

# **Chocolate - Best Recipes. Cookbook**

**William Gore**

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**Published at Smashwords**

And you knew what chocolate known to us existed only in the form of drink earlier? Still ancient Maya used this miracle "elixir", adding there Chile hot pepper, and applied it more as medicine, than pleasant drink. And in 1846 Joseph Fr cast a first-ever chocolate tile, and it was the beginning of a decline of divine drink. After that anybody already also did not remember such drink as hot chocolate, after all only and did that were content with tiles of bitter firm chocolate. During our time we know about hot chocolate, only as about the mix which poured out from a bag and has been filled in with hot water.

And after all this drink will be, as it is impossible by the way, in cold winter night, therefore it is necessary to familiarize with warming recipes of hot chocolate not to use "poison" from packing.

It is necessary to use especially black chocolate with the high maintenance of cocoa as in other types of chocolate add different substitutes and E which harmful influence an organism at high temperature, and moreover spoil taste.

We take 100 g of black chocolate, we break it on tiles, and we kindle in any bowl on fire. Then we add a little bit waters and properly we stir. In separate ware we heat milk (carefully that did not escape), and we pour in the received mix, we stir slowly. We hold on fire still a couple of minutes, then we cool it is a little, and we add sugar and cream to taste. And voila, drink is ready to consumption.

During a cold time of year experts advise to use more than "warming-up" products, for example, such as cinnamon and ginger.

Hot chocolate with cinnamon prepares very easily, simply add to taste of cinnamon (1 teaspoon on a cup) after remove drink from fire. If you want to yourselves absolutely "burning" drink, add chili pepper or rum. Only with alcohol be vigilant, because at high temperature it intoxicates at once. For preparation of hot chocolate with ginger, in advance prepare tincture from ginger. For this purpose cut a ginger root on small slices, place in a separate cup, fill in with portion of boiled water and insist 10 minutes, then filter and add in drink.

Hot chocolate – an excellent way to be charged for the whole day and it is simple to indulge with energy itself.

1. Chocolate, according to the last researches, can provide long brain activity and can be useful to improvement of memory, concentration of attention and for reaction acceleration.

2. Chocolate is very useful to skin. German scientists investigated chocolate and came to unique conclusions that women who used in cocoa food daily in a current of three months had no problems with skin. It always was humidified and soft. This effect was reached thanks to property of chocolate to improve blood circulation.

3. Chocolate can provide a certain level of protection against heart diseases. Researchers found out that dark chocolate is capable to normalize arterial pressure, reduces cholesterol level, and adds protection against formation of blood clots.

4. At last, chocolate is a fine stimulator of good mood and forces people to feel better. For athletes, the use of chocolate accelerates the regenerative period between competitions, and for example, for women, chocolate is a fine stimulator that actually affects sexual harmony.

From all aforesaid it is possible to draw a conclusion that chocolate is not only a sweet delicacy which is loved by all, but also possesses a number of positive properties which are very useful to our health. As you can see, more sweet not to think up medicine! It is not necessary to exclude chocolate from your daily diet. It will be of use only.

Chocolate – a unique useful product. Chocolate contains active substances which fight against formation of blood clots and operate like aspirin, but without harmful consequences. Therefore at the regular use of chocolate it is possible to reduce probability of a heart attack and a stroke. The structure of chocolate includes phosphorus. Necessary for a brain, and calcium which provides a fortress of bones. Fluorine which is a lot of in chocolate, strengthens teeth, and possess antibacterial properties and interfere with formation of a tooth raid. In chocolate contain, reducing probability of oncological diseases, which prevent development of Alzheimer's disease, arthritis and help to cure cough.

Except antioxidants chocolate contains also a large amount of vitamins A, With, D, E, F and V. No's groups, perhaps, one of the most valuable properties of chocolate – its ability to cheer up. If overcome grief and grief, it is enough to eat a chocolate – life will seem. After all magnesium containing in chocolate counteracts a depression, improves memory, increases stability to stresses and strengthens immunity.

#### 1. Glaze chocolate

It prepare from chocolate with addition of 10 % of cocoa oil or drawn butter. Chocolate heat on water bath to 45-50°C, and when stirring add heat drawn butter. For obtaining the best luster to adjust temperature mix, cool to firm condition, and again heat 30°C.

