

Chocolate Workshop

By Esti Garcia



Sunday 25th May 2025

Vive Cooking School

Sydney

Bon Bon Recipes

1. Milk Chocolate Ganache with Vanilla

Smooth chocolate cream filling.

2. Pistachio

Homemade silky pistachio cream.

3. Bounty

White chocolate and coconut filling.

Chocolate

Chocolate comes from the *Theobroma cacao*. A native tree from Central & South America. White flesh and lemonade-mangosteen-like flavour when eaten raw. There are 3 types of cacao in the world:



Some criollos and trinitarios have more unique features and are considered cacao 'fino de aroma'

The Fino de Aroma denomination is an International Cocoa Organization (ICCO)* classification, which describes an exquisite aroma and flavour. Around 8% of the cocoa produced in the world is Cacao Fino de Aroma. 76% of Cacao Fino de Aroma produced in the world is grown in Colombia, Ecuador, Venezuela and Peru.

Ancient Mesoamerican civilizations, like the Maya and Aztecs, first cultivated cacao trees.

Spanish Influence (16th century): Introduced to Europe by Spanish explorers; initially consumed as a bitter drink.

Adding Sweeteners (17th century): Sugar was added, transforming chocolate into a sweetened beverage.

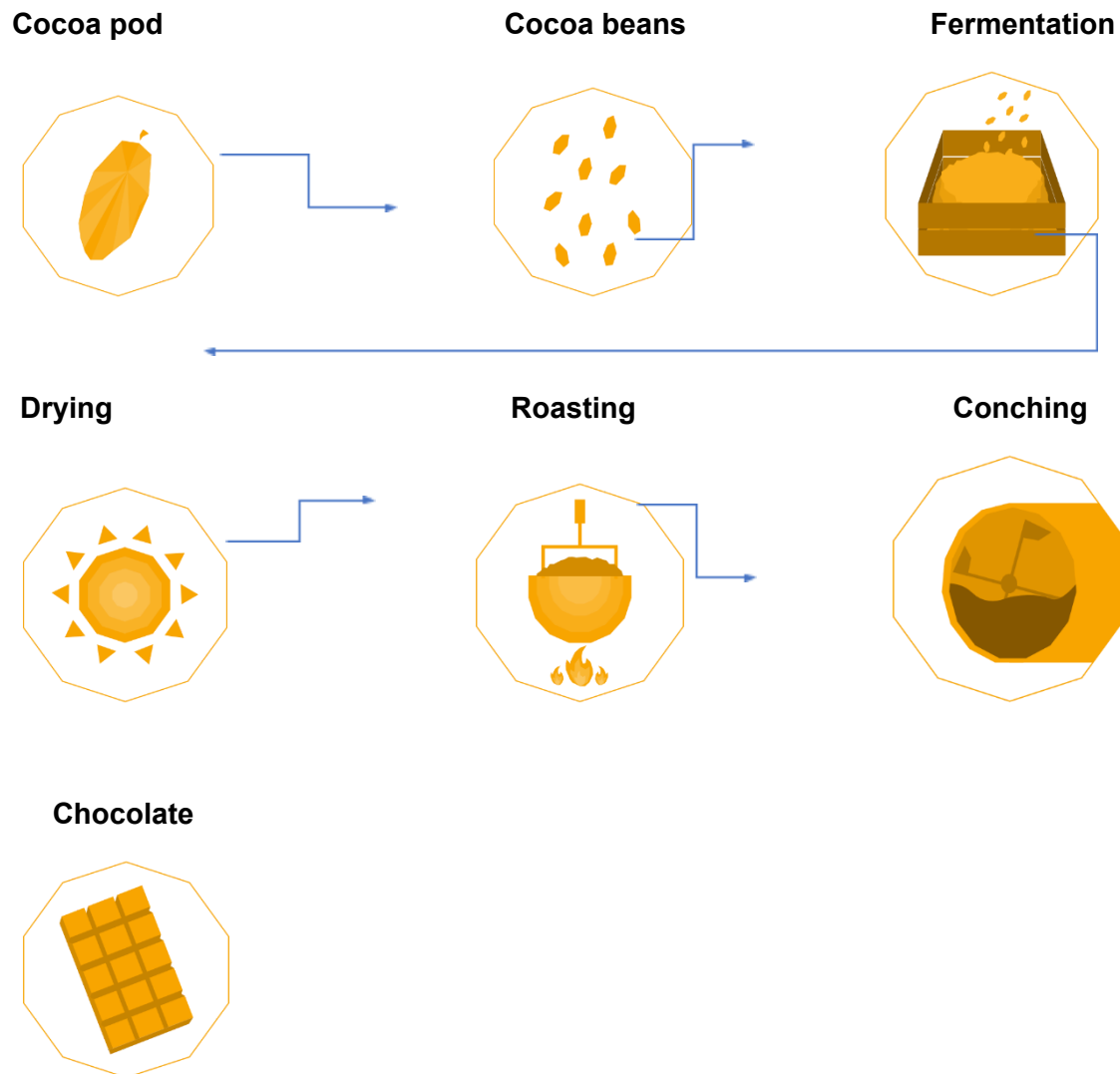
Industrial Revolution (19th century): Mechanization of chocolate production leads to mass production of bars and candies.

Milk Chocolate (late 19th century): Invented by adding milk powder, creating a smoother, sweeter taste.

Forastero cocoa is the most common in the world; it is resistant to climate changes and has an acidic astringent flavour. It is the main variety grown in Africa.

