

FOOD EXPLORERS

CHOCOLATE WEEK



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CHOCOLATE BUNS

INGREDIENTS

Dough: (Per person)

¾ cup + 1 tablespoon all-purpose flour
1 teaspoon yeast
2 teaspoons granulated sugar
1 tsp cocoa powder
1 teaspoon unsalted butter, melted
⅓ cup warm water
Pinch of salt

Filling: (Per person)

2 tbsp softened butter (very soft)
2 tbsp mini chocolate chips
Pinch orange zest

Glaze: (per person)

2 tbsp powdered sugar
1 tsp cocoa powder
1 tsp water (or milk)

DIRECTIONS

- **Preheat oven to 375F**
- **Make dough:** In one prep bowl, add the warm water and sugar. Using a spoon give the mixture a gentle stir. Sprinkle the yeast on top of the sugar-water. Let stand for 5 minutes. Yeast should look foamy/bubbly and be fragrant. add melted butter (1 tsp), salt, cocoa powder, and then flour to the bowl containing the yeast/water mixture. Mix together using a spoon. Once the dough has come together in a rough ball, place on a lightly floured cutting board. Sprinkle with flour as needed. Knead for ~5 minutes until the dough is smooth and no longer sticky. Shape into a ball, place in a Ziploc bag, and set aside. Proof/rest for 30 minutes
- **Make filling:** In a bowl, add 2 tbsp of very soft butter and 2 tbsp mini choc chips. Use a fork to smoosh together until butter is smooth. Zest the oranges add a pinch of orange zest to the chocolate filling (~⅓ teaspoon or 2-3 swipes of the zester).
- **Roll out & shape the dough:** Roll out the dough by sprinkling flour on a cutting board & on top of the dough, then roll into a long rectangle.
- **Filling & rolling the shaped dough:** Spread filling evenly across the rectangle and roll up the dough along the long edge so it resembles cinnamon rolls with lots of layers inside. Use knife to cut the rolled up log shape into two and twist each one into a spiral.
- **Bake rolls:** Spray the insides of the pie pans with non-stick spray, place rolls in the middle of the pie pans and put them in the baking sheets. Bake for 25-30 minutes, rotate the baking trays halfway through baking
- **Make glaze:** Scoop 2 tbsp of powdered sugar and 1 tsp of cocoa powder into a bowl. Add 1 tsp of milk/water and use a fork to mix until smooth. If the glaze is too runny, add more sugar. If the glaze is too thick, add more liquid.
- **Serve:** Glaze the rolls when they are baked and cooled



CHOCOLATE MONKEY BREAD

INGREDIENTS

Dough (individual):

2 tsp cocoa powder
1/3 cup + 2 tbsp flour
2/3 tsp baking powder
Pinch salt
1 tbsp butter (diced - cold)
3 tbsp buttermilk

Coating (per person)

1 tbsp butter (melted)
1/4 tsp cinnamon
1.5 tbsp sugar
2 tbsp mini chocolate chips

DIRECTIONS

- **Make dough:** Add flour, baking powder, baking soda, salt to a bowl and mix with a fork.
- Cut butter into small chunk and add to flour. Use fingertips to “rub” the butter into the flour so it looks like sand.
- Pour the buttermilk in and stir with fork so the dough starts to come together
- **Knead & shape the dough:** Put dough on a lightly floured cutting board and gently knead for 2 minutes until dough is smooth.
- Cut the dough into 12 little pieces (they should be the size of dice).
- **Coasting the pieces of dough:** Melt butter on hotplate (2 sticks total). In the bowl containing cut pieces of dough, add 1 tbsp of melted butter, sugar, cinnamon and mini chocolate chips.
- Gently mix together with a spoon until all pieces of dough are sticky.
- Put 6 pieces in each cupcake liner so they are stacked on top of each other.
- **Cook the monkey bread:** Preheat the cupcake machine. Cook the monkey bread for 23-25 minutes.



RASPBERRY TIRAMISU BROWNIES

INGREDIENTS

Brownie (per person - makes 2)

2 1/2 Tablespoons unsalted butter, melted
1/4 cup light brown sugar, packed
1 large egg yolk
1/4 teaspoon vanilla extract
3 Tablespoons cocoa powder
1 Tablespoon all-purpose flour
pinch of salt
1 Tablespoon mini chocolate chips

1 jar raspberry jam
Non stick spray

Vanilla Cake Pops:

1.5 cups flour
1 tsp baking powder
1/4 tsp salt
1 stick butter (softened/room temp)
1 cup sugar
2 eggs
2 tsp vanilla
1/2 cup milk

Whipped Cream:

1 pint (2 cup) heavy whipping cream
1/2 cup powdered sugar
1 tsp vanilla
1, 12 oz bag frozen raspberries

DIRECTIONS

- **Preheat oven to 350F**
- **Make batter:** Measure 2.5 tablespoons of melted butter into a bowl and then add brown sugar. Mix well until sugar has dissolved. Set aside. Separate egg yolk from the white. Place egg yolk into the bowl with melted butter and brown sugar. Add vanilla to the batter. Mix with a spoon/fork well and until the mixture lightens in color slightly. Add in cocoa powder, flour, and salt. Use a spoon to fold together until no streaks of flour remain. Add the chocolate chips and fold to distribute. Divide batter between 2 sprayed foil pie pans and place on a bake sheet.
- **Bake brownies:** Bake brownies for approx. 20 minutes or until a fork inserted in the middle comes out clean.
- **Make vanilla cake batter:** While brownies are baking, in a large bowl, use electric mixer to cream together the butter on sugar on high speed. Add the eggs and vanilla and mix for 30 seconds. Preheat cake pop machine. Add the flour, baking powder, salt and milk and mix until just combined.
- **Bake vanilla cake:** Bake cake pops in batches using cake pop machine.
- **Make whipped cream:** While the brownies are baking/cake pops are baking, combine whipped cream ingredients in a large bowl. Using an electric mixer, beat the ingredients together, starting on low speed and increasing to high slowly as it begins to firm up. Mix with the electric mixer until stiff peaks form. Gently fold raspberries into the whipped cream with a spoon.
- **Assembly:** Once cake pops are cooled, crumble them into a bowl and then add 1 tbsp of raspberry jam. Mix together with a fork, should be thick and sticky.
- **Order of layers:** Brownie + crumbled cake/jam + raspberry whipped cream.



CHOCOLATE ZUCCHINI CUPCAKE

INGREDIENTS

Frosting:

2 cups unsalted butter, softened (4 sticks)
6 cups powdered sugar
1 cup unsweetened cocoa powder
6 to 8 tablespoons milk
4 tsp vanilla extract
1/2 tsp salt

Per person (2 cupcakes):

3 tbsp of shredded zucchini
3 tbsp sugar
1 tbsp egg white
1/8 tsp vanilla
1 tbsp vegetable oil
3 tbsp of flour
1 tbsp cocoa powder
1/8 tsp baking soda

DIRECTIONS

- **Prep the zucchini:** Shred the zucchini, squeeze the moisture out using a paper towel, and put it in the big bowl.
- **Make batter:** In the separate bowl add 3 tbsp zucchini, 3 tbsp sugar, 1 tbsp egg white, 1/8 tsp vanilla, 1 tbsp vegetable oil, 3 tbsp of flour, 1 tbsp of cocoa powder, 1/8 tsp baking soda and mix the ingredients together.
- Fill each cupcake liner with half of the batter.
- **Cook cupcakes:** Cook cupcakes using the cupcake pop machine for 18 minutes
- **Make frosting:** Add the frosting ingredients to a large bowl.
- Use a hand mixer to mix all the ingredients together, will take a few minutes on high speed until fluffy and smooth.
- **Assembly:** Cupcakes must be cool before frosting.



