Like Charles Schulz said, “All you need is love. But a little chocolate now and then doesn’t hurt.”
In the spirit of Valentine’s Day, this recipe book features ooey-gooey dessert recipes from Harvard Extension School faculty members who teach food-centric courses.
CARLA MARTIN, PhD, is the founder and executive director of the Fine Cacao and Chocolate Institute and a lecturer in the department of African and African American studies at Harvard University. She teaches Harvard Extension School’s *Chocolate, Culture, and the Politics of Food* course.

“...I prefer a dark chocolate, fudgy brownie made from scratch. I recommend using a high-quality cocoa powder in place of the espresso that this recipe calls for, as well as high quality unsweetened and dark (70% cacao content or higher) chocolate. Never be afraid to add a bit more chocolate than a brownie recipe calls for, especially when in pursuit of fudgy results.

OUTRAGEOUS BROWNIES

Ingredients
1 pound unsalted butter
1 pound plus 12 ounces semisweet chocolate chips
6 ounces unsweetened chocolate
6 extra-large eggs
3 tablespoons instant coffee granules
2 tablespoons pure vanilla extract
2 1/4 cups sugar
1 1/4 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
3 cups chopped walnuts

Directions
• Preheat oven to 350°F.
• Butter and flour a 12 x 18 x 1-inch baking sheet.
• Melt together the butter, 1 pound of chocolate chips, and the unsweetened chocolate in a medium bowl over simmering water. Allow to cool slightly. In a large bowl, stir (do not beat) together the eggs, coffee granules, vanilla, and sugar. Stir the warm chocolate mixture into the egg mixture and allow to cool to room temperature.
• In a medium bowl, sift together 1 cup of flour, the baking powder, and salt. Add to the cooled chocolate mixture. Toss the walnuts and 12 ounces of chocolate chips in a medium bowl with 1/4 cup of flour, then add them to the chocolate batter. Pour into the baking sheet.
• Bake for 20 minutes, then rap the baking sheet against the oven shelf to force the air to escape from between the pan and the brownie dough. Bake for about 15 minutes, until a toothpick comes out clean. Do not overbake! Allow to cool thoroughly, refrigerate, and cut into 20 large squares.

Copyright 1999, The Barefoot Contessa Cookbook. This was adapted from a recipe for chocolate globs in the Soho Charcuterie Cookbook. Read more at: http://www.foodnetwork.com/recipes/ina-garten/outrageous-brownies-recipe3.html
MOLTEN CHOCOLATE CAKE

Materials
1 pot + metal bowl or 1 microwave safe bowl
1 medium bowl (wet ingredients)
1 small bowl (dry ingredients)
1 scale
1 fork or whisk

Ingredients
2/3 cup dark chocolate chips (120g)
8 tablespoon oil or butter (107g)
2/3 cup sugar (120g)
5 large eggs (275g)
½ cup flour (60g)
Pinch of salt

Directions
• Melt chocolate chips and oil/butter.
  Microwave method: measure out chocolate chips and oil/butter into microwave safe bowl. Microwave on high 1 minute, mix the chocolate and oil until uniform, and then set aside to cool a bit.
  Stove method #1: place chocolate and oil/butter in a small pot and heat on low, while stirring, until it melts.
  Stove method #2: fill another pot with some water and bring to a boil, then place chocolate and oil/butter in a metal bowl over the pot. Stir chocolate as it melts.
• Mix sugar and eggs together well in medium bowl, then slowly add in chocolate mixture.
• Weigh out flour and salt into small bowl, then mix it into the wet ingredients.
• Batter makes enough for two cakes. Bake the cakes for 12–14 minutes at 350°F.

PIA SÖRENSEN is preceptor at the Paulson School of Engineering and Applied Sciences at Harvard University. She is a co-instructor of the course Science and Cooking: From Haute Cuisine to Soft Matter Science.

"I love this recipe because it helps my students understand heat transfer. As the cake bakes, they observe how the batter gradually reaches the temperature at which it solidifies. In fact, by measuring the thickness of the crust, you can get a fairly accurate estimate of the heat diffusion coefficient in water. And it’s delicious, too!"
AMY GRAVES co-instructs the Harvard Extension School course, Writing About Food. Graves is a freelance writer and editor, and her work appears in Cook’s Country, Cook’s Illustrated, and the Boston Globe.

What makes these cupcakes so special is the surprise in the center: marshmallow Fluff! I’ve been making them for years, and they’re wonderful every time.

