

Teaching Presentation

Lesson plan- Blueberry and Walnut Clusters

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**Lesson plan:** Blueberry and Walnut Clusters**Goal**

Audience will learn how to prepare a fast, simple and healthy dessert and be able to identify the nutrition content of the ingredients involved.

**Objectives**

After completing the lesson, 80% of the audience will be:

- motivated to try this delicious, easy recipe at home
- understand a little bit more about the importance of nutrition in food

**Target Audience**

My targeted population or audience for this lesson plan is composed of a multitude of different people. Similar to the class I will be presenting to, my audience is the typical college student looking for a quick but healthy meal as well as parents attempting to introduce fruits and healthy food facts to their kids. Most of all, my goal population is composed of people that want to indulge in a silky smooth treat that not only entertains their palates but can also provide them with rich, essential nutrients.

**Materials List**

- Stove top
- Double boiler (or microwave at 50% power)
- 1 mixing bowl

- 1 spatula
- 4 dark chocolate bars (preferably more than 60% cocoa)
- 1 container of fresh blueberries
- 2 cups broken walnuts
- Wax paper
- Refrigerator

## Content Outline

*Hi everyone, my name is Anamarie Orgera and today I will be teaching you all how to make a healthy, simple delicious dessert!*

- Allow water to begin boiling

*As this water boils, I will go over the tools you will need to make this dessert:*

*First is a spatula, I prefer a firm rubber one because I've noticed they do the best job scrapping the bowl. Second, some parchment paper so that when the hot clusters are cooling they will not stick to the plate. Next would be some refrigerator space. Depending on the size of the party you are making these for they might take up a lot of space in the refrigerator, and the cooling process is crucial, so make sure to check if you have enough space so you aren't attempting to rearrange your fridge as the clusters are melting away. The last tool needed is a double boiler. The double boiler is important when melting the chocolate because chocolate can burn so by placing water between the chocolate and the heat, you can preserve its integrity.*

*Not to worry though, if you do not have a double boiler at home, you have two more simple options. You can jury rig a double boiler by boiling water in a pot and placing a bowl on*

*top of the water. If you choose to do this option, you must make sure the bowl is resting on the water and not on the bottom of the pot. Your last option and possibly more convenient option would be to microwave the chocolate in a microwaveable bowl on 50% power. For this method however, you must make sure to zap the chocolate in 5-15 second intervals stirring between each so that the chocolate will melt and not burn.*

- *Begin melting chocolate in double broiler and stir periodically*

*The three ingredients needed in order to make this dessert are:*

*Dark chocolate bars. I prefer to use about 72% chocolate because it can provide 3 grams of fiber for every 1 ounce, but for today I bought 60% just in case 72% is a little too dark for anyone. Dark chocolate is rich in antioxidants like flavonoids that are good for boosting HDL cholesterol levels.*

*Also you will need blueberries. I use blueberries because I think they are a fabulous compliment to chocolate and for their extremely high antioxidant level. Antioxidants optimize our health by fighting free radicals that can cause cellular damage. Also, I use blueberries because you can freeze them without damaging the anthocyanin—the antioxidant most abundant in blueberries.*

*Finally, I like to add walnuts to the recipe for a little bit of taste complexion. I always break up the walnuts into pieces so they are not too overbearing for the cluster, but can add a nice crunch. Also, I add them because they contain gamma-tocopherol a form of vitamin E that protects the heart, heart healthy monounsaturated fats, and they are a great source of those hard to find omega 3 fatty acids.*

- Add the blueberries and walnuts to the melted chocolate

*Okay, so once the chocolate is fully melted, meaning when you stir it you aren't feeling any sort of chunks, you can remove it from the heat and add the blueberries and walnuts. I brought Ghirardelli chocolate today, although I really like to use Scharffen Berger or Green & Black. The reason I mention these brands is because it seems to really make a difference when you are using higher quality chocolate for this type of dessert. The way the melted chocolate maintains its smooth, easy-to-manipulate texture is important not only for appearance but also so that it doesn't harden too fast and you are unable to scrap it out of the bowl fast enough.*

*Prior to adding the blueberries I should mention that you should always wash (and in this case dry) these thin-skinned berries before eating. The recipe says it should be about 1 cup of blueberries per 4 ounces of bittersweet chocolate but I use about a handful of each to start and just eyeball how thick the chocolate coating is when stirring the batch in the bowl. It should be a pretty thin layer of chocolate that can fully cover the fruit and nuts, so feel free to keep adding blueberries and walnuts, depending on how many bars of chocolate you melted.*

- Scoop the chocolate covered blueberry and walnut mixture into small clusters onto the parchment paper

*Now that our concoction is mixed and in proper proportions we can either use the spatula or a table spoon to scoop out small clusters (typically 2-3 blueberries per cluster) onto a parchment paper covered plate about an inch apart. Once you have emptied the bowl and all of the contents are on parchment paper, you can place them in the refrigerator. They take about 20-30 minutes to cool and should only be in the refrigerator for about 24 hours.*

- Display the final product

*This is what they will look like after they have been refrigerated. Thank you all for your time, are there any questions? Okay, well I hope I have encouraged you all to go home and try this dish. How many of you think you might? Feel free to enjoy a sample as I pass them around.*