

Cooking With Justin

Session: St. Valentine's Day Goodies

Overview:

Today we will practice the fundamental skill of heat management for sugar. We will practice making a basic chocolate mix—ganache—and review more complicated processes. We'll also take a look at sugar itself, with an eye to making caramel.

Session Plan:

- Demonstrate earl grey truffle recipe
- Discussion of heat treatment, tempering
- Start ganaches, set to cool briefly (*group activity*)
- Make truffles (*group activity*)
- Demonstrate "dry" caramel method
- Make caramels (*group activity*)
- Finish with strawberries (*group activity*)

Recipes:

- Basic ganache
- Earl grey tea truffles
- Caramel sauce
- "Dry" caramel candies
- "Wet" no-fail caramel chews

Further Information:

- www.jvsquad.us -> "cooking" menu for recipes and detailed directions
- handouts will be posted on line

Basic Ganache

Prepared Ingredients:

- 1/2 cup heavy cream
- 12-"X" oz bittersweet chocolate (68%)
- "X" oz milk chocolate (38%), up to 6
- 1-2 tsp vanilla
- 1 pat of butter (optional)
- 1 oz liquor, to flavor (optional)

Directions:

- 1) Melt chocolate together in bowl over boiling water (double boiler style). Set aside to cool to 90-100 °F.
- 2) Bring cream and vanilla to a boil and allow to cool to ~100 °F.
- 3) In small amounts, whisk cream mixture into chocolate mixture, it will stiffen noticeably at first.
- 4) Whisk in butter and/or liquor
- 5) Skim bowl with spatula and place on table to cool until a consistency you like is reached. The bowl can be placed in a pan of cool (not ice) water to assist. Stir and do not leave in water.
- 6) If desired, cooled ganache can be whipped, use a chilled bowl to help keep volume.
- 7) Dip food or spread with flexible spatula.
- 8) Chill to set ganache.

Notes:

- The bowl for mixing chocolates must be absolutely dry, no water!
- The level of "give" will vary with the amount of cream used. For a harder ganache, use less cream. For a creamier ganache, use more, up to a cup or so.
- Increasing the milk chocolate content will also increase the give, so not as much cream is needed.
- Not all chocolates are the same, and will affect your end texture: buy good ingredients.

Further Information:

- www.jvsquad.us -> "cooking" menu for recipes and detailed directions (some in progress)
- www.chocosphere.com, search for "couverture" by E. Guittard

Earl Grey Tea Truffles

Prepared Ingredients:

- 3/4 cup water
- 1/3 cup earl grey tea leaves
- 6 tbsp heavy cream
- 6 tbsp milk
- 4 oz milk chocolate (38%)
- 12 oz bittersweet chocolate (72%)
- 2 tbsp butter, room temp
- 2 tbsp liquor of choice (optional)

Directions:

- 1) Boil water and stir in tea. Allow to steep for 3-4 minutes, strain with coffee filter or cheesecloth and wring out. Weigh out 3 oz.
- 2) Melt ~80% of the chocolate together in bowl over boiling water (double boiler style). Remove from heat and gently melt/ stir in remainder. Set aside to cool to 90-100 °F.
- 3) Bring cream and milk to a boil and allow to cool to ~100 °F.
- 4) In small amounts, whisk cream/milk mixture into chocolate mixture, it will stiffen noticeably at first.
- 5) Whisk in tea, then butter, then liquor.
- 6) Skim bowl with spatula and place in refrigerator to cool for 1-2 hours, or use a sheet pan for reduced cooling time. You are aiming for a workable solid, ~ 70 °F.
- 7) Spoon, scoop, or pipe out truffles in 3/4 – 1" balls.
- 8) Chill again, before further working.
- 9) Cover with cocoa powder, sliced almonds, or tempered chocolate.

Notes:

- The bowl for mixing chocolates must be absolutely dry, no water!
- If forming truffles by hand, use latex gloves to slow heat transfer to chocolate (and make cleanup easier).

Further Information:

- www.jvsquad.us -> "cooking" menu for recipes and detailed directions (some in progress)
- www.chocosphere.com, search for "couverture" by E. Guittard

Caramel Sauce

Prepared Ingredients:

- 2 cups white sugar
- 1 cup heavy cream
- 1/2 cup milk
- 2 tsp vanilla extract
- 2 tbsp butter

Directions:

- 1) Set an 8-10 inch sauce pan on medium heat, add sugar evenly, make a divot in the middle.
- 2) Set a second sauce pan to simmer with cream, milk, vanilla, and butter
- 3) Once sugar begins to melt, press granules into melt while moving pan to heat evenly. Try not to mix/fold over liquid with granules.
- 4) When sugar is nearly melted, it will likely start to smoke ever so slightly, your nose will also tell you you are nearly there. Now is the time for great vigilance.
- 5) If very little sugar is unmelted, you may full mix now, and smoking will have begun. The sugar will have the color of an old penny.
- 6) To stop caramelization, stir in small amounts of the cream mixture, taking care of bubbling mixture. Remove from / return to heat as needed.
- 7) If you ended up with lumps, the mix may be strained.
- 8) Store in a container of your choice.

Notes:

- Work **SAFELY**: liquid sugar is over 300 °F! Wear long sleeves and a mitt, and protect your eyes from possible spatter.
- Sugar is cheap...try a couple batches of plain sugar to get the hang of the method.
- Once done with the large pan, put it in the sink with warm/ hot water ASAP, cleaning will be much easier if the caramel does not solidify.

Further Information:

- www.jvsquad.us -> "cooking" menu for recipes and detailed directions (some in progress)

(Dry) Caramel Candies

Prepared Ingredients:

- 2 cups white sugar
- 3/4-1 cup heavy cream
- 1-2 tsp vanilla extract
- 2 tbsp butter

Directions:

- 1) Lightly grease a sheet pan
- 2) Set an 8-10 inch sauce pan on medium heat, add sugar evenly, make a divot in the middle.
- 3) Set a second sauce pan to simmer with cream, vanilla, and butter
- 4) Once sugar begins to melt, press granules into melt while moving pan to heat evenly. Try not to mix/fold over liquid with granules.
- 5) When sugar is nearly melted, it will likely start to smoke ever so slightly, your nose will also tell you you are nearly there. Now is the time for great vigilance.
- 6) If very little sugar is unmelted, you may fully mix now, and smoking will have begun. The sugar will have the color of an old penny.
- 7) To stop caramelization, stir in small amounts of the cream mixture, taking care of bubbling mixture. Remove from / return to heat as needed.
- 8) If you ended up with lumps, the mix may be strained.
- 9) Pour out your mixture on the sheet pan and set to cool...when the mix becomes taffy like, pry up and lay on cutting board dusted with corn starch.
- 10) Cut (or at least score well) the caramel so breaking up is easier when fully cooled.
- 11) Wrap pieces individually or store in a container of your choice.

Notes:

- Work **SAFELY**: liquid sugar is over 300 °F! Wear long sleeves and a mitt, and protect your eyes from possible spatter.
- Sugar is cheap...try a couple batches of plain sugar to get the hang of the method.
- Once done with the large pan, put it in the sink with warm/ hot water ASAP, cleaning will be much easier if the caramel does not solidify.

Further Information:

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("Wet") Caramel Chews

Prepared Ingredients:

- 2 cups white sugar
- 1 cup (packed) brown sugar
- 1 cup corn syrup
- 1 cup evaporated milk
- 1 pint heavy cream
- 1 cup butter
- 1-2 teaspoons vanilla extract

Directions:

- 1) Grease a 12 x 15 inch pan.
- 2) Set a large pot on medium heat and combine all ingredients except vanilla. Stir regularly, until temperature reaches 250 °F (about 30 minutes). Mixture will increase to ~3 times original volume as water is boiled off and mix becomes less viscous.
- 3) Stir in vanilla.
- 4) Pour mixture onto sheet pan and set to cool. Test for pliability until somewhat firm to the touch.
- 5) Cut caramel to size, a pizza cutter or bench scraper works really well here.
- 6) Wrap pieces if desired.

Notes:

- The mixture is very bubbly and sticky. Wear long sleeves and a mitt, and protect your eyes from possible spatter.
- Parchment paper may be used instead of greasing the pan.

Further Information:

- adapted from <http://allrecipes.com/recipe/caramels/>

Session Evaluation: St. Valentine's Day

Thank you for cooking with Justin today! Please take 1 minute to provide some feedback so I can better tailor future sessions. Please note that a "3" is good, and all 5s is not particularly helpful.

Content:

| | Not at All | | Decent | | Absolutely |
|---|------------|---|--------|---|------------|
| 1) The session was interesting | 1 | 2 | 3 | 4 | 5 |
| 2) The material was covered in enough detail | 1 | 2 | 3 | 4 | 5 |
| 3) Things moved along nicely | 1 | 2 | 3 | 4 | 5 |
| 4) Technique was adequately demonstrated | 1 | 2 | 3 | 4 | 5 |
| 5) Justin looked like he knew what he was doing | 1 | 2 | 3 | 4 | 5 |
| 6) The handouts looked good/ useful | 1 | 2 | 3 | 4 | 5 |

Participation:

| | Not at All | | Decent | | Absolutely |
|--|------------|---|--------|---|------------|
| 1) This was worth your time | 1 | 2 | 3 | 4 | 5 |
| 2) You would try another session | 1 | 2 | 3 | 4 | 5 |
| 3) You prefer to watch | 1 | 2 | 3 | 4 | 5 |
| 4) You wanted to be more involved | 1 | 2 | 3 | 4 | 5 |
| 5) You may try one or more recipes on your own | 1 | 2 | 3 | 4 | 5 |

Possible Future Sessions:

| | Not for me | | Maybe | | I'll Be There |
|------------------------------------|------------|---|-------|---|---------------|
| 1) Wok cooking | 1 | 2 | 3 | 4 | 5 |
| 2) Designer cupcakes | 1 | 2 | 3 | 4 | 5 |
| 3) Pizza from scratch | 1 | 2 | 3 | 4 | 5 |
| 4) Sushi basics (focus on non-raw) | 1 | 2 | 3 | 4 | 5 |
| 5) How about this: _____ | | | | | |

Comments & Suggestions:
