

The Chocolate Therapist™

2560 W. Main St
Littleton, CO 80120
303-795-7913
www.TheChocolateTherapist.com



How to Brew Crio Bru

Standard Coffee Maker:

1. **Place filter into the coffee maker.** In many coffee makers, a permanent "gold wire" filter*** is recommended.
2. **Add Crio Brü blend.** Add one to two level tablespoons** of your favorite Crio Brü blend into the filter per each Crio cup*.
3. **Add water.** Measure amount of water needed and pour into the reservoir of the auto-drip machine.
4. **Brü.** Wait for the brewing process to complete. If the coffee maker allows, a slower brew cycle will make a more full-bodied Brü.
5. **Serve and enjoy!** Just as with coffee, adjust to personal taste with creamer and/or sweetener.
 - A "Crio cup" measurement of water is 4.25 oz.

** If you are brewing four cups or fewer, you may wish to add an additional tablespoon of grounds.

*** A permanent "gold wire" filter ensures the coffee maker will not overflow and by not using paper filters you are supporting the environment with sustainable living.

French Press:

1. **Remove the piston and the top from the French Press.**
2. **Add Crio Brü blend.** Add one to two level tablespoons of your favorite Crio Brü blend into the French Press per Crio cup* that you are going to brew. The more grounds you add, the more full-bodied your Brü will brew.
3. **Measure water.** Measure water for each of Crio cup* you wish to brew.

4. **Heat water.** Bring water to a boil (stove top or microwave) and then cool for thirty seconds. The temperature of the water should be 90.5-96.1 degrees C (195-205 degrees F).
5. **Add hot water.** Pour heated water into the French Press over the Crio Brü grounds.
6. **Stir.** Use a plastic or wood spoon to avoid damaging the glass of your French Press (if you use a metal spoon, be cautious).
7. **Place top and piston on the French Press.** DO NOT depress yet.
8. **Let it Brü.** Wait five minutes then stir again to increase body and flavor.
9. **Depress the piston.** Making sure the "spout" is facing forward; slowly depress the piston until it has reached the bottom of its stroke.
10. **Let it settle.** Wait 30 seconds for grounds to settle before pouring.
11. **Serve and enjoy!** Just as with coffee, adjust to personal taste with creamer and/or sweetener.

Crio Bru Recipe Collection

Crio Tiramisù

6 egg yolks
3/4 cup sugar
1 lb. mascarpone cheese, softened
2 cups chilled heavy cream
1 1/2 tsps. rum extract
1 tsp. vanilla extract
2 Tbs. plus 2 to 3 cups brewed Crio simple syrup
5 egg whites
40 to 50 ladyfingers
Cocoa powder for dusting

Make Crio simple syrup, in a small sauce pan combine 2 cups water to 1 1/4 cups sugar and 1/2 cup crio, stir over medium high heat until sugar is dissolved and let simmer for 10 minutes.

In a mixing bowl set over a pan of simmering water but not touching the water, whisk the egg yolks and sugar until the mixture is pale yellow and thick ribbons fall from the whisk, 4 to 5 minutes. Transfer the mixture to the bowl of an electric mixer. Add the mascarpone cheese and beat until smooth and creamy, 2 to 3 minutes.

In a chilled large mixing bowl, whisk the cream until stiff peaks form. Add the rum, vanilla and the 2 Tbs. crio bru simple syrup and whisk until smooth.

In a clean mixing bowl, whisk the egg whites until stiff peaks form. (When the whisk is lifted straight out of the bowl and inverted, the whites should hold their shape.)

With a rubber spatula, gently fold the mascarpone mixture into the cream until blended and smooth. Add about 1 cup egg whites and fold gently until blended. Add the remaining egg whites and fold gently until the mixture is smooth and blended.

One at a time, submerge the ladyfingers into the 2 to 3 cups crio simple syrup. Lay enough ladyfingers on the bottom of a 6-quart glass or ceramic baking or serving dish (about 2 inches deep) to form a single layer. Spread half of the mascarpone mixture over the ladyfingers until evenly covered. Arrange another layer of ladyfingers over the mascarpone cream, then spread the remaining mascarpone cream evenly over the top. Dust the tiramisù with cocoa powder to create a rich, dark topping. Refrigerate for at least 4 hours or up to 1 day before serving.

