EPISODE DATE: 2/02/12

EPISODE NAME: In the Kitchen with Across the Fence: Chocolate!

It's the first Thursday of February and time for another edition of in the kitchen with Across the Fence. With Valentine's Day just around the corner our chefs have prepared some of their favorite chocolate recipes. Good afternoon and thanks for joining us I am Judy Simpson.

We're in for some sweet treats this afternoon it's my pleasure to welcome Caroline Peake from Williamstown and of course Lyn Jarvis from South Hero. And some of you viewers including Hoopie Lanpher of Morrisville and Joanne Collins of Wilder suggested our chocolate theme and Caroline, I know you very happy about that.

Caroline.: Oh yes.

Judy.: Big chocolate fan. To get this started, each of you has a favorite chocolate recipe. Lyn what do you have?

Lyn.: Thank you very much Judy. I enjoyed the flavor mix of chocolate and cherries so here I brought in a Valentine's Day cream dessert that's a real favorite of mine because it combines these two flavors. It's made in four different layers and the bottom starts with the crust that's made with coconut and a little butter and this wheat crust then over that you put a mixture of cream cheese with a little bit of confectionary sugar then you can see its covered with the cherry pie filling over that. And on the very top is a blend of melted chocolate chips and vanilla pudding all creating a very delicious flavor combination. Perfect for any Valentine's Day. I think President’s Day isn't that far away so it would be good with George Washington’s cherry tree.

Judy.: Good idea it looks delicious. Caroline what do you have?

Caroline.: I have the know bake chocolate swirled cheesecake. Actually my sister who lose down in Binghamton NY. Was the one who suggested the chocolate idea to me. So she sent me a cookbook in this recipe was not in it of most of the rest of the ones I have are in it. I'm going to try to get this out I didn't have the right size plate to put my spring form pan onto. You can see the swirl through there. It was very simple to make just some cheeses and this one is actually lower calorie lower fat because it uses the low fat cream cheeses and low fat other things are in it are low fat.
Judy.: I'll take two pieces. Other viewers too suggested are chocolate theme for Valentine's Day was taken opportunity to thank some of our loyal viewers. Alice Hawkins who's from Waterbury Phyllis white is down in north Clarendon from the northern part of the state we did knowledge Amelio Ormsby in Newport. Angela Festa watches us in Wolcott across the lake and Withersbee New York we thank Charlie Farnsworth and from the town of Morgan Pauline Turcotte our thanks to these viewers in the thousands of others in our channel three viewing area were loyal watchers of across the fence. Chocolate can be used as a flavoring in ways that we don't often think of and Caroline is here with an example of that. What do you have Caroline?

Caroline.: I have all kinds of good things., Said mike cheesecake down here. The first thing I have is a chocolate spinach soup.

Judy.: Really?

Caroline.: I thought about that and said gee I don't know but good ol' trusty crockpot. Because chocolate milk for most of its liquid but it's also chicken broth. It's still a little cold from transport that you can get the idea. It has a cup and 1/2 spinach and some Swiss cheese melted into it. I'm not big on spinach but as I told mark a little earlier if I was starving to death I bet I could eat this.

Judy.: That's a ringing endorsement.

Caroline.: It is and my husband said he liked it all right to.

Judy.: Excellent. All right I look forward to trying that. Lyn what you have?

Lyn.: I have a couple of things. While traveling in Mexico I had discovered that chocolate is used for a lot more than desserts. It's used for a sauce down there called mole and that's made with chocolate in it and you put them over meats and a lot of different kinds of side dishes. With that in mind I made this tenderloin with cheese and chocolate. If you take a look at it it smells good I must admit. Cook the meat was some onion garlic and a little white wine. And 1 ounce of grated chocolate and let it simmer for 10 minutes to pick up a hit of the chocolate flavor just before serving we had in the oven at a broil with some cheese and a little cilantro. You'd were oil in 4 minutes and I think it's of meal fit for Valentine's Day or any time of year it's a wonderful dish.

Judy.: And a great conversation starter.

Lynn.: Yes. I was going to make some creamed onions with white chocolate to a company that would just before the show I got a recipe from a viewer Karen Gottlieb over in Stowe for her bacon chocolate cake. I thought bacon chocolate cake sounds a little bit more appealing than creamed onions don't you think? The recipes she said is quite complicated so she modified it for us so that it's easier we thank Karen for doing that. Here it is what she did is she took some batter and added cocoa powder and extra butter. She used to prepare frosting and added some bacon drippings and crushed bacon. But the little crushed bacon on top because I think it looks pretty. But if the other half of the stake to a party yesterday and there were eight of us there and six gave the theme the thumbs up. The other two we're not quite as enthusiastic so few viewers have a party serve this and let us know how your guests react.
Judy.: Excellent thanks a lot. We tend to think of chocolate as a sweet treat created during modern times but in reality it dates back to ancient people of Meso America who drank chocolate as a bitter beverage. Over thousands of years various civilizations have a unlock the secrets of the cacao tree which chocolate is made and while you will find these trees growing on the hillsides of Vermont there is a place in the green mound state worker cow is growing strong. Across the Fence's is Rebecca Gollin tells us more.

Becky Gollin: From cascading water to cascading orchids, the University of Vermont's greenhouse is a year round tropical oasis. There are plants from around the world, including this cacao, which produces UVM's very own chocolate. Greenhouse director Colleen Armstrong recently showed me how.

Colleen Armstrong: There is a whole cluster of seeds. It may not look anything like you expected it!

Becky: With its hard yellow pod, and fleshy, white interior, it is definitely not what I expected.

Colleen: It's really, really slimy... it almost feels animal-tissue like. The white that you see around the bean is what is used for white chocolate.

