Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu

Easy And Healthy Valentine Sweet Treats
Ingredient Shopping List

Below is a list of ingredients you’ll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

✓ 2 dz fresh strawberries

Dairy

✓ 2 large eggs

Pantry Items

✓ 2 tsp vanilla extract
✓ ¼ tsp sea salt
✓ 2 tbsp maple 100% maple syrup

Dry/Canned Goods

✓ 1 cup dried dates
✓ ½ cup peanut or other nut butter low sugar or fresh ground
✓ 2 1/2 cup cocoa powder
✓ 2 cup coconut oil
✓ Valentine sprinkles
✓ 1 ¾ cup coconut sugar
✓ ½ cup blanched almond flour
✓ 6 oz dark chocolate chunks
✓ ¼ cup semi sweet or dark chocolate chips
✓ ¼ cup white chocolate melts
✓ ¼ cup pink melts
Equipment Needed

Below is a list of tools you’ll need to make the recipes in this packet.

Cutlery
- ✓ Knife
- ✓ Cutting board

Hand Tools/Gadgets
- ✓ Whisk
- ✓ Spatula

Cookware
- ✓ Sauce pan

Appliances
- ✓ Oven/Stove/Microwave

Bakeware
- ✓ 8 by 8 inch baking pan

Other
- ✓ Three small disposable pastry bags
- ✓ Parchment and wax paper
- ✓ Mixing bowls

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Pre-Class Mise en Place and Notes

• Please gather all ingredients prior to class if you will be cooking along
• Presoak dates for first recipe
• You can pre melt chocolate for the strawberries
• It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
• Please pre-measure ingredients
• We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:

• You can decide to make one, two, or all three recipes in class!
Valentine's Day Truffles

PREP TIME 10 mins
SERVINGS 1 dozen

INGREDIENTS

• 1 cup dates
• ½ cup nut butter
• ¼ cup cocoa powder
• 1 teaspoon vanilla extract
• ½ tablespoon melted coconut oil
• optional: sprinkles

INSTRUCTIONS

1. Cover the dates in water and soak for 20-30 minutes to soften. Drain.
2. Put the dates, nut butter cocoa powder, vanilla extract and melted coconut oil in a food processor. Mix until smooth.
3. Roll the mixture into 12 even bites. Dip in the sprinkles as desired.

NOTES

4. ** If your nut butter is naturally oily, you may not need the coconut oil. Try it without it first.
Chocolate Covered Strawberry Brownies (Paleo)

Ingredients
- ½ cup + 2 tablespoons (130g) coconut oil
- 1¼ cups coconut sugar
- ¾ cups + 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon sea salt
- 1 teaspoon vanilla extract
- 2 large eggs
- ½ cup blanched almond flour
- 1 cup (6 ounces) dark chocolate chunks, optional

For the chocolate topping
- 1 cup fresh strawberries, diced
- ½ cup coconut oil
- ½ cup cocoa powder
- 2 tablespoons maple syrup

Instructions
1. Preheat oven to 325ºF. Line an 8-by-8-inch baking pan with aluminum foil leaving overhang on the sides, spray with cooking spray; set pan aside.
2. In a saucepan combine coconut oil, coconut sugar, cocoa powder, salt, and heat to melt. Whisk to help dissolve the coconut sugar into the oil. Remove from stove.
3. Pour melted mixture into a mixing bowl.
4. Add the vanilla, eggs, and stir vigorously until batter is thick, shiny, and well blended. Add the almond flour and stir until combined. Stir in the chocolate chunks. Pour the batter into the prepared pan and spread evenly.
5. Bake until a toothpick in the center emerges slightly moist with batter, about 22-25 minutes. Check with a toothpick – it should come out with moist crumbs attached. Don’t over bake! Let brownies cool completely.
6. Spread the strawberries evenly over the brownies. In a small bowl, whisk together the coconut oil, cocoa powder, and maple syrup. Pour evenly over the strawberries. Refrigerate for at least 1 hour before cutting into 16 squares.
7. Brownies will keep in an airtight container in the refrigerator for up to 3 days.
Valentine Chocolate Dipped Strawberries
PREP TIME 15 minutes ADDITIONAL TIME 30 minutes TOTAL TIME 45 minutes

Ingredients
- 1 dozen strawberries
- 1/4 cup semi-sweet chocolate chips or Wilton dark cocoa melts
- 1/4 cup Wilton bright white chocolate melts
- 1/4 cup bright pink chocolate melts
- 1/4 cup pink chocolate melts
- Assorted sprinkles

Instructions
1. Line a baking sheet with wax or parchment paper and set aside.
2. Rinse strawberries and dry completely. Place in refrigerator to chill for 30 minutes.
3. In a small microwave safe bowl, microwave the semi-sweet chocolate chips for 45 seconds. Stir until completely melted and smooth.
4. Dip 3 strawberries into the melted chocolate, covering completely except for the stem. Place on the lined baking sheet. Before the chocolate hardens, add sprinkles, if desired. Set aside any remaining melted chocolate for later use.
5. In a small microwave safe bowl, microwave the white chocolate melts for 45 seconds. Stir until completely melted and smooth.
6. Dip 3 strawberries into the melted white chocolate and place on the baking sheet. Add sprinkles, if desired. Drizzle with remaining semi sweet chocolate, if desired. Set aside any remaining white chocolate for later use.
7. In a small microwave safe bowl, microwave the bright pink chocolate melts for 45 seconds. Stir until melted.
8. Dip three strawberries into the melted bright pink chocolate and place on the baking sheet. Decorate the strawberries with chocolate or white chocolate drizzle and sprinkles. Set aside the leftover melted bright pink chocolate for later.
9. In a small microwave safe bowl, microwave the pink chocolate melts for 45 seconds. Stir until melted.
10. Dip the remaining strawberries into the melted pink chocolate and place on the baking sheet. Decorate the strawberries with semi sweet, white or bright pink chocolate drizzle and sprinkles.
11. Place the chocolate coated strawberries in the refrigerator for 30 minutes to allow the chocolates to harden.
12. Store in an airtight container, in a single layer, in the refrigerator up to 3 days until ready to serve.
13. ENJOY!!