

BRITAIN LOVES BAKING

COCOA

• A SWEET EATS MAGAZINE •



***CHOCOLATES, BARS &
BARK
INSPIRATION EDITION***



Editor's Notes

Homemade chocolate bars make the best edible gifts! Here are instructions how to make homemade chocolate bars. We'll not really instructions. You just have to melt the chocolate. Our founder gives us his favourite toppings and flavourings, but you can add whatever you like to your chocolate bars.

PASTRY CHEF TONY SAYS

These inclusions became popular for one main reason: they were already trendy in other industries, so the craft chocolate market just followed along (except for some bean-to-bar makers that were part of the trend-setting group). Oat milk and matcha are currently the popular kids in the drink sector, while turmeric is maintaining a prominent position in the super-foods category. Another factor that is contributing to the popularity of these inclusions, especially matcha and turmeric, is their mesmerizing color that catches a lot of attention online. Chocolate is already a main protagonist on Instagram, but bright yellow and intense green chocolate? Totally Irresistible!

- Cardamom has been replaced by more complex and flavorful Chai bars.
- Orange is leaving the seat to more intriguing citrus like Yuzu.
- Rose, lavender and other flowers are being confined to purely decorative purposes.
- Wine has long lost its reputation as the perfect fancy drink to pair with chocolate, in favor of more mellow drinks like whisky, rum, beer and cognac.
- Seeds like flax, chia and pumpkin, once flagships of "healthy chocolate", are fading away together with raw, keto and protein chocolate.
- Pepper
- Whiskey



Chocolate Trends & Habits

Since COVID-19, comfort food has become more important to consumers. Confectionery can support emotional well-being now, and in the "next normal." Whether consumers are seeking comfort, finding moments to celebrate, or looking for ways to escape the ordinary, chocolate has a role to play in those occasions.

We still want our chocolate confections & snacks to be treats, but consumers also want healthier options to bring into their repertoire. An increasing number of consumers are following eating lifestyles that have specialized needs, or seek extra goodness infused in their chocolate. We expect this need for "better-for-me" alternatives to accelerate, as health & wellbeing has become a top priority.

The shift to at home occasions is reshaping and accelerating change in consumer behaviour. Chocolate remains a top flavor in treating, so manufacturers and brands are taking cocoa into new formats and categories to meet this new demand. As a result, chocolate categories continue to mutate and borders blur, while snacking and gifting are going through a little revolution.

