

RECIPE FILE

Creamy cocoa makes your heart beat

In the weeks before Valentine's Day, many spend countless hours secretly planning ways to make the occasion an unforgettable one for their sweetheart.

Declarations of love are traditionally expressed through symbols of affection such as flowers, champagne, diamonds, candy hearts, and, of course, chocolate.

Rich chocolatey desserts are a favourite for Valentine's Day and they're especially appropriate since research shows cocoa contains the same chemical that stimulates the brain when people are in love.

This year, why not forego an evening on the town in favour of a tailor-made dinner-for-two at home. Creating that special atmosphere is easy. Make your sweetheart's favourite dish or experiment with something new, add a bottle of wine, candles, and top it all off with an elegant heart-shaped dessert — Coeur a la Creme au Chocolat.

Created by the French, this no-bake creamy dessert has traditionally been served heart-shaped and often garnished with berries. This version, from the Fry's Cocoa test kitchens adds chocolate to create a two-toned dessert that looks stunning and tastes great.

Its simple ingredients also eliminate the need to drain the dessert, unlike the more traditional recipes in which special perforated molds are a requirement.

To create the two-toned effect, the vanilla and chocolate mixtures are

spooned into each half of a heart-shaped mold. While these molds are easy to find and perfect for Valentine's Day, this recipe can be created in any shape of mold or even in a small dessert bowl.

Serve this tempting dessert on a bed of chocolate sauce and garnish with candied violets.

Coeur a la Creme au Chocolat

- 2 tbsp (30 mL) butter
- 1/3 cup (75 mL) Fry's Cocoa
- 1 pkg (259 g) cheese, softened
- 1 cup (250 mL) whipping cream, divided
- 1 cup (250 mL) icing sugar
- 1 tbsp (15 mL) butter, melted
- 1 tsp (5 mL) vanilla
- Fry's Chocolate Sauce

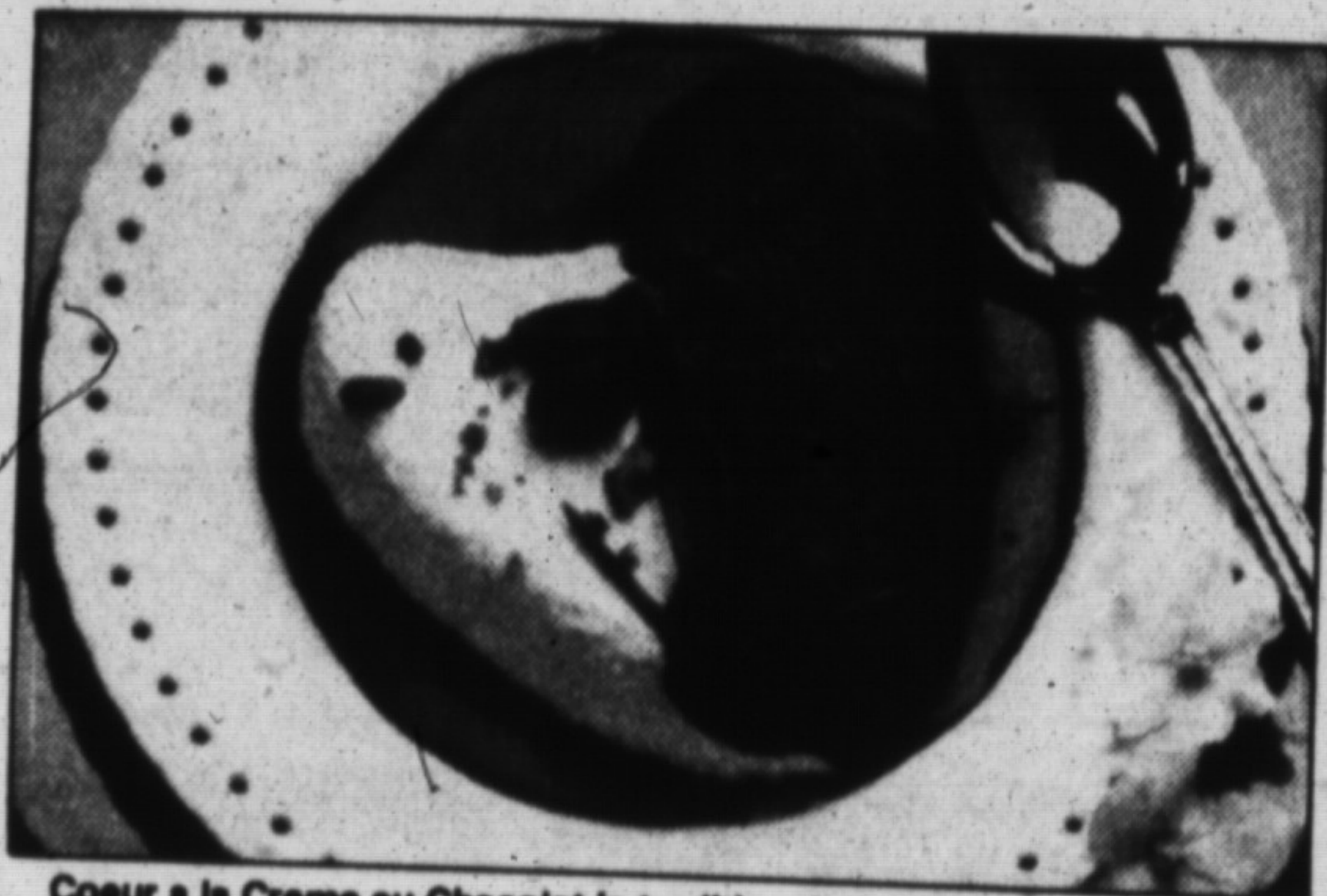
Directions: Melt 2 tbsp (30 mL) butter in small saucepan; blend in cocoa. Set mixture aside to cool. Line

six 3-inch (7.5 cm) individual heart-shaped molds or one 3-cup (750 mL) mold with a double layer of moistened cheese-cloth, allowing a generous overhang all around.

In large mixer bowl, beat cream cheese until light. Gradually beat in 1/4 cup (50 mL) of the whipping cream until smooth. Blend in icing sugar. Divide mixture in half. Stir cocoa mixture into one half and 1 tbsp (15 mL) melted butter and vanilla into the other half.

Beat remaining whipping cream until stiff. Divide whipped cream evenly between chocolate and vanilla mixtures; fold into each. Spoon chocolate mixture into one side of each mold. Fill remaining side with vanilla mixture.

Fold edges of cloth over top to cover. Refrigerate overnight. To serve, pull back cheesecloth and invert from mold. Remove cheese-cloth



Coeur a la Creme au Chocolat is traditionally served heart-shaped and garnished with berries.

Garnish as desired and serve with Fry's Chocolate Sauce. Makes six servings.

Fry's Chocolate Sauce

Directions: Combine 2/3 cup (150 mL) sugar and 1/3 cup (75 mL) Fry's Cocoa in medium saucepan.

Gradually stir in 1/2 cup (125 mL) water. Cook and stir over medium heat until mixture comes to a boil. Reduce heat and boil gently 5 minutes; stir occasionally. Cool. Add 1/2 tsp (2 mL) vanilla.

Cover and store in refrigerator. Makes about 3/4 cup (175 mL).