Crio Cupcakes

2 1/4 cups cake flour
2 Tbs. cocoa powder
1/2 cup (1 stick) unsalted butter, room temperature
1 1/2 cups packed brown sugar
2 large eggs, room temperature
1 tsp vanilla extract
1 1/2 tsp baking soda
1/4 tsp salt
1/2 cup sour cream, room temperature
3/4 cup brewed Crio Brù
1 Tbs. Crio Brù finely ground

Pre heat oven to 350 degrees. Line standard muffin tins with paper liners. Whisk together flour and cocoa. With an electric mixer on medium high speed, cream butter until smooth and light. Add the brown sugar and eggs; beat until fluffy, scraping down sides of bowl as needed. Add vanilla, baking soda, and salt; beat to combine thoroughly. Reduce speed to low. Add flour mixture in three batches, alternating with two additions of sour cream, and beating until just combined after each. Mix together the brewed crio and finely ground crio; add to batter, and beat until smooth. Divide batter evenly among lined cups, filling each three quarters full. Bake, rotating tins halfway through, until a cake tester inserted in centers come out with only a few moist crumbs attached, about 22 minutes. Transfer tins to wire racks to cool completely before removing cupcakes.

Crio Brù Frappé

2-3 cups chilled, prepared Crio Brù
3/4 cup half and half
1/4 cup sugar
8-10 ice cubes

Blend well. Add whipped cream and chocolate sprinkles on top.

No-Bake Crio Brù Walnut Balls

2 1/2 cups finely crushed vanilla wafers
1 1/2 tablespoons cocoa
1 cup confectioners sugar
1 cup finely chopped walnuts (or walnuts and coconut combination)

3 tablespoons corn syrup (or agave syrup)
1/4 cup brewed Crio Brū

Mix wafer crumbs, cocoa, confectioners sugar and nuts. Add corn syrup and Crio Brū. Mix well. Form into 1" balls; then roll in confectioner's sugar. Store in covered container. Makes 3 – 3 1/2 dozen.

Crio Brū Cooler

1 cup strong Crio Brū, chilled
1 pint chocolate ice cream
1 teaspoon vanilla
1/2 teaspoon cinnamon
1/4 teaspoon salt

Pour Crio Brū into blender. Spoon in ice cream. Add vanilla, cinnamon and salt. Blend 10-15 seconds (or beat all ingredients with rotary beater). Serve immediately over ice cubes in tall glasses. Serves 3 – 4.

Crio Brū Mexican Mocha

Brew 2 tablespoons Crio Brū in a French press with 6 ounces of hot water, adding 1/2 vanilla bean (scraping seeds in with the Crio Brū) and 1/2 teaspoon ground cinnamon for seasoning. While the Crio Brū is steeping, heat 6 ounces milk with 2 tablespoons shaved or finely chopped dark chocolate and some fresh orange zest until warm, whisking the chocolate to melt. Combine the Crio Brū and milk mixture in 2 cups. Top each drink with a dollop of lightly whipped cream and a sprinkling of cinnamon.

Crio Brū Gelato

1 1/2 cups whole milk
3/4 cup sugar
1/4 cup Crio Brū grounds
Pinch of salt
1 1/2 cup heavy cream
5 large egg yolks
1/4 teaspoon vanilla

Heat milk, sugar, Crio Brū, salt, and cream in a medium saucepan until it is very warm, but not boiling. Cover, remove from heat, and let steep at room temperature for one hour. Press mixture in a French press to remove Crio Brū grounds. Return mixture to saucepan and heat to simmering, but not boiling. Meanwhile whisk egg yolks together in a separate bowl. Slowly pour the simmering mixture into the egg yolks, whisking constantly to temper the egg yolks. Scrape the warmed egg mixture back into the saucepan. Stir the mixture constantly over medium heat, scraping sides and bottom as you go, until the mixture thickens and coats the back of the spoon (you should be able to run your finger across the back of the spoon and have the coating not run)—about 10 min. Chill in the refrigerator and then freeze it in an ice cream maker.

Makes one quart.

Mint Crio Bean Ice Cream

1 1/2 cups milk
1 1/2 cups heavy cream
1 cup packed fresh mint leaves
4 egg yolks
1/2 cup plus 2 Tbs. sugar
Pinch of salt
1 or 2 drops green food coloring (optional)
1 or 2 drops blue food coloring (optional)
3-4 oz. Coarsely Chopped Crio Beans

In a heavy 2-quart saucepan over medium heat, combine the milk, 1 cup of the cream and the mint leaves. Cook until bubbles form around the edges of the pan, about 5 minutes. Remove from the heat and let stand for 20 minutes to steep.

Meanwhile, in a bowl, combine the egg yolks, sugar, salt and the remaining 1/2 cup cream and whisk until smooth. Gradually whisk about 1/2 cup of the warm milk mixture into the egg mixture until smooth. Pour the egg mixture back into the pan. Cook over medium heat, stirring constantly with a wooden spoon and keeping the custard at a low simmer, until it is thick enough to coat the back of the spoon and leaves a clear trail when a finger is drawn through it, 4 to 6 minutes. Do not allow the custard to boil. Strain through a fine-mesh sieve into a bowl, pressing on the mint with the back of the spoon. Stir in the food colorings.