By Greg Wixted

Photo by Steve Greene

RAINBOW CHOCOLATE BARS



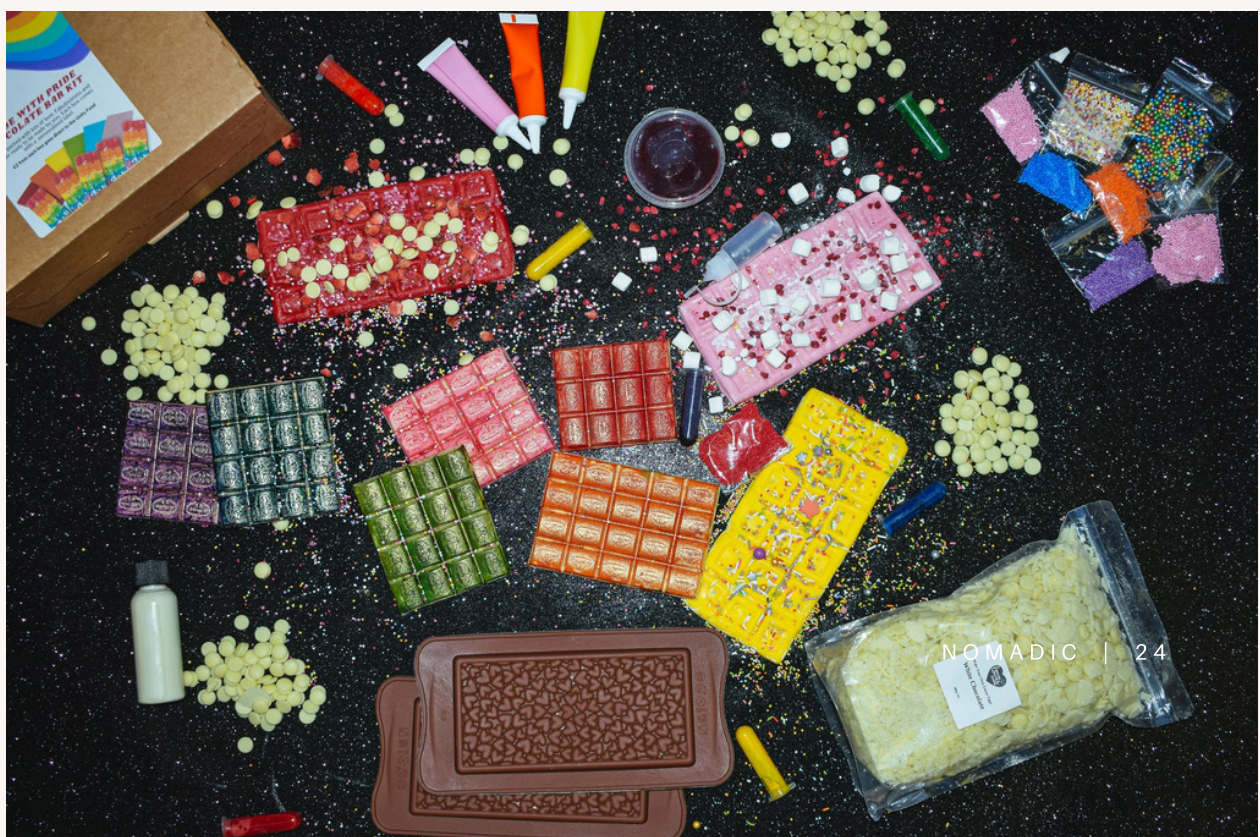
RAINBOW CHOCOLATE BAR

MELT WITH CARE

1. Break chocolate and place into a heatproof bowl.
2. Sit over a pan of barely simmering water (a bain marie) and allow the chocolate to melt, stirring occasionally.
3. Pro tip: After removing your bowl from the double boiler, take a towel and wipe the bottom dry. You don't want to risk any water finding its way into your bowl. Water is chocolate's worst enemy and will cause it to seize so you want to avoid water touching it all costs.
4. Once melted, pipe it into your moulds. if you want have bits on both sides of your bar put the small inclusions like crystals, toffee 00 and 1000s as they wont melt but are small and wont destable the bar by creating air pockets, no more than 50g of topping on a bar unless to keep doubling the thickness...it wont support the weight
5. Use a scraper to take off any excess, do this in one movement across the top of the mould with something to catch your excess chocolate - waste not want not ! .
6. Leave to set for 5 to 10 mins and then sprinkle on your topping that way they won't sink in or melt. Don't be tempted to put it in the fridge. Leave it set naturally and then 5 mins the freezer no more
7. To remove it, gently rub the base of the mould in your hand, then turn it up side down on a board and let gravity do the rest, then add any final bit that can stick on with chocolate or finishing sprays or powders

IN THE MICROWAVE

1. Take equal-size pieces and place them in a clear glass bowl so you can see the melting in action. Then, microwave one minute on high.
2. The chocolate will look shiny; stir it. Microwave in 20-second intervals, stirring after each, until totally smooth.
3. Chocolate continues to melt once you take it out of the microwave. If you microwave the chocolate until it looks completely melted, you risk burning the chocolate.



RAINBOW CHOCOLATE BAR

ADDING COLOUR

1. To add colour you need to use a special type which is made of cocoa butter
2. Melt it on a low heat in the microwave
3. Pour and stir it in to your melted chocolate bit by bit until the desired colour is achieved
4. Pour the coloured chocolate into a mould and leave it to set
5. If you want to add inclusions put them in first no more than 50g per 100g bar





Temper Chocolate like a Pro



1. Chop your chocolate. There should be no pieces larger than 7mm x 7 mm.
2. Place the chopped chocolate into a plastic or glass bowl.
3. Microwave in 30 second bursts. Dark chocolate can take a bit longer to melt. Stick to one 30 second session at a time! Take it out of the microwave after every 30 seconds, squash and stir it a bit (even when it's not melting yet) and then return to the micro for the next 30 second burst. I know it's tempting to put it in there for longer, but don't do it!
4. When the chocolate begins to melt reduce your next microwave session to 20 seconds. And now the next bit is crucial.
5. The Trick to good tempering is to melt most, but not all of the chocolate in the microwave. The bits of melted chocolate may be enough to melt the rest of the chocolate pieces in the bowl, so stir and squash it thoroughly to see if the rest will melt. And keep tabs on the temperature of the chocolate by testing a bit of it on your lip. If it's the same temperature or cooler you are on the right track. (If the temperature is warmer you have overheated it. Rather start again with new chocolate.)
6. If the heat of the melted chocolate is not enough to melt the remaining solid pieces, return it to the microwave for 10 seconds at a time. Stir super thoroughly after each 10 seconds to see if the rest of the chocolate melts completely. You want the last few pieces of chocolate to melt outside of the microwave.
7. Once everything is melted and smooth, stir the chocolate thoroughly another few times (about 20 times). Test the temperature again - it should be roughly the same temperature (or a little bit cooler) as your lip.