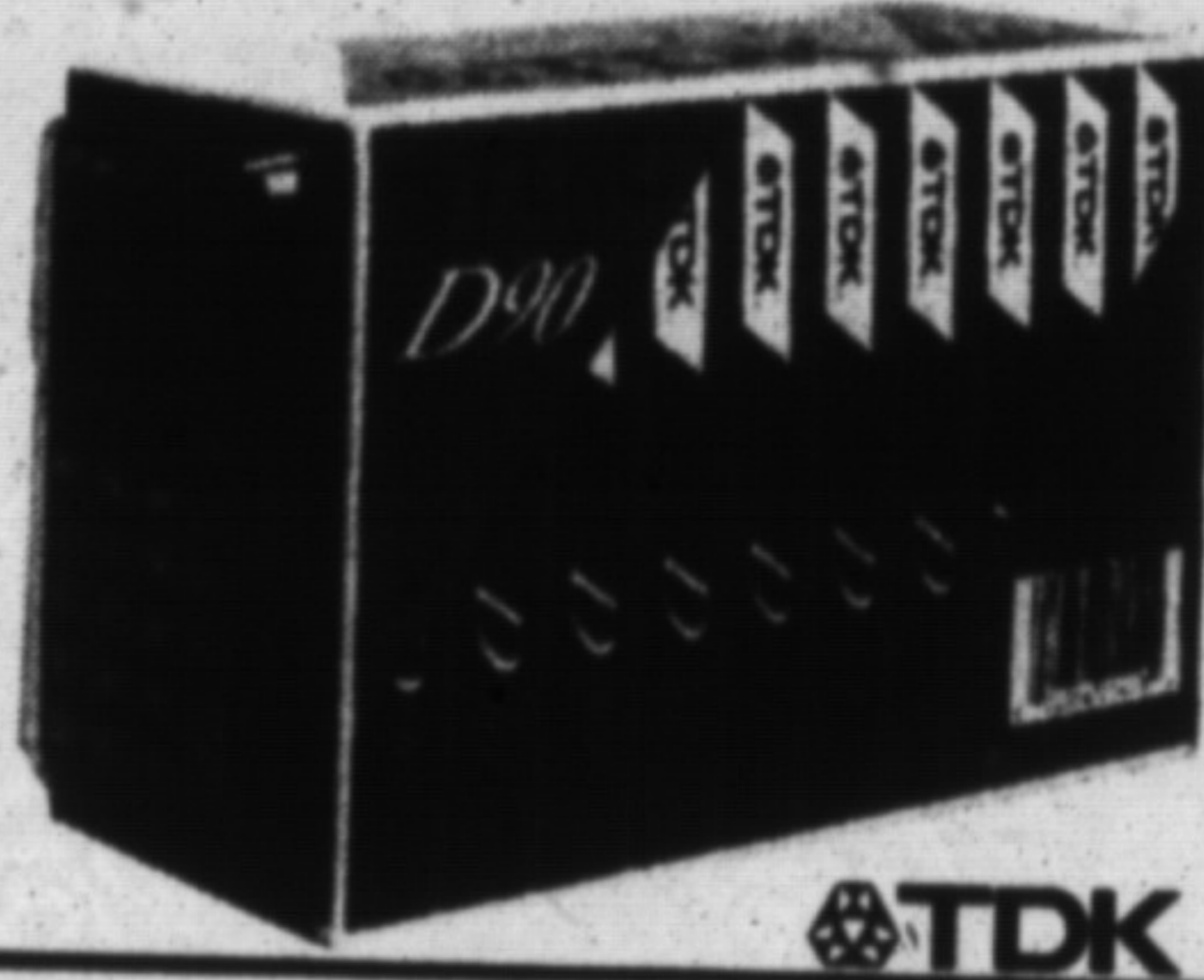
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Omagh

with ELLA PATTERSON

Brownies earn badges in style

Omagh Brownies have been on the move recently.

The 1st Milton Pack, which meets at Percy W. Merry School, enjoyed snowshoeing and a marshmallow roast at Crawford Lake Conservation Area Sunday, Jan. 26.

Led by leaders Dale Martin, Donna Johnston and Tracy Trafford, the group toured the Long House in the Indian village to learn about native people.

In the activity room, the girls made bird feeders using pine cones. Those who attended earned their snowshoeing badges.

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The leaders of Hornby Scouts and Guides held an enjoyable dance party at the Royal Canadian Legion Hall on Saturday evening.

Proceeds from the event will be used to purchase camping equipment for the groups.

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Mr. and Mrs. Rick Rowan of Calgary are visiting for a few days with relatives and friends in this area.

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Get well wishes to Henry Peacock who is a patient at Milton District Hospital.

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Happy birthday to Katie Patterson on her special day.

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The exceptional-sized plant mentioned in a recent Omagh News column is still growing tall and straight.

Rumour has it the plant has produced a second flower stalk 36 inches in length with four beautiful red blooms on top, and a third stalk with a large flower bud is already 12 inches in height.

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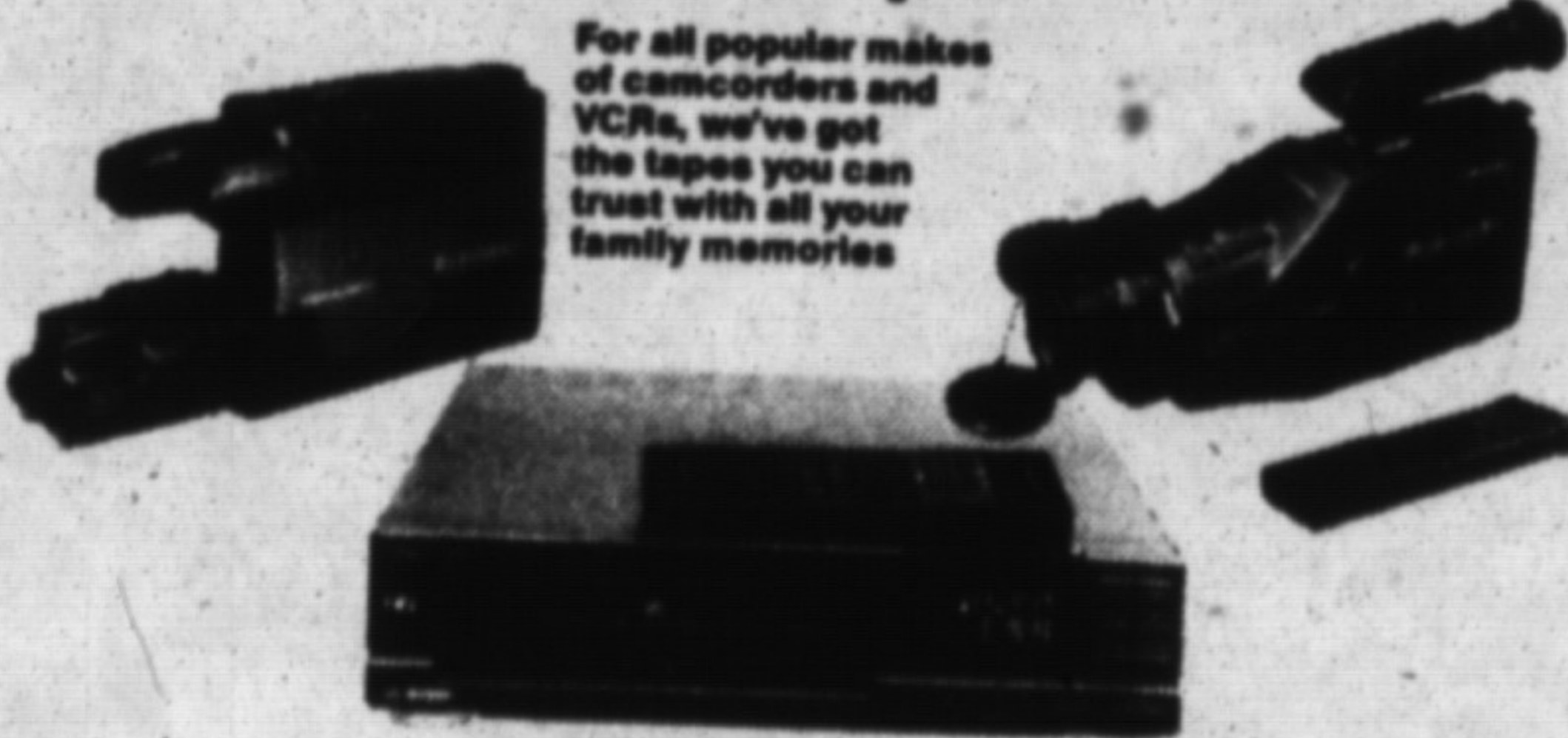
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