CANNOLI TWISTS

INGREDIENTS

Cannoli Cream Dip:

- 1 (32 oz) container whole milk ricotta cheese
- 1 cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup mini chocolate chips

- 1 can of non-stick cooking spray

Dough: (Per person)

- ¼ cup + 2 tablespoons all-purpose flour
- ½ teaspoon yeast
- 1 tsp granulated sugar
- 1 tsp cocoa powder
- ½ tsp unsalted butter, melted
- 2 ½ tbsp warm water (~108-110 degrees)
- 1 pinch salt
- 2 tbsp mini chocolate chips

Egg wash:

- 2 eggs + splash water

DIRECTIONS

- **Preheat oven to 375 °F**
- **Make dough:** Fill small bowls with warm water and sugar. Using a spoon give the mixture a gentle stir. Sprinkle the yeast on top of the sugar-water. Let stand for 5 minutes. Yeast should look foamy/bubbly and be fragrant. Add melted butter, salt, cinnamon, and flour to their yeast mixture and mix well.
- **Knead the dough:** Once the dough has come together in a rough ball, place on a lightly floured cutting board. Sprinkle with flour as needed. Knead for ~5 minutes until the dough is smooth and no longer sticky. Shape into a ball, place in a Ziploc bag, and set aside. Proof/rest for 30 minutes.
- **Make filling:** While the dough is proofing, in a large bowl, add ricotta, powdered sugar and vanilla and use electric mixer until smooth. Add chocolate chips and use spatula to gently fold in. Keep bowl in the fridge until needed.
- **Roll out & shape the dough:** Use a knife to cut dough ball into 2 pieces. Lightly flour cutting board and roll 1 dough ball into a big rectangle. Add more flour to cutting board or dough if sticky, move the dough around a lot. Repeat with 2nd dough ball. Roll out both dough balls into equally sized long rectangles. Press chocolate chips into the two rectangles so they stick a bit and place one piece of dough on top of the other so the edges line up (two pieces of dough are now stacked on top of each other). Use a knife to cut large rectangle into strips (each child should get 2 large strips). Grab one end of one of your strawberry twists and twist it to the right two times. Then, grab the other end and twist it to the (right/left) two more times. Allow to proof again BEFORE BAKING for an additional 30 minutes.
- **Bake cannoli twists:** Brush each twist with egg wash before placing into the oven. Bake for 25-30 minutes, rotate the baking trays halfway through baking.
- **Serve:** After cooling, serve with cannoli dip



CHOCOLATE FUDGE PIES

INGREDIENTS

Dough (per mini pie):

¼ cup flour
1 tsp sugar
2 tbsp cold butter
Pinch salt
1-2 tsp cold water
1 tbsp cocoa powder

1 (5") mini foil pie pan (1 per child)

Filling (enough for 12 pies)

3 sticks unsalted butter, softened
3 cups granulated sugar
6 eggs
¾ cup all-purpose flour
¾ cup unsweetened cocoa powder
3 teaspoons vanilla

Whipped Cream: optional

1 pint (2 cup) heavy whipping cream
½ cup powdered sugar
1 tsp vanilla

DIRECTIONS

- **Preheat oven to 350F.**
- **Dough:** In a bowl, combine flour, sugar, salt and cocoa powder. Add in 2 tbsp of cold butter **cut into small chunks**.
- Use fingertips to rub in the butter into the dry ingredients until the mixture looks like wet sand.
- Add 1 tsp of cold water and use a fork to bring the dough together, add more water 1 tsp at a time until the dough holds together in a ball.
- Place into a ziplock bag and chill for 30 minutes.
- **Filling:** in a large bowl, use electric mixer to combine butter and sugar together until smooth and creamy, then add eggs, vanilla and mix for 30 seconds.
- Add dry ingredients and mix until combined. Set aside (makes enough for 12 pies)
- **Dough:** once chilled, remove from the fridge and on a lightly floured surface, roll out the dough to make a large circle, making sure it doesn't stick.
- Gently place the circle of dough into the base of the foil pie pan and use a fork to crimp around the edges to form the base of the pie.
- **Baking:** spoon the filling into the crust and bake for approx 30 minutes, until set. The filling will rise a lot but should not spill over.
- **Whipped cream:** combine all whipped cream ingredients with an electric mixer until stiff peaks, set aside for serving.