THE
CHOCOLATIER



A Little Chocolate Education

Have you ever wondered how chocolate comes to be? here are the 5-step journey the cacao bean takes to become a chocolate treat.

Harvesting

First, farmers harvest pods from the Theobroma cacao tree once they are ripe. It's important that they are fully ripened. Otherwise, they won't deliver enough cocoa butter or sugar to be delicious.

Fermenting

After the pods are harvested, farmers remove the cocoa beans from the pods and pulp to prepare them for fermentation. Fermentation is the process that turns raw cocoa from bitter to sweet. For seven days, the cocoa beans sit out in the heat. Humidity must be present to interact with the yeast and bacteria of the cocoa beans and allow fermentation to occur. After a week has passed, the beans are dried.

Roasting

Just as espresso beans are roasted to become coffee, so are cocoa beans to become chocolate. Using the dry roasting method, the cocoa beans are constantly stirred. This consistency helps evenly roast the beans.

Processing

Once roasted, the roasters remove the hull from the cocoa bean and extract the nib. This nib is ground into a fine powder containing both cocoa butter and solids. During that grinding process, the cocoa butter liquifies as a result of the friction. This is called cocoa liquor. Then the cocoa liquor is poured into molds, creating unsweetened bakers chocolate.

Blending

Finally, the real chocolate magic happens. Chocolatiers create various chocolatey treats using cocoa liquor, bakers chocolate, cocoa powder, or cocoa butter by combining them with other ingredients. Typically, we'll blend cocoa liquor with a bit more cocoa butter to produce that classic smooth texture of chocolate. To create white, milk, or dark chocolate, we simply blend in varying degrees of sugar and milk.

4 types of Chocolate, not 3

Dark Chocolate

First the original decadent confection: dark chocolate. This is the purest form since dark chocolate has the highest percentage of cocoa solids. Dark also has many health benefits, according to the Harvard Medical School's Health Publications. Cacao beans are rich with a type of plant antioxidant called flavonoids, which reduce blood pressure and prevent blood clots.

Milk Chocolate

Next up, milk chocolate is much more fun than the FDA's rules make it sound! Milk chocolate can have a similar or lower cocoa percentage as dark chocolate, but have milk solids added to the chocolate. Those changes give this form a creamier texture and sweeter taste.

White Chocolate

Now e come to white chocolate. This last form contains cocoa butter, milk solids and sugar. If you desire sweeter tastes, white chocolate is for you!. White chocolate has a more controversial side to it. Since it is made without any cocoa, people do not believe it is actually chocolate. Whether you agree with that statement or not, you cannot deny the fact that it is delicious.

Ruby Chocolate

Ruby chocolate is a variety of chocolate introduced in 2017 by Barry Callebaut, a Belgian-Swiss cocoa company. The variety had been in development since 2004, and in 2015, the product was patented by Dumarche et al. credited as inventors and Barry Callebaut as assignee under patent number US 9107430, 2015. It was unveiled at a private event in [Shanghai](#) on 5 September, 2017. It is marketed as the "fourth" type of chocolate alongside dark, milk, and white chocolate varieties and is notable for its natural pink colour.



Now you have tempered your chocolate it time to get down to the really fun and creative part of being a Chocolatier. Let's start with the basics , ever wonder how they get that delicious cream filling inside those bite-sized chocolates? Now you can make them at home! Create your own, custom flavors and colors! Get ready to impress family and friends with Homemade Filled Chocolates.

It's really easy to make chocolates in molds, but it does take time..But the results are worth it!

First, you'll need to gather all your supplies.

- 150g of tempered chocolate Milk or Dark
- two piping bags
- 2 non metallic bowl
- Spatula or wooden spoon
- A scraper
- Flat tray
- A small paint brush if you have one
- 100g of chocolate and the bottle of Granchce or the tub of Irish Cream Filling
- Gold or silver leaf and tweezers

How to Make Filled Chocolates

Lets start with the Caramel Ganache.

