

YUMMY NORTHWEST

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TWO YUMMY YEARS

The years before Yummy Northwest seem so long ago. It all began with a cup of hot chocolate and a dream, and here we are.

Another round of thanks (and a tip of the whipped-cream-topped cup) to all you readers who have made this possible. I don't think there is anything nicer (no, not even the finest cup of cocoa) than getting mail from you telling me that an issue caused you to smile or think about something.

In this anniversary issue we take an annual look at local hot chocolate offerings and consider that a humble cup of cocoa can provide aid to disaster victims (see middle column, this page) and offer hope to Third World farmers (see below).

In all you do, in all you drink, give thanks!



Intelligent consumption

Chocolate has been a luxury enjoyed for centuries in America. Though more readily available today (Americans consumed 3.3 billion pounds of chocolate in 2000), it is still a treat and not to be taken for granted.

By certifying "Fair Trade" products, TransFair USA works on behalf of Third World farmers to assure decent working conditions and fair prices. It would be difficult for us to examine the source of all the food we consume, but we can become more aware of how our food gets to us.

Some local companies certified by TransFair USA:
Dagoba Organic Chocolates (Ore.)
Endangered Species Chocolate Company (Ore.)
Sojourn (Wash.)

To find out more, read through the pages of information at <http://www.transfairusa.org>.

Hot Chocolate Heroes

While nations and celebrities vied with each other to pledge the most money to help clean up the aftermath of the tsunami in South Asia in December 2004, kids in the Puget Sound area simply got out mugs and packets of hot chocolate and began boiling water.

Here are some of the boys and girls who sold hot chocolate to raise money for various charities. Standing in rain and snow, using precious vacation and recess time, these kids proved that every penny counts.

Tara Dill, a second grader at Beacon Hill Elementary, Seattle, Wash., suggested a class-sponsored Hot Cocoa Day. During recess, the students raised \$300.

Andrew and Riley Gulrajani (10 and 8), Medina, Wash., were joined by **Chandler Hawk**, 9, and **Jake Eldenkampf**, 10, to raise \$2000 with their family's help.

Brianna Henley, 11, Redmond, Wash., raised \$255. Her helpers were **Sarah Owen**, 11, and **Jillian Kraker**, 9.

The efforts of **Thomas Wilson**, 11, Sammamish, Wash., made the national news and raised \$255. He was assisted by **Kaleb Berg**, **Stephen McClure** and **Matt Shannon** and **Kim Wilson**.

Thank you!

Sources: The Seattle Times and KOMO 1000 News



"Pure Chocolate" Is Pure Heaven

Fran Bigelow, founder of Fran's Chocolates, Seattle, Wash., has finally found time to share recipes and tips with the home cook.

Those who have visited her shops in University Village (Seattle) and Bellevue will recognize many of the accompanying photos as items that can be purchased. And in case you're wondering if it is possible to successfully duplicate the pictures, the answer is an amazing yes.

It's fairly easy, too. For example, the only challenging part of making the chocolate madeleines is finding the specialty pans they require. (Sur La Table has them.) The results are so simply wonderful, you'll be making them instead of chocolate chip cookies.

"Pure Chocolate" is a pure delight both to read through and use. Even if you don't cook, you might like to buy a copy just to enjoy Fran's friendly autobiographical stories.

Brownie enthusiasts are highly encouraged to try any or all of Fran's three versions.

But most important, hot chocolate lovers will dance with joy at finding an easy ganache-based recipe along with other beverage ideas.

Pure Chocolate
Divine Desserts and Sweets from the
Creator of Fran's Chocolates
by Fran Bigelow

www.franschocolates.com



Hot Chocolat

I adapted this French-style recipe from "Herb Companion" magazine, March 2005. The original recipe calls for "2 large pinches" of chili powder. If you dare.

Put in a saucepan: 1/2 cup half and half, 1/2 cup milk, 1 ounce semisweet chocolate, chopped, 1 tablespoon cocoa and sugar to taste (I don't use any). Whisk mixture over medium heat until chocolate is melted; don't allow it to boil.

Take pan off heat and stir in 1/2 teaspoon vanilla (and chili powder, if used), and then whisk vigorously until frothy.

This rich concoction makes two small servings. Save any left over in the refrigerator and warm up the next day.

The Search Continues...

My biggest find this year was discovering that if you ask what kind of chocolate is used to make a cup, you might be served something truly special. Some places serve Hershey's Syrup as the default but, for a few extra pennies, pour out the good stuff upon request.

The baristas at the Second and Spring (Seattle) **Tully's** cheerfully squirt in Seattle's Dilettante syrup for a few cents extra – a real treat. If you're very good, you might be honored as Customer of the Half-Month and have your photo taped on the wall for two weeks. These folks know how to have fun.

"Do you like coming to work?" I asked... "Oh, yes, I am very happy!" she exclaimed. "Every day I smell chocolate!"

In the self-proclaimed center of the universe, Seattle's Fremont district, you can find several impressive hot chocolate spots. **Fremont Coffee** is proud to use Oregon-made Dagoba Organic Chocolate, which is both immensely tasty and a Fair Trade product. On the same block, the **Touchstone Bakery** specializes in waffles and other baked goods made with natural sugars. Their Ah!laska Organic Cocoa is tasty, but what really shines is the personal service: ask the barista to make it your way and you'll see.

In Fremont and elsewhere in the Puget Sound area, **PCC Natural Markets** serve up a cup of hot chocolate made from Euphoria, a pre-made ganache from Eugene, Ore., that you can also find in their frozen food or deli section.

One thing I especially noticed this year while sampling hot chocolate here and there was the



Brief history of a favorite beverage

1519 Aztec Emperor Montezuma reportedly drank as many as 50 cups of hot chocolate a day.

1631 The first recipe for a chocolate drink was published in Spain by a doctor. He wrote: "Chocolate is healthy. It makes the drinker 'Fat and Corpulent, faire and Amiable.'" The recipe included spices, ground nuts and sugar, but no milk.

1648 In Chiapas, Mexico, women served and drank chocolate beverages during Mass. After the Bishop condemned this, he was sent poisoned chocolate and died.

1689 Englishman Sir Hans Sloane didn't like the bitter taste of chocolate so he thought of boiling beans with milk and sugar and thus created the first milky chocolate beverage. He sold his recipe to a London apothecary, who marketed the concoction as "Sir Hans Sloane's Milk Chocolate."

1785 Thomas Jefferson wrote to John Adams: "The superiority of chocolate, both for health and nourishment, will soon give it the same preference over tea and coffee in America which it has in Spain."

great joy radiating from the baristas.

"Do you like coming to work?" I asked the barista at the Cocoa Bar in **Neuhaus** in Seattle. I had been impressed by her radiant smile as she heated milk at 9 a.m. "Oh, yes, I am very happy!" she exclaimed. "Every day I smell chocolate!" Neuhaus also sells exquisite chocolates and French imported cocoa mix in take-home packets.

Near Greenlake in Seattle, the **Bus Stop** offers an upgrade to Dilettante. Ask for "Valencia," and a subtle taste of orange is infused.

*[T]his year's number one overall best-tasting cup of chocolate is at **Arosa Café**.*

Over in Madison Park, this year's number one overall best-tasting cup of chocolate is at **Arosa Café**. They won't divulge secrets, but I did learn they use Swiss chocolate. I suggest a special trip to try a cup, accompanied, of course, by their famous snack waffle.

And don't forget previous winners, the still fabulous **Wild Wheat Bakery** and the **Dilettante Mocha Café**.

Arosa Café
3121 E. Madison, Ste. 101, Seattle

Bus Stop

800 N.E. 65th, Seattle

Dilettante Mocha Café

Various: www.dilettante.com

Fremont Coffee

459 N. 36th St., Seattle

Neuhaus

410 University St., Seattle

PCC Natural Markets

Various: www.pccnaturalmarkets.com

Touchstone Bakery

501 N. 36th, Seattle

Tully's

1000 Second Ave., Seattle

Wild Wheat Bakery

202 First Ave. S., Kent, Wash.



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.

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Now online!

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