FRUIT OF THE FOREST PASTRY

INGREDIENTS

Rough Puff Pastry: (per child)

½ cup flour
4 TBS butter, cold
2-4 tbsp water cold
¼ tsp salt

Chocolate Whipped Cream:

1 pint (2 cup) heavy whipping cream
½ cup powdered sugar
1 tsp vanilla
1 tbsp cocoa powder

Egg wash: 1 egg + splash water

Toppings: Fresh strawberries

DIRECTIONS

- In a bowl, combine flour and salt. Cut the **cold butter** into small chunks and use fingertips to rub in, until butter remains in pea sized pieces. Make a well in the center and add 2-4 tbsp of cold water, mixing with a fork until the dough comes together. Gently squeeze together to make a ball of dough.
- Place in ziploc bag in the fridge for 30 minutes.
- Sprinkle flour on a cutting board. Gently knead chilled dough until smooth (1-2 minutes). Roll dough into a tall square. Keep edges straight and even. Don't overwork the butter streaks; you should have a marbled effect.
- Fold the top third down and the bottom third up and over that (like folding a letter). **Place back in the fridge for 30 minutes.**
- Preheat oven to 400F and line a baking tray with parchment paper.
- Roll out dough on a floured cutting board until thin and even. Use the 4 inch pastry cutter to cut out TWO rounds of pastry
- From ONE of those rounds, use the 3.5 inch cutter to cut out a thin "frame" that you will then place on top of the other round, like a stack with an open center. Egg wash must be applied between the layers like "glue"
- You should now have one circle of dough from the 3.5 inch cutter (the middle section of dough). Set aside.
- Reroll your remaining dough and cut another circle using the 3.5 inch cutter. You should now have two 3.5 inch circles of dough.
- Use the 3 inch cutter to cut a "frame" from one of the 3.5 inch circles and place on top of the other like a stack with the center exposed. Egg wash must be applied between the layers like "glue".
- Place both stacked rounds of dough on baking tray, brush with egg wash on top and bake for approximately 20 minutes, golden brown.
- **Whipped Cream:** put all ingredients into a large bowl and use electric mixer on high speed until stiff peaks.
- Chop strawberries into small pieces.
- Once the pastry is out of the oven and cooled, place a spoonful of cream in the center and strawberries on top.



CHOCOLATE CHIP DANISH

INGREDIENTS

Dough (makes 12):

4 cups flour
1.5 cups warm milk
2 & ¼ tsp yeast
½ cup sugar
¼ tsp salt
1 egg (room temp)
6 tbsp softened butter

2, 12 oz bags mini chocolate chips

Chocolate Cream:

1, 8 oz container mascarpone cheese
½ cup heavy cream
1 cup powdered sugar
2 tbsp cocoa powder

1, 8 oz bottle maple syrup (for brushing)

DIRECTIONS

- Set out butter to soften an hour or so early (should be very soft).
- Warm milk on low heat until warmed through but not hot, add to a large bowl with yeast and sugar. Set aside for 5 minutes to bloom. **Add the egg and gently whisk once yeast is bloomed.**
- Slowly add flour and salt and combine with a spatula, mixture will be thick.
- Once the dough starts to come together, add the softened butter in small chunks into the dough and “smoosh” into the dough using the spatula. Continue until all butter is added.
- *Dough will be sticky and greasy to touch because of the butter, this is normal*
- **Knead the dough** for 8-10 minutes, do not knead for less than this! Less kneading = tough danishes.
- Once kneaded place in a large bowl with damp paper towels on top and leave to rise in a warm place for one hour.
- Once risen (after an hour) turn the dough out onto a cutting board and work the chocolate chips into the dough, by kneading it and pressing them in. They will still be visible.
- Divide the dough into 12 chunks and gently shape the dough into a large circle/snowball shape. Do not press down, should be tall.
- Place on a lined baking tray spaced apart and **let rise for an additional 45 minutes.**
- After rising, bake at 400F for approximately 25 minutes. While danishes are baking, make the chocolate cream: in a large bowl, use electric mixer to combine all ingredients until thick and fluffy.
- As soon as danishes are removed from the oven, use a pastry brush to put a thin coating of maple syrup on the outside.
- **Let cool completely** and then cut in half like a hamburger bun, fill with cream!