Becky: Cacao was originally found in Latin America, from Brazil to Mexico. It has been used there as a drink for hundreds of years.

Dave Barrington: Chocolate is also derived from an indigenous American name, cocohautel is one of the Mexican names for the tree.

Becky: UVM Plant biologist, Dave Barrington says that the cacao tree in the greenhouse is typical of what you would find in the wild.

Dave: They're naturally trees that are maybe 10 or 20 feet high, and have a little spreading branch system. And during the harvest period of the year, you see these big golden fruits appearing on them. Our own tree blooms at least once a year and it produces little white flowers in clusters way down on the stems towards the bottom. And this is a fascinating thing for botanists - we call it cauliflori, or flowers appearing on old stems.

Becky: The seeds are placed in a fermentation box, where they will stay at a constant warm temperature in the dark for the next 2-7 days. This is the part of the process that brings out the flavor of the chocolate and reduces its natural bitterness.

Colleen: We have washed all of that gooey white slippery oil that was on the fresh seeds off, and the seeds are just laid out to dry, after you wash them. And so these are ready to be roasted.

Becky: After being roasted, the chocolate is getting closer to what we might recognize.

Colleen: So these are the cacao seeds after they have been roasted and they have come out of the oven and you can see they are really dark brown. And that the outside of the seed is cracked. It looks like a cracked shell. And the inside is the chocolate nib. And if they were tumbled to be processed, or ground up into a paste, they would just look like little, little
tiny bits of chocolate nibs, and this is actually pretty coarse. These are seeds that have been just put through a mini-chopper at home, but if I was processing the chocolate, I would be grinding it even finer, and it would look like a paste, and sometimes they call it chocolate liquor, or chocolate paste.

Becky: The chocolate that we use is created by combining milk and sugar with the chocolate paste. And, although we don't use cacao beans as currency, or offer chocolate drinks to the gods people today are as devoted to chocolate as ever, including these scientists at UVM, and this reporter. In Burlington, I'm Rebecca Gollin with Across the Fence.

Judy.: Yes we like chocolate too.

Caroline.: Oh yes!

Judy.: You brought a bunch of recipes so why not let you get going.

Caroline.: OK when you start down here on my cookie plate. He's like colored ones are chocolate halfway cookies and this recipe is from Edie Ackerman of Fairlee Vermont. I've been getting some laughs at a people when I say if I had these around too much I would lose my girlish figure. They are good. I really recommend them it's a cookie base with chocolate chips on top and then meringue on top of that. You bake it and they're wonderful so Edie thank you so much for sending them recipe to us. I also am a cookie plate have a rather strange one. These are beat chocolate brownies and that's a BEET. Like the vegetable. Actually the taste very good I was a little unsure about it but it's pretty much basic browning recipes with mashed beets in it and it also uses a little bit of whole wheat flour. That's a nice different way I suppose with the whole wheat flour and beets you could say they're good for you. All use any excuse when it comes chocolate. I have here a chocolate chip banana bread. That's pretty common but it's just a regular banana bread and then chocolate chips and nuts thrown into it in layers it's not just all stirred in. But the nice one to try to be a little different lastly down the front I have one that's called stuff celery and the kids can help you with this one. It takes celery wash it and try it with peanut butter in it and then put chocolate chips on top. You maybe heard of this as ants branch using raisins I think it would be good with both chocolate and raisins. These are all some things you can try when you're wanting that dose of chocolate that's especially good for us women.

Lynn I think you have something?

Lynn.: Are we being creative today?

Caroline.: Oh yes we are. All have to write in thank my sister for the cookbook.

Lynn.: Yes I got some out of there as well. I'm going to begin with the pudding cake because we know how much you like pudding cakes. This is a favorite of mine it's a hot fudge pudding cake. First you prepare with batter sprinkle it with some brown sugar nuts in cocoa then over the top you pour a cup and 3/4 water. I'm going to take a spoonful out so you can see how the crest comes to the top and gooey chocolate comes to the bottom. I hope you'll give this a try because with a little whipped cream either have to tell you how good it is. Now moving on of going to go to a brownie recipe. We all like brownies and this is a favorite of mine called chunky turtle blondie. To make these you only need two bowls and this boom so you know it's fairly easy. In the batter you add pecans and chocolate chips
they could about 30 minutes bring in output little caramel candy on top of the brownie stick a pecan on to it and when it cools drizzle it with chocolate. Food anytime anywhere. Up in the front here I have a chocolate pecan pie is to chess pie and the filling is flavored with chocolate and evaporated milk and sugar. You bake in about 40 minutes taken out of the oven and then put some pecans brown sugar and bake it a little longer. This has a rich and robust chocolate flavor. I know Caroline is going to love that she has her fork ready. And my last recipe is all decorated for Valentine's Day party it is a velvet almond fudge cake. A recipe from Benny lagoon over in Colchester. She says she prepares it for special occasions and I think it's already for our Valentine's Day party.

Judy.: You've got to love the color. Get these recipes on line by going to the UV M Extension web site and clicking on the link to Across the Fence. The web site also has recipe archives so you can get recipes from previous in the kitchen shows as well. You can get a printed set of our recipes by sending $2.00 and a stamped self-addressed business size envelope to chocolate recipes Po Box 188 south hero VT 05486 you'll receive all the recipes that you saw today plus a few extras. Be sure to order them soon so we'll have them in time for your Valentine's Day party. Again that's $2.00 and a stamped self-addressed envelope to topple recipes box 188 south hero Vermont in the zip code is 05486. Please make a check payable to Lynn Jarvis. They're more delicious recipes year and a no one can enjoy them all. March 1 for good and be back with our annual maple show so please join us for that in the meantime from all of us here on across the fence and WCAX TV happy valentine's day.

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