocoa pods, and toasted beans and taste a variety of Emerald Estate Chocolate bitter sweet and sweet chocolates. Enjoy a complimentary signature "Chocolate-tini".

*(Complimentary for all guests)*

## Saturday, October 3

### **Join our Morning tour of Nick Troubetzkoy's Emerald Estate Cacao Plantation and Emerald Organic Farm. Chef Allen will host a chocolate workshop. 9:00 - 11:00 am**

The Estate is a Cacao Plantation dating back three generations. It also serves as the organic farm that supplies all the fruits and vegetables for our Anse Chastanet Caribbean inspired Cuisine and served throughout the Resort. At the farm we will go through the production of cacao beans including pod picking, fermenting, drying rails and then a discussion on the alchemy of making chocolate. You will experience the local chocolate tradition of St Lucian Chocolate Tea. Taking part in a chocolate demonstration and sampling it's rich calming effects.

*(US\$25 per guest + 10% service charge and 10% VAT. Sign up at Social Desk)*

## Sunday, October 4

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

### **Chocolate Truffle Workshop at our Chocolate Lab 3:00 - 4:00 pm**

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. Sign up at Social Desk)*

### **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)*

# Discover Chocolate

## Monday, October 5

### **The Emerald Estate Cocoa Tree to Chocolate Bar Tour 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)*

### **Lunch at our private beach at the Jungle Grill at Anse Mamin**

Take a water taxi 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 1:45pm**

The grounds include an old and tropical plantation called Anse Mamin. The 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)*

## Tuesday, October 6

### **Chocolate Sensory tasting - Monday Morning 10:00 - 10:30 am in the Emerald Restaurant**

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 10:45 - 12 noon**

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. Sign up at Social Desk)*

### **Tuesday Evening Manager's Anse Chastanet Resort 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)*



NICK TROUBETZKOY'S  
**ANSE CHASTANET**  
ST. LUCIA

## 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.