

Chocolate Workshop

By Esti Garcia



Sunday 5th Oct 2025

Vive Cooking School

Sydney

Bon Bon Recipes

1. Dark Chocolate Ganache

Smooth chocolate cream filling.

2. Dubai Chocolate

Homemade silky pistachio paste, mixed with kataifi pastry and white chocolate.

3. Dulce de Leche

South American caramel.

Chocolate

Chocolate comes from the *Theobroma cacao*. A native tree from Central & South America. Its raw white pulp, has a fresh, tropical fruit flavour, lemonade-mangosteen-like when eaten raw. There are 3 types of cacao in the world:



Criollo — rare, delicate, prized for flavour.

Forastero — hardy, acidic, most widely grown (mainly Africa).

Trinitario — a hybrid balancing flavour and resilience.

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.

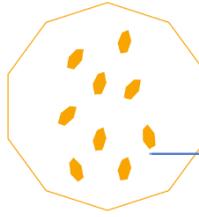
Criollo is prized for its superior flavor but is less common and more vulnerable, while

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 flavour and resilience.

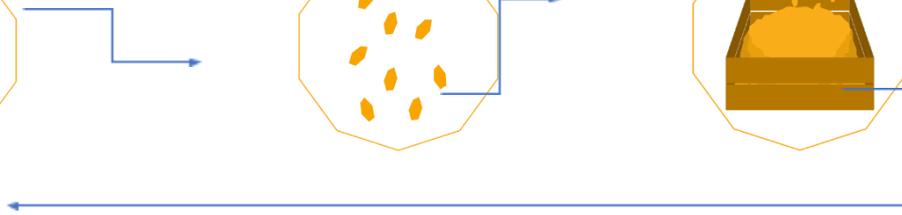
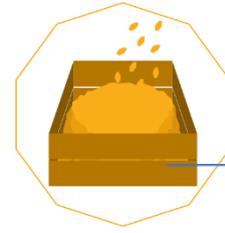
Cocoa pod



Cocoa beans



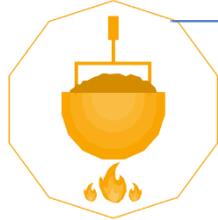
Fermentation



Drying



Roasting



Conching



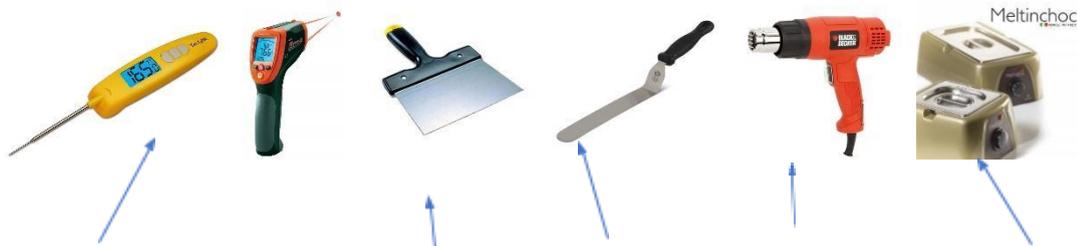
Chocolate



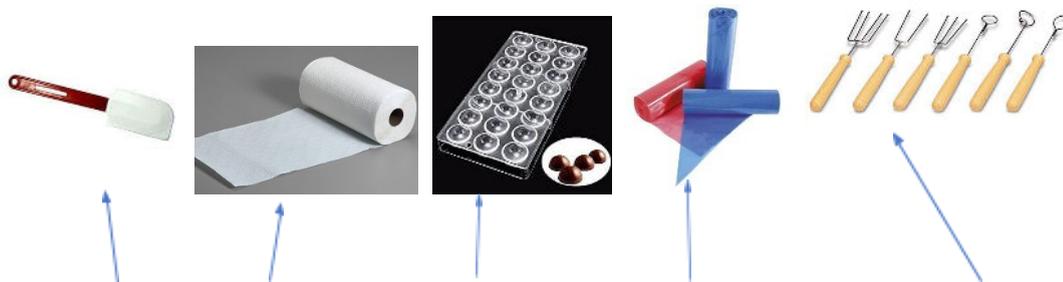
Real Chocolate: Cocoa liquor, cocoa butter, sugar, milk powder (for milk/white).

Compound Chocolate: Cocoa powder + vegetable fats (no cocoa liquor).

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...

Temperature Curves

| | |
|-----------------|----------------------|
| Dark Chocolate | 50 → 28–29 → 31–32°C |
| Milk Chocolate | 45 → 27 → 30°C |
| White Chocolate | 45 → 25 → 29–30°C |

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

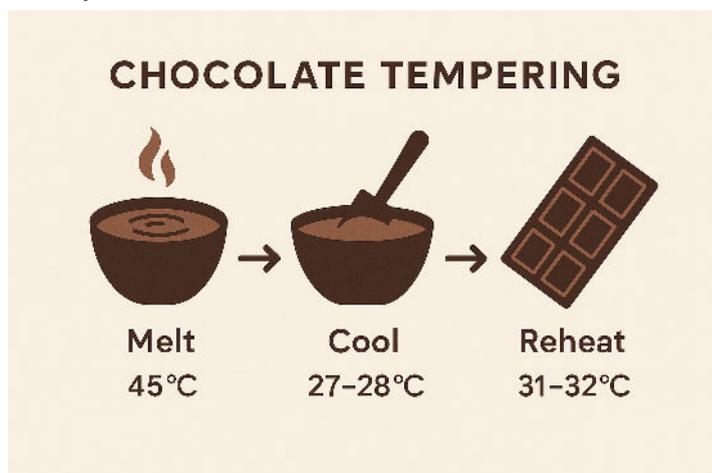
Melt the chocolate to 50c. Put about 40% of the amount of chocolate with fresh tempered chocolate (out of the bag) to drop the temperature to about 30-32c. Keep stirring until all of the chocolate has fully melted. You can use chocolate that has been chopped finely or a hand blender to melt the chocolate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

- 500g Dark chocolate
- 450g 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. Dubai Chocolate

- 500g Pistachios
- 200g White Chocolate
- 10g salt flakes

For the Crunch

- 300g Kataifi pastry
- 100g Butter
- 60g Sugar

Method

Blend pistachios in a blender or food processor until they release their oils and a paste forms. Add white chocolate and salt. Set aside.

Break Kataifi into small strands, toss with butter and sugar. Spread on a tray, bake until golden and crispy. Cool.

Combine with pistachio paste and use it to pipe the chocolate shells. Or as a filling.

3. Dulce de Leche

- 1L milk
- 300g sugar
- 1 tsp bicarb
- 1 vanilla pod.

Method

Combine all ingredients and simmer on low heat, stirring constantly with a wooden spoon or whisk. Cook until golden, thick, and reduced to about 1/3 of the original volume.

Method

Combine all ingredients and simmer on low heat, stirring constantly with a wooden spoon or whisk. Cook until golden, thick, and reduced to about $\frac{1}{3}$ of the original volume.