

DARK CHOCOLATE CLUSTERS

Culinary Intro:	Make a new dessert the whole family will enjoy!
Nutrition Intro:	

<p>Prep Time: min Ingredients for 6 servings Each serving = 1 cluster Cost per serving= \$ Ingredients:</p> <ul style="list-style-type: none"> • ¼ cup natural walnuts • ¼ cup natural pumpkin seeds • 6 ounces dark chocolate chips, about 1 cup (60-70% cacao or higher) • Coarse sea salt (optional) <p>Optional:</p> <ul style="list-style-type: none"> • ½ teaspoon ground cinnamon • 1 teaspoon chopped candied ginger • 1 teaspoon chopped candied orange peel <p>Steps:</p> <ol style="list-style-type: none"> 1. Line a baking sheet with wax paper. Set aside. 2. Heat an oven to 350°F. Place the walnuts and pumpkin seeds on a separate baking sheet and toast in the oven about 5 minutes. Stir every few minutes to avoid burning. Remove the sheet from the oven and set aside to cool. 3. To melt chocolate, 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. Add the chocolate chips melt slowly. Do not let the chocolate come in contact with any vapor or water. 4. Alternately, you can melt chocolate in the microwave. Start with 30 second increments. 5. Once chocolate is fully melted, stir well with a silicone spatula and fold in the walnuts and pumpkin seeds and optional ingredients, if using. 6. Using a Tablespoon, scoop out and gently drop on the baking sheet lined with wax paper. Sprinkle each cluster with a few granules of coarse sea salt. Allow to cool at least 30 minutes in the refrigerator or until fully set. Store in an airtight container in the refrigerator <p>NUTRITION FACTS Serving Size = 1 cluster (40g); Servings per container = 6; Calories 200; Total Fat 14g (18%); Saturated Fat 7g (35%); Cholesterol 0mg (0%); Sodium 10mg (0%); Total Carbohydrate 18g (7%); Dietary Fiber 1g (4%); Sugars 15g (includes 0g added sugars); Protein 5g</p>	<p style="text-align: center;">Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 5%; text-align: center; vertical-align: middle;">1</td> <td style="padding: 5px;"> <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. </td> </tr> <tr> <td style="width: 5%; text-align: center; vertical-align: middle;">2</td> <td style="padding: 5px;"> <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 cacao 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 </td> </tr> <tr> <td style="width: 5%; text-align: center; vertical-align: middle;">3</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • using the ginger, cinnamon, and orange peel can help add flavor to the chocolate to make it something fun and different. </td> </tr> </table>	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. 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Clean-up/Review comments

Culinary:
Click here to enter text.

Nutrition:

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. Baking sheet 5. Wax paper 6. Bain marie/ double boiler 7. 1 serving dish for final presentation 8. mise en place cups 9. 1 electric skillet 10. 1 can opener 11. 1 strainer/ sieve 12. silicone spatula 13. measuring cups 14. measuring spoons 15. paper plates/ cups/ soufflé cups 16. tasting spoons 17. paper towels 18. tablecloth 19. kitchen towel 20. gloves 21. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> •
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walnuts <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Dark chocolate chips <input type="checkbox"/> Ground cinnamon <input type="checkbox"/> Candied ginger <input type="checkbox"/> Candied orange peel <input type="checkbox"/>
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Click here to enter text.
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • 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 onion, garlic, intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo • 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 <p>Estimated time for preparation: 30 minutes</p>	