Criollo is prized for its superior flavor but is less common and more vulnerable, while

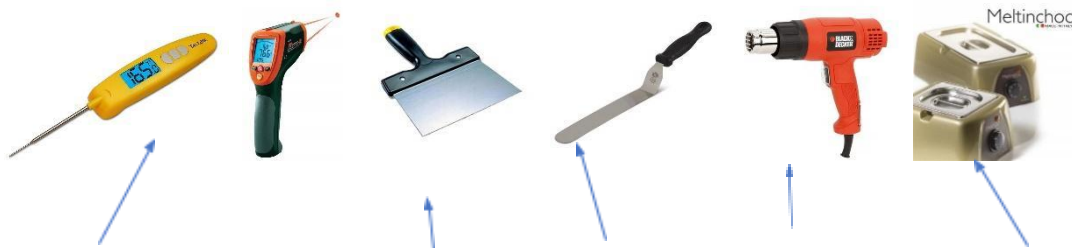
Forastero is the most widely cultivated due to its hardiness and high yield. Trinitario bridges the gap between Criollo and Forastero, offering a balance of flavor and resilience.



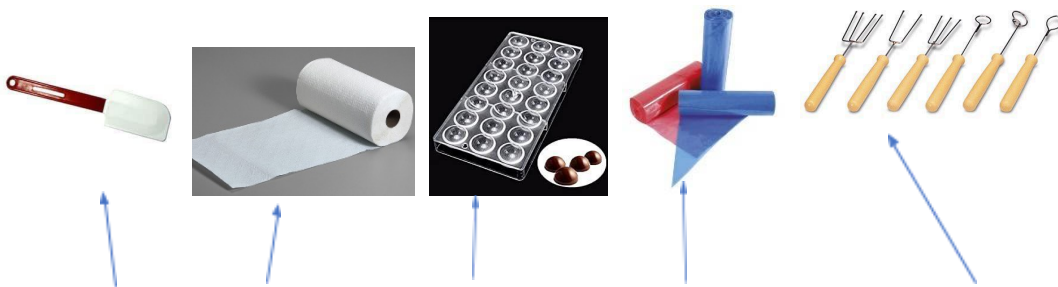
Compound chocolate doesn't have cocoa liquor. But only cocoa powder instead with vegetable fats added.

Real chocolate has cocoa liquor, cocoa butter, sugar and milk powder for milk and white chocolate.

Equipment



Probe/ Laser thermometer. Chocolate scraper. Offset spatula. Heat gun. Chocolate melting tank.



Rubber spatula. Paper towel. Polycarbonate mould. Disposable pipping bag. Dipping fork.

Tempering

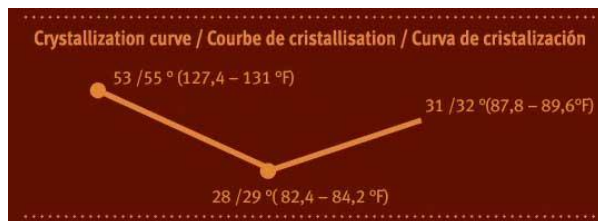
Tempering could be defined as the process where the chocolate mass goes from a liquid state to a stable solid state. When chocolate is melted, we obtain a typical dispersion: Basically, cocoa solids and sugar are distributed in the cocoa butter.

When chocolate is properly tempered, between 1% to 2% of the cocoa butter in the form of micro-crystals is obtained which will serve to force the rest of the fat to solidify. Kind of like a domino effect

We need to understand that more important than temperature is the creation of solid fat crystals within the chocolate.

Time, temperature, movement...

Dark:



Milk: 45-27-30 degrees celcius

White: 45-25-29/30 degrees celcius

Table tempering (Dark)

Melt the chocolate to 50c. Pour 90% in the marble top or bench and move it by spreading it thin and then bringing it back in the middle. Constantly check the temperature till it drops to 28-29c. Immediately put it back in the container with the 10% you left at 50c. The chocolate's temperature should rise to 31-32c. Make sure you test it to be correctly tempered before using it.

Seeding Tempering

Melt the chocolate to 50c. Put about 40% of the amount of chocolate with fresh tempered chocolate (out of the bag) to drop the temperature to about 30-32c. Keep stirring until all of the chocolate has fully melted. You can use chocolate that has been chopped finely or a hand blender to melt the chocolate more efficiently.

Cocoa Butter:

To colour we use a ratio of 5-10% of food colouring (Powder) in the cocoa butter.

The butter has to be melted to 45c and be brought down to 26-27degrees on a bench or with ice, then used at 28-30degrees.

Tempering cocoa butter will ensure it contracts and detaches from the moulds and will have a shiny and beautiful surface.

Recipes

1. Milk Chocolate ganache

- 500g Milk chocolate
- 400g Cream
- 100g glucose
- 100g butter
- salt(optional)

Method

Warm up cream and glucose. Add to chocolate and blend to emulsify. Add butter at the end and emulsify one more time. Pour into a piping bag and let it cool below 35 degrees before piping into the shells.

2. Pistachio filling

- 300g Pistachios
- 300g Sugar
- 10g salt flakes
- 100g water

Method

Boil the sugar and water until it reaches 120c. Add pistachios and stir until it crystalises. Keep stirring until it caramelises and then spread onto a baking paper. Once cool, add to a food blender and add a few drops of water to create the smooth texture.

3. Bounty

- 400g White chocolate
- 150g Dessicated coconut
- 300g Coconut cream
- 10g Salt
- 100g Glucose

Method

Warm up the coconut cream and glucose in a pot. Once Warm, pour over the chocolate and emulsify with a stick blender. Add the salt and dry coconut at the end and combine well. Use below 32 degrees.