

COCOA POWER

It takes about 900 cocoa beans to make one kilogram of chocolate.

THE LAB

Eight pages of things to make and do

Kitchen chemistry

Make vegan treats

Follow this simple recipe for delicious, dairy-free chocolate.

What you need

- 250ml water
- A medium saucepan
- Ceramic, Pyrex or metal mixing bowl
- 110g chopped cocoa butter
- 60ml maple syrup
- Wooden spoon
- 50g cocoa powder
- 1 tsp vanilla extract
- A pinch of sea salt
- Electric whisk
- Mini-cupcake cases
- Baking tray
- Spoon

TOP TIP

Try adding vegan salted caramel or peanut butter to your chocolate treats.

Instructions

- 1** Put 250ml water into a saucepan and bring it to the boil. Ask an adult to help you with this part.
- 2** Turn the heat down to medium-high and carefully place the mixing bowl on the top of the pan so that it doesn't touch the water. Add the chopped cocoa butter to the bowl and melt.
- 3** Add the maple syrup and use a wooden spoon to mix it thoroughly with the melted cocoa butter. Turn off the hob, remove the bowl and place it on a work surface.
- 4** Add the cocoa powder and vanilla extract, plus sea salt (optional). Use an electric whisk to mix thoroughly until there are no lumps – mind your fingers!
- 5** Arrange 14 mini-cupcake cases on the baking tray and spoon equal amounts of the chocolate mixture into each one. You can sprinkle the top with sea salt, cacao nibs or other decorations.
- 6** Put the baking tray into the fridge or freezer for about 10 minutes. Once the chocolate has set they're ready to eat. Store in an airtight container in the fridge for up to a week.



How does it work?

The most important ingredient in chocolate is cocoa, made from the beans of the cacao plant. Most chocolate is made by mixing cocoa solids with sugars to sweeten it, and fat from milk or other dairy products to hold everything together. This vegan recipe uses cocoa butter (a plant-based product) to supply the fatty element and maple syrup to provide the sweetness. The long fatty molecules of the butter melt and untangle when it is heated. Cooling it in the fridge causes it to re-solidify.

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