

Chomp on chocolate

Find out where this sweet treats comes from and how it's made



CHECK IT OUT

Chocolate Fruit Jewels

(from Kim McKosker's 4 Ingredients Kids)

Ingredients: 250g milk chocolate; ½ cup 100s & 1000's / sprinkles; 225g seedless grapes (washed and dried)

Method: Break chocolate into pieces and place in a heatproof bowl. Place bowl on top of half-filled saucepan of simmering water making sure it doesn't touch water. Stir chocolate with a metal spoon until melted.

Fill a cup with sprinkles.

Using a toothpick, dip each grape completely in chocolate and shake gently to remove excess chocolate, then dip or roll in sprinkles.

Place on a paper lined baking tray. When all grapes are covered place into fridge to set.



News in the Spotlight

Discuss the following topic .What do you think?

Is Chocolate good for us?

You may not think that a chocolate treat would be good for you, but a recent study now shows that the compounds – fibre and polyphenols – found in cocoa powder and in chocolates containing high percentages of cocoa like dark chocolate, are good for our digestive tract.

It seems our gut bacteria love to gobble on the chocolaty stuff.

"The good microbes feast on chocolate," said one of the researchers. "When you eat dark chocolate, they grow and ferment it, producing compounds that are anti-inflammatory."

Previous studies have also found consumption of dark chocolate reduces blood pressure and is good for the heart.

But it must be remembered that chocolate should be enjoyed as a treat and is not good to eat in large quantities.

Opinion

I be given to letters of 200 words or less for reasons of space

Coal deposits sacrificed for exploitation of CSG

HAVE been informed by a screen within the industry, who claims to have knowledge, that the coal deposits in the areas where coal seam gas has been extracted no longer have any value for future mining, as the CSG extraction processes cause coal to degrade to the position

areas affected and the loss of finite resource which would undoubtedly heavily impact locally and also on a fuel hungry world? Is the sacrifice of the coal resources offset by the profit obtained by the exploitation of the CSG?

WORDY NEWS

HAVE you ever come across a word in the newspaper that you haven't seen before or don't know what it means?

This week's word is **EXPLOITATION** Found in the headline above.

Definition:- use or utilization, especially for profit:

DAILY BRAIN GAME

- ♦ Find the opposite of each word: graceful = a..... smiling = f.....
- ♦ Which word cannot be a synonym of the other four? proposition, opposition, overture, suggestion, proposal
- ♦ A word that means 'a skin puncture produced by an animal's teeth'

QUIZ TIME

Each week we will test your knowledge on what's been happening in the news. For the answers visit NIE online.

- 1 The International Court of Justice has backed Australia's landmark case and demanded Japan stop doing what in the Antarctic?
- 2 Who won the World Cup T20 cricket competition?
- 3 What is the name of the biblical epic movie starring Russell Crowe and Jennifer Connelly?

ONE of the most loved food products in the world is chocolate.

Chocolate is made from the roasted beans of the cacao tree, native to Central and South America where it can be traced back to the ancient Mayan and Aztec civilisations who consumed it as a beverage by combining the dried, ground beans with water.

On travels to the 'New World' Spanish explorers were introduced to these beans and took them back to Europe.

Originally cocoa was exclusively for drinking until a technique for making a solid form of chocolate was devised in the 1850's.

From bean to bar – How is it made?

Chocolate production begins with the harvesting of the seeds from the pods of the cacao tree.

- The pods are collected then split open by hand and the seeds or beans are removed ready to undergo a two-part curing process - fermentation and drying.

- The cocoa beans are sent to a manufacturer where they are sorted and cleaned.

- The dried beans are cracked and the shell is separated from the nib in a process called winnowing

- The cocoa nibs are roasted in ovens where they acquire their characteristic chocolate flavour and aroma.

- The roasted nibs are ground in mills reducing them to a thick liquid, known as mass or chocolate liquor. It contains 53-58% cocoa butter and the

DID YOU KNOW?

- Cocoa butter's melting point is just below human body temperature – the reason chocolate melts in your mouth.
- The world is facing a chocolate shortage due to an increase in demand for chocolate and serious diseases that are affecting cacao trees.
- The official botanical name of the cocoa is Theobroma Cacao, which literally means 'food of the Gods'.
- The main cacao-producing countries are the Ivory Coast and Ghana.

rest is cocoa solid.

- The cocoa mass is pressed to extract the cocoa butter, leaving a cocoa press-cake. This becomes cocoa powder used as a beverage or in cooking.

- The cocoa liquor mixture is run through a series of steel rollers to refine the texture.

- To further bring out the flavour, the mixture is then conched in a machine that mixes, mashes, swirls and aerates the chocolate.

- The chocolate is then tempered by stirring it, letting it cool, heating it back up slowly, and repeating the process several times. This gives chocolate that nice glossy look and helps it melt properly ready to be poured into a chocolate mould, wrapped and ready to be sold in your local shops.

- Dark chocolate is made mainly from cocoa solids and cocoa butter plus sugar. Milk chocolate also contains milk or milk powder. White chocolate is mostly sugar, milk powder and cocoa butter.

HAPPY HOLIDAYS
Stay safe.
Have fun.



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