

The Art of Chocolate-Making

What is it about chocolate that makes it such a popular treat? Where does chocolate come from, and how is it made? What magic is behind this sweet, creamy goodness?

Chocolate comes from cocoa beans, which are the seeds of a cacao tree. The cacao tree is small, only 15–26 feet tall. It is classified as an evergreen tree, and it is native to the deep tropical region of the Americas. The seeds have an intensely bitter taste, so the flavor must be developed through fermentation. After fermentation, the beans are dried, cleaned, and roasted.

How to earn The Art of Chocolate Making patch the Girl Scout way:

Steps:

1. **Discover**—Research and learn about the different types of chocolate.
2. **Connect**—Visit a candy store or bakery shop to see professionally-made chocolate treats.
3. **Take Action**—Use your knowledge and experience to make your own chocolate treat.

Materials Needed:

In order to complete this patch, you'll need a few things:

- resources (With an adult, either go online or visit the library.)
- recipe books
- adult/guardian to visit a local candy store and/or bakery shop with you
- kitchen and baking tools (Needs will be based on the recipe you choose.)
- recipe ingredients (Needs will be based on the recipe you choose.)

Step 1

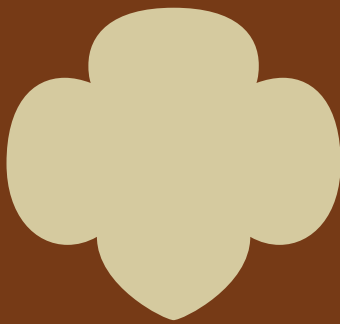
Discover the different types of chocolates, and find a recipe to use later.

There are several types of chocolates, like milk chocolate, white chocolate, cocoa powder, semi-sweet chocolate, dark chocolate, etc. Find out how the different types are made and where they are used. Look up a recipe you'd like to try for later or use one listed on page 2.

Step 2

Visit a candy store or bakery shop to find out how chocolate is used.

Ask an adult/guardian to go with you to visit a local candy store or bakery shop. What type of chocolate items do you see? If possible, talk to the cashier or attendant about where the chocolate is from and how the shop prepares the treats.



Step 3

Make your own chocolate treats.

Now it's your turn to make some chocolate goodies! Search for a recipe you would like or use one of the examples below. Ask an adult/guardian for help when heating chocolate.

Candy Molds

Find a chocolate mold like hearts, holiday shapes, flowers, animals, or anything else you would like to create!

Put one pound of chocolate in a bowl or pan, and set it in another pan that has water in it. Heat on low, and be careful not to let it boil. Stir the chocolate as it starts to melt. The chocolate should be completely melted in about 15 minutes. Once melted, fill each mold slowly with a spoon or pour from a measuring cup. Gently tap the tray of chocolates on the countertop to release any air bubbles. Place the mold in the freezer to harden.

Hot Chocolate

In a large bowl, combine sugar, cocoa, and salt, and whisk to combine well. Store the mixture in an airtight container. For individual servings, pour 1 cup whole milk into a microwave-safe mug, and microwave on high until hot. Do not let the milk boil. Add two tablespoons of cocoa mix, and stir to dissolve.

Chocolate-Covered Fruit

Line a baking sheet with wax paper. Ask an adult/guardian for help melting chocolate in the microwave. Begin by placing chocolate morsels in a small, microwave-safe bowl. Microwave uncovered on high power for one minute, then stir. Morsels may retain some of their original shape. If necessary, microwave at additional 10 to 15-second intervals, stirring just until all morsels are melted.

Next, cover the fruit. You can either dip the fruit about halfway into melted chocolate or drizzle chocolate over the fruit. To try the drizzle technique, begin by placing the melted chocolate in a small, heavy-duty plastic bag. Cut a tiny corner from the bag and squeeze the bag to drizzle the chocolate over your fruit. Place chocolate-covered fruit on a prepared baking sheet. Refrigerate for about 10 minutes or until chocolate is set. For a stunning presentation, try threading pieces of fruit on food skewers.



All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the Art of Chocolate Making patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

*Patch shown may be substituted with similar patch, based on availability.