

Chefsville - Kids™

Recipe Page: Melting Chocolate



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

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 4 cup glass bowl or a bowl a bit bigger.
2. Place in the microwave for 20 seconds, then stir with a spatula.
3. Return chocolate in the bowl to the microwave and repeat step 2 taking away 1 second each time. (cook for 19 seconds, then stir, then cook for 18 seconds and stir until chocolates are melted and warm to the touch.

As a test, I place a drip of chocolate on my left hand. If it is a bit warmer than your bottom lip (about 92°F) then I know I am done melting the chocolates. (See 'Tempered Chocolate' instruction page).

At 88°-92°F, if the chocolate is stirred often the chocolate is considered "tempered" and can be molded. When the chocolate cools completely, it will remove from the mold easily. That is the secret for setting up all kinds of chocolate crafts.

This chocolate can be used to dip strawberries, bananas, apple wedges, oranges, nuts and pretzels into. How about dried banana chips, mango, figs, and cookies? Yum!

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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