

CHOCOLATE

At Every Meal Cookbook



Chef Todd Mohr's
Web Cooking
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Cook Like a Chef at Home

**"Recipe Ideas for
Everyone's Favorite
Ingredient"**

Table of Contents

A Word About Recipes.....	3
A Word About Chocolate	4
A Factual History of Chocolate	5
Forms of Chocolate	6
Storing Chocolate	7
Chocolate for Breakfast	
Chocolate Chip Scones	8
Chocolate Chip Pancakes	9
Chocolate Chip Banana Bread	10
Chocolate for Lunch	
Mole Chicken BLT	11
PBB Choco Panini	12
Choco Guaco-Mole	13
Coco Balsamic Salad Dressing	13
Chicken Mole and Rice Soup.....	14
Chili con Cocoa	15
Chocolate for Dinner	
Mole Pesto Shrimp	16
Cocoa Braised Beef Ribs	17
Cocoa Crusted Scallops in Balsamic Reduction	18
Chocolate Barbeque Wings	19
Cocoa Pasta Dough	19
Chocolate for Dessert	
Chocolate Souffle	20
Too Simple Chocolate Fondue	21
Adult Hot Cocoa	22

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First, A Word About Recipes

If your Mom or Grandma didn't teach you to cook, you're unfortunately left to recipe books and celebrity chefs on TV. The problem is neither of these actually teach you HOW to cook.

The Food Network is the MTV of Food. MTV used to play music, now they're entertainment ABOUT music. The Food Network is entertainment ABOUT food, they don't teach anyone to cook.

Neither will you learn how to cook from a book. **Written recipes won't teach you to cook any more than having sheet music will teach you to play piano.** Recipes have inherent flaws and variables that make them impossible to duplicate and always let you down. That includes any recipe I've ever written. They're all the same, a guide to more.

I call this a "cookbook" rather than a "recipe book" because it is meant to inspire ideas for you to cook, and not recipes to follow.

Mimic the ingredient proportions and procedures the first time, but please change them for your own tastes and desires thereafter. Don't worry about the exact measurements, a half-teaspoon in either direction won't ruin your dish, it won't exalt it either.

If you enjoy experimenting with new flavors, even far outside your comfort zone, you'll love the inspirations on the following pages. They're meant to inspire even more creative ideas from your own kitchen.

To Your Chocolate Cooking Success!



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Next, A Word About Chocolate

Chocolate is the most popular flavoring for candies, cookies, cakes and pastries. Chocolate is also served as a beverage and is an ingredient in the traditional spicy Mexican Mole Sauce. Chocolate is not always sweet, it is available in a variety of forms and degrees of sweetness.

Chocolate begins as yellow fruit pods hanging from the trunk and main branches of the tropical cacao tree. Each pod contains about 40 almond sized cocoa beans. After the pods ripen, the beans are placed in the sun for several days to dry and ferment. They are then cleaned, dried, cured and roasted to develop flavor and reduce bitterness, similar to coffee. Next, the beans are crushed to remove their shells, yielding the prized chocolate “nib”.

The nibs are crushed into a thick paste known as chocolate liquor or chocolate mass. Chocolate mass contains about 53% fat, known as cocoa butter. If cocoa powder is to be produced, all of the cocoa butter is removed. Most manufacturers use the Swiss technique of **conching** to increase smoothness. Conching involves stirring large vats of blended chocolate with a heavy roller or paddle to smooth out sugar crystals and mellow the flavor, a process that may last from a few hours to several days.

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A Factual History of Chocolate:

- The Cacao tree originated in South America.
- Cacao was carried into Mexico by the Mayans - 7th century A.D.
- Cultivated by Mayans, Aztecs, and Toltecs
- Not only used as food, but also as currency
- Chocolate was a drink for most of its history
 - Crushed into a paste with water and corn flour, sometimes honey
- Columbus brought cacao beans to Spain in 1504
 - Spain then controlled all aspects of the cocoa trade well into 18th century
 - Spanish believed it to cure all ills and supplied limitless stamina
- In the early 17th century, cocoa beverages came to France through royal marriages
- The Dutch poached Spanish trade routes, stealing cocoa beans
- Holland soon became the most important cocoa port
 - From there it spread to Germany, Scandinavia and Italy
- English acquired Jamaica in 1655, and its own cocoa plantations
- Conrad van Houton, a Dutch Chemist patented “Chocolate Powder” 1825
 - This marked the shift from drinking chocolate to eating chocolate
- Fry and Sons of England introduced first chocolate bar in 1847
- Henri Nestle was a baby food manufacturer
 - He developed condensed milk for baby food
 - Swiss Chocolatier Daniel Peter used this for solid milk chocolate
- Milton Hershey introduced milk chocolate to US in 1894
 - Hershey's kisses in 1907
- Nestle produced the chocolate chip in 1939

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Forms of Chocolate

Unsweetened

Pure chocolate liquor without added sugar or milk solids
53% cocoa butter and 47% cocoa solids

Bittersweet and semi-sweet

35% chocolate liquor plus cocoa butter, sugar, flavorings

Sweet

Government standards require not < 15% chocolate liquor

Milk

Most popular in the US

Milk solids added

Not suitable for baking, as the milk solids burn

Cocoa Powder

The brown powder left over after cocoa butter is removed

Used primarily in baking

Cocoa Butter

Chocolate liquor is 53% cocoa butter.

It's been used as a cosmetic

White

Not chocolate at all

Generally, vegetable oils, sugar and milk solids

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Storing Chocolate

Chocolate and cocoa should be stored at a cool, consistent temperature away from strong odors and moisture.

“Bloom” is the gray-ish white spots that form on chocolate. It is caused by the migration of cocoa butter crystals to the surface on temperature change. It'll go away upon melting.

Melting or “tempering” Chocolate:

- Cocoa butter melts at body temperature
- Must never exceed 120 degrees
- Must never touch water
 - “Seizing” – water touching chocolate and becomes lumpy
 - Add fat, vegetable oil to un-seize
- Chocolate should be melted gently in microwave,
 - Or over a double-boiler without steam touching the surface

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Chocolate For Breakfast

Chocolate Chip Scones Makes 12 Scones

2 cups all purpose flour
½ teaspoon salt
2 tsp baking powder
¼ tsp baking soda
4 Tbsp butter
½ cup buttermilk
1 cup chocolate chips

- 1) sift together flour, salt, baking powder, baking soda
- 2) cut butter into the dry ingredients until it resembles coarse meal
- 3) add buttermilk to dry mixture
- 4) Add chocolate chips
- 5) Pat the dough to ½ inch thickness on lightly floured board
- 6) Cut dough into squares, then into triangles
- 7) Bake 425 degrees

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Chocolate Chip Pancakes **Makes 12 Pancakes**

1 ½ cup all purpose flour
1 Tbsp baking powder
1 tsp salt
1 Tbsp sugar
10 ounces whole milk
1 egg, beaten
3 Tbsp butter, melted
½ tsp lemon juice
½ cup chocolate chips

- 1) Sift together flour, baking powder, salt and sugar.
- 2) Add beaten egg to make a stiff paste
- 3) Add milk to make a thin batter
- 4) Add melted butter and lemon juice
- 5) Fold in chocolate chips
- 6) Cook pancakes on flat top griddle

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Chocolate Banana Bread **Makes 1 large or 4 small loaves**

½ cup (1 stick) butter at room temperature
1 cup sugar
2 eggs
1 ½ cups all purpose flour
1 tsp baking soda
1 tsp salt
1 cup bananas, mashed
½ cup plain yogurt
1 tsp vanilla
½ cup chocolate chips

- 1) Preheat oven to 350F and prepare loaf pan with non-stick spray or butter
- 2) Cream together the butter and sugar in electric mixer
- 3) Slowly add the eggs under low speed, combining to consistent mixture
- 4) Sift flour, baking soda, and salt together
- 5) Add sifted dry ingredients to sugar/butter/egg mixture
- 6) Fold in mashed bananas and yogurt
- 7) Add vanilla and chocolate chips
- 8) Portion batter into loaf pan
- 9) Bake until toothpick tester comes out dry

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Chocolate For Lunch

Mole Chicken BLT's Makes 2 Sandwiches

Mole Rub:

2 Tbsp Cocoa Powder

1 tsp sugar

½ tsp thyme

½ tsp sage

¼ tsp cinnamon

Salt and white pepper

2 chicken breasts, raw, trimmed

3 slices bacon

1 small tomato, sliced

1 romaine lettuce leaf

2 slices bread

2 tbsp mayonnaise

1/8 tsp cayenne pepper

1 tsp ketchup

- 1) combine mole rub ingredients
- 2) dredge chicken breast in mole rub
- 3) grill chicken breast, set aside
- 4) cook bacon until crispy
- 5) combine mayonnaise, cayenne and ketchup
- 6) assemble sandwich

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PBB Choco Panini Makes 2 Sandwiches

4 slices of your favorite bread
2 bananas, cut lengthwise
½ cup Peanut Butter
2 Tbsp chocolate shavings
1 Tbsp butter
Confectioners sugar for dusting

