

A Warm Pot of Melted Chocolate; Need I Say More

By John Rizzo

Picture this. Candles lit, children at the sitters, and a pot of chocolate fondue with fresh fruit and pound cake. Not bad? If you ask me, a pot of melted chocolate can brighten the ambiance of any setting. Last Valentine's Day, I wrote about cheese fondue, but I felt that this is one type of food worth revisiting. Whether you're intention is romance, fun with friends or just a nice way to pull your family together, fondue is right for all occasions.

Chocolate Fondue

Yield: approximately 4 Cups

Granulated Sugar	1 Cup
Unsweetened Cocoa Powder	3/4 Cup
Water	1/3 Cup
Whole Milk	1 Cup
Sweetened Condensed Milk	1 Can (14 oz)
Butter	1/4 Cup
Vanilla	1 tsp.
Liqueur, (Triple Sec, Grand Marnier, Irish Cream, etc)	2 TBL

In a heavy saucepan, combine the sugar, cocoa, water, milk, and condensed milk. Cook over a low heat, while whisking the ingredients to prevent lumping. When mixture is smooth, turn heat up to medium and bring to the boiling point. Immediately remove the pot from the heat and add the liqueur and vanilla.

Transfer the fondue to a warmed fondue pot with a low heat source. Serve with cubed pound cake, apple wedges, bananas, pears, strawberries, pineapple, marshmallows, or pretzels.

Fun Chocolate Facts

1. Henri Nestle of Switzerland was the first to create Milk Chocolate by adding condensed milk to the mixture when making chocolate bars.
2. There are about 5 to 10 milligrams of caffeine in one ounce of bittersweet chocolate, 5 milligrams in milk chocolate, and 10 milligrams in a six-ounce cup of cocoa; by contrast, there are 100 to 150 milligrams of caffeine in an eight-ounce cup of brewed coffee. You would have to eat more than a dozen Hershey Bars, to get the amount of caffeine in one cup of coffee.
3. Chocolate has long been heralded for its value as an energy source. Think of it this way: a single chocolate chip provides sufficient food energy for an adult to walk 150 feet; hence, it would take about 35 chocolate chips to go a mile.
4. It's a common myth that chocolate aggravates acne. Experiments conducted at the University of PA and the U.S. Naval Academy found that consumption of chocolate -- even frequent daily dietary intake -- had no effect on the incidence of acne.
5. Consumers spend more than \$7 billion a year on chocolate.
6. US consumers eat 2.8 billion pounds of chocolate annually, representing nearly half of the world's supply.
7. Annual per capita consumption of chocolate is 12 pounds per person.
8. American chocolate manufacturers use about 1.5 billion pounds of milk -- only surpassed by the cheese and ice cream industries.
9. Chocolate syrup was used for blood in the famous 45 second shower scene in Alfred Hitchcock's movie, "Psycho" which actually took 7 days to shoot.

Source: www.geocities.com