



Culinary Institute  
of America

Product ID: Latin  
Cuisine



# Learning Objectives

- Identify key ingredients and staples used in Latin American cuisines.
- Differentiate between milk, dark, and white chocolate.
- Explain the purpose and importance of chocolate tempering.
- Identify applications that require tempered chocolate.
- Demonstrate the basic steps of tempering chocolate.
- Describe the characteristics of properly tempered chocolate.
- Define tuiles, identify their common forms and uses, and explain the method for preparing.
- Define dacquoise crisps, describe their texture and applications, and explain the method for preparing.

# Mexico

**Salsa:** salsa verde, pico de gallo, salsa taquera

**Meat:** pork (fried pork skin (*chicharron*), chorizo, serrano ham), chicken

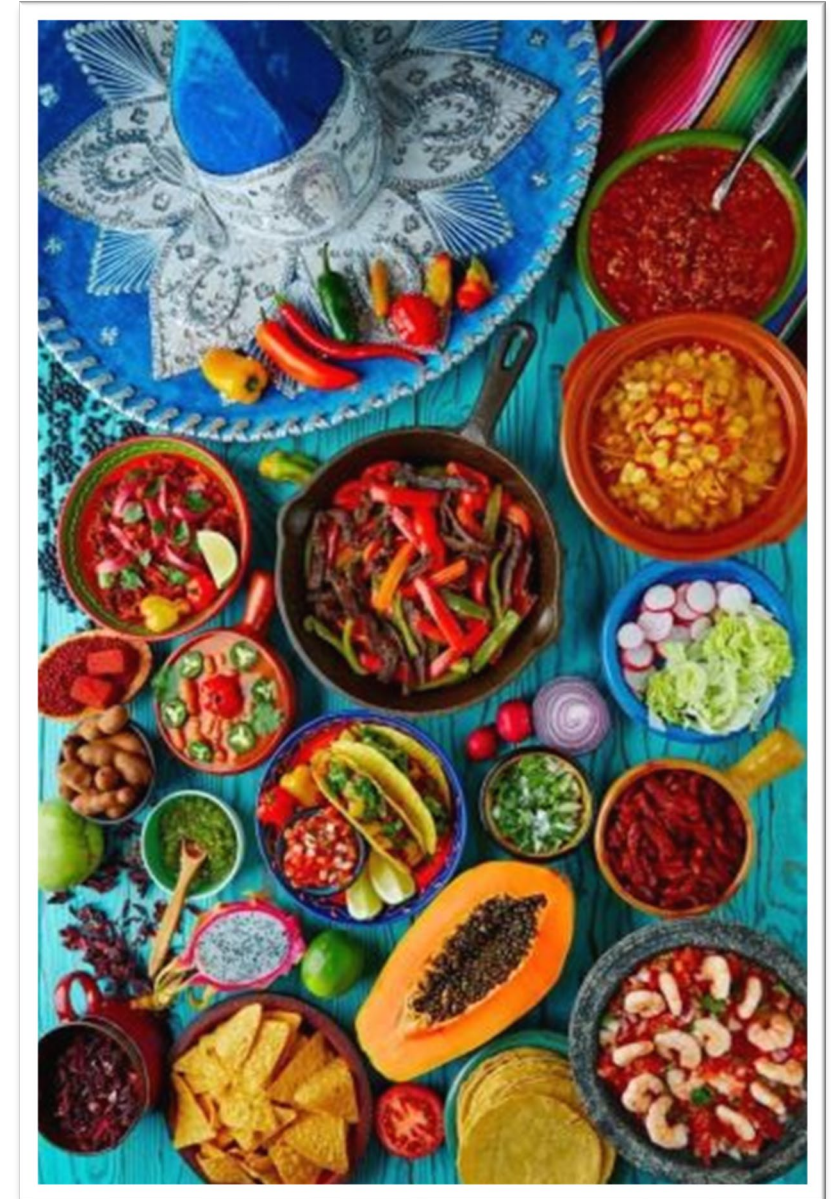
**Seafood:** shrimp, lobster, octopus, snapper, grouper

**Cheese:** *oaxaca*, *cotija*, *fresco*

**Fruits:** avocado, papaya, mango, citrus

**Vegetables:** squash, potato, sweet potato, tomatillo, pepper, jicama, tomatoes, cactus leaves, corn, beans (pinto, black, bayo, lima)

**Grains:** rice, corn (tamales, tortillas, oil)



# Central America

- **Panama:** rice, corn, coffee, banana, shrimp, pineapple
- **Costa Rica:** coffee, rice, bananas, tropical fruits/vegetables, palm oil, sugar
- **Nicaragua:** beef, sugar, coffee, plantains, beans, rice
- **Honduras:** coffee, coconuts, *queso fresco*, plantains, cabbage, seafood
- **El Salvador:** pork, seafood, squash, *loroco*, *relajo*
- **Guatemala:** avocado, chiles, beans, cacao, pork, beef, chicken
- **Belize:** seafood, coconut milk, yuca, beans, rice, tropical fruits/vegetables, *annatto*



