

DARK CHOCOLATE BARK

Culinary Intro:	Making a chocolate bark is not as complicated as it looks. It is a fun way to try different flavor combinations. Here, toasted pistachios and dried figs are added along with orange zest, cinnamon, rosemary and coarse sea salt.
Nutrition Intro:	I love dark chocolate; it is a delicious dessert rich in antioxidants.

<p>Prep Time: 30 minutes Ingredients for: 12 servings Each serving = about 1.0 ounce piece Cost per serving=\$0.53</p> <ul style="list-style-type: none"> • 8 ounces 70-80% chocolate, chopped • ½ cup pistachios, divided • zest of 1 small orange (optional) • ¼ cup dried Turkish figs • ¼ teaspoon finely chopped rosemary • ¼ teaspoon ground cinnamon • coarse sea salt, for sprinkling <p>Steps:</p> <ol style="list-style-type: none"> 1. Set up a bain marie or double boiler: Add water to a 2-quart saucepan and bring to a boil. Reduce heat to a simmer and cover with a heat-proof bowl. The bowl should sit snugly in the pan, but should not touch the water. Line a baking sheet with wax paper or silicone baking pad. 2. Add the chocolate and allow to melt slowly. 3. Meanwhile, toast the pistachios in a dry skillet over medium-high heat, for about 5-7 minutes. Be careful not to burn them. Remove the skillet from the heat and divide the pistachios. 4. Place the zest of the orange onto a paper towel to absorb any excess moisture. 5. Once the chocolate is melted, whisk with a spatula until all the pieces are completely smooth. Stir in ¼ cup pistachios, orange zest, chopped figs, rosemary, and cinnamon. Stir to combine, and then pour onto the lined baking sheet, smoothing out and spreading the mixture with a spatula. Sprinkle the other ¼ cup of pistachios and coarse sea salt on top. Refrigerate for 1 hour or until fully set. 6. Break into pieces and enjoy. Store in an airtight container in the refrigerator. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • because chocolate is delicate and can melt rather quickly, it should be slowly heated over a bain marie or double boiler→this allows more control of the temperature and the rate of melting • alternately, chocolate can be melted in the microwave in 30 second intervals • chop chocolate into small pieces to speed up melting process <p>Nutrition:</p> <ul style="list-style-type: none"> • The cocoa in dark chocolate comes from cacao seeds that are rich in compounds called cocoa flavonoids, which have been shown in studies to have beneficial effects on heart disease, by increasing HDL and decreasing LDL, when consumed as part of a balanced diet. • Cocoa may also have brain protective properties, studies have found it increases blood flow to the brain improving memory and thinking skills. Although studies don't prove cocoa can prevent dementia or other types of mental decline, it does appear to play some brain-protective roles. • Milk chocolate has much less cacao than dark chocolate and much more added ingredients such as fats, sugar and milk, which may counteract some of cocoa's health benefits. • The higher the content of cacao on chocolate bars the better, try looking for bars that have 70% or more. • The amount of cocoa in dark chocolate can range from 100mg in 3 ounces (100 grams) of chocolate to 2,000 mg. • Studies that have found beneficial effects at 500-900 mg/day, for about 8 weeks.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • chocolate has an interesting history: used as currency, as a religious symbol, and as a drink for the gods and nobles • the Aztecs originally drank cacao in a bitter, spicy beverage mixed with cinnamon and chile→think of mole • the different levels of cocoa content make chocolate an ideal complement for a variety of foods <ul style="list-style-type: none"> ○ for example: dark chocolate and orange/coffee/ almonds; milk chocolate and roasted peanuts • the higher the cacao content, the more bitter the chocolate will be
3	<p>Culinary:</p> <ul style="list-style-type: none"> • toasting the pistachios enhances their nutty flavor • a cracked shell indicates that the pistachio had enough time to ripen • pistachios have a bright green color with soft purple tones→visual complement to the dark brown black of the chocolate 	

<p>Nutrition Facts Serving Size 1.0 ounce (28g) Servings Per Container 12</p> <hr/> <p>Amount Per Serving</p> <p>Calories 150 Calories from Fat 90</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 10g 15% Saturated Fat 5g 25% Trans Fat 0g</p> <p>Cholesterol 0mg 0% Sodium 55mg 2% Total Carbohydrate 12g 4% Dietary Fiber 3g 12% Sugars 7g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 15%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	<p>4</p>	<p>Culinary:</p> <ul style="list-style-type: none"> • pistachios, orange zest, figs, rosemary, cinnamon come together to create a wonderful flavor profile for the chocolate • pistachios add color, crunch, and nuttiness • orange zest is aromatic and bright • figs lend a jammy sweetness to the bitter chocolate • cinnamon is spicy sweet • coarse sea salt enhances the cocoa tones of the chocolate; salt “strengthens the impression of aromas and suppresses the sensation of bitterness” (McGee) <p>Nutrition:</p> <ul style="list-style-type: none"> • Dark chocolate can be very bitter, try adding dried fruit and nuts to add natural sweetness. • Pistachios’ bright green color is due to their rich content of carotenoid antioxidants, lutein and zeaxanthin, which are also found in green leafy veggies. • A small hand-full (49 nuts), about 1-ounce, provides 6 grams of protein. • Commonly used in Middle Eastern and Mediterranean dishes, figs are rich in natural sugars and a good source of antioxidant vitamins A, E and K.
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<p>Clean-up/Review comments</p>																														
<p>Culinary/ Cook Once, Eat Twice: Break the bark into manageable pieces. Store in an airtight container for up to 1 week.</p>																														

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. silicone spatula 6. 1 whisk 7. electric skillet 8. 1 2-quart saucepan 9. 1 heatproof bowl to fit inside saucepan 10. measuring cups 11. measuring spoons 12. baking sheet 13. silicone baking pad or wax paper 14. paper plates/ cups/ soufflé cups 15. paper towels 16. tablecloth 17. kitchen towel 18. gloves 19. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 small orange <input type="checkbox"/> 1 small bunch fresh rosemary 	
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 8 ounce 70-80% dark chocolate <input type="checkbox"/> ½ cup shelled pistachios <input type="checkbox"/> ¼ cup dried Turkish figs 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> ground cinnamon <input type="checkbox"/> coarse sea salt 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> cocktail napkins 	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour