

VOLUME 1

Islands CHOCOLATE

THE BASICS

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A WORD FROM WILF.

Born in the summer of 2018, Islands has won its stripes fast and can be found on menus at GAIL's, Elystan Street, Ottolenghi, Trinity, The Hand & Flowers and Marcus to name but a few of our brilliant stockists.

As with any start up, our journey has not always been plain sailing. In the last couple of years we've weathered not only a global pandemic, but also a volcanic eruption on St Vincent. We've emerged however, thriving.

Our quest at Islands has been to become the chocolate of choice for restaurants, hotels, bakeries and cafes. We know that when curating a wine list or selecting an artisan coffee, knowing who grew it and trusting the quality is non-negotiable.

At Islands, uniquely, we're both the farmers and the makers. Our ability to control the flavour, quality and ethics behind our chocolate is unrivalled. In an industry packed with secrets, we have nothing to hide and the proof is in the taste.

There are some truly exciting times ahead. Post-pandemic, we've successfully built the foundations

to supply larger businesses with significant volume.

Our cocoa operation in St Vincent is flourishing with the employment now over 150, the harvest is doubling each year and there are lots of amazing growth opportunities within the company.

At Islands HQ in Battersea a strong team of 12 are working very closely with our clients to make sure we are not only satisfying their needs but improving year on year.

Most recently, we've partnered with some new farms in our neighbouring Caribbean Islands. Our beloved Vincentian cocoa is still our number one priority, but our new partnerships in the Dominican Republic and Trinidad have allowed us to produce our own fully traceable cocoa butter and supply large scale cocoa powder to the wider food industry.

I hope that these Volumes will assist you on your journey with Islands, whether you're transitioning from bulk industrial chocolate or a fully-fledged Islands convert looking to explore our recipe collection.



MEET

First, introductions. I'm Rebecca, Development Chef at Islands HQ. My role is multifaceted with time split between working alongside our Belgian chocolatier to develop our range and enhancing the service we offer to our valued clients by creating recipes, guides and offering expertise on Islands chocolate in application.

A decade of experience within hospitality has taken me from seasonally driven gastro-pubs; luxury private households, chateaux and chalets and a teeth-cutting career at the Michelin starred Trinity Restaurant, to where I now find myself at Islands which, for a chocolate lover like myself, is surely one of the best jobs in the world.

The launch of this first Volume is an opportunity to share a collection of recipes which I would consider 'The Basics' of chocolate. Use these as the foundations on which to build delicious desserts and enhance the fine flavours of the Islands range. Other Volumes are to follow covering specific areas such as perfecting hot chocolates, ice creams and frozen desserts, and in depth interviews with some of our most

esteemed clients.

As any chef, barista or baker will know, not all chocolates are created equal. Transitioning to fine-flavoured, artisanal chocolate requires more attention than a simple straight substitute in a recipe designed for a mass-market, industrial product.

In all the recipes developed I have endeavoured to capture the fine-flavoured essence of Vincentian cocoa. Sometimes this means using a little less fat in recipes, which often masks the delicate nuances of the cocoa fruit; sometimes it may be using a little more sugar to exemplify the flavours of our higher percentage chocolates in dishes. As we all know, these tweaks make all the difference, and my aim is to do this job for you.

With Islands we are all about the details. From our exemplary farming practices and traceability, our highly skilled harvesting and processing techniques and of course, our chocolate crafting then through to recipe development. It is this quality and attention to detail that you can rely on to consistently deliver the best finished dish.

REBECCA.



GANACHES

Ganache: chocolate, harmoniously combined with a liquid. Beautiful in its simplicity; haunting in its capacity to unravel.

Without question, a whipping cream will provide you with a sensibly stable ganache. The decadent among us may however miss that unparalleled fattiness of double cream. The purist may want to bypass the dairy altogether and opt for a water ganache, gracefully emerging

from the confines of the dietary menus to serve as the perfect medium for the discreet nuances of fine flavour chocolate.

