

# LESSON 6

## ORANGE TART & CHOCOLATE BANANA MOUSSE

### ORANGE TART

Serving Size: Serving Size: 12 servings, 1 tart per stu

#### Ingredients:

Crust:

- 1 sleeve graham crackers (NUT FREE)
- 12 foil mini muffin tins
- Ziplock bags (optional)

Filling:

- 8 oz cream cheese
- 5 oz Greek yogurt
- 1 tsp vanilla extract
- 1/2 cup sugar
- 1 tsp orange zest

Topping:

- 3 oranges
- 1/2 cup chocolate chips (NUT FREE)

#### PREP BEFORE CLASS:

Pass muffin tins to each student. Cut oranges into quarters, leaving peel on.

#### Directions:

1. Have each student crumble ½ graham cracker into foil tin and have students use hands or the back of a spoon to pack crust into bottom of tins.
2. Make the filling by having students measure and mix sugar, cream cheese, Greek yogurt, and vanilla extract into the food processor.
3. Instructor only: demonstrate how to zest orange, and add to food processor. Mix one more time until zest is combined.
4. Spoon the mixture onto the top of the crust in the foil tins.
5. Pass each student ¼ orange and instruct them to peel and slice orange into small pieces. Then decorate the tart with orange slices as they wish. Enjoy!



#### DID YOU KNOW?

The first chocolate bar was made in England in 1847.



### CHOCOLATE BANANA MOUSSE

Serving Size: Serves 12 students

#### Ingredients:

- 5 bananas
- ¼ cup cacao powder, unsweetened (NUT FREE)
- ⅓ cup sunbutter (10 tbsp) (NUT FREE)
- 2 tbsp sugar
- ½ cup chocolate chips (NUT FREE)
- 12 plastic cups

#### Directions:

1. Measure banana, cocoa powder, sugar, and sunbutter into blender. Mix it all until it becomes completely combined. If need, use a spatula to move the ingredients around inside the blender.
2. Pour into cups and before serving.
3. Sprinkle chocolate chips on top if desired. Enjoy!

### SHOPPING LIST

#### Ingredients to buy:

- 5 bananas
- 3 oranges
- 1 sleeve graham crackers (NUT FREE)
- 8 oz cream cheese
- 5 oz Greek yogurt
- 1 tsp vanilla extract
- 1 cup chocolate chips (NUT FREE)
- $\frac{3}{4}$  cup cacao powder (NUT FREE)
- $\frac{2}{3}$  cup sunbutter (NUT FREE)
- 12 foil mini muffin tins (or in the bin)

#### Ingredients in the bin:


- sugar
- vanilla
- 12 foil mini muffin tins
- 12 plastic cups
- Ziplock bags (optional)

### OBJECTIVES



Students will be able to explain the reasons behind the popularity of chocolate in desserts and delve into the rich history of chocolate.

### INTRODUCTION

 2-3 min

- Complete Start of the Class Checklist
- Begin by discussing the students' favorite chocolate desserts and asking why they think chocolate is so popular in sweet treats, even if the ingredient is not sweet on its own.
- Have students name most popular chocolate desserts
- Facilitate a class discussion on why chocolate is a widely loved ingredient in desserts.
- Highlight its unique taste, rich and creamy texture, and versatility in various dessert applications.
- Discuss how chocolate adds depth, complexity, and indulgence to desserts, making them more satisfying and enjoyable.

### MOST FAMOUS CHOCOLATE DESSERTS

- Chocolate Cake: A classic and beloved dessert, chocolate cake is rich, moist, and often layered with creamy chocolate frosting.
- Chocolate Brownies: Dense and fudgy, chocolate brownies are a decadent treat that is perfect for chocolate lovers.
- Chocolate Chip Cookies: These cookies are filled with chocolate chips, providing a perfect balance of softness and chocolatey goodness.
- Chocolate Mousse: Light and airy, chocolate mousse is a velvety-smooth dessert made with whipped cream and melted chocolate.
- Chocolate Truffles: These bite-sized, indulgent treats are made with a ganache center coated in cocoa powder or melted chocolate.
- Chocolate Fondue: A fun and interactive dessert, chocolate fondue involves dipping fruits, marshmallows, or other treats into melted chocolate.
- Chocolate Soufflé: This delicate and fluffy dessert is baked until it rises, creating a warm, gooey chocolate center.

# LESSON 6

## MASTERING CHOCOLATE ART

### STAR INGREDIENT: CHOCOLATE

- Chocolate comes from the cacao tree, which is native to Central and South America.
- The scientific name for the cacao tree is *Theobroma cacao*, which means "food of the gods" in Greek.
- Chocolate has been enjoyed for thousands of years. The ancient Mayans and Aztecs considered it a special treat.
- Chocolate is not only delicious but can also make you feel happy! Chocolate contains certain compounds that can stimulate the production of endorphins and serotonin in the brain, which are known as "feel-good" chemicals. This may contribute to an improved mood and feelings of happiness.
- Cocoa and dark chocolate are rich in antioxidants, which help protect the body from damage caused by harmful free radicals.

### COOKING PRO

Chefs keep their work area clean and organized. They make sure to wash their hands before cooking and clean up spills and messes as they go

### DEVELOPMENT

🕒 5-7 min

- Chocolate has a long and fascinating history that began thousands of years ago in ancient Central and South America.
- The ancient Mayans and Aztecs were among the first people to discover and enjoy chocolate.
- They believed chocolate was a special and precious gift from the gods, and it was often used in religious ceremonies.
- In the past, chocolate was not like the sweet treats we have today. It was usually enjoyed as a bitter and spicy drink.
- When European explorers, like Christopher Columbus, discovered the Americas, they encountered chocolate for the first time.
- The explorers brought chocolate back to Europe, where it became a favorite drink of kings, queens, and nobility.
- Over time, people started adding sugar, milk, and other flavors to chocolate, transforming it into the sweet and creamy treat we know today.
- In the 19th century, new inventions and machines made it possible to produce chocolate on a larger scale, making it more affordable and available to everyone.
- Chocolate has even made its way into unusual and creative dishes, like chocolate-covered insects or chocolate-infused savory sauces, showing its versatility in the culinary world.
- Engage students in a reflective discussion about what they have learned about the popularity and history of chocolate in desserts.
- Encourage students to share their thoughts on how the cultural significance of chocolate has evolved over time and how it continues to impact dessert culture today.

### END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal