

living

DEMOCRAT AND CHRONICLE



Monday health

Scientists are mapping the ways — good and bad — in which music affects the brain.
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Chock-full of CHOCOLATE

We're more choco-crazed by the minute; but compared to the Swiss, we're still just nibblers

GANNETT NEWS SERVICE
CATHY HAINER

What would you do for chocolate? Beg? Borrow? Steal? Would you hide the last piece of fudge cake from your husband?

Janice Wald Henderson did. "My husband always makes midnight raids on the fridge, and I didn't want him to get at it. So I wrapped it up in aluminum foil to look like a turkey drumstick. He knew it was in there, but he couldn't find it," the senior editor for *Chocolatier* magazine says. "Luckily, he didn't divorce me."

Only hard-core chocoholics would risk their marriage for a piece of cake. But admit it, you'd probably stoop pretty low for a double-fudge brownie.

Has our love for chocolate gotten out of hand?

"Chocolate is definitely an obsession, and that obsession is increasing every day," says Carole Bloom, pastry maker and author of the new guide *All About Chocolate*.

"Eating chocolate is a way of treating ourselves without spending gobs of money. It's cheaper than diamonds."

Without dispute, chocolate is our favorite flavor. In a recent Gallup Poll, 48 percent of Americans said they liked it best. Berry flavors were a distant second. Chew on that, strawberry.

Our love has reached such proportions that we now scarf down 12.1 pounds of chocolate per person per year, according to the Chocolate Manufacturers Association. Oink, oink.

And our chocolate frenzy is reaching delicious new heights.

At New York's recent Chocolate Show, a convention-size orgy



Where's Rudolph? Peter Livadas, owner of Peter's Sweet Shop on South Clinton Avenue, holds a chocolate holiday basket. He's been making candy for 34 years.

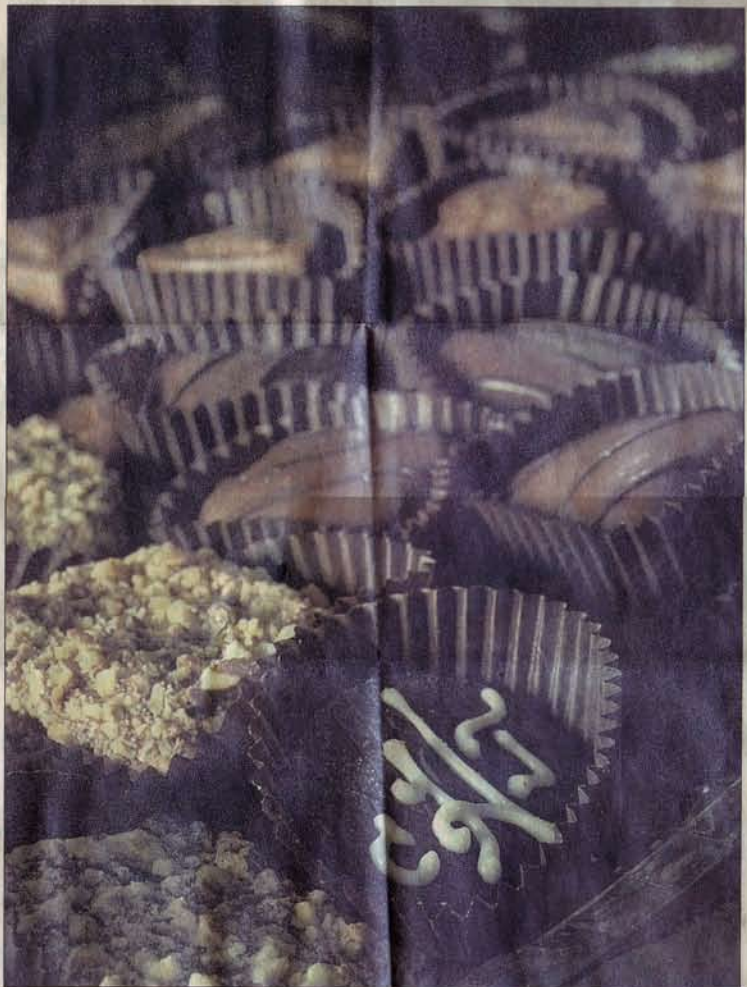
of confections, there was a regulation-size Formula One race car made entirely of chocolate. There were chocolate Eiffel Towers, chess sets and airplanes. Chef Martin Howard of New York's Rainbow Room created miniature chocolate replicas of famous dresses, including Marilyn Monroe's billowy white sundress and Patsy Cline's cowgirl get-up.

But the real talk of the show was the wearable chocolate clothes.

Imagine a model scooting down the runway in a lace-up chocolate corset. The next model plucks a rosette of chocolate off her bustier and pops it in her mouth.

Designer Paco Rabanne created a chocolate chain-mail dress.

Designer Stephane Roland was inspired by the 1920s. He made one gown with a huge shawl of chocolate curlicues speckled with gold leaf, and a



AIMEE K. WILES staff photographer

Chocolate chunk

Carole Bloom, author of *All About Chocolate*, gives tips for buying and storing the confection:

■ Taste the chocolate if possible, to ensure freshness.

■ Buy the best quality you can afford, even if that means buying a smaller quantity.

■ Buy from a source that has a good reputation and high turnover, to make sure you're getting a quality product.

■ The ideal way to store chocolate is at room temperature. If you choose to store the chocolate in the

refrigerator, wrap it tightly so it won't pick up any moisture, which can cause streaking.

■ Chocolate picks up other flavors quickly, so if you do store it in the fridge, keep it away from pungent foods like onions.

■ Always bring it to room temperature before serving. If the chocolate is too cold, you won't get its full flavor.

■ If stored properly, bulk dark chocolate will last for several years; bulk white or milk chocolate will stay good for up to 10 months. Candy with fillings should be consumed within a few weeks.

Bite-sized A tray of sweets at *Encore Chocolates* on Titus Avenue. The trays were a popular corporate holiday gift.

Like Grandma's A chocolate basket from Peter's Sweet shop.

