

Year 9 “Chocolate Project”

- This project is all about the health benefits of and different ways of using dark chocolate.
- Dark chocolate gives a better *chocolate flavour* when used in cooking, so try and use this rather than milk chocolate (decorations made with chocolate can use your favourite type!)
- The second recipe ‘*sticky ribs*’ is a little unusual, but the small amount of dark chocolate is used to intensify the flavour (you should not taste ‘chocolate’ when it is finished). Chicken drumsticks or small thigh pieces are a good alternative to ribs.
- At the end of this project will be making a recipe of your choice that fits the given *design criteria*.



Year 9 "Chocolate Project" (ingredients list 2)

remember a container to take your cooking home in!

(If there is a recipe you don't like, use a different one but make sure it can be easily prepared & made in 50 minutes!)

Chocolate Brownies (Christmas recipe):

Cake tin needed: large flapjack tin

140g (2 ½ oz) butter, softened

190g (6 ½ oz) caster sugar

2 large eggs

37g (1 ½ oz) cocoa powder

50g (2oz) self-raising flour

50g (2oz) plain chocolate chips

1.) Fruit kebabs with Choc sauce

(Use your own choice of fruit e.g:)

8 fresh strawberries, halved, large banana

20 large fresh raspberries or blueberries

•**Dark chocolate drizzle:** 75g dark (or mixture of dark & milk) chocolate

2.) Sticky chilli chicken:

2 tbsp tomato puree

1 tbsp harissa or ½ tsp chilli powder or 1 fresh chilli

½ - 1 square dark chocolate (grated)

1 tbsp sunflower oil

1 tbsp honey

2 chicken fillets cut into slices (goujons) or boneless thigh pieces.

3.) Crumbly banana squares

175g caster sugar

110g margarine

225g self raising flour

100g porridge oats

2 medium very ripe, Fairtrade bananas

25g Fairtrade dark or chocolate chips (You do not have to use fairtrade ingredients if you prefer not to).

4.) Chocolate cheesecake

250g / 6oz choc chip cookies (crushed)

65g / 3oz butter, melted

100g / 4oz dark chocolate chips (or chop finely)

250g / 8oz tub marscapone or ricotta cheese

100 - 150ml double or whipping cream

1 tbsp honey or 1 tbsp icing sugar

Decorations of your choice (ideally some fresh fruit)

5.) Chocolate Swiss Roll

3 large eggs

100g caster sugar plus a little extra for sprinkling (wrap in a piece of clingfilm)

75g plain flour

25g cocoa powder

15ml (1 tbsp) hot water

2 tbsp jam for filling.

Fruit Kebabs with Chocolate Sauce

Either drizzle the sauce over the fruit, or have small bowls to dip the fruit into. **(Use your own choice of fruit!)**

Directions

1. Chop fruit (if using banana or apple toss in a small amount of lemon juice to prevent browning).
2. Pierce fruit onto small skewers alternating fruit and stand on a piece of grease proof paper.
3. **Melt chocolate:** break choc into chunks and place in glass bowl. Put bowl over a saucepan with 5-10cm of hot water from the tap. Place on hob (**hob 10, but turn off when water is steaming**) then stir until melted and remove from the heat.
4. Drizzle over fruit, using a tea spoon. Place in fridge to set. Turn over and repeat on other side.

(Use your own choice of fruit e.g:)

8 fresh strawberries, halved

20 large fresh raspberries or blueberries

4 – 6 skewers (if possible)

Box to take it home in.



Sticky Chilli Chicken

Method:

1. Preheat oven to 180 C.
2. Pull all the ingredients for coating the chicken into a small pan along with a pinch of salt. Place over a medium heat (hob 6) and stir occasionally until thick and glossy. Leave to cool slightly.
3. Pour the sauce over the chicken (or if using smaller pieces, tip them into the saucepan and stir to coat well) and turn over and over until coated. Place on a greased baking tray and cook in a pre-heated oven at 180C for 12-30 minutes depending on size and whether the pieces are boneless.

When you have washed up pans etc., put some clean hot soapy water in sink (not washing-up bowl) ready to soak and then clean your baking tray, with a scouring pad. We will check them before you go!

Note: This recipe is adapted from Willie Harcourt-Cooze's recipe for 'Sticky chocolate ribs' which used 1 tbsp grated 100% cacao.



Ingredients:

- 2 tbsp tomato puree
- 1 tbsp harissa or ½ tsp chilli powder or 1 fresh chilli
- ½ - 1 square dark chocolate (grated)
- 1 tbsp sunflower oil
- 1 tbsp honey
- 2 chicken fillets cut into slices (goujons) or boneless thigh pieces.

