

RECIPE FILE

Bittersweet chocolate divine in cheesecake

For centuries, chocolate has been prized for its rich, creamy taste and today ranks as one of the most popular flavours in the world. It's not surprising then that chocolate usually stars in special desserts for company or the family.

This year, you can give your chocolate desserts a sophisticated European touch and full, dark chocolate flavour by using bittersweet chocolate.

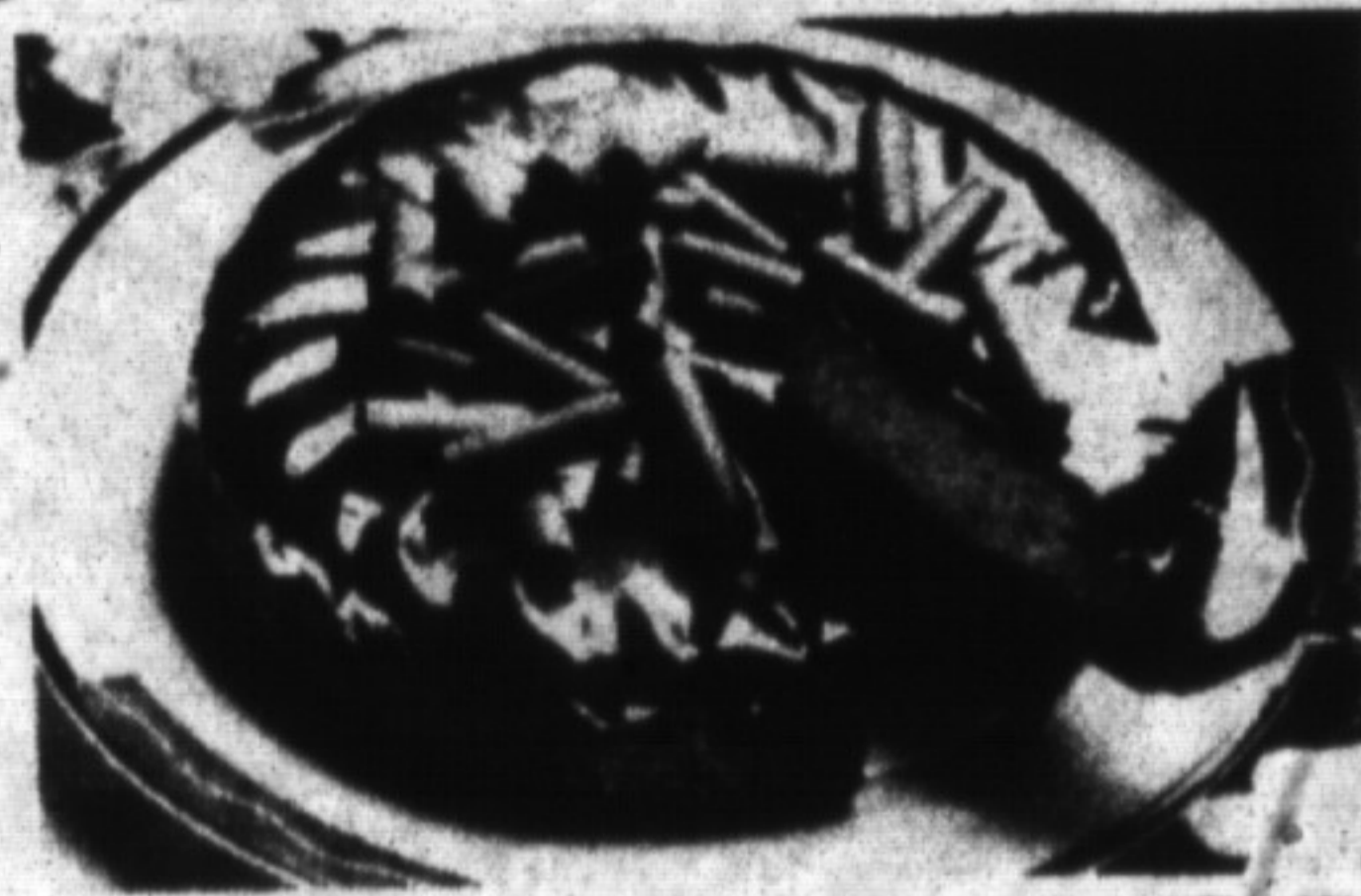
While not as well-known here in Canada, bittersweet chocolate is the preferred form of chocolate in Europe and is generally called for in their recipes.

Bittersweet chocolate is perfect for decadently divine cheesecake. As the name implies, bittersweet chocolate contains less sugar than semisweet, sweet or milk chocolate, making it a natural choice for the more

sophisticated tastes of adults.

Bittersweet Chocolate Truffle Cheesecake

- Crust:**
- 1 1/3 cups (325 ml) chocolate wafer crumbs;
 - 1/3 cup (75 ml) melted butter;
- Filling:**
- 2 packages (250 g each) cream cheese, softened;
 - 1 cup (250 ml) sugar;
 - 3 eggs;
 - 1/4 cup (50 ml) cold coffee or coffee liqueur;
 - 8 squares bittersweet chocolate, melted;
 - 1/2 cup (125 ml) sour cream;
- Glaze:**
- 4 squares bittersweet chocolate;



Rich, dark Bittersweet Chocolate Truffle Cheesecake is a fabulous special recipe.

Directions: To make crust, combine wafer crumbs and melted butter; press mixture evenly on bottom of 9 inch (23 cm) springform pan. Refrigerate while preparing filling. To make filling, beat softened cream cheese with sugar until blended and smooth.

Beat in eggs one at a time. Beat in coffee then melted chocolate. Blend in sour cream. Pour batter over chocolate crust in springform pan; smooth top.

Bake at 350F (180C) for 40 to 50 minