

## Chocolates on Valentine's Day



Ingredients for 6 milk cartons:

60 ml (¼ cup) of 35% cream

120 g (4 oz) of semi-sweet fair trade chocolate, grated

5 ml (1 teaspoon) butter

Fair trade cocoa

1. Cut out the bottoms of 6 milk cartons, making them 2 cm (1') high.
2. Line the bottoms of the milk cartons with two layers of plastic film, making sure the plastic film sticks out well above the rim. That will make the chocolates easier to remove from the mould.
3. Pour the cream into a saucepan and bring to a boil. Remove from the heat and add the chocolate. Add the butter and stir well, until the chocolate is completely melted.
4. Pour the ganache into the moulds, cover them with plastic film and refrigerate for a few hours until perfectly cold.
5. Remove the chocolate from the moulds, remove plastic wrap.
6. To make cutting the chocolates easier, run a long knife under hot water and wipe it off before cutting 16 squares in all, 1½ cm each.
7. Sprinkle the tops of the chocolate squares with cocoa.

Reference:

DI STASIO, Josée, *À la di Stasio*, Flammarion Québec, 2004.

Don't forget that your only guarantee of purchasing truly fair trade products is Transfair Canada's certification logo on the package.

## Where does chocolate come from?



The chocolate bars that we eat and the chocolate milk that we drink is made using the fruits of the cocoa tree. This tree grows in the tropical areas of South America, Africa and Asia.

The most significant cocoa-producing countries are the Ivory Coast and Ghana in Africa, Brazil in South America and Indonesia in Asia.

The cocoa tree's fruits are called cocoa pods. They grow on the tree's trunk.

A cocoa pod contains between 20 and 50 cocoa beans. To make a chocolate bar, about 8 cocoa pods are needed. When pods are ripe, they are red and orangey in colour. That means it's time to pick them. Each pod is cut in half and its beans are removed by hand. The beans are then stored in large crates, where they ferment and brown. Afterwards they are dried.

Cocoa beans are grilled to improve their aroma. That is called roasting.

Cocoa beans are then ground to make cocoa powder. This powder is bitter. Sugar is added to make chocolate.

Taken from *Mon premier Larousse du Monde*, Larousse, 2001.

Questions for all readers!

1. On which continents do cocoa trees grow?

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2. What do we call the fruit of a cocoa tree?

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3. What does this fruit contain?

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4. How is the fruit when it's ripe?

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5. How many cocoa tree fruits are needed to make 3 chocolate bars?

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6. What are the 2 main ingredients used to make chocolate?

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**QUESTION FOR A TRUE CHAMPION:**

As described in the text, name all the necessary steps for making cocoa paste.

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