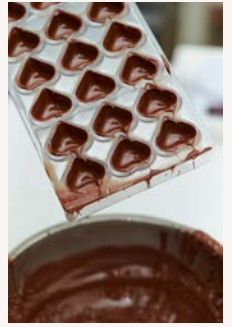
Ganache is normally made by heating equal parts by weight of cream and chopped chocolate, warming the cream first, then pouring it over the chocolate. The mixture is stirred or blended until smooth, with liqueurs or extracts added if desired. Butter is generally added to give the ganache a shiny appearance and smooth texture. Depending on the kind of chocolate used, for what purpose the ganache is intended, and the temperature at which it will be served, the ratio of chocolate to cream is varied to obtain the desired consistency. Typically, two parts chocolate to one part cream are used for filling cakes or as a base for making chocolate truffles, while one to one is commonly used as a glaze. If using white chocolate, a ratio of 3 parts chocolate to 1 part cream is standard. Double cream is generally preferred, to make a creamier, thicker ganache. This pairs well with dark chocolate between 60 and 82%. If the chocolate should seize while being mixed with the warm cream, adding tablespoon by tablespoon of hot water to the mixture can remedy the problem. Cooled ganache can be whipped to increase volume and spread as icing to cover a cake. It becomes thicker as it cools. Ganache is also poured into a mold or terrine while warm, and allowed to set or cool. Once cool, it can be removed from the mold and sliced similarly to pâté.

Making Caramel Ganache

- In your box you will have discovered a bottle of creamy caramel/toffee, we made this bit you. Just take the lid off and pop it in the microwave for 15 to 20 seconds this to warm it enough so you can get it all out of the bottle. Or stand it on hot water.
- Empty it into a non metallic bowl and warm for 30 seconds in the microwave or over a pan of hot water.
- Add 100g of the blended chocolate (or mix up your own combination) to add to the warm mix, keep stirring until all the chocolate has melted, then add 20g of butter to the mix and keep stirring until its melted. Place a layer of cling film on top of the mix so it creates a skin and leave to cool in the fridge. Do not leave it to long or it will be hard and you will have to warm up again. It needs to be thick enough to hold its shape when piped.

To Make The Chocolates

- Warm your tempered chocolate a bowl bigger then the mould ready and underneath it
- Fill a piping bag 2/3 the way from the top and secure it by twisting it several times.
- Fill the chocolate mould. pipe the chocolate into the chocolate mould. Once completely full tap the chocolate mould on the work surface a few times to remove any air pockets in the chocolate.
- Then tip the mould upside down over the bowl of melted chocolate to remove the excess chocolate.
- Give it a shake allowing the excess to drip out. Return the mould the right way round and place on the work surface. Run a the scraper over the top of the mould to remove excess chocolate. This will neaten the edges of the chocolates and make it easier to remove them from the mould later.
- Check that all of the surfaces have been completely covered in chocolate. Pour more chocolate into the mould and empty it out as before if necessary. Set the chocolate mould aside in a cool until set, avoid putting it in the fridge. You will need to do this at least twice so you build up a strong enough casing for the chocolate to support the filling.
- Once the chocolate in the mould has completely set and the ganache has cooled put half it into a piping bag (no nozzle required). Cut off the tip of the piping bag and pipe the filling into the chocolate moulds. Aim to fill them no more than two-thirds full. Set aside for the ganache to firm up.
- Reheat the remaining chocolate over a pan of hot water until it reaches 28°C / 82°F. If the chocolate hasn't completely melted at this point, or the temperature goes above 28°C / 82°F re-temper it as before.
- Spoon some of the melted chocolate over the ganache. Ensure that each chocolate mould is completely covered. Use the s scraper or pallet knife to scrape away the excess.
- Set the chocolates aside to completely firm up. Once the chocolate has completely set turn the chocolates out. The chocolate will have shrank very slightly once set, making turning them out easier.
- To add that final touch, with the tweezers tear off a tiny piece of the gold leaf and place it on top of your chocolate, do not touch the gold leaf with your hands it will just stick to you



Make Chocolate Bark & Bars

Yummy Bark and Bars are easy and fun to make and makes the perfect gift or treat.