Fairtrade - Crumbly Banana Squares

Method:

1. Pre-heat oven to 200c. Grease and line a tin (12 x 8 inch approximately) – allow paper to come above sides of tin.
2. Cream the sugar and margarine together.
3. ‘Cut’ in the flour and oats using a pallet knife, to make a crumbly mixture.
4. Sprinkle ½ into the baking tray and press down.
5. Thinly slice the bananas, then spread over the crumble mix with the chocolate.
6. Sprinkle the rest of the mixture over the top and again, press down.
7. Bake for about 25-30 minutes until it looks **golden brown**. The crumble will not be crisp until it cools, so do not try to cut it up too soon.

If you are using a school dish, carefully lift the crumble out using the paper and place on a cooling rack. Wash and dry the tin.

Ingredients: (for ½ ingredients use 6 hole silicone muffin tray or 6 silicone cake cases & cook for 20 minutes)

175g caster sugar

110g margarine

225g self raising flour

100g porridge oats

2 medium very ripe, Fairtrade bananas

25g Fairtrade dark or flavoured chocolate (e.g. dark chocolate with ginger) Cut into small pieces.



5. Bake for about 25-30 minutes until it looks **golden brown**. The crumble will not be crisp until it cools, so do not try to cut it up too soon.

If you are using a school dish, carefully lift the crumble out using the paper and place on a cooling rack. Wash and dry the tin.

Assessment

- Crumbles should be:
 1. Evenly spread in dish
 2. Light golden brown all over



- A = excellent
- B = very good
- C = satisfactory
- D = just below satisfactory
- E = poor

EFFORT GRADE (How hard have you tried?):

1. Not much / rushed it
2. A little
3. Fairly hard
4. Quite hard
5. Really hard / took time and care to get it right

CHOCOLATE CHEESECAKE

Don't forget to bring a cake or flan tin from home (about 7") or an ice cream box.

Method:

1. Crush the biscuits into crumbs if not already done so (use food processor).
2. Melt butter in a large saucepan (hob 8), remove from the hob then add the crushed biscuits and mix well. Press firmly into the bottom of the tin.
3. Place the cream and marscapone or ricotta in a mixing bowl and beat with a wooden spoon until smooth. (If after a while it's still lumpy, finish with a balloon whisk). Beat in the honey or icing sugar.
4. Stir in the chocolate chips
5. Spoon ALL OF the mixture onto the base then spread carefully (try not to get the mixture up the side of the tin or to mix in any of the biscuit base!!)
6. Decorate.
7. **All washing up must be checked (not greasy!!!!!!)**

Ingredients:

- 250g / 6oz choc chip cookies (crushed)
- 65g / 3oz butter, melted
- 100g / 4oz dark chocolate chips (or chop finely)
- 250g / 8oz tub marscapone or ricotta cheese
- 100 - 150ml double or whipping cream
- 1 tbsp honey or 1 tbsp icing sugar
- Decorations of your choice (ideally some fresh fruit)



1. Pre-heat oven to 210 C. Line a Swiss roll tin, 22x33cm, with greaseproof paper. Grease the paper.
2. Whisk the eggs and sugar until thick, over a saucepan of hot water using an electric whisk (about 10 minutes). The mixture should be thick enough for it to retain the impression of a whisk when it is removed, for a few seconds.
3. Sift together the flour & cocoa powder.
4. Gently fold in $\frac{1}{2}$ the flour using a metal spoon.
5. Fold in the remaining flour making sure there are no lumps, then stir in the hot water.
6. Pour into the tin smoothing it over carefully.
7. Bake for 7-9 minutes, until well risen, golden brown and firm (top should spring back when touched). Do not overcook, or it will break when you try to roll it up.
8. While the cake is baking, spread the extra sugar over a piece of greaseproof paper. Place a sharp knife and a palette knife beside the paper.
9. When the cake is cooked, loosen the edges with the pallet knife and tip quickly onto the sugared paper. Peel off the lining paper and trim the edges of the cake
10. Roll lightly using the paper as a guide & leave to cool on a cooling rack.
11. When the cake is cool, spread it sparingly with jam. With the longest side facing you, roll up the Swiss roll away from you, then transfer to a plate to serve. Sprinkle with caster sugar or dust with icing sugar to finish.



For the sponge:

3 large eggs

100g caster sugar plus a little extra for sprinkling (wrap in a piece of clingfilm)

75g plain flour

25g cocoa powder

15ml (1 tbsp) hot water (2 tbsp jam for filling)

CHOCOLATE SWISS ROLL