When it comes to ganaches, one size does not fit all.

Here we offer you a selection of recipes for each of our chocolates. Meticulously tested, tasted and trialled - a particularly tough day in the office.

SOFT GANACHE WHIPPING CREAM BASE (FRESH OR UHT)

The lower fat content allows the fruity notes of the chocolate to take centre stage. One for really showing off your favourite Caribbean chocolate.

INGREDIENTS:

	55%	65%	75%	85%
Chocolate	250g	250g	250g	250g
Whipping Cream	150g	250g	255g	300g
Butter	-	-	20g	30g
Golden Syrup	-	-	40g	50g





The double cream recipe oozes rich chocolatey flavours, balanced beautifully with the fruitiness of Islands chocolate. A more luxurious indulgence than its whipping cream counterpart.

INGREDIENTS:

	55%	65%	75%	85%
Chocolate	250g	250g	250g	250g
Double Cream	110g	140g	195g	200g
Milk	25g	40g	45g	50g
Butter	-	-	20g	30g
Golden Syrup	-	-	40g	50g

METHOD:

- Bring the milk, cream and syrup (if using) to a simmer
- Place your chocolate in a bowl or jug and pour over the hot dairy. Stand for 10 seconds
- Stir in small circles until the chocolate has melted, making sure to avoid incorporating air bubbles into the mixture
- Finish with a stick blender to strengthen the emulsion. Make sure you have a deep vessel to do this - if the blade of your stick blender is too close to the surface of the ganache it will aerate
- If using butter, emulsify in with a stick blender at this point

WATER GANACHE

VEGAN/CHOCOLATE TASTING

INGREDIENTS:

	55%	65%	75%	85%
Chocolate	200g	200g	200g	200g
Water	120g	150g	160g	170g
Golden Syrup	-	10g	28g	35g

METHOD:

- Add all the ingredients into a saucepan and place on a very gentle heat (2/10 on induction)
- Stir until everything is emulsified



CREMEUX

A dessert of custard set to a silken consistency with chocolate, equally comfortable as the proud star of a plate or plumping up patisserie.

Here we offer you a recipe for each of our range of Chocolate Buttons. The 55% and 65% are naturally on the slightly sweeter side so pair them accordingly. The 75% is our all round anglaise hero and will suit almost any dish whereas the 85% suits a slightly sweeter flavour combination. The 100% packs a punch and should be used sparingly, balanced with a lighter cream and sweet fruit.



INGREDIENTS:

	55%	65%	75%	85%
Chocolate	370g	310g	250g	240g
Double Cream	250g	250g	250g	250g
Whole Milk	300g	300g	300g	300g
Sugar	-	50g	75g	85g
Egg Yolk	90g	90g	90g	90g

METHOD:

- Place the dairy in a saucepan and bring to a simmer
- Whisk the egg yolks and caster sugar together
- Gradually pour over the hot anglaise, stirring constantly
- Return the mixture to the pan and cook to 82°
- Place the chocolate buttons in a bowl, pour over the hot dairy and stir constantly until emulsified
- Transfer to a storage container and place cling film to contact
- Alternatively if available to you, place your pre-made anglaise into a Thermomix with the chocolate, place on speed 5 and heat to 82°





THE SKINNY TART

Don't let the name fool you, there's nothing diet about it. A chocolate tart of such decadence that it can only be consumed as an ultra thin sliver. A classic ganache base which can be layered with a multitude of flavours; if

you're layering the tart with a sweet flavour such as a caramel or dulce de leche, opt for the 85%. If serving straight up, use 75% or 65% and if you're pairing with punchy flavours and acidity, go for 55%.

INGREDIENTS:

	55%	65%	75%	85%
Chocolate	152g	147g	154g	163g
Double Cream	66g	71g	71g	70g
Milk	51g	63g	67g	70g
Glucose	227g	201g	188g	174g
Butter	5g	18g	21g	23g

METHOD:

- Bring the milk, cream and glucose to a simmer
- Place your chocolate in a deep bowl or jug, pour over the hot dairy and stir to melt. Strengthen the emulsification with a stick blender
- Emulsify in the softened butter
- Pour into your prepared tart case (22cm x 2cm) and place in a cool, dry place to set for 4 hours
- If your kitchen is particularly warm, place the tart in the fridge and check every 20 minutes until just set



THE BIG TART

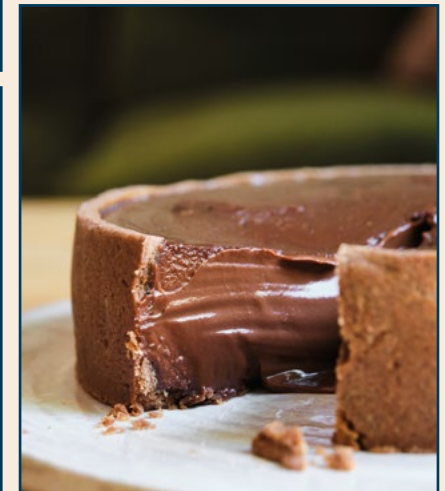
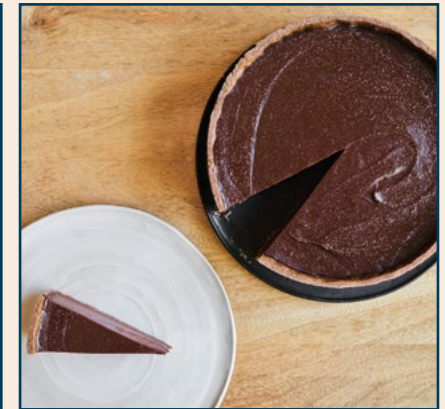
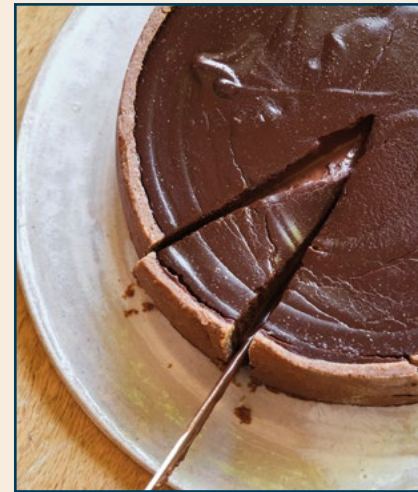
The kind that barely holds itself up when sliced, teasingly tilting to the side in an almost bashful manner. Slightly less 'death-by-chocolate' than a straight ganache, fill your tart high and proud and indulge in a mega-wedge.

INGREDIENTS:

	55%	65%	75%	85%
Chocolate	500g	450g	430g	400g
Egg Yolk	165g	160g	160g	155g
Glucose	90g	110g	125g	145g
Double Cream	315g	360g	365g	375g
Milk	115g	120g	122g	125g

METHOD:

- Bring the cream, milk and glucose to a simmer, pour over the chocolate. Stand for 10 seconds and then stir to make smooth ganache
- Slowly pour the ganache into the egg yolks, stirring constantly to combine
 - avoid incorporating too much air into the mixture
- Warm your prepared tart case (20cm x 4.5cm) in the oven
- Pour the mixture into the tart case and cook until just set with a slightly wobble in the middle;
 - For 65% and upwards, 40 mins at 110°
 - For 55%, check after 60, depending on your oven it will take between 60-70 minutes
- Allow to cool completely before serving
- For the ultimate tart experience, serve on the day it's made. If however, you are somehow left with a few slices, store overnight at room temperature. The tart will take a slightly firmer texture, more like a ganache but still utterly delicious.



BROWNIES

What would a chocolate Basics Volume be without the brownie? We're quite proud of this little number, with a general response of 'the best brownie experience of my life' (yes, that really is a direct quote.) However, the recipe can't take full credit. The natural acidity of cacao celebrated in Islands chocolate helps to balance with the outrageous quantities of butter and sugar required for the ultimate brownie indulgence. You're welcome, world.



INGREDIENTS:

- 185g unsalted butter
- 185g Islands 75% chocolate
- 70g plain flour
- 40g Islands cocoa powder
- 3 eggs
- 275g golden caster sugar
- 50g Islands 65% chocolate

METHOD:

- Melt the butter and 75% chocolate in a bain-marie
- Lightly whisk the eggs and sugar until it just starts to look fluffy
- Fold the melted chocolate mixture through the eggs
- Sift the flour and cocoa powder into the mix and fold through
- Finally, fold through the 65% chocolate buttons
- Pour into a parchment lined brownie tray
- Cook for 25 minutes, 160°
- Allow to set overnight at room temperature before slicing (but if you're really impatient, a few hours in the fridge will do the trick)

TOP TIP:

- For a 65% chocolate brownie, drop the sugar to 250g.
- For an 85% chocolate brownie, drop the chocolate to 170g.



COOKIES

STUFFED WITH SPREAD OR SPRINKLED WITH CHOCOLATE, THESE COOKIES ARE A WINNER.

Credit has to be given to Ravneet Gill - the base recipe was entirely inspired by hers with a few tweaks on the sugars to better suit the unique Islands flavour profile.



INGREDIENTS:

- 140g unsalted butter, at room temperature
- 130g dark brown soft sugar
- 90g caster sugar
- 1 egg
- 4g baking powder
- 4g bicarbonate of soda
- 3g Maldon sea salt
- 250g plain flour
- 240g Islands Cocoa & Hazelnut Spread OR 180g chocolate buttons

METHOD:

- If making the spread filled cookie, you'll first need to freeze your spread in an ice-cube tray (or something similar) for about 2 hours. Freeze 24 cubes, approximately 10g per compartment.
- Cream the butter, sugars and salt
- Beat in the egg
- Sift the flour, bicarb and baking powder
- Add to the butter mixture, along with the chocolate chips if using and fold until just combined
- For chocolate chip cookies, weigh into 30g balls, freeze for at least 4 hours and cook from frozen
- For chocolate spread cookies, weigh into 28g balls. Flatten the mixture slightly with your thumb, press the frozen chocolate spread cube into it and wrap the dough around to seal. Freeze for at least 4 hours
- Cook at 160°, 12-14 mins



WHAT



**PHIL HOWARD,
ELYSTAN STREET**

“I am a great believer that the greatness of a dish is tied to two things - the greatness of the cook and the greatness of the ingredients. If you're in the business of trying to make truly wonderful chocolate creations, do yourself a favour no matter how good a cook you are, and use the versatile and utterly delicious range of Islands Chocolate.”

**ADAM BYATT
TRINITY**

“Rarely these days does a new product stop me in my tracks and make me think. Islands chocolate did just that. A product I wish I had access to years ago - amazing chocolate which carries the spirit of its terroir.”



**LUKE HOLDER
LIME WOOD HOTEL**

“For me, Islands Chocolate taste is foremost. Single-estate chocolate expresses different flavour profiles which is what chocolate is all about.

I love working with them and this is a really great example of a modern thinking, supportive, quality product driven company”

CHEFS

**RAVNEET GILL
CHEF & AUTHOR,
COUNTERTALK,
GUARDIAN FEAST**

“Amazing quality chocolate made by really good people.”



THINK

FARMING DIARIES



FORREST NICHOLS,
DATA ANALYST

AUTUMN/WINTER 2022

We started the year in truly 'uncertain times.' In the midst of a global pandemic our island volcano La Soufriere, began to erupt culminating in an explosive eruption in April 2021. Fortunately, an expertly planned evacuation meant that there was no loss of life. Some of our cocoa was not so lucky.

