

Chefsville - Kids™

Recipe Page: Chocolate Ganache



12-16 ounces best quality chocolate
(Dark, milk or white chocolate)

1/4 Pint (4 oz) of Heavy Whipping Cream or Half-&-Half

I prefer using melting chocolates.



Sprouts Farmers Market has three different chocolates available (Dark, milk and white chocolate) in Chocolate button forms. These are round disks of chocolate about 1 inch round. These have palm oil and are a wonderful choice for melting and dipping using chocolates.

1. Place the chocolates into a 5 cup bowl or a bigger sized bowl. Have a whisk or spatula ready.
2. Have an adult or teen with permission – bring whipping cream to a boil using microwave oven for 1 to 2 minutes.
3. Pour very hot cream over the chocolates and let sit for 2 - 3 minutes.
4. Whisk slowly or mix with spatula to incorporate chocolate with cream.

At first the mixture will look like pale milky color with gooey chocolate pieces. After 30 seconds of stirring, the ganache will look like a wonderful chocolate milk. Another 30 seconds of mixing and it will become shiny and well blended. This is what we want.

5. Place in the refrigerator for an hour. The ganache will setup and thicken.
6. Using two spoons you can make chocolate balls. Freeze chocolate balls until ready for use.

Chef's trick - you can use truffle molds - small plastic sheets with chocolate balls or you can use spoons or from a candy store they have something like an ice-cream scoop for making much smaller candies.

Prep time: 10 minutes
Assemble time: 10 minutes

1st Class Kids, an educational charity, delivering fun and exciting food literacy classes, public discussion groups, forums, lectures and workshops to kids at schools, camps, libraries, clubs, youth activities and parenting groups.

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