Ingredients

- 90g of Blended Chocolate (you dont need to temper it)
- up to 50g of of toppings you want.
- Cellophane wrapping and ribbon to wrap your bark in

Timings

- Prep time: 30 mins
- Cooling time: 40 mins

Equipment

- 1x bowl
- 1x scraper or palette knife
- Silicone or greaseproof sheets
- Small flat baking tray chilled
- Cellophane wrapping and ribbon to wrap your bark in

Chocolate Bark History

Mendiants (the French word for “mendicant”), called chocolate bark in English, are bars or disks of chocolate studded with nuts and dried fruits. Sometimes candy used: Peppermint bark is a popular example. Unlike chocolate bars, that enrobe the nuts and fruits, mendiants are made so that the beauty of the different nuts and fruits are studded provide visual appeal as well as complex flavor. Aside from being a delicious way to enjoy chocolate, mendiants have a historic significance. Originally made as Christmas candy, the colors of the nuts and fruits referenced the color of the monastic robes of the orders of the Augustinians (hazelnuts), Carmelites (almonds), Dominicans (raisins) and Franciscans (dried fig) Today, a wider palette of fruits, peels and seeds are used. Mendiants are typically made into large slabs and then broken into smaller pieces (bark). Some chocolatiers make them into individual chocolate bars and round disks.

To Make the Bark

- Melt the chocolate using a microwave on a low heat or in a bowl over hot water (the bowl must be double the size of the pan)
- Place a sheet of silicone paper on a cold flat baking tray
- Once the chocolate has melted completely, leave to cool for a bit then pour onto the sheet on the tray and spread out to what ever shape you want it to be, but you need it to be thick so the roughly the same size as a large bar of chocolate. If you are adding heavy topping items to the bark you will have to make it much thicker. For that you will need a small container and line it with silicone paper,
- Now you get to create your own unique bark just add up to 50g (its just over 50% of the weight of the chocolate, if you add more the chocolate bark with just break when you lift off the sheet as there is to much topping to chocolate) and arrange over the chocolate. bits on top. Leave in the fridge to set, before breaking up into pieces or keep it whole.





HOW TO MAKE HOMEMADE CHOCOLATE BARS

- This homemade chocolate bar recipe makes for the easiest DIY chocolates, each are loaded with toppings that you can find just about anywhere.
- Start by picking your favorite type of chocolate. but you could easily use milk, dark, or something even more bitter.
- Melt all of your chocolate in a bowl over a pot of simmering water. When that's melted, remove from heat but keep the bowl over the pot so that it doesn't cool too quickly.
- Pour the chocolate into your silicone molds.
- Adorn them with your favorite toppings and let them sit out for about 15 minutes then transfer to the fridge to fully set. Once they're chilled, they're super easy to pop out of the molds and wrap!

PERFECTING THE IDEAL

Truffles



PERFECTING THE IDEAL

Truffles

ONLY 2 INGREDIENTS IN CHOCOLATE TRUFFLES

Chocolate and double cream are the only ingredients in homemade chocolate truffles. However, I add 2 extra ingredients for texture and flavor. These extras will turn your regular truffles into the BEST

CHOCOLATE TRUFFLES.

1. Chocolate: 500g 70% chocolate is the base of chocolate truffles. Do not use chocolate chips because they will not melt into truffle consistency. Use milk chocolate for sweeter truffles or semi-sweet/dark chocolate for extra rich truffles. If using milk chocolate, reduce the cream to 1/2 cup as milk chocolate is much softer than dark chocolate.
2. 350g Double Cream: is also a base ingredient.
3. Butter: 50g softened butter transform these into the creamiest truffles you will ever taste. You will never go back!
4. Vanilla Extract: Pure vanilla extract adds exceptional flavor to your chocolate truffles.

With so few ingredients, it's imperative to follow the recipe. After years of candy making, I find the ratio of 8 ounces of chocolate to 2/3 cup heavy cream is the most favorable. Truffles are too firm with less liquid. Stick to this recipe for truffle success!

Golden Rudy Truffles



White & Golden Caramel Truffles



2 Ingredient Truffles



WHITE & GOLDEN CARAMEL TRUFFLES

'These truffles are made with Callebaut Gold' chocolate that has been expertly crafted from bean to chocolate and composed from a fine selection of ingredients in one of Belgium's cocoa roasteries. Ingredients include both caramelised sugar and milk, ensuring an intense but balanced caramel chocolate taste, with rich notes of toffee, butter, cream and a dash of salt to even out the sweetness!

MAKE THE CHOCOLATE TRUFFLES.