However, it was perhaps one of the best things that could have happened to our farms. The sudden change led to radical developments in our nursery and planting programmes; the fresh influx of nutrients is already impacting yields with much more to come and our team has a renewed drive to build one of

St. Vincent's fastest growing companies! Our newly refurbished nursery has produced over 41,000 seedlings this year so far and almost an acre of new trees.

We launched an internal educational curriculum to ensure that all our 150 employees have a comprehensive understanding of practices business-wide and importantly, why we work in this way. With each employee owning and teaching in their area of the business, we are seeing truly positive changes in communication, professionalism and personal growth.

After twelve years of studying our 365 genetic varieties of cocoa plants



OUR PROCESSING FACILITIES IN PERSERVERANCE,
ON THE WINDWARD SIDE OF THE ISLANDS



THE VIEW OVER BELLWOOD ESTATE. THIS STEEP TERRAIN LENDS ITSELF TO GROWING COCOA, PROVIDING AMPLE SHADE, NUTRIENT RICH VOLCANIC SOILS AND A WEALTH OF BIODIVERSITY



A YOUNG COCOA TREE. AFTER 3 MONTHS GROWING AT OUR NURSERY IN DIXON, THIS TREE IS NOW READY TO PLANT OUT IN THE FIELDS

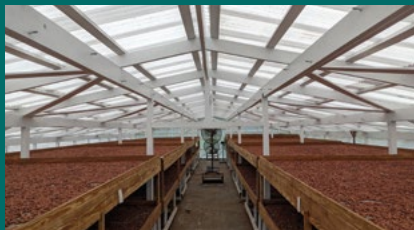
(how they yield, flavour profile and resilience) we have settled on what we've found to be our best performer. With over 55% pure Criollo, this varietal boasts a truly fine flavour, strong roots and exemplary yields. Incorporating this into a new planting programme means that when this crop comes to yield in around 5 years time, we'll be able to develop a single varietal couverture.

Looking ahead to the next few months we're set to see further record breaking production levels, the opening of our new drying facility and the start of construction on an additional cascade fermentary to meet the demands of our bumper yields!

Exciting times ahead.



KENARD, CALVERT & DWIGHT TENDING TO THE LAND BY HAND TO ENSURE MINIMAL DAMAGE TO SOIL, WILDLIFE AND ECO-SYSTEMS, VITAL TO MAINTAINING BIOLOGICAL DIVERSITY ON THE ISLAND!



A LOOK INSIDE THE SOLAR DRYING FACILITY! DEPENDING ON WEATHER CONDITIONS, COCOA WILL SPEND AN AVERAGE OF 8 DAYS HERE BEFORE BEING BAGGED UP, READY TO SHIP TO BELGIUM.



COCOA BEANS, FRESH FROM THE FERMENTARY, WASHED AND READY TO DRY



DAVID CAREFULLY HARVESTING RIPE COCOA. THIS LEVEL OF CARE IS NEEDED TO MAKE SURE THE FLOWER CUSHION IS NOT DAMAGED AND WILL CONTINUE TO YIELD PODS IN YEARS TO COME. THE FLOWER CUSHION IS THE POINT OF THE BRANCH WHERE THE POD GROWS AND IF DAMAGED, WILL NEVER GROW A POD AGAIN.

TEMPER

THE SEEDING METHOD.

TEMPER

WHY TEMPER?

There are six possible alignments of cocoa butter crystals within chocolate and the only one we want to achieve is Form4. The neat and even structure of this matrix ensures the elusive sheen, snap and smooth melt we are aiming for, whereas all the others will either leave the chocolate too crumbly or soft. Tempering is the process of ensuring we only produce Form4.

Chocolate from Islands will always be supplied 'in temper', but you may want to mould the chocolate into a particular shape or create beautiful bon bons. In order to achieve this you will need to melt and re-temper your chocolate to regain the Form4 structure.

To do this you first have to heat your chocolate to a melted mass so that you can reshape it. In the process of doing this, you will create unwanted crystalline structure forms so you must heat the chocolate up to a prescribed

'melt' temperature which will dissipate these structures.

Next, you need to cool the chocolate down to the prescribed 'cool' temperature to create new Form4 crystal structures. When the chocolate is cooling it needs to be constantly agitated to move around the developing crystal structures and allow them to bond with more and more crystals.

While the chocolate has been cooling, it will have developed lots of the good crystal structures but there will also be a few of the unwanted crystal forms kicking around. To get rid of these you need to heat the mass back up to a prescribed temperature to 'work' with. This temperature is high enough to melt away the unwanted structures but not high enough to melt the good Form4 structures you've so lovingly nurtured.

Science.

SEEDING

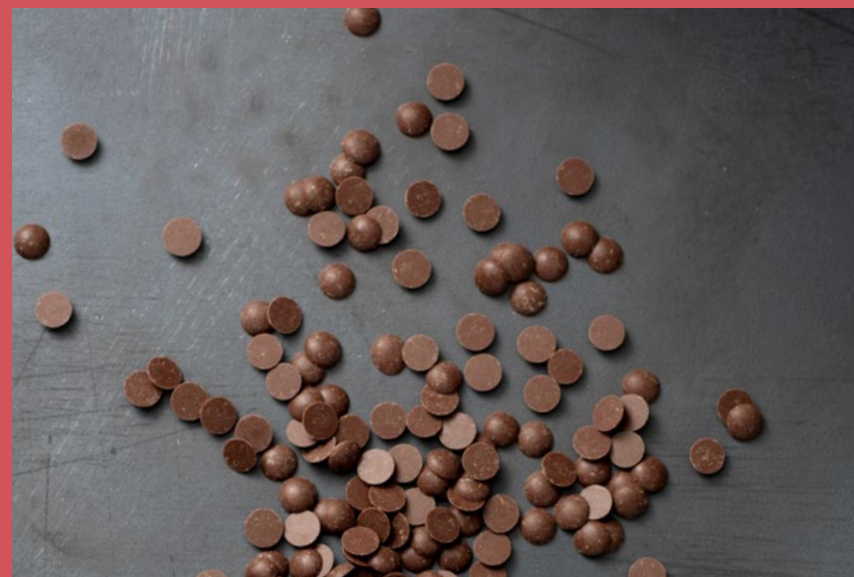
There are a few different ways of tempering chocolate by hand or by machine, but the one we will focus on here is seeding. It is perhaps the most straightforward and least messy method of hand tempering, needs minimal equipment and can be achieved with relatively small quantities of chocolate in comparison to using tempering machines.

Seeding speeds up the process by adding a small quantity of tempered chocolate into your melted chocolate mass. You seed the chocolate with Form4 crystals, speeding up their multiplication.

The essentials of seeding are, take 1/3 of your total quantity of

chocolate and reserve this to one side as your seeding chocolate. Melt the remaining 2/3 of the chocolate in a bain-marie or a microwave to the prescribed temperature, remove the chocolate from the heat source and begin to cool it down by gradually adding your seeding chocolate to the mass while stirring constantly. Once the mass has reached the prescribed 'cool' temperature, warm it back up to working temperature and it is then ready to use.

Sounds simple? Anyone who has dabbled in the dark art will attest to the fickle pitfalls of hand-tempering. Hopefully a little inspiration from Islands will make tempering tantrums a thing of the past...



STEPS FOR SUCCESS

1. Take 200g of your chocolate and set aside for seeding
2. Bring your bain-marie to a gentle simmer and melt the remaining 400g chocolate to the recommended temperature

TEMPER TRAPS:

Watch out for water - the tiniest drop will seize your chocolate and it will no longer be suitable for tempering. Make sure all your utensils are completely dry and place a tea towel between your bain-marie and your melting bowl

3. Once the chocolate has reached temperature, remove it from the heat source
4. Gradually add your seeding chocolate, stirring constantly. Add a good handful of seeding chocolate to start, once that has all melted add a little less and repeat adding a little less each time

TEMPER TRAPS:

Avoid adding seeding chocolate once your mass has cooled to around 30° for milk chocolate and 32° for dark chocolate as the mass is no longer warm enough to melt it. Continue to stir your chocolate until it has cooled to the necessary temperature

Don't cool your chocolate with anything other than your seeding chocolate. Get as much of your seeding chocolate into the melted chocolate as possible. You may not require all of it to get the mass down to the cooled temperature, but get in what you can! It is this third that 'seeds' the chocolate with lots of those Form4 crystal structures. Avoid ice baths as this will cause your chocolate to cool without forming enough good crystals

5. Once the chocolate has cooled, return it to the bain-marie to bring it up to working temperature

TEMPER TRAPS

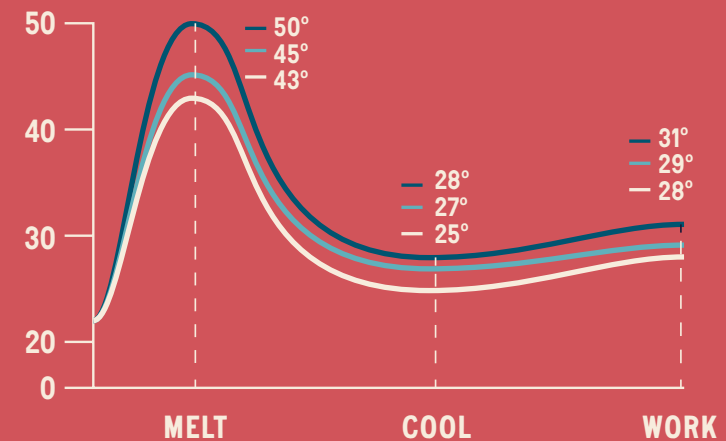
Keep your chocolate in working temperature. If your chocolate cools too much or gets too hot you will have to repeat the tempering process again. While you're cooling your chocolate, pour cold water into your bain-marie until it reaches around 35° - this will be warm enough to gently bring your chocolate up to working temperature and help keep it there

6. Your chocolate is ready to use
- dip, drizzle and devour to your hearts' content

YOU WILL NEED:

- 600g Islands chocolate buttons
- A bain-marie set up
- 1 spatula
- 1 digital thermometer
- 1 tea towel

TEMPERATURE GUIDELINES



A close-up photograph of a hand pouring dark cocoa beans from a white paper bag into a stainless steel bowl. The bowl is placed on a white digital kitchen scale. The background is slightly blurred, showing a kitchen setting. The text 'HOW TO TASTE' is overlaid in large, white, sans-serif font across the image.

HOW TO TASTE

MUCH LIKE TASTING FINE WINE OR COFFEE CUPPING, TASTING FINE-FLAVOURED CHOCOLATE IS A MULTI-SENSORY EXPERIENCE.

By taking the time to fully immerse yourself in the chocolate tasting journey, you will be able to appreciate the prized nuances of the cocoa fruit celebrated in our chocolate and unlock inspiration for your own flavour pairings and dishes.

METHOD:

- Examine the chocolate. When in temper, chocolate will be smooth, shiny and break with a snap. This will ensure it melts evenly on the palette and carries flavour effectively
- Smell the chocolate - here you should find heady aromas perhaps of citrus, caramel or biscuits
- Take a small sample (around 4 cooking buttons) and place them on your tongue. Rub the chocolate between the roof of your mouth and your tongue to melt the natural fats and activate the release of flavours. Move the melting chocolate all over your palette
- Experience the full breadth of the flavour profile. Notice what flavours hit you first, toffee; banana; citrus?
- Observe how the flavour develops as the chocolate continues to melt. Are there notes of dried fruits or sweet, peppery spices?
- Savour the aftertaste; the finish of a chocolate is a key indicator of quality. Cocoa that has been well treated from seed, carefully fermented and well processed into chocolate will further reveal itself on the palette once the chocolate has been consumed, often continuing to develop and unfold into flavours not found at the start of the tasting journey

OUR RANGE



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