CHOCOLATE BANANA FLATBREAD

INGREDIENTS

Dough (per flatbread):

⅓ cup + 1 tbsp flour
2.5 tbsp water (warm)
½ tsp sugar
½ tsp yeast
½ tsp olive oil
Pinch salt

Filling (per flatbread):

⅓ banana
2 tbsp mini chocolate chips

Whipped Cream:

1 pint (2 cup) heavy whipping cream
½ cup powdered sugar
1 tsp vanilla

DIRECTIONS

- Gently warm water until warm but not hot (like bathwater). Add yeast and sugar and let sit for 5 minutes to bloom.
- Add olive oil and combine, followed by flour and salt. Use a fork to mix until a shaggy dough forms.
- Turn the dough out onto a floured surface and knead for 5 minutes, dough should smooth out. Add more flour if too sticky.
- Place dough in a bowl and loosely cover with damp paper towels and let it rise in a warm spot for 30 minutes.
- After the dough has risen, turn out onto a floured surface and using a rolling pin, roll out into a large rectangle.
- In the center of the dough (not close to the edges) place the 6 slices of banana in two rows with chocolate chips sprinkled on top, then “paint” with water by dipping finger in water bowls and “painting” around the edges of the dough and fold to seal the filling. **Should be flat envelope.**
- Heat a griddle to medium, use non stick spray and cook the flatbread for approximately 8 minutes on one side and 5 minutes on the other side, until golden brown.
- **Whipped cream:** in a large bowl, combine all ingredients and use an electric mixer on high speed until stiff peaks form. Serve on the side for dipping!



TRIPLE DECKER COOKIES

INGREDIENTS

Dough (individual - makes 2 cookies):

⅓ cup + 2 tbsp flour
⅔ tsp baking powder
Pinch salt
1 tbsp butter (diced - cold)
3 tbsp buttermilk

Chocolate Layer:

1, 12 oz bag mini chocolate chips

Strawberry Compote (group):

2 lbs fresh strawberries, diced
3 tbsp sugar
3 tbsp cornstarch
1 tbsp lemon juice

Crumble Topping (per child):

½ tbsp butter
1 tbsp flour
1 tsp sugar

DIRECTIONS

- Preheat oven to 350F.
- Chop strawberries into small pieces and add to a medium saucepan, followed by remaining strawberry compote ingredients. **Cook for approx 10 minutes**, mixture should be thicker with strawberries still holding their shape but covered in a thick syrup. Set aside to cool.
- Dough: add flour, baking powder, baking soda, salt to a bowl and mix with a fork. Do not add buttermilk yet.
- Cut the butter very small and add to flour. Use fingertips to “rub” the butter into the flour so it looks like sand, small chunks of butter.
- Pour the buttermilk (3 TBS) in and stir with fork so the dough starts to come together.
- Put dough on a lightly floured cutting board and gently knead for 2 minutes until dough is smooth.
- Cut dough in half and use a rolling pin to gently press into a thick circle about as wide as a plastic cup. Set aside.
- In a small bowl, combine all crumble toppings and use fingertips until it resembles sand.
- Divide the crumble topping in half and make two circles of crumble onto parchment paper lined baking trays (not touching). **Should be as wide as biscuit circles.**
- Place half strawberry topping on each crumble circle followed by 1 tbsp of mini chocolate chips.
- Gently place biscuit rounds on top of each stack.
- ORDER ON BAKING TRAY: crumble first, then strawberries, then mini choc chips then round of biscuit dough on top
- Bake for 18-20 minutes, until golden brown. Rotate oven racks half way through.

