¹⁹Delicious chocolate-alcohol confections provide an alluring 'adult' combination

By WENDY JOHNSON

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amper for I you begin ble the En Food critic Bert Greene says chocate is the most versatile flavor he knows. It blends with other flavors

bill of fare Every chocolate lover has his fa-

vorite combination, some sumpous, others outrageous. Consider these unlikely couplings. Sauerkraut added to chocolate cake batter gives thecake a coconut-like texture. Ditto with chocolate zucchini bread. Chocolate cakes made with tomato sauce are extra moist and fudgy. Fanatics even boast of chocolate chip bagels

and chocolate potato chips. Some of the more traditional combinations sound more appealing. How about chocolate and mint? The six baske tool, crisp mint plays off of the warm, smooth chocolate to create an to sugge ned," a will tarts, display believe believe believe believe believe believe to sugge ned, a will tarts, display believe belie

> Chocolate and alcohol is another adult" combination. Think about ating a chocolate rum ball at Christmas, or biting into a liqueur-filled chocolate. The warm, spirited punch explodes on the tongue and is somehow smoothed by the chocoe. Chocolate can be combined h cognac, rum, whiskey and many vored dessert liqueurs, such as

Mary Newton, owner of Prioriteas n College Station, says that of the several flavors of chocolate truffles her store carries, Amaretto is proba-

bly the most popular. But European chocolates con-taining any alcohol other than small amounts of flavor extracts can't be mported to the United States. Conequently, says Gordon Young writing in National Geographic, we are

Many fruits combine naturally with chocolate. The tartness of oranges, for example, enhances the richness of chocolate. Raspberries and cranberries have the same effect, creating appealing color combinations as well. Chocolate has also been paired with bananas, pears, and prunes and other dried fruits.

Certain chocolate-fruit combinations are classic. The Black Forest cake is named in honor of the Black Forest region of Germany because that is the home of kirsch, the cherry brandy that gives it its characteristic flavor. The chocolate cake, fruit

filling, and whipped topping all are laced with cherry flavoring.

And did you know that dipping spoonfuls of Wendy's Frosty in Dr. Pepper brings out the cherry flavor in the soda?

The famous Viennese Sacher torte owes much of its unique flavor to the apricot jam spread between its layers and just beneath its dark chocolate icing. It was created in 1832 by a 16-year-old apprentice chef in the court of the Imperial Chancellor of Austria. Rights of bakers to claim theirs as "original" were the subject of a seven-year lawsuit.

There is an oft quoted rule that says chocolate and wine must never, ever be served at the same table. This was laid to rest, however, earlier this year when a panel of wine-makers, cooks and chocolate lovers gathered in California to sample wines and chocolate desserts and report on favorable combinations. They decided that chocolate and wine could be served together with delicious results if a few guidelines were followed.

'Since chocolate's richness tends to coat the palate, it can mask other flavors, including those of wine," writes Barbara Lang, a food re-

chocolate-alcohol confections made searcher and writer for Chocolatier magazine. "It's intensity dominates light bodied wines and causes wines with a low sugar content to taste tart and bitter. Therefore, when choosing a wine to serve with a chocolate dessert, it is a good idea to consider the sugar content and fruitiness of the wine as well as the sweetness and flavor of the chocolate and other in-

gredients in the dessert.' nation is big these days. Cookies 'n tions of rabbit.
Cream ice cream is Blue Bell's second best seller, according to Jennifer Eckermann, public relations assistant at the Brenham creamery. Second only to Homemade Vanilla, Cookies in Cream is joined near the top by Caramel Turtle Fudge and Dutch chocolate.

Chocolate, graham crackers and marshmallows remind us all of scouting and campfires. Heavenly Hash and Rocky Road further the chocolate-marshmallow combination with the addition of nuts. Rocky Road is the most popular fudge flavor at the MSC Sweet Shop.