Place the bowl in a larger bowl partially filled with ice water, stirring occasionally until cool. Cover with plastic wrap, pressing it directly on the surface of the custard to prevent a skin from forming. Refrigerate until chilled, at least 3 hours or up to 24 hours.

Transfer the custard to an ice cream maker and freeze according to the manufacturer's instructions. When nearly frozen and the consistency of thick whipped cream, add the crio beans while the machine is churning or stop the machine temporarily, add the beans and restart to mix. Transfer the ice cream to a freezer-safe container. Cover and freeze until firm, at least 3 hours or up to 3 days, before serving.

Makes about 1 quart.

Crio Brûlée

2 cups heavy cream
6 large egg yolks
1/3 cup sugar
3 1/2 Tbs Crio Bru grounds
Dash of cinnamon
1 tsp vanilla extract

Heat Cream and Crio Bru grounds in a saucepan over med-high heat. Bring to a simmer then cover with plastic wrap and turn off heat and let steep for 10-15 minutes. Whisk yolks and sugar together until the sugar dissolves and the mixture is pale yellow. After the cream is steeping put back onto heat until steamy around the edges and then slowly whisk the cream into the egg mixture, stir in vanilla, and cinnamon. Pour the custard through a fine mesh sieve into a pitcher. Divide among ramekins. Place ramekins in a deep pan and pour water into the pan to reach up halfway up the sides of the ramekins. Bake at 300* covered with tin foil or an upside down cookie sheet. Bake until the

custards are set but still slightly jiggle when shaken, 35-40 minutes. Take out of the water bath, and let cool for 30 minutes at room temperature. Cover and chill for at least 2 hours. Just before serving sprinkle with granulated sugar, making sure it is even and covers the whole surface. Using a kitchen torch hold the flame close to the surface of the custard until the sugar begins to melt quickly. Move the flame gradually in small circles over the custard, heating the sugar until it is evenly melted and golden brown.

No-Bake Crème Brûlée with Crio Brû

6 oz. white chocolate, coarsely chopped
3 large egg yolks
3 tablespoons Crio Brû grounds
2 tablespoons granulated sugar
Coarse salt
1/2 cup heavy cream
1/4 cup whole milk
1/4 cup turbinado sugar

Place chocolate in a heatproof bowl. Arrange four 4 1/2-inch creme brulee dishes (one-inch deep) on a baking sheet. Freeze.

Meanwhile, whisk together yolks, Crio Brû grounds, granulated sugar, and a pinch of salt until sugar has almost dissolved. Bring cream and milk to a boil in a saucepan; gradually whisk about half into yolk mixture. Return mixture to saucepan; whisk. Cook over medium-low heat, stirring, until mixture is thick and reaches 175 degrees on an instant-read thermometer, about 6 minutes; pour over chocolate, and whisk until chocolate has melted and is smooth. Divide among molds, and freeze until firm but not frozen, 45 to 55 minutes.

Sprinkle one tablespoon raw sugar onto each custard; shake off excess. Caramelize tops using a handheld kitchen torch.

Crio Brû Snowcaps

These cookies look like little snow-covered mountains. They will keep for up to a week stored in an airtight container at room temperature. Roll each ball in confectioner's sugar twice to make sure it's thoroughly coated and no dark dough is visible.

1/2 cup all-purpose flour
1/4 cup unsweetened cocoa powder
4 teaspoons Crio Brû grounds
1 teaspoon baking powder
1/8 teaspoon salt
4 tablespoons unsalted butter
2/3 cup packed light-brown sugar
1 large egg
4 ounces bittersweet or semisweet chocolate, melted and cooled

1 tablespoon milk
Confectioners sugar, for coating

In a medium bowl, sift together flour, cocoa, Crio Brü, baking powder and salt. With an electric mixer, cream butter and brown sugar until light and fluffy. Beat in egg until well combined; mix in cooled chocolate. With mixer on low, gradually add flour mixture; beat in milk until just combined. Flatten dough into a disk; wrap in plastic. Freeze until firm, about 45 minutes.

Preheat oven to 350 degrees. Line two baking sheets with parchment. Shape dough into one-inch balls. Pour confectioners sugar (about ½ cup) into a medium bowl; working in batches, roll balls in sugar two times, letting them sit in sugar between coatings.

Place on prepared baking sheets, two inches apart. Bake until cookies have spread and coating is cracked, 12 to 14 minutes; cookies will still be soft to the touch. Cool cookies on a wire rack.

