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FEBRUARY  
•2014•  
Issue 5

# ORIGINAL HOME • MAGAZINE

*Discover Your Personal Style on Any Budget*

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*Bold Reds for the Fearful  
Coca-Cola Collectibles • Chocolate Love*

# Chocolate: Not just dessert!

**A**phrodisiac, medicine, and currency - chocolate has been much more than a taste temptation in its 4,000 years of recorded history.

New World pottery shards dating to 1900BC have been discovered in western Mexico with the remnants of chocolate beverages still inside them. The oldest stonework of the Americas features cocoa pods carved into its surfaces.

In Mesoamerica, chocolate was elevated to use in sacred ceremonies.

By the time Columbus makes it to Nicaragua in 1502, cocoa beans are currency in an empire that extended throughout Central America. A Spaniard, Hernando de Oviedo y Valdez, who arrived in 1513 reported he could buy a rabbit for his supper for 4 cocoa beans, the services of a prostitute for 10 cocoa

beans, and the slave he'd just purchased had cost him 100 cocoa beans.

Unlike Europeans, who would add sugar and cream to their chocolate drinks, and reserve chocolate for desserts, Mesoamericans included it in everything from porridge to barbeque - a taste delight that continued to modern Mexican cuisine.

Most "chocolate" in the New World was either a ground powder or a paste, with or without reconstituted cocoa butter included.

After bringing chocolate to Europe, where they sweetened it and flavoured it with spices such as nutmeg, cinnamon, allspice, cloves, and vanilla, the Spaniards pretty much kept it as a special treat of the nobility. It travelled to the French court when Anne of Austria, daughter of Spain's Phillip III introduced

it to her new husband, Louis XIII. Anne's niece, Princess Marie Theresa, would later marry son, Louis XIV. She, too, brought a gift of chocolate to her new husband, a whole chest full!

It was in France, of course, that it gained a reputation as an aphrodisiac. Chocolate escaped the French court quickly and, from there, spread across Europe in just a few years.

In 1689, a Dr. Hans Sloane of Jamaica sold his "medicine" recipe for a milk chocolate drink to the Cadbury brothers, who quickly created chocolate bars.

Modern chocolate production returned to the New World in 1765 with a chocolate factory in New England.

Although originating in central America, the Ivory Coast in Africa now provides half the world's cocoa beans.

***Image above: "Chocolate spring inside the chocolate museum of Antica Norba, in the little ancient town of Norma, in Italy. It's available to everyone, and they allow you, with a little plastic cup, to drink some of this awesome liquid milk chocolate."***

## DOUBLE CHOCOLATE CHILI

### INGREDIENTS

2 large onions, chopped  
1+1/2 cup sweet peppers, any colour, chopped  
2 stalks celery, thin sliced  
2 tsp oregano  
2 tsp basil  
2 tsp chili powder or 2 chipotle chiles, dried, prepped.  
1 tsp paprika  
1/2 tsp ground cinnamon  
1 tbsp unsweetened cocoa powder  
2 blocks semisweet chocolate, grated  
1+1/2 pounds ground beef, or cubed beef  
2 cans kidney beans, well-washed, or 3 cups fresh  
4 cloves garlic, smashed  
1 cup beef stock  
2 tbsp lime juice  
1 large can crushed tomatoes  
olive oil

Optional: grated sharp cheese, sour cream, cilantro

### DIRECTIONS

1. If using dried beans, clean and put in large pot, cover with water until about 4" deep, and let soak overnight. Change water, bring to a full boil. Reduce heat to medium-low and cook, covered. Stir occasionally. Beans should be tender in about an hour and a half. Drain and set aside. If using canned beans, wash well in a colander and set aside.
2. If using dried chilis, in large, heavy pot, over med-high heat, toast chilis in dry pot, breaking apart and stirring with wooden spoon just until scent rises. Don't burn.
3. Add small amount of olive oil, onions, peppers, and ground beef to pan, stir occasionally until meat and vegetables are browned.
3. Reduce heat to medium. Add celery, oregano, basil, chili powder if used in place of dried chilis, paprika, and cinnamon. Stirring occasionally, cook until celery wilts.
4. Add tomatoes, beef stock, garlic, cocoa powder, and beans. Allow to simmer together for about an hour. Everything should be tender, but not mush.
5. Just before serving, stir in lime juice and shaved chocolate. Let simmer on low about five minutes, just long enough for chocolate to melt. Stir again, serve.
6. Serve with the cheese, cilantro, and sour cream as optional garnishes.





