

# Discover Chocolate Workshop

*Welcome and thank you for joining us on today's Discover Chocolate workshop.*

## About the Emerald Estate...

Emerald Estate was established over 200 years ago during the early French colonial period in Saint Lucia. Located in the hills of what is now the Soufriere basin, Emerald did not have the water resources needed for creating the power to operate a sugar mill so the initial efforts were to grow various food crops, which were ultimately unsuccessful. Later in the 1800s Emerald was reestablished to grow oranges and soursop, which was successful for several decades but due to international demand later was converted entirely to the production of cocoa.

Emerald is now owned and operated by the Anse Chastanet Resort and is the site of the resort's organic farm. Late in the 1990s the resort's owner, Nick Troubetzkoy, put significant effort into rejuvenating production on the 30 acre estate to where the property now produces a great variety of vegetables, fruits and herb crops for exclusive use in the kitchens at Jade Mountain and Anse Chastanet.

Attention then turned to the estate's cocoa trees.

Today Emerald Estate has approximately 1,000 Cocoa trees of the Trinitario variety, producing some of the best cocoa found anywhere, which is being used in the production of premium quality cocoa products being offered under the Emerald Estate brand. At Emerald, the cocoa beans are carefully removed from the pods, washed, fermented and sun dried in the traditional way.

The beans are then taken to the resorts Chocolate Lab for use under the direction of the resort's chocolate alchemists, who brings world class experience, skill and passion to the creation of our chocolate products. The Chocolate Lab produces a delectable line of chocolate products served throughout both Anse Chastanet and Jade Mountain Resort and prides itself to be the only "Tree to Bar" producing Hotel in the world.

Five distinct 100 gram chocolate bars are being produced – 60%, 60% with Nibs (roasted pieces of cocoa beans), 70%, 78% with roasted Cashew and 92% cocoa content. Another signature creation are the Jade Mountain 'Love Drops', handmade heart shaped delights left on guest pillows every night ensuring sweet dreams for all!

## About the workshop...

It's all about the right temperature, the Tempering of Chocolate.

How is it possible that one Chocolate shines like a mirror while the other is gray and dull?

It has to do with the right formation and crystallization of the fat crystals inside the cacao butter.

The ideal crystallization is obtained by precise tempering. If you would ask a professional to describe tempering the answer would most likely be; to create as many of the smallest possible crystals in the right shape. When you read this, you might get the feeling that this is a very difficult subject, and to be honest, it is.

### THE CRYSTALS

The fine characteristics of chocolate like the crunchy bite, the pleasant melting and perfect shine are obtained by the smallest crystals. There are at least four different types of crystals at work in chocolate, gamma, alpha, beta and beta 1. The one that gives the best results (the shine, crisp and pleasant melting) is the beta crystal. Beta1 is an unstable crystal, the melting point of gamma and alpha are too low and these two are also unstable. Using temperature play, the tempering, we now try to obtain the right crystallization.

### MELTING THE CHOCOLATE

The first step in melting chocolate is to make sure all the crystals are dissolved. This is very important because the smallest amount of bad crystals could influence the end result. At 40 to 45 degrees Celsius (104 to 113 Fahrenheit) we can be sure all the crystals are melted. Further heating could lead to thickening and even burning of the chocolate, and is not to be recommended. Melting can be done by microwave or Bain Marie, in both cases a step by step approach is the best way.

Cooling down to 25 to 28 degrees Celsius. (77 to 82 Fahrenheit)

When cooling down crystallization will immediately start. In this phase not only the 'good' Beta crystals are formed, but also the 'bad' alpha's and gamma's which will negatively influence the end result.

Heating up to 30 to 32 degrees Celsius. (86 to 89.5 Fahrenheit)

Therefore we now heat up the mass just a little bit, 'good' beta will stay intact, while the others will melt again. This is a delicate moment and has to be kept at 30 to 32 degrees Celsius. (86 to 89.5 Fahrenheit) Now the Chocolate is ready to be handled.

### **FINISHING THE PROCESS**

We can now form the Chocolate as desired and cool it down to set. The 'good' beta's will rapidly multiply and will not give the other crystals the opportunity to emerge.

A shiny, crispy and pleasant melting Chocolate will be the end result!

### **THE OLD FASHION WAY**

In the past Chocolatiers didn't use thermometers to measure the temperature, but used their lips, fingers, tip of the nose or whatever body part was adequate to feel it. Generations of experience and knowledge passed on made the chocolatiers more accurate than any digital measuring instrument. Tempering was done on a marble plate, a technique called *tableren*. Two thirds of the melted chocolate was poured on the plate, by moving the chocolate around it cooled down and obtained the right thickness. This cool part was then mixed again with the remaining chocolate to get an equal overall temperature. If necessary it would be warmed up just a little.

Nowadays, the technique isn't all that different from the one in the past, only current knowledge made it a bit easier. Two thirds of the Chocolate is melted, and the solid rest is then added and mixed. In this way a perfect shine is of course not guaranteed, so respecting and measuring the temperature is a must. Various measuring tools can be used; nevertheless, tempering Chocolate continues to be a delicate matter....

## **Caramel Fudge Recipe**

### *caramel fudge*

200 grams (7 ounces) crystal sugar

200 grams (7 ounces) unsweetened cream

### *Your choice of*

400 grams (14 ounces) milk chocolate or

350 grams (12 ounces) dark chocolate or

400 grams (14 ounces) white chocolate

### *Method*

- ◆ bring the cream to a simmering boil
- ◆ caramelize the sugar in a high pan with a thick bottom until the color is golden brown
- ◆ mix the cream slowly (and carefully!!) with the sugar until a smooth caramel sauce
- ◆ pour the hot sauce over the chopped chocolate of your choice and mix shortly till smooth
- ◆ place the fudge into a form and cool down
- ◆ form desired shapes and cover with tempered chocolate
- ◆ decorate as desired
- ◆ enjoy!

Notes:

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