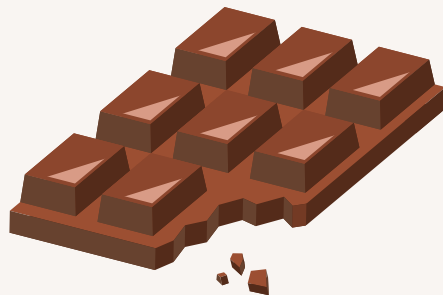
You need 1 bag of 180g gold & dark chocolate blend bag, 1 bottle of Caramel Ganache Mix, 1 bag of White Rolling Chocolate, sheet of gold leaf and tweezers, & gold sprinkles. Some cling film, glass mixing bowl and rubber chocolate spatula a small flat tray and fork

1. Stand the caramel ganache mix in a bowl of hot water for a few mins, so you get it all out of the bottle. Tip the gold & dark chocolate blend into a glass bowl, then add in to caramel and warm in the microwave for 30 secs, Take it out and stir until all melted.
2. Leave to cool and start to set. Then layout a few sheets of cling film on top of each (A4 size, then scoop your semi set truffle mix in a line in the center of the cling film
3. Then roll like a sausage and tie or seal the edges. Place in the freezer for 10mins then slice into 10 rounds, roll them on your hand until they are balls and put them back until your white chocolate is ready.
4. Melt the white chocolate and leave to cool, then line a small tray with cling film, take out your truffles and with a fork, roll them one at a time in the white chocolate. But any leftover into a piping bag and drizzle it on top of the truffles To finish take flacks of gold leaf and apply it with the tweezers and you can roll the truffle if you want the gold flat on the surface. Dust or roll in Gold sprinkles

snaccident

[snack-si-dent] • noun

eating a family size bar of chocolate
entirely by mistake.









TRENDING

Making A Mess

SUGGESTED TOPPINGS AND
FLAVOURINGS FOR HOMEMADE
CHOCOLATE BARS

Wonder berry bar

Goji berries, white mulberries, Incan berries, buckwheat groats, hulled hemp seeds and pumpkin seeds.

Exotic bar

Dried mango, dried pineapple, toasted coconut flakes and cacao nibs.

Fruit 'n' nut 1

Chopped dried unsulphured apricots and figs, raisins, Brazil nuts and almonds.

Fruit 'n' nut 2

Pistachio, hazelnut, dried cranberry and dried blueberry.

Peppermint

Add 1 tsp pure unsweetened peppermint extract to 90 g (3 oz) chocolate, then fill the mould.

Bitter orange

Add 1 tsp pure unsweetened orange extract to 90 g (3 oz) chocolate, fill the mould, then decorate with cacao nibs
Rose, orange blossom, raspberry, macadamia and sesame. Add a generous 1/2 tsp rosewater and 1/2 tsp orange blossom water to 90 g (3 oz) chocolate, pour into the mould and then decorate with freeze dried raspberries, macadamia nuts and white sesame seeds



2021 flavours

1. Choco essentials range, from the most intense and dark choco flavor to the most delicate, sweet milky white.
2. Mediterranean Nut Crafted recipes, with freshly roasted hazelnuts, almond, pistachio, macadamia, pecan and more to make your consumers truly go nuts!
3. Our fruity range, including from the most classic flavors such as berries to the most exotic ones.
4. Infinite shades of caramel, from the darkest, intense brownie flavored to the lightest, sweet ones, with possibilities ranging from short to long tailing you can choose from.
5. Other trendy flavors, from peppermint to licorice to brandy, anything is possible at ASM!
6. Colorful coatings with rich, intense colors to make your creation instagrammable!

Tropical Bark & A Another Mess



TROPICAL BARK Makes 2

1. Weigh our 200g of Blended White Chocolate
2. Melt chocolate in microwave, for 30 seconds stir until melted
3. Stir the small bag of coconut
4. Spoon into or pipe into your chocolate moulds.
5. Leave to cool and start to set (do not put it in the fridge) Sprinkle on your topping
6. Press lightly into the bark.
7. Chill in the refrigerator until (about 30 minutes) or at room temperature several hours.
8. Gently unmold your bark and break up into 3 or 4 to serve .

Tropical Eton Mess Dessert Now Turn into a bar



Make A Tropical Mess

1. Weigh our 200g of Blended White Chocolate
2. Melt chocolate in microwave, for 30 seconds stir until melted
3. Spoon into or pipe into your chocolate moulds.
4. Leave to cool and start to set (do not put it in the fridge) Sprinkle on your topping bag by bag start with the Meringue
5. Press lightly into the bar very lightly
6. Chill in the refrigerator until (about 30 minutes) or at room temperature several hours.
7. Gently unmold your bar and break up into 3 or 4 to serve.
8. ***Look have now gone and made yourself another Mess !!***