# South America

**Guyana region:** rice, cassava, plantains, tropical fruits, fish, chicken, Wiri Wiri pepper, Scotch Bonnet, garlic, thyme, garam masala

## **Andean region:**

- **Coastal staples:** fish, seafood, beans, plantains
- **Inland staples:** guinea pig, llama, pigeon, potatoes, quinoa, amaranth, corn, salty cheese, onion

**Brazil:** rice, black beans, bananas, citrus, dried shrimp, coconut milk, malagueta chiles, dendê oil, garlic

**Southern Region:** corn, potatoes, beans, grapes, beef, chili peppers, oregano, garlic, paprika





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# Tempered Chocolate, Tuiles, & Crisps



# Types of Chocolate

## **Dark Chocolate**

- High cocoa solids and cocoa butter, little to no milk solids
- Rich, intense flavor and firm texture

## **Milk Chocolate**

- Contains cocoa solids, cocoa butter, sugar, and milk solids
- Creamy, sweet, and smooth

## **White Chocolate**

- Made from cocoa butter, sugar, and milk solids
- No cocoa solids, so its sweet and milk in flavor

# What is Chocolate Tempering?

Tempering is the process of carefully heating and cooling chocolate to stabilize the cocoa butter crystals



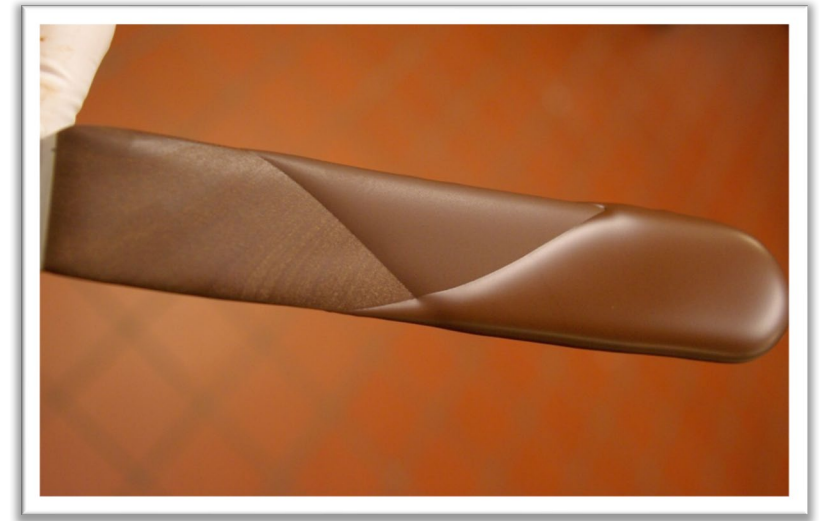
# Why Temper?

## **Tempered chocolate:**

- Has a smooth, glossy finish
- Snaps cleanly when broken
- Sets firmly and doesn't melt easily on touch
- Has a longer shelf life

## **Untempered chocolate:**

- Dull, streaky appearance
- Soft texture with little snap
- Melts easily when touched
- More prone to fat bloom and spoilage