## CHICKEN MOLE (SLOW COOKER VERSION)

### INGREDIENTS

- 1 onion, finely chopped
- 1/2 cup raisins
- 3 cloves garlic, smashed
- 2 tbsp sesame seeds, toasted, optional
- 1 can chipoltes (chili in adobo sauce, finely chopped)  
(adjust to taste)
- 3 tbsp peanut butter
- 28oz crushed tomatoes
- 1 tsp sugar
- 1 tsp ground cinnamon
- 4 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/8 tsp ground nutmeg
- 3 tbsp unsweetened cocoa powder
- 1+1/2 cups shredded chicken, off bone

### DIRECTIONS

1. Add everything to slow cooker, stir to ensure no pockets or lumps of dry ingredients.
2. Cover and cook on low heat for about 5 hours.
3. Serve with or over.... just about anything! Great on rice or small pastas, with couscous or quinoa, soaked up with corn pone, and scooped up with any flat bread. Roll it up with your favourite burrito veggies or use in place of ground beef sauces in your taco or tamales.

## VEGETARIAN MOLE BEANS AND RICE

The great tastes of mole dishes come from the lush spices and chocolates. Dozens of versions exist, a wonderful result of vigorous regional cuisines. The slow cooker sauce can be prepared without chicken and is a knock-you-back-on-your-heels meal served on top of this variation of "dirty rice."

### INGREDIENTS

- |                                 |  |
|---------------------------------|--|
| 2 red peppers, chopped small    | 4 stalks celery with leaves<br>chopped |
| 1 onion, chopped                | 2 garlic cloves, smashed               |
| 1 cup brown rice                | 1 tsp cayenne                          |
| 2 cups vegetable broth          | 1 tsp oregano                          |
| 1 tsp cumin                     | olive oil                              |
| salt to taste                   |  |
| (Optional, 1 cup prepared tofu) |  |

### DIRECTIONS

1. Rinse rice. Bring broth to boil in large pan with lid. Add rice, turn heat down to low simmer. Set timer for 40 minutes.
2. Heat a tablespoon of olive oil in large nonstick pan. Saute onions and celery over medium-high heat for about 5 minutes. Add garlic. Saute another five minutes, careful not to burn garlic.
3. Add peppers and spices. Cook for another 2 minutes.
4. Quickly add vegetables to rice. Stir to mix well. Check heat to ensure simmering continues, put lid back on. When the timer goes off, remove from heat without removing lid. Let sit for 5-10 minutes. Fluff with fork, serve mole sauce over or on side.

# Entertain At Home: Chocolate!

IMAGE: ALEXANDER WARD



*Flourless cakes were frequently cited as “war time recipes,” but it is rather unlikely that this cake ever fell into that category. Sugar was severely rationed during war time, much of it actually diverted to the making of chocolate bars for soldiers. Chocolate, which had been eaten in delicious bars for nearly two centuries, took a taste step backwards with the D-ration bar of World War II. Army quartermaster Colonel Paul Logan gave the Hershey company four criteria for the chocolate ration. First, it had to be packaged in four-ounce sizes. Second, it had to contain enough energy to keep a man going all day, about 1800 calories. Third, it had to be heat resistant as the soldiers would be carrying it on their person and it couldn’t melt. Finally, he said it had to taste “a little bit better than a boiled potato,” but not much, as he didn’t want the guys just bolting it down as a snack! That wouldn’t be a problem - it was so hard most people had to shave it off with a knife!*

## FLOURLESS CHOCOLATE CAKE

### INGREDIENTS

1 cup unsalted butter + some for the pan  
1/4 cup unsweetened cocoa powder + some for the pan  
1+1/4 cup heavy cream  
8 ounces bittersweet chocolate, chopped  
5 large eggs  
1/2 cup sour cream  
1/4 cup icing sugar  
1/2 cup caramel sauce for drizzling (optional)  
1/4 cup icing sugar for dusting (optional)

### DIRECTIONS

1. Heat oven to 350F ( C). Butter a 9-inch springform pan and dust inside with cocoa powder.  
2. In medium pan, warm butter on med-low heat just until

melted. Add 1/4 cup of the heavy cream, bring back to warm. Add chopped chocolate, stir until completely melted and smooth. Remove from heat.

3. In medium bowl, whisk eggs lightly until smooth, then slowly add sugar and cocoa. Whisk, ensuring egg mix is smooth and without lumps. Whisk egg mix into chocolate mix.

4. Transfer the batter to the prepared pan and bake until puffed and set, 35-40 minutes.

5. Let cake cool in pan for at least an hour. Run a warm knife around the edge of the cake before removing from mould.

6. With a hand mixer, beat the remaining heavy cream, sour cream, and icing sugar until soft peaks have formed.

7. To finish and serve, dust cake with icing sugar or drizzle with caramel sauce - or both! - and serve with stifferened cream offered on the side.