#### 2. Chocolate drink with orange syrup

20 grams of orange syrup, 50 grams of chocolate syrup, 1 egg yolk, 100 grams of milk, 20 grams of the cream, chipped ice.

To shake up in shaker with ice orange and chocolate syrups, to enter into mix yolk and milk.

The filtered drink to pour in cup and to lay out slightly whipped cream.

To table ready drink to bring right after preparation.

#### 3. Chocolate drink with liqueur and sake

100 grams of whole milk, 15 grams of ground coffee, 20 grams of sugar, 100 grams of chocolate liqueur, 50 grams of sake, 1 egg, ice cubes.

Yolk to separate from protein and to pound it with sugar, to pour in milk, sake and liqueur, to pour coffee and everything carefully to mix, add the shaken-up egg white.

In the prepared cup to put ice, to pour cocktail and add to table, having decorated with ground coffee.

#### 4. The pancakes stuffed with nuts

150 grams of nuts, 100 grams of sugar, 100 grams of raisin, 50 ml of rum, 200 grams of chocolate, 50 grams of cocoa.

The cleared nuts to mix with sugar and raisin, having added a little rum. To wrap stuffing in pancakes, to fry and, having watered with chocolate sauce, add to table.

#### 5. Almonds in chocolate

500 grams of milk chocolate; 200 grams of almonds; 150 grams of raisin

To break chocolate, to put in glassware and to kindle in the furnace in 6-8 minutes at 70 %, having mixed two times. To add the divide raisin and almonds. At once to lay out mix thin layer on wax paper. To cool and divide on slices.

#### 6. Chocolate pie with glaze from fondant

200 grams of flour with yeast; 5 grams of baking powder; 2,5 grams of baking soda; 30 grams of cocoa; 75 grams of powdered sugar; 2 eggs; 150 ml of vegetable oil; 150 ml of milk; 30 ml of light or dark treacle; 60 ml of apricot jam; chocolate fondant; sugar for glaze.

Put leaf of paper in length of 20,5 cm in form for pie preparation. Mix flour, powdered sugar, soda and cocoa in bowl. Then add sugar. Break eggs; pour oil, milk and light or dark treacle, well mix. Pour in mix in flour and mix to homogeneous weight. Lay out all this in the prepared ware. Also put on lattice for frying. Prepare within 12 minutes. Let's stand 5 minutes on wire lattice for the cooling, covered with leaf of paper. Cool pie. Lay out apricot jam in small ware and heat up within 1 minute at 70 %. Cut pie horizontally on 2 cake layers and layers everyone apricot jam. Water pie with glazing from fondant, having accurately covered with it top and pie sides. Let's to glazing stiffen, and then sugar pie.

#### 7. Drink creamy with liqueur

1/4 cup of cream, 3 tablespoons of chocolate liqueur.

In the cold pasteurized cream to add chocolate liqueur, to stir, pour in cup and add on a table as a dessert.

#### 8. Cold fruit punch sea

50 ml of coffee liqueur, 50 ml of cream, 10 g of chocolate.

to pour liqueur, and then a spoon to add in it a part of whipped cream and to stir. With the rest of whipped cream to decorate cocktail, doing of them magnificent "cap". From above to decorate with the chocolate crushed on a grater.

#### 9. Chocolate with milk

80 g of chocolate, 400 ml of milk, sugar to taste.

to crush chocolate, to put in a pan and to fill in with a small amount of hot milk that chocolate could be dissolved. To add sugar. To warm up, well to stir, adding gradually hot boiled milk. The received mix can be shaken up a nimbus, but on fire not to put any more and immediately add the hot. It is possible to drink and cooled with whipped cream.

#### 10. Pears in cream

3 pears, 2 kiwis, 1 small apple, 200 ml of cream, 2 tablespoons of sugar, 2 tablespoons of grated chocolate, 1 tablespoon of lemon juice, 1 bag of vanilla sugar

Pears to wash, clear, remove a core and to cut cubes. The kiwi to wash cut thin portions. Apple to wash, removes a core, to cut thin segments, add lemon juice. Cream to finish to boiling, to add usual and vanilla sugar, to put slices of pears, to cook on small fire of 3 minutes, to cool. to put kiwi portions, on them – pears, to water with cream and sprinkle with chocolate. To decorate a dessert with apple segments.

#### 11. Sandwiches "Sweet tooth"

4 slices of long loaf, 1 cup of boiled water, 0,5 cup of peanut, 3 tablespoons of whipped cream, 1,5 tablespoons of the condensed milk, on 1 tablespoon of coconut shaving and chocolate crumb.

Peanut place in boiled water on 5 minutes, then take out, cool, clear, dry and pound in mortar. The crushed peanut mix with the condensed milk, coconut shaving and cream.

The received weight carefully mix and equal layer spread on 2 slices of long loaf. Sandwiches sprinkle with chocolate crumb and cover with remained slices of long loaf.

#### 12. Pie chocolate with almonds

150 grams of butter, 1 cup of sugar, 0,75 cup of starch, 0,5 cup of ground almonds, 2 tablespoons of cocoa, 2 tablespoons of flour, 1 tablespoon of water, 1 chocolate bar, 8 eggs.

Eggs shake up with sugar; add ground almonds, flour, starch, the cocoa, the kindled butter and mix. Dough spread in the oiled form and put in heat up to 180 ° about oven. Bake 50–60 minutes, take out from form and cool.

Chocolate bar break on slices, add water and kindle on water bath. The turned-out glaze distribute on cake layer surface.

### 13. Pie «bear in north»

Dough: 200 grams of butter, 1 cup of granulated sugar, 5 yolks, 200 grams of sour cream, 0,5 teaspoons of soda, vinegar tablespoon, salt on knife tip, vanillin, flour.

Stuffing: 5 of proteins, 3/4 cup of sugar, 1.5 cup of chopped walnuts.

Chocolate glaze: 2 tablespoons of cocoa, 3/4 cup of granulated sugar, 4 tablespoons of milk, 70 grams of butter.

To pound oil, to add sugar, to pour in yolks and it is good to stir. Then to add sour cream and the soda stewed by vinegar, salt. Everything again to mix, enter vanillin and flour — there is so much flour, that not too dough turned out. To divide dough for 3 flat cakes and to bake in round form on average fire. Proteins to shake up in dense foam. To them gradually to add sugar. To pour chopped nuts, carefully to mix and grease the baked cake layers. Cocoa to mix with granulated sugar, to pour in hot milk, it is good to stir and put on fire that the mix began to boil, continuously to stir slowly. When sugar will completely be dissolved, to remove from fire and to add butter. With hot weight to fill in pie and to put in the refrigerator.

### 14. Banana dessert with ice-cream

1 banana, 2 balls of ice-cream, 2 wafers, cherries from compote, nuts.

For sauce: 1/2 tiles of black chocolate, 100 grams of fat cream, 50 grams of butter, granulated sugar.

To kindle in pan chocolate and to stir with cream, oil and granulated sugar. To heat up and stir slowly, while all parts will not incorporate to remove from fire, but let's cool down. In oblong vase to lay 2 halves of the banana divide lengthways, in several centimeters from each other. Between halves of banana to put ice-cream balls. From above to water with chocolate sauce. To decorate with cherries, sprinkle with nuts and to put vertically fan of 2 wafers.

### 15. Fruit dessert with marzipan

Grapes — 200 g, raspberry frozen — 150 g, marzipan — 150 g, cream fat — 2 cup, butter — 100 g, chocolate white — 100 g, egg yolk — 2 pieces, sugar — 1/2 cup, gelatin — 1 teaspoon, fruit liqueur cherry — 3 tablespoons, pistachios ground — 50 g, liqueur almond — 5 teaspoons, jelly the currant — 2 tablespoons.

For cream oil to shake up with 2 tablespoons of sugar, to add yolks and to mix. To enter the chocolate kindled on water bath soaked and dissolved in heat cherry fruit liqueur gelatin, 1 cup of whipped cream, pistachios. Berries of grapes to wash out, divide half-and-half, to remove stone-fruit. Marzipan weight to mix with remained sugar, to unroll between two layers of foil in rectangular layer, then to lay out in the form covered by foil. On marzipan, having receded from edges, to lay out cream half, then — layer of grapes and the refrozen raspberry and again — cream layer. To cover stuffing with acting edges of marzipan weight. To cool dessert within 1 hour.

Before giving to take out from, to divide dessert on 16 slices, to lay out on dish, to issue jelly and cream with liqueur.