



*Recipes*  
Cocoa Nibs



Photos: Uiler Costa and Eduardo Cesana

Recipes: Rafael Lorenti Basilicata Restaurant  
 Patricia Zucco Zucco Restaurant  
 Sweet Lemon  
 Cocoa Planet

***Cocoa Nibs Nutritional Information***

***25 g = 3 tablespoons***

<b>Amount per serving</b>		<b>(*%DV)</b>
Energetic value	146 kcal = 609 kJ	7,0
Carbohydrates	9,0 g	3,0
Proteins	3,6 g	5,0
Total fat	11,0 g	19,0
Saturated fat	6,0 g	27,0
Trans Fats (**)	-	-
Food Fiber	8,0 g	32,0
Sodium	1,5 mg	0
Calcium	1,0 mg	0
Iron	3,0 mg	18,0

\*% Reference values for a diet of 2.000 kcal or 8400 kJ. Your daily values may be higher or lower depending on your energy needs.

## ***Recommendations and Basic Tips for using Cocoa Nibs.***

You can transfer the natural nibs to a glass jar with a lid or just keep it in the original package. it's important that they are kept hermetically sealed in a cool , dry area It is not necessary to refrigerate if you use it in a period of 30 days, afterwards refrigerate to keep fresh.

It is recommended that an adult use 20 grams, or one tablespoon per day.

Children until 12 years old it is recommended 10 grams or one teaspoon.

## **Basic Preparations**

1. Add a natural sweetener as fresh fruit, dried fruit, coconut sugar, unrefined sugar, or honey directly on the natural nibs and then just savor the food of the gods. Refrigerate the nibs with these recommended sweetness and enjoy them cold.
2. Add nibs as a topping for ice cream of fruits, vanilla, or chocolate for a rich and new experience of consuming ice cream.
3. In case you need to use the nibs on preparation of creams or liquids it is recommended that you leave the nibs soaking in a filtered water, natural orange juice or green coconut water, for at least 4 hours to facilitate the integration with the recipe chosen.

# Sweet and savory recipes with cocoa Nibs



## ***Whole cookies with cocoa nibs***

*Chef Patrícia Zucco*

### **Ingredients:**

2 eggs

1 cup coconut sugar, or light brown sugar

1/2 cup coconut oil 1 cup almond flour

1 cup oat flour gluten free

1/2 cup rice flour

3/4 cup cocoa nibs (preferable after soaking in orange juice)

1 teaspoon of baking powder

**Instructions:**

Beat the eggs. Add the sugar and mix . Add oil and half of the nibs. Mix well. Add the dried ingredients one by one. Add the baking powder and finish mixing with your hands. Wrap the dough in plastic and refrigerate for 20 to 30 minutes to become firm.

After that with your hands make little balls the size of a ping-pong and press with the palm of your hands to form the cookies.

Place them into a buttered cookie sheet with space between them, they will expand. Sprinkle the remaining nibs on top of the cookies.

Bake at 350 F (180•C) for 15 minutes, turn off the oven and leave it for 10 more minutes. Take them out still hot, they will be soft but after it gets cold they will be very crunchy.

Due to variations on oven temperature keep an eye to see if they are cooked.

## ***Nibs With Coconut Water***

### **Ingredients:**

2 green coconuts  
1 tbsp Cocoa Nibs  
1 teaspoon coconut sugar

### **Instructions:**

Remove water from coconuts. Break the coconuts and remove the cream, placing in the blender, along with the water.  
Mix all ingredients in blender until smooth.

## ***Filling Cocoa Nibs With Grated Coconut***

### **Ingredients:**

2 tbsp grated coconut  
1 tbsp Cocoa Nibs  
1 tbsp coconut sugar

Use as a tapioca filling, or any other sweet dough



## ***Chocolate in Action***

### **Ingredients:**

1 teaspoon	cocoa nibs
1/2 tablespoon	lemon juice
1 cup (250 ml)	water or green coconut water.
20	raw caju nuts
4	dried prunes seedless
1	tablespoon of honey

### **Instructions:**

Place the nibs, nuts and the prunes in a Pyrex and cover with the coconut water, Cover and marinate for 4 hours.  
Place everything in the blender, serve it in a glass cup. Makes two cups.



BLUE FOREST

BAHIA - BRASIL

## ***Cocoa Nibs Velvety Mousse***

*Recipe the Cocoa Planet*

### **Ingredients:**

1 cup            of Cocoa Nibs  
2 large         bananas very ripe and finely chopped  
½ very ripe    avocado (medium size) chopped  
1 teaspoon    of natural vanilla extract or 1/4 vanilla bean  
¾ cup          of black raisin, wild honey or agave nectar to taste  
1 tbsp         Port wine (optional)

### **Instructions:**

Place the Cocoa Nibs, vanilla bean and raisins in a pyrex bowl. Add warm water until well covered. Cover the bowl with a lid. Soak overnight or 4 hours. The next day strain and set aside the water. Remove the vanilla rind and enjoy only the pulp. Put everything (except water) in a blender and whisk until it becomes a beautiful creamy and velvety mixture. If you need water to whisk, use as little water as necessary to maintain the firmness of the mousse.

Refrigerate and serve well chilled in beautiful wine glasses garnished with strawberries previously soaked in honey or agave, or simply mint leaves.

## ***Verrine de maracujá e nibs de cacau***

*Chef Luiza Tamochunas Buscarioli Geraldés*

### **Passion Fruit Cream:**

#### **Ingredients:**

100ml Passion Fruit Juice  
(Pure Passion Fruit Smoothie Passed Through Sieve)  
100g white chocolate  
100ml fresh sour cream

### **Cocoa nibs foam:**

390ml fresh sour cream  
120g cocoa nibs  
75g organic sugar

### **Instructions:Foa**

**Fom nibs:** In a pan put the fresh cream, sugar and nibs. Bring to the boil, bring to a boil, cover and leave for 5 minutes. Pass the mixture into a bowl and refrigerate for at least 6 hours. When it is well chilled, pass the mixture through a sieve and discard the nibs (don't worry, all the flavor will be in the cream!). To beat this leftover cream with a fouet or the mixer until it is firm - it will happen very fast, be



careful because if you beat too much it turns into butter and then you will not be able to enjoy!

**Passion fruit cream:** Boil the passion fruit juice in a non-metal pan as it will leave a metallic taste if you prefer to heat it in the microwave or in a water bath in a glass jar. Throw the chopped chocolate into large pieces into the hot juice, muffling for five minutes. Open and beat with a fouet, the chocolate should be melted and if it forms a smooth yellow cream, set aside until warm. Whipping the well-chilled cream with a fouet or a whisk until it is thicker than before, but will not reach the firm point equal to whipped cream. An easy way to identify is by running the wire whisk or fouet under the cream and seeing that it will leave slightly marked lines on your metal wires. At this point add the whipped cream to the already cold passion fruit mixture, stir well and place in individual bowls or jars until half their height, take to refrigerate. After 20 minutes cooling beat the foam of nibs and put over the passion fruit, completing to the desired height of the pot or bowl. Refrigerate for 1 hour before serving

Optional: Finish with Cocoa Nibs

The interesting thing about this recipe is that the cocoa foam turns very light brown but its flavor is super intense and will surprise anyone who tries it!

## ***Green Leaf Salad With Nibs***

### **Preparation:**

Sprinkle nibs over salad (as you would with nuts or seeds) of arugula or other green leaves. You can add one or one combination of the following options: crumbled goat cheese, Parmesan cheese, or small, pitted black olives.

## **Pesto of Cocoa Nibs**

### **Ingredients:**

4                loves of garlic.  
1 tsp            ground sea salt.  
1 cup            of fresh basil leaves  
3 tablespoons cocoa nibs after soaking in natural water.  
50g             of grated pecorino or parmesan cheese.  
1/2 cup         olive oil.

Beat all ingredients (except cocoa nibs) in a blender until it becomes a homogeneous paste. Add the cocoa nibs and beat for 10 seconds to keep some intact grains and give the sauce crispness

Serve toasted slices of French bread topped with prociutto, with parmesan stalk, or smooth.

## ***Receips Basilicata***

*Chef Rafael Lorenti*



## ***Goat Bruschetta With Avocado***

### **Ingredients:**

2 slices of Italian bread  
100g Boursin Goat Cheese  
1 und of avocado  
coriander leaves to taste  
cocoa nibs to taste  
1 tbsp olive oil

### **Preparation:**

To pass the oil in the bread and to grill, to put the goat cheese over the slices and bake until lightly browned.

Peel the avocado and cut into thin slices, arrange over the cheese of goat already golden and finish with coriander leaves and cocoa nibs  
Yield 2 servings.





