

Recipes



Theobroma cacao Cacao

Tips

- Cacao typically refers to the plant and products made from non-roasted seeds. This includes a cacao powder made by cold pressing non-roasted beans. It tends to be more bitter in flavor and is known to be higher in nutrients and caffeine.
- Cocoa usually refers to products made from roasted seeds, and includes the hot drink made from cocoa powder.
- Dutch-processed cocoa is cocoa that has a neutral acidity from being treated with an alkali. This provides a smoother and less acidic flavor. In baking, it is generally paired with baking powder to keep the mixture neutral. Regular cocoa is paired with baking soda to neutralize the pH.

Hazelnut Nut-ella

This easy hazelnut spread is a great healthy alternative to Nutella without the dairy and refined sugar.

Makes: 1 jar

1 cup hazelnuts

5 tablespoons of raw cacao powder

4 tablespoons rice malt syrup or pure maple syrup

1 tablespoon vanilla powder

1 tablespoon melted coconut oil

½ cup coconut milk

¼ water if needed

Bake the hazelnuts at 180°C (350°F) for about ten minutes, turning if needed.

Take them out of the oven, allow them to cool then rub most of the skins off. Grind the nuts in a food processor until smooth.

Add the remaining ingredients and process until well mixed and you have spreading consistency. Add the extra water if needed. Store in the fridge.

Womenshealthmag.com/uk



Spicy Mexican Hot Chocolate

The Aztecs, inventors of hot chocolate, commonly added chiles to their brew; this version uses cayenne.

2/3 cup cold heavy cream

1 tablespoon plus 1/4 cup granulated sugar

3/4 ounce (1/4 cup) Dutch-processed cocoa powder

1/8 teaspoon table salt

4 cups 2% milk

7 ounces bittersweet chocolate (65% to 70% cacao), finely chopped (about 1-3/4 cups)

1/8 teaspoon ground cayenne; more to taste

1/2 teaspoon ground cinnamon

1/2 teaspoon smoked paprika

In a medium bowl, beat the cream and 1 tablespoon sugar with an electric hand mixer on medium speed to medium-soft peaks. Refrigerate while making the cocoa.

Put the remaining 1/4 cup sugar, the cocoa powder, and 1/8 teaspoon salt in a heavy-duty 3-quart saucepan. Add 1/4 cup of the milk and whisk until the mixture is smooth. Pour in the remaining milk and whisk to combine. Bring to a boil over medium-high heat. Add the chocolate and cayenne and reduce the heat to low. Whisk until the chocolate is completely melted and the mixture is a little frothy, 1 minute. Add more cayenne to taste, if you like.

Divide the hot chocolate among 6 mugs and top each with a dollop of the whipped cream. Sprinkle a bit of cinnamon and smoked paprika on the whipped cream and serve.

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Chocolate Lip Gloss

From the colorful fruits of the cacao tree come the raw ingredients for chocolate. The two main substances obtained from the wrinkly pods are cocoa butter and unsweetened chocolate. This lip gloss, made from blending together cocoa butter and chocolate, is an excellent lip conditioner with a mildly sweet taste. It also makes a terrific Valentine's Day present. You can give your sweetheart lots of chocolate kisses without all the calories! I like to wrap this and add a small tin of this gloss to a box of chocolates. In fact, you could make your own box full of different flavored balms and glosses.

1 ½ teaspoons grated cocoa butter

½ teaspoon coconut oil

1/8 teaspoon vitamin E oil

1/8 teaspoon grated chocolate or 3 small chocolate chips (I like dark chocolate for this, but use your favorite)

In a double boiler or microwave oven, heat the cocoa butter, coconut oil and vitamin E oil gently until melted. Stir in the chocolate and keep stirring until melted and well blended. Pour into a small lip gloss container and allow to cool completely before using.

To use: spread on lips Yield: 0.5 ounces

Janice Cox, author and HSA member

Natural Beauty for all Seasons, 250 simple recipes gift-giving ideas for year-round beauty

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**If you have any recipes you'd like to share using cacao or cocoa,
please email Educator@herbsociety.org**