- 1) Make sandwich by spreading peanut butter on bread
- 2) Add sliced banana
- 3) Add shaved chocolate
- 4) Cover with second slice of bread with peanut butter
- 5) Heat panini grill or sauté pan until dripped water evaporates immediately
- 6) Grease grill or pan with butter
- 7) Grill sandwich until bread is brown
- 8) Top with confectioners sugar for presentation

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Choco-Guaco-mole **Makes 3 cups**

2 large avocados
Juice of 1 lime
1 medium tomato, chopped
½ cup fresh cilantro, chopped
¼ cup green pepper, chopped
¼ cup red onion, minced
1 Tbsp jalapeno pepper, minced
1 tsp salt
½ tsp white pepper
1 tsp cocoa powder

- 1) Mash avocado, lime and cocoa powder together
- 2) Fold in remaining ingredients

Coco Balsamic Salad Dressing **Makes 1 cup**

1 cup balsamic vinegar
2 Tbsp whole grain mustard
2 Tbsp honey
2 Tbsp diced red peppers or pimentos
1 Tbsp shallot, minced
2 tsp cocoa powder
½ cup olive oil

- 1) Combine all ingredients in shaker or blender.

Salad suggestions:

Spinach salad with mushrooms and candied walnuts
Arugula salad with goat cheese and dried apricots
Asparagus salad with roasted garlic and shaved parmesan

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Chicken Mole and Rice Soup **Serves 4**

8 ounces ground chicken
1 medium onion, chopped
2 garlic cloves, minced
1 jalapeno pepper, minced
2 cups chicken broth
2 Tbsp cocoa powder
2 Tbsp fresh cilantro, chopped
½ tsp dried cumin
2 cups cooked white rice

- 1) Saute ground chicken in soup pot, rendering fat
- 2) Add onion, garlic, and jalapeno, cooking until translucent
- 3) Add cocoa powder, mix to combine
- 4) Add chicken broth
- 5) Add cilantro and cumin
- 6) Add white rice

To achieve desired consistency, continue to softly simmer soup as the rice starch will thicken the broth over time.

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Chili Con Cocoa

Serves 4

2 Tbsp bacon fat
1 pound ground beef or turkey
1 cup onion, chopped
½ cup beef or chicken broth
1 Tbsp chili powder
2 Tbsp cocoa powder
½ tsp cayenne pepper
2 Tbsp brown sugar
1 cup diced peeled tomatoes
1 cup black beans (optional)
2 Tbsp tomato paste

- 1) Heat bacon fat in heavy soup pot
- 2) Saute ground beef or turkey
- 3) Drain sautéed meat, returning 2 Tbsp of fat to the pan
- 4) Saute onion until translucent
- 5) Return meat to pan
- 6) Add beef or chicken stock
- 7) Add chili powder, cocoa powder, cayenne pepper, brown sugar
- 8) Add peeled tomatoes
- 9) Add tomato paste and black beans

Keep chili at a soft simmer for 30 minutes or so, to reduce and improve consistency.

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Chocolate For Dinner

Mole Pesto Shrimp Serves 2

8 ounces shrimp, raw, tail on peeled and deveined

Mole Pesto:

1 Tbsp fresh basil leaves, chiffonade

1 Tbsp fresh thyme, minced

1 Tbsp fresh Cilantro

½ roasted red pepper

1 roma tomato, seeded

2 Tbsp red onion, small dice

1 Tbsp olive oil

½ tsp cumin

½ tsp coriander

Dash white pepper

Dash cayenne pepper

1 Tbsp cocoa

1/8 tsp cinnamon

½ cup cooked white rice

- 1) Combine pesto ingredients in food processor, process to paste
- 2) Skewer and grill shrimp
- 3) Mix 2 Tbsp pesto sauce with cooked rice
- 4) Top rice with shrimp
- 5) Top shrimp with remaining pesto sauce

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Cocoa Braised Beef Ribs

Serves 4

2 strips of bacon, diced
3 pounds bone-in beef short ribs
1 medium onion, chopped
2 stalks celery, chopped
2 carrots, chopped
1 parsnip, chopped
2 garlic cloves, minced
1 cup dry red wine
1 cup beef broth
1 cup diced tomato concassee or canned tomatoes
1 tsp thyme
½ tsp rosemary
1 bay leaf
2 Tbsp cocoa powder
Salt and pepper to taste