Lots of people appreciate the crunchy addition that nuts make to chocolate. Chocolate is combined with peanuts, walnuts, hazelnuts, pecans, almonds and coconut. The buttery, burnt sugar taste of caramel is often combined with nuts and chocolate to make a triple treat. Who doesn't enjoy a chewy, chocolate Turtle or a Snickers bar now and

Reeses peanut butter cups attest to the success of peanut butter and chocolate. Remember the old "yougot-peanut-butter-on-my-chocolate" commercials? The Baby Ruth candy bar (named after Grover Cleveland's youngest daughter, not the baseball player) also has the peanut butterchocolate combination.

White says peanut butter is the most popular flavor of all the shop's meltaways. Meltaways are squares of chocolate with various flavorings added. They are supposed to melt in

your mouth. In Mexican cooking, chocolate is used as a flavor enhancer for nonsweet dishes. It is added to mole, a chili-based sauce for poultry and other main dishes. The French use The chocolate and cream combi- this same method in some prepara-

Cocoa is a traditional ingredient in pumpernickel loaves; it adds deep

color but barely affects the taste.

For some chocolate lovers, only the perfection of chocolate with chocolate will do. Swensen's has introduced a new group of ice cream sundaes that caters to these people. Chocolate toppings and sauces are piled on top of chocolate ice cream.

Probably the favorite combination of all is chocolate and, well, cookie. Who doesn't like them? The chocolate chip cookie has been popular since its inception in 1930. Experimenting in the kitchen of the Toll House Inn in Pennsylvania one day, owner Ruth Wakefield added chocolate chunks to some cookie batter, expecting the chocolate to melt and run through the cookies. To her surprise, the chocolate stayed in chunks. The cookies were very popular with the inn's guests and word spread to the Nestle Chocolate Company, which created a special bar of semisweet chocolate scored into tiny sections. It was sold with a special tool for separating the sections. Later, Nestle made semisweet morsels especially for the Toll House cookies and printed the recipe on the pack of each package. There are many variations on the original recipe on the pack of each package. ipe but the battle still rages as to In College Station, Thomas which recipe produces the Absolute Sweet's chocolate maker Melissa Best Chocolate Chip Cookie.



Photo by BILL HUGHES

The combination of chocolate and wine have long been considered taboo. But that myth was laid to rest earlier this year when winemakers, cooks and chocolate lovers met in California. Their verdict: chocolates are great with wine as long as the taste of the sweets don't overpower the wine's flavor. In addition to wine, alcohol is another popular mixer for chocolate lovers. The warmth of the spirited liquid offsets the coolness of the sweet chocolate.

Researchers dispel the myths of chocolate

By WENDY JOHNSON

Chocolate has been shrouded in ystery since its discovery. The literal translation of its scientific name s "food of the gods." Whether you live to eat it or can live without it, one thing is certain: chocolate affects people. And contemporary reearchers are finding some scientific bases for many of the myths surounding chocolate.

The Spanish, who discovered chocolate, kept it to themselves for almost a century. In the early 1600s, the secret began spreading throughout Western Europe.

"Like the Aztecs, many Europeans insidered it an aphrodisiac," says Dr. Rudolph Sprungli, chairman of board at Lindt & Sprungli, a Swiss chocolate manufacturer. ers believed that chocolate calmed evers, cured chronic dyspepsia, and rolonged life. But not everyone agreed. A British doctor believed it to be poison ... because it tasted much too good to be medicine."

The aphrodisiac claim may not be 00 far off. Modern analysis reveals small amounts of the chemical phenylethylamine in chocolate. This chemical is naturally produced in the brain and apparently increases when people fall in love. Maybe hat's why chocolate is thought to

Although chocolate began in the New World, Europeans eat more food cravings because of the many chocolate nowadays than Americans. changes their bodies go through Switzerland heads annual consumpduring the month. The hormone Switzerland heads annual consumption at about 22 pounds per person. In the U.S. we consume from 2 to 10 els, causing mild fatigue. Women

Times writes, "Food cravings en-compass everything from such mundane fare as peanuts, pickles and watermelon to the more sophisticated delights of oysters, caviar and champagne. Of all the foods on earth, however, it may be true that a craving for chocolate is the most univer-

Researchers claim that our bodies have "nutrition intuition." When your body needs a particular nutrient, it tells your mind to eat certain foods that will provide it with the missing nutrient.

