

Chocolate-Covered Raspberries

a recipe from www.maureenabood.com

Choose high quality chocolate—I prefer Callebaut, but also have used a terrific big organic bar from Trader Joe’s—and avoid regular chocolate chips; they don’t melt well. Use berries that are very fresh and dry. Eat the candies within a day of making them, and store in a cool, dry place. Tempering the chocolate allows it to cool glossy and hard. If you’d rather not temper the chocolate, you can just melt it and proceed, but then keep the candies in the refrigerator until just before serving (otherwise the chocolate won’t harden); just note that the untempered chocolate will be rather soft, fudgy, and may have a bit of a white bloom. Still tastes good though. Or, dip the raspberries in the melted chocolate and eat as a fondue.

1 pound semi-sweet chocolate (not chips for cookies), preferably about 60% cacao
2 pints raspberries (about 140 berries)

Line two sheet pans with waxed paper. Place berries in rows in sets of two berries, to be covered with chocolate. Set aside a bowl of berries for placing on top of each chocolate later.

Heat an inch or so of water in the bottom of a double boiler. Make a double boiler by fitting a metal pan over a sauce pan, being certain that the water in the sauce pan below does not touch the bowl.

To temper the chocolate, it will be heated, then cooled, then heated back up again. Finely chop the chocolate. Place 2/3 of the chocolate in the top of the double boiler over low heat. The water should be barely simmering. Clip a candy thermometer to the bowl. Melt the chocolate very slowly, stirring occasionally with a heat-proof spatula, until it reaches 110 degrees.

Remove the bowl from the double boiler to begin to cool the chocolate. Add a handful of the remaining chopped chocolate to the melted chocolate to “seed” the chocolate and assist in cooling it down (and realign the melted chocolate molecules). Keep adding the chopped chocolate and stirring with the spatula until it reached 84 degrees. This can take 20-30 minutes.

Place the bowl back on the double boiler and heat over low heat until the chocolate warms back up to 89 degrees. Remove the bowl from the double boiler.

Using a teaspoon, spoon the chocolate over each set of two berries. Don’t worry if the chocolate doesn’t cover the berries completely. Then place another berry on top of the chocolate covered two berries.

Place the sheet pans in a cool, dry spot to set up and harden. Eat within one day, which won’t be difficult.