- 1) Preheat your oven to 325F
- 2) Saute bacon on the stove top, rendering all fat until bacon is crispy
- 3) Remove bacon from pan and dry on paper towels
- 4) Drain all but 2 Tbsp bacon fat from the pan
- 5) Brown ribs on all sides in bacon fat, remove from pan
- 6) Add onions, celery, carrots, parsnip, garlic to pan and sauté to strong aromas
- 7) Deglaze pan with red wine, reduce to ¼ of original volume
- 8) Add beef broth, tomatoes, herbs, cocoa powder and crumbled bacon
- 9) Return ribs to pan.
- 10) Cover pan and cook in oven to 165F finished temperature
- 11) Continue cooking “low and slow” as long as you’d like, it only improves flavor

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Cocoa Crusted Scallops with Balsamic Reduction **Serves 2**

6 large sea scallops
¼ cup shallots, sliced
¼ cup red pepper or pimento, diced
¼ cup green pepper, diced
2 Tbsp olive oil
¼ cup balsamic vinegar

Cocoa rub:

½ cup cocoa powder
¼ tsp nutmeg
¼ tsp white pepper
¼ tsp cayenne or chili powder
Pinch cinnamon
Pinch paprika

- 1) Combine ingredients for cocoa rub
- 2) Dredge scallops in cocoa rub
- 3) Heat sauté pan until drops of water evaporate immediately
- 4) Add olive oil to pan and heat until convection starts
- 5) Cook scallops 75% on one side, finish 25% on the other side
- 6) Remove scallops to plate
- 7) Saute shallots and peppers in pan fond.
- 8) Deglaze with balsamic vinegar
- 9) Reduce sauce until it's a thick syrup
- 10) Pour pan sauce over scallops

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Chocolate Barbeque Wings

Serves 2

2 dozen chicken wings
4 Tbsp butter
½ cup hot red pepper sauce
1/3 cup ketchup
2 Tbsp Honey
1 Tbsp cocoa powder

- 1) Preheat oven and heavy baking pan to 450F
- 2) Trim all excess fat from chicken wings with poultry shears
- 3) Combine all ingredients for wing sauce in small sauce pan
- 4) Bring sauce to a soft simmer for 2 minutes, remove from heat
- 5) Oven-fry wings on hot baking pan until brown and crispy
- 6) Toss wings with sauce

Cocoa Pasta Dough

Makes about 1 pound dough

1 cup semolina flour or all purpose flour
2 eggs, beaten
2 Tbsp cocoa powder
Pinch of salt
1 Tbsp olive oil

- 1) Combine all ingredients to make a stiff dough
- 2) Refrigerate over night
- 3) Portion and create your favorite pasta shapes using pasta machine or rolling pin

Serving suggestion: Cook pasta in simmering water, drain, then sauté in brown butter

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Chocolate For Dessert

Chocolate Souffle **Makes 6 small Souffles**

1 Tbsp cocoa powder
1 Tbsp hot water
6 ounces semisweet chocolate
¼ cup heavy cream
3 egg yolks
1 Tbsp all purpose flour
6 egg whites
Pinch cream of tartar
2 Tbsp sugar

- 1) Butter and flour a soufflé mold. Chill until ready to use
- 2) Combine cocoa powder with hot water, set aside
- 3) Melt chocolate in double boiler
- 4) Stir in cocoa powder liquid and heavy cream
- 5) In a small bowl beat egg yolks and flour, stir into chocolate
- 6) In another bowl, beat egg whites with cream of tartar
- 7) Continue beating, stir in sugar a little at a time to stiff peaks
- 8) Stir ¼ of the whites into the chocolate mixture
- 9) Fold the chocolate mixture into the remaining whites, little at a time
- 10) Pour into prepared soufflé mold
- 11) Bake 35 to 45 minutes or until a knife comes out clean

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Too Simple Chocolate Fondue **Serves 6**

1 pound dark or semi-sweet chocolate
12 oz light cream
1 tsp vanilla extract

Dipping Condiment suggestions:

Pound cake, apples, bananas, pretzels, strawberries, kiwi, pineapple, dried apricots, biscotti, sugar cookies, granola bars.

- 1) Melt all ingredients together
- 2) Serve with dipping condiments

Adult Hot Cocoa **Serves 2**

¼ cup cocoa powder
2 Tbsp brown sugar or honey
2 ounces Godiva Chocolate Liqueur (or any liquor)
12 ounces hot milk

- 1) In each coffee mug, combine 2 Tbsp cocoa powder, 1 Tbsp sugar or honey, and 1 ounce liqueur.
- 2) Heat milk in microwave or in sauce pan
- 3) Add hot milk to cocoa paste in mug.
- 4) Mix thoroughly and enjoy.

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