CHOCOLATE CUPCAKES WITH FLUFF

Ingredients
1 cup whole milk
1/2 bar unsweetened baker’s chocolate
1 cup sugar
1/2 stick (4 tablespoons) unsalted butter, cut into 1/2 inch pieces
1 large egg
1 tablespoon vanilla
1 cup flour
2 teaspoons baking powder
16 ounces marshmallow creme (Fluff or other brand, or homemade)
confectioner’s sugar

Directions
• Set oven to 350°F with baking rack in middle position.
• Mix baking powder and flour together in a large bowl and set aside. In a heavy saucepan over medium heat, combine milk and chocolate and stir until chocolate is melted. Add vanilla.
• Soften butter. In bowl of a stand mixer (or using a hand mixer) fitted with beaters, beat sugar and butter until pale and fluffy. Add egg, beat for one minute more, then add milk/chocolate mixture and flour until all is just blended together.
• Fill muffin tin half full and bake 20 minutes. When slightly cooled, cut circular divots from the top of each cupcake and carefully set divots aside. Fill holes with marshmallow creme and replace tops.
• Sprinkle tops of cupcakes with confectioner’s sugar.

Recipe from Nancy White; Norwood, Massachusetts
CAROLE BERGIN teaches The Culture of Food and Friendship in the Francophone World at Harvard Extension School

CHOCOLATE MOUSSE

Ingredients
3 egg whites
2 tablespoons white granulated sugar (20g)
2/3 cup dark chocolate (125g)
2 egg yolks
1/3 cup butter (75g)

Directions
• Melt the chocolate slowly in a “bain marie” or a double boiler.
• Add the butter in slowly to obtain a smooth paste.
• Let it cool off and then add the 2 egg yolks.
• Beat the egg whites firmly and add the sugar slowly when firm.
• Add the egg whites carefully to the chocolate mix.
• Poor the mousse in separate small bowls.
• Refrigerate for 24 hours.
• Decorate with chocolate chips, chocolate shavings or whipped cream.
• Serve with sugar cookies or plain cake.

Recipe by Gaston Lenôtre, grand chef pâtissier
Alison Arnett co-instructs the Harvard Extension School course, *Writing About Food*. She is a journalist who has been a restaurant critic, food writer, and newspaper editor for the *Boston Globe* and other publications.

**CHOCOLATE TART**

This recipe is easy, pretty, and always popular. Artfully arranged sliced or quartered strawberries are a good topping but you could also cover the chocolate filling with softly whipped cream and top with chocolate shavings. It’s adapted from *The Silver Palate Cookbook* by Julee Rosso and Sheila Lukins.

### TART CRUST*

**Ingredients**
- 1¼ cup all-purpose flour
- ½ teaspoon salt
- 8 ounces butter, chilled and cut into small pieces
- ¼ cup ice water

**Directions**
- Place the flour and salt in a food processor and mix for a second. Add pieces of butter and process until mixed—will resemble sandy pebbles. Slowly add a few tablespoons of ice water, adding more just until dough forms into a shaggy ball. Remove from processor. Place dough onto a lightly floured piece of aluminum foil, and pat into a rectangle. Wrap and refrigerate at least an hour.
- Preheat oven to 425°F. Roll out dough on a floured cloth with a cloth-covered rolling pin for a 9-inch tart pan with removable bottom. Place into tart pan.
- Place a round of foil in tart pan and cover bottom with pie weights or dried beans. Bake for 8–10 minutes, just until edges start to turn golden. Remove from oven and remove foil and weights. Prick tart bottom with fork. Return to oven and bake another 10 minutes until crust is golden all over. Allow to cool.

### CHOCOLATE FILLING

**Ingredients**
- 1 cup bittersweet chocolate morsels
- 2 tablespoons unsalted butter
- 3 tablespoons Cointreau or other liqueur or rum
- ¼ cup sifted confectioner’s sugar
- 1 tablespoon water

**Directions**
- Melt chocolate in a pan placed over simmering water or double boiler. Add butter and liqueur. Whisk to combine and melt butter until smooth. Add confectioner’s sugar and water, and whisk or stir with a wooden spoon until smooth. Immediately pour into cooled tart shell, spreading to cover. Allow to cool slightly.

### TART ASSEMBLY

**Ingredients**
- 1 pint strawberries, sliced or quartered
- Confectioner’s sugar

**Directions**
- Arrange strawberries over filling in concentric circles. Refrigerate tart for 2 hours or overnight. Before serving, sift confectioner’s sugar over top of tart.

* You could also buy a good quality premade crust and follow the instructions for baking.

“This is the tart I bring to early spring gatherings, and it’s always popular. The thin layer of bittersweet chocolate is just enough indulgence to offset the sweet berries. A lovely harbinger of spring!”

* Y ou could also buy a good quality premade crust and follow the instructions for baking.