World Chocolate Day 7th July 2020

World Chocolate Day on July 7th each year indulges in one of the world's favorite treats.
Chocolate comes from the seed of the tropical Theobroma cacao tree. Cacao has been cultivated for at least three millennia and grows in Mexico, Central America, and Northern South America. The earliest known documentation of using cacao seeds is from around 1100 BC.

Challenge: can you find out how chocolate is made and how it is transformed from the seeds which have a very intense, bitter taste to the yummy chocolate we all love to eat?

This is a video to get you started: https://www.youtube.com/watch?v=PGaLWuLzHBU

Recipe for chocolate and ricotta cake

Ingredients

2 eggs

50gr of butter

200gr of sugar

250gr ricotta cheese

250g of flour

Chocolate (as much as you want)

16g of yeast

Milk: what is needed, around 2 table spoons

Directions

1. First, mix the sugar and the eggs.
2. Then, add the butter and keep mixing.
3. Next, add the ricotta cheese, the flour, a pinch of salt and the yeast.
4. After that, add some milk so that your mixture softens. You should aim to put roughly 2 tablespoons.
5. Now, you can add your chocolate.
6. Meanwhile, preheat the oven at 200C.
7. Cover a cake tin with butter or baking paper to prevent sticking.
8. You are now ready to pour your mixture into your cake tin.
9. Lower the temperature to 180C and cook the cake for 30 minutes.
10. Stick a fork in the cake to check that it is fluffy and ready.
11. Finally, if you want, add some icing sugar.

Enjoy!