Crio Nib Shortbread

2 cups all purpose flour
1 1/2 tsp salt
1 cup butter softened
3/4 cup confectioners sugar
3 Tbs Crio Bru grounds

Pre heat oven to 300* with rack in upper third. Whisk to combine flour and salt in a bowl. In separate bowl beat butter with an electric mixer on medium high speed until fluffy about 3 minutes, scraping down side of bowl as necessary. Gradually add confectioner's sugar; beat until pale and fluffy, about 2 minutes. Reduce speed to low and add flour mixture all at once just until combined, and add crio bru grounds. Divide dough into 2 disks, press each into a buttered 6 inch springform or cake pan. Using a wooden skewer, pierce dough all over at 1/4 inch intervals, Score each into 8 wedges, bake 45-55 minutes. Transfer pans to a wire rack, re-cut shortbread along score, let cool completely. Drizzle melted chocolate over cut shortbread if desired.

Triple Chocolate Cacao Nib Cookies

2 1/2 cups flour
4 tablespoons Crio Brü grounds
3/4 teaspoon baking soda
3/4 teaspoon baking powder
3/4 teaspoon sea salt
1/2cup natural cocoa powder, (not dutched)
1 cup unsalted butter, room temperature
1 1/2 cups granulated sugar
1/2 cup dark brown sugar
2 large eggs
3 teaspoons vanilla extract
3/4 cup semi-sweet chocolate chips
8 ounces chocolate covered cacao nibs

Preheat your oven to 375 degrees. Assemble dry ingredients. In a medium bowl whisk together the flour, baking soda, baking powder, salt, and cocoa powder. Set aside.

Assemble the wet ingredients. In a big bowl or with an electric mixer beat the butter until it is fluffy and lightens a bit in color. Now beat in the sugar - it should have a thick frosting-like consistency. Mix in the eggs one at a time, making sure the first egg gets incorporated before adding the next. You will need to scrape down the sides of the bowl once or twice as well. Add the vanilla and mix until it is incorporated.

Add the dry ingredients to the wet mix in about four waves. Stir a bit between each addition until the flour is just incorporated. Stir in the cacao nibs and chocolate chips by hand and mix only until they are evenly distributed throughout the dough.

Use one rounded tablespoon per cookie.

Place the cookies in the oven. Bake at 375 degrees for about 10 minutes on the middle rack. You don't want to over bake these cookies at all or they will really dry out. If anything, under bake them just a bit. .

Chocolate Crio Brü Meringue Cookies

A recipe perfect for dry winter weather. It's a flavorful, low-fat dessert.

3 egg whites
1/4 cup sugar
1 tablespoon cocoa powder
2 tablespoons Crio Brü grounds
1/4 teaspoon salt
1/2 cup cappuccino chips

Let egg whites stand at room temperature for 15 minutes. Line cookie sheets with parchment paper or silicone baking sheets. In a small bowl mix together the cocoa and sugar and set aside.

In a medium mixing bowl combine egg whites, Crio Brü and salt. Beat with a whisk or electric mixer until soft peaks form. When you lift the beater out of the whites the peak will curl. Add the cocoa-sugar mixture a tablespoon at a time. Beat the egg whites until the peaks stand up straight. Gently fold in the cappuccino chips. Using a tablespoon, drop well-rounded spoonful's of the meringue mixture onto the baking sheets, one inch apart.

Bake at 250 degrees for 30 minutes. Turn off the oven and allow the cookies to dry in the closed oven for 40 minutes to one hour.

Remove the cookie sheets from the oven and gently peel the cookies off the cookie sheets and store in air tight containers.

Note: Don't plate these cookies too far ahead. Dampness in the air will cause the cookies to become flat and sticky.

Crio Brü Crusted Beef

Six, 4-oz. beef tenderloin filets, center cut
1 oz. cocoa powder
1 oz. ground Crio Brü

1 teaspoon ancho chili powder
Olive oil

Preheat oven to 400 degrees. Combine cocoa powder, Crio Brü and chili powder. Mix well.

In large sauté pan over high heat, add one teaspoon oil. When nearly smoking, sear filets evenly on all sides.

Remove filets from pan to a clean cookie sheet or roasting pan and allow to cool.

Once filets are cool, evenly coat them with Cocoa Rub and put into preheated oven for 10 to 12 minutes for medium rare.

Crio Brü Marinated Beef Tenderloin Steaks

1 cup strongly brewed crio
1 1/2 Tbs. dark brown sugar
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground red pepper
2 garlic cloves, minced
4 (4 ounces) beef tenderloin steaks, trimmed 1/2 inch thick

Combine first six ingredients in a large zip lock bag. Add steaks and marinate 8 hours, turning occasionally. Heat grill. Remove steaks from marinade and discard marinade. Grill steaks 2 minutes on each side or until desired degree of doneness.