

Raw Organic Refrigerated Chocolate Recipes

This chocolate needs to be kept cool. At room temperature it may be too mushy. If I'm going to keep it out at a party, I'll put a flexible ice pack under the dish or bowl if the room is warm. If room temperature is about 70 degrees, it's too soft.

There are two recipes. The first recipe uses more oil and will be harder. The second recipe has almond milk in it (rice milk and coconut milk would work as well). This second recipe will be softer; like a fudge.

I use two different sugars; giving two slightly different flavors. Coconut sugar is much less expensive than maple sugar (not maple syrup because that would add more liquid and the recipe would have to accommodate for the extra liquid).

I use the following ratio: one cup of coconut sugar is equal to $\frac{5}{8}$ cup maple sugar. Maple sugar gives a richer, more complex flavor than coconut sugar. Though only maple sugar in a recipe can be too overpowering in taste.

I use the coconut oil in a liquid state. This makes it much, much easier to mix than if it's in a paste state (I've done it both ways). You can melt the coconut oil by putting the jar of coconut oil in the sink or in a pot of hot water from the tap.

I use Himalayan pink sea salt that is freshly ground. This can end up being very fluffy. I've tried a different salt grinder that makes the salt more coarse. The coarser salt adds more weight (more salt) to the same measured amount as the fluffy ground salt, so then I use less salt than when the salt is ground into a fluffy powder. I like it better coarsely ground than ground fluffy. I use $\frac{3}{4}$ teaspoon coarsely ground salt to 1 teaspoon fluffy ground salt.

Mix the dry ingredients together first – the cacao powder, sugar, cinnamon and salt. Then dribble in the vanilla and mix it some more. I then add in the liquid oil. And, if it's in the recipe, I add in the almond milk at the same time as the liquid coconut oil.

I buy the raw organic cacao powder from Amazon. I've tried four different types. I don't find much of a difference between them; as long as they are organic. I have Amazon Prime, so that makes it easier to order the cacao powder. I'm sure that the health food stores will have it.

I buy the organic coconut oil and organic coconut sugar from Trader Joes. They have a very good price. I also buy the vanilla from Trader Joes. I buy the vanilla without alcohol. I buy the organic maple sugar from Amazon.

Recipe #1

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|--------------------------|----------------------------|
| 2 cups | Organic raw cacao powder |
| slightly less than 1 cup | Organic coconut sugar |
| 3/4 tsp. | Coarsely ground salt |
| 1+ tsp. | Cinnamon |
| 3+ tsp. | Vanilla (1 Tbsp. = 3 tsp.) |

I mix all of the above ingredients together, and then I pour in the oil and stir.
About 7/8 cup (or a bit less) Organic coconut oil

Recipe #1 will be very liquid. Line a high edged pan with either parchment paper or wax paper. You can pour recipe #1 into the pan.
Adding more oil will make the chocolate harder (which may be desirable). If you add too much oil, then you'll taste the oil too much.

Recipe #2 With Vanilla Unsweetened Almond Milk

Dry Mix:

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| 2 cups | Raw organic cacao powder |
| 5/8 cup | Organic maple sugar (or 1 cup organic coconut sugar) |
| 3/4 tsp. | Coarsely ground salt |
| 1+ tsp. | Cinnamon |
| 3+ tsp. | Vanilla (1 Tbsp. = 3 tsp.) |

I then add in the coconut oil and the almond milk, and then stir.

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|---------|--|
| 1/2 cup | Organic coconut oil |
| 1/2 cup | Unsweetened Vanilla Almond Milk (from Trader Joes) |

Recipe #2 will be a paste. Line a high edged pan with either parchment paper or wax paper. You can use a rolling pin with either parchment paper or wax paper on top of the chocolate (and below the chocolate) to make an even layer of the chocolate.

Cutting the chocolate:

I let the chocolate set for about an hour at room temperature of 70 degrees or less. The coconut oil will become harder than when you started with the oil in a warmed up liquid state when you mixed the ingredients.

If the chocolate cools down to a refrigerated temperature it can fragment as you cut it. If it's at full refrigerator temperature, take it out and let it warm up.

If your knife gets too much soft chocolate on it when you cut the chocolate, it's good to wipe the knife clean. If the knife gets a lot of soft chocolate on it, then the chocolate is too warm to cut.

People love a layered chocolate of both recipe #1 and recipe #2, though that is more work to do. I use an oiled pizza paddle to put the paste layer (recipe #2) on top of the liquid layer (recipe #1). I then pour another recipe #1 layer on top of the paste layer. The size of the chocolate, before I cut it, is the size of the pizza paddle (11 inches by 11 inches).

If you cut the two or three layered chocolate at room temperature, the layers can stay together. If you make the chocolate layers and then put it in the refrigerator, then the layers will probably not bond.

Have fun. Experiment with any ingredients and make the chocolate just the way you love it.