

RAW Chocolate

Matthew Kenney and Meredith Baird
Photographs by Adrian Mueller

Experience one of the great tastes and textures in the raw food world—raw chocolate. Raw chocolate is expensive to buy, but can be made without a lot of fuss and with great results. And with cacao beans and health-promoting ingredients like goji berries and maca, raw chocolate is good for you, too.

This book features all flavors and types of chocolate: truffles, fudge, buttercups, dipped fruit, smoothies, bonbons, and more. Learn to make raw chocolate that is as beautiful as it is delicious with Matthew Kenney and Meredith Baird's *Raw Chocolate*.



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Kenney/Baird

RAW
Chocolate

Cookbook

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Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has appeared on the *Today Show*, the Food Network, and numerous morning and talk shows. He is also the author of a number of cookbooks including *Everyday Raw*, *Everyday Raw Desserts*, and *Everyday Raw Express*. Matthew splits his time between New York and Maine.

Meredith Baird has been an integral part of the Matthew Kenney team since 2008. She assisted in writing and developing recipes for *Everyday Raw Desserts* and *Everyday Raw Express*, as well as helping with the Matthew Kenney Restaurant and Academy. She lives in New York.

Adrian Mueller grew up in Lucerne, Switzerland, and currently resides in New York with his wife and son. As a photographer, his aim is to create images that connect with a viewer's personal memories, to ensure an emotional and lasting impression.

Jessica Acs is a researcher and creative director residing in Toronto, Canada. Passionate about natural foods, nutrition, and wellness, she believes the practice of a mindful lifestyle is first expressed through our everyday food choices.



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Milk Chocolate Chai

Chai, most common in aromatic Indian teas, also balances other earthy flavors, chocolate being an ideal outlet for it. Due to its intensity, chai is often more suitable with milk chocolate than dark; the combination creates a dreamy, ethereal effect.

- 1 cup cacao powder
- 1 cup cacao butter, melted
- ½ cup coconut oil
- 1½ cups agave nectar
- ¼ cup almond milk
- 2 tablespoons water
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon cloves
- ¼ teaspoon salt

Blend all ingredients until smooth.

Prepare a 9-inch square cheesecake pan by greasing the sides with coconut oil and lining the bottom with parchment paper. Pour blended ingredients into prepared pan. Freeze for at least 1 hour to set. Fudge can be stored in the freezer or refrigerator for several weeks.

Makes approximately 3 dozen 1-inch pieces

Tiramisu

I still recall my first day at work in a professional kitchen (which happened to be Sicilian). My station was right next to the pastry cooler where Beth, the pastry chef, stored her delicious tiramisu. I've loved it ever since.

1 melted, tempered batch of Chocolate Base (page 11)

For Filling

1½ cups cashews

½ cup agave nectar

½ cup cold pressed coffee

½ cup fresh young coconut

⅓ cup coconut oil

½ cup coconut butter

1 tablespoon finely ground coffee beans

1 tablespoon vanilla extract

Pinch salt



Filling

Blend all ingredients until smooth.

Assembly

Prepare a muffin pan with paper liners. You can use a 24-cup mini muffin pan or a standard 12-cup size. The smaller size is preferable because the chocolates are very dense and rich.

This is a three-step process that requires firming each layer before you add the next. To begin, fill cups ¼ of the way full with melted chocolate and place in the refrigerator to firm. While the bottom layer of the chocolate cup is firming, make filling. Once the bottom chocolate layer is firm, pour in filling approximately ⅔ of the way. Place pan in freezer for filling to firm for approximately 1 hour. Once filling is firm, pour in remaining chocolate to fill. Place in the refrigerator or freezer to firm for at least 30 minutes before serving.

Makes 24 mini or 12 large buttercups