

## Chocolate Squares

### Ingredients:

6 oz. bittersweet chocolate (70% cocoa)

6 – 8 almonds, chopped

1 – 2 pieces ginger candy, or a few organic raisins

1 tsp. vanilla extract

(Plus a chocolate mold)

Makes 7 – 10 pieces, depending on the chocolate mold's design

Chop the chocolate. Save about 1/2 oz. and place the remaining into a small stainless steel bowl and place over a pot of gently simmering water. (Please make sure that the bowl's circumference is larger than the pot so that the bowl is suspended over the rim.)

Allow chocolate to melt on its own accord, remove from heat and add in remaining 1/2 oz. chocolate pieces, stirring to melt it completely. (This is a very simple way of *tempering* chocolate. Tempering is a complicated affair and beyond the scope of this blog. Just follow my recipe, and you'll do fine. This just ensures that your chocolate pieces look glossy and "professional".)

Stir in the vanilla extract, and pour the mixture 1/2 way into your chocolate mold. Place mold in the refrigerator for about 10 minutes to set the chocolate. While the chocolate is setting, keep the melted bowl of chocolate over the pot of hot water, *off* the flame.

After 10 minutes, remove from the fridge and place a few pieces of the chopped nuts and candied ginger (or raisins) over the set chocolate. Top with the remaining melted chocolate to the rim of the mold. Gently tap the mold to settle the chocolate and flatten with a spatula if necessary. *If you have left over chocolate in the bowl, just lick it up. You know it's the only decent thing to do.*

Place in the fridge and allow to set, or leave in a cool place to set *completely*. As the chocolate pieces cool, they will pull slightly away from the mold, making it quite easy to just tap the pieces out by turning the mold upside down. Place the pieces in a nice gift box wrapped with a ribbon.

Original recipe by Karen Wang Diggs, Certified Nutrition Consultant + Therapeutic Chef

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