## ***Cocoa Nibs Vinaigrette Leaves Mix***

### **Ingredients:**

100g of assorted leaves  
5 strawberries  
75ml of olive oil  
25ml balsamic acid  
15g of cocoa nibs  
salt to taste  
cocoa nibs to taste



### **Preparation:**

In a container, place the olive oil, balsamic acid and cocoa nibs, beat everything with a mixer and hit the seasoning with salt. Cut the thinly sliced strawberries.

Place the leaves on a plate, the strawberries on top and water with sauce and finish with cocoa nibs. Yield 1 serving.

## ***Chocolate Risotto***

### ***Ingredients:***

2 cups of arboreal rice  
250g Shitake Mushrooms  
1lt of vegetable stock  
120ml of red wine  
50g onion  
50g of grated Parmesan  
20g of butter  
salt to taste, olive oil to taste  
cocoa powder to taste, cocoa nibs to taste



### ***Preparation:***

In a pan heat vegetable broth and set aside. In another pan, sauté the finely chopped onion with olive oil until translucent, add the finely sliced mushrooms and the sauté rice, sauté for 5 minutes and add red wine, leave evaporate and add the broth shell to shell until you reach the desired point (recommended “al dente”), when in point, add parmesan and butter over low heat and mix vigorously, until creamy, place the cocoa nibs and serve. In the dish, sprinkle the cocoa over the dough and a little more than cocoa nibs. Yield 2 servings.

## ***Manzo Rib Beef with Couscous and Watercress***

### **Ingredients:**

1 unit of Short Rib Beef  
1/2 moldy bread  
60g of cocoa nibs  
150g of cous moroccan cous  
200ml of water  
50g of butter  
200g of watercress leaves  
thyme to taste  
Olive oil to taste, salt to taste

### **Preparation:**

Grate the moldy bread and mix a drizzle of olive oil, the nibelungo of Cocoa and season with salt to taste, set aside. In a pan, put the water, together with the butter, a drizzle of olive oil and a pinch of salt when stir boil throw in couscous and muffle for 10 minutes. Season the meat with salt and bring the grill to seal both sides, after mixing the bread mixture with cocoa nibs for top and bake until it reaches the desired point. Drop the couscous with a fork and blend the watercress leaves the seasoning with salt. Serve meat accompaniment. Yield 3 people.



## ***Banana Strawberry Sorbet***

### ***Ingredients:***

200g of silver banana  
200g of strawberries  
100ml of coconut water  
50g of cocoa nibs

### ***Preparation:***

Cut the banana into medium pieces and bring to the freezer along with the Strawberry for 4 hours.

In a processor, combine frozen fruits and coconut water and beat until smooth, mix cocoa nibs and bring to freezer for 40 minutes, serve with cocoa nibs on top. Yield 4 servings.



## ***Coffee Mouse and Cocoa Nibs***

### ***Ingredients:***

3 egg yolks  
100g of sugar  
50g of water  
150g of sour cream  
6 teaspoons of instant coffee  
nibs to taste

### ***Preparation:***

In a mixer put the egg yolks and beat with the fouet until turn white and super light (on average 15 minutes). Meanwhile, in a pan, make a syrup with water, sugar and coffee, until bubble point (127C°), after adding the syrup to the fine yolk buds non-stop beating, and let it cool naturally (always without beat), beat the cream to medium peaks and incorporate the previous preparation in three parts. Put in jars and cool, when serving cover with cocoa nibs. Yeld 3 servings.



## ***Yellow Di Sarona Almond Flour Cake***

### **Ingredients:**

4 eggs  
1/4 cup Coconut Oil  
3/4 cup brown sugar  
1 1/2 cup almond flour  
1/2 teaspoon salt  
1/2 teaspoon grated nutmeg  
1/2 teaspoon vanilla essence  
1 teaspoon baking powder  
150ml of water  
50ml of Yellow Di Sarono  
50g crystal sugar

### **Preparo:**

In a pan put the water and the crystal sugar and bring to a boil, let reduce for 10 minutes turn off the fire and add the Yellow Di Sarono, book it.

In a mixer, mix all dry ingredients except the yeast, mix and add the rest of the ingredients, grease a form with coconut oil and sugar and take in preheated oven for 40 minutes at 200° C.



Remove from oven, allow to cool, pierce whole cake with fork and pour evenly the syrup made at the beginning, serve cold if to prefer. Yield 8 servings