We usually don't recognize these needs on a conscious level, but according to nutrition professor Brian Morgan at Columbia University, we crave certain foods because we've learned over the years that they relieve the physical symptoms we get when we're low on a particular nutrient. This begins to explain why people crave chocolate when they are depressed or need a quick

pounds per person. Americans also may tend to crave sweets because prefer sweeter tasting chocolate than they produce quick energy, combating the fatigue. Many women crave ing the fatigue. Many women crave cause they raise the levels of the

Women are especially subject to Yuppies eat light and work out Mon-ood cravings because of the many day through Friday but spend weekends relaxing, and eating lavishly. Chocolate is one of their guiltiest pleasures.

The premier chocolatier in most minds is the Belgian-based Godiva. It's class all the way at Godiva. They even make many of their own satin or velvet covered boxes. The Campbell's Soup Company now owns the

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- Dr. Rudolph Sprungli, chairman of the board at Lindt & Sprungli, a Swiss chocolate manufacturer

verts to serotonin, which gives a feel- in a European town; people there aling of well being.

the emotional comfort they provide. better chocolates, top quality dis-Remember how chocolate milk or plays, and very personalized servichicken soup helped you feel better ce. when you were sick?

Sociologists say America is becom-ing a nation of dietary ambiguity. Most of the Godiva chocolates bought in the U.S. are made here.

brain's chemical, serotonin, the firm and has continued to support body's natural tranquilizer. Cookies, local management traditions and cakes, bread and pasta, for example, methods in Europe. Former Godiva release insulin, which increases tryp-tophan, a nutrient. Tryptophan con-no simple matter to open a new shop ready have their favorite confectio-Sometimes we crave foods just for naries. We must lure them in with

Chocolates containing alcohol can-

not be imported from Europe. Campbell owns the U.S. affiliates of Godiva, too, but marketing methods differ here. The chocolates must be glamorized and uniquely pro-moted. There was a time when an American could have a box of Godiva chocolates delivered by a woman in a flesh-colored body stocking on a horse, surrounded by

map on the inside lid of the box so you can tell what kind of center you'll be biting into.

Chocolate has even been the subvolved an employee at the Souchard Tobler plant who stole some secret chocolate recipes and tried to sell them at the Russian, Chinese and Saudi embassies.

Chocolate seems to have an almost magical power to cause emotional extravagance. But it can produce another response: guilt. Doesn't chocolate cause cavities? Make your face break out? Make you fat? No, on the first two counts

The Tooth Report, a dental jourchocolate that blocks a bacterial en- like inflamers.

tran, a sticky form of sugar that leads to plaque build up and cavities: They're trying to isolate this protect tive substance, also found in tea, colfee and unsweetened fruit juices which they believe may be similar to

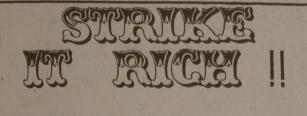
Although teenagers have long been warned against chocolate as a complexion-killer, most dermatolog stocking on a horse, surrounded by minstrels — for about \$3,000.

Godiva joins Whitman as one of the few companies that includes a map on the inside lid of the box so patients were divided into two groups and fed two types of identical looking candy bars. One group go bars containing no chocolate, the ject of international intrigue. In other group ate bars fortified with 1980, a chocolate espionage case inther group experienced a change in their acne conditions.

> On the third count, as with any food, if you gorge yourself on chocolate and lead a sedentary life, of course you will gain weight. Moderation is the key.

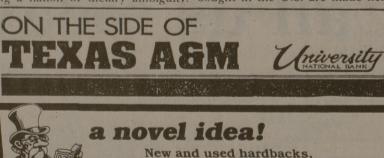
Chocolate does have an effect on people. Heed this advice from a Spectator article in England over 200 years ago: "I shall advise my fair readers to be in a particular manner nal, says Boston's Forsyth Dental careful how they meddle with ro-Center has found a substance in mances, chocolates, novels, and the





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