# When to Temper

## Temper chocolate for:

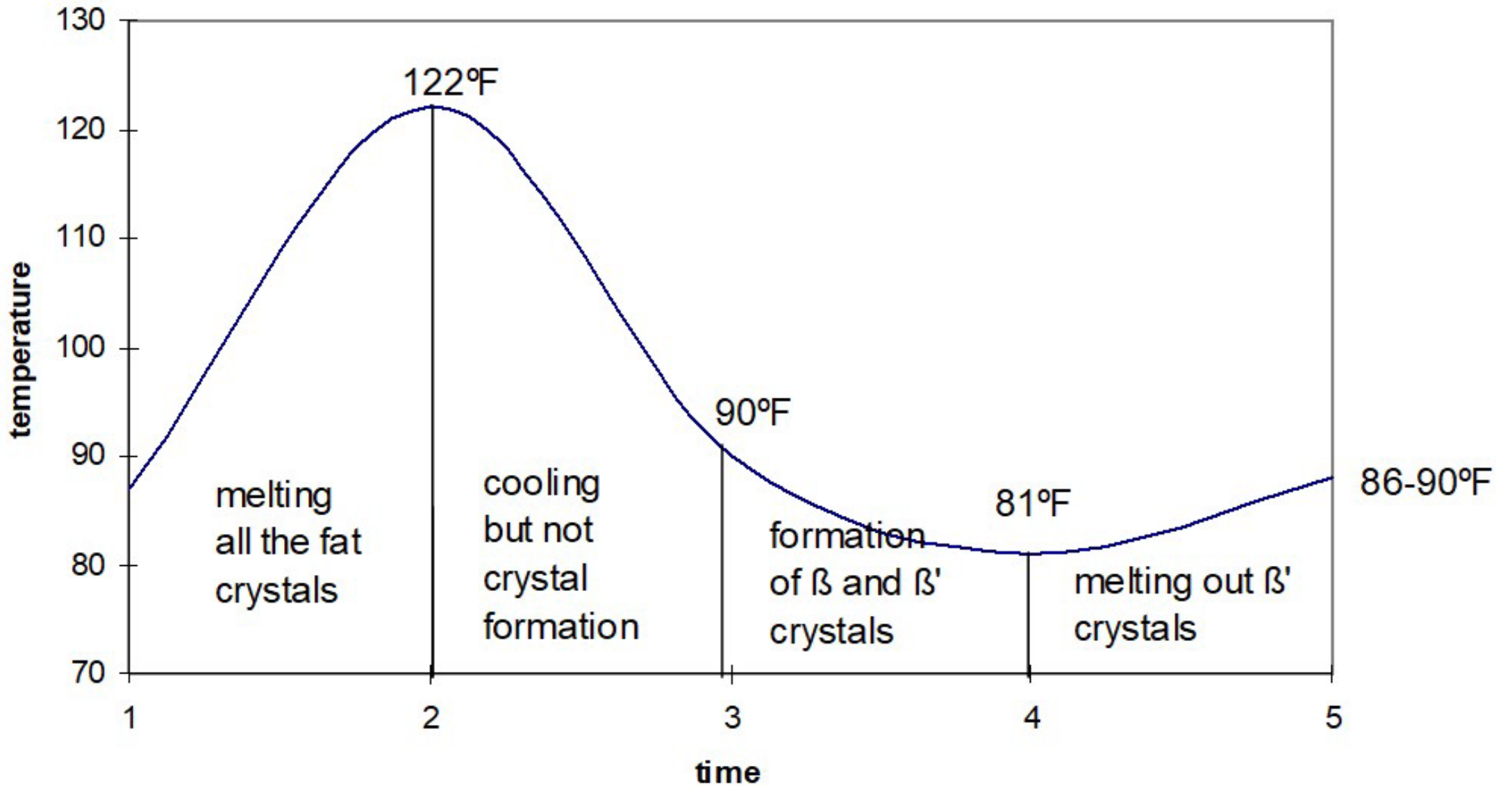
- Decorations
- Dipping
- Molding
- **Any time chocolate is used by itself**



## Don't temper chocolate for:

- Baking
- Cooking
- Mixing with other ingredients
- **Any time you mix chocolate with another ingredient**





# How to Temper

1

**Melt** the  
chocolate

2

**Cool & Seed**  
with block of  
unmelted  
chocolate

3

**Test** the  
chocolate

4

**Use** the  
chocolate



# 1 Melt



- Chocolate must be chopped finely

- Use waterbath with very low heat
- Fit saucepan to bowl!

- **Stir** while melting
- Melt completely
- Do not overheat

## 2 Cool & Seed

- Use about 20%-25% as much unmelted chocolate as much as the melted chocolate
  - More is okay
- Stir while cooling until the chocolate feels slightly cooler than your wrist





## 2 Cool & Seed

- **Cool:** slightly cooler than your wrist (<90°F)
- **Seed:** cocoa butter crystals that cause the chocolate to set
  - The block of chocolate leaves seed crystals behind as you stir
  - Seed crystals will not form until the chocolate is cooled
  - **Tempered chocolate is chocolate that has been cooled below 90°F and contains sufficient seed crystals**



# 3 Test

**Once the chocolate feels cooler than your wrist:**

- Dip a palette knife in the chocolate
- Wait ~6 minutes...
- Tempered chocolate:
  - 1. Sets quickly**
  - 2. Sets without streaks**
  - 3. Sets with a shine**
- Remove the block, and use the chocolate



\*If not...continue stirring with the block, repeat test



Un-set

Streaky

Nice!



# 4 Use

Once tempered, the chocolate can be used for desired application



# Tuiles

- A thin, crisp, French wafer cookie
- Often curved or molded
- **Common forms:** cigars, bowls/cups, roof tile
- Used as a garnish or accompaniment for desserts
- **Variations:** honey, almond, cocoa, vanilla, or orange



# Tuiles Method

1. Whisk together sugar and egg whites until just smooth.
2. Add melted butter and stir until fully combined.
3. Add flour and mix until a smooth batter forms. Add flavorings, if desired.
4. Rest batter in refrigerator, 20 to 30 minutes.
5. Using an offset spatula, spread thinly onto a silicone mat or parchment lined tray.
6. Bake at 350°F until edges are golden, 5 to 8 minutes. Shape while hot.



# Dacquoise Crisp

- A thin, crisp version of traditional dacquoise made from meringue and nut flour
- Made with whipped egg whites, sugar, and almond or hazelnut flour
- Baked until dry and crisp for texture and garnish applications
- Adds crunch and nutty flavor to plated desserts and entremets
- Commonly used as shards, layers, discs, or decorative accent



# Dacquoise Crisp Method

1. Prepare meringue by whipping egg whites and sugar to stiff, glossy peaks.
2. Fold in sifted almond or hazelnut flour with powdered sugar gently to avoid deflating.
3. Spread a very thin layer onto parchment or a silicone mat.
4. Bake at 325°F to 350°F until golden brown and crisp.
5. Allow to cool fully before breaking into shards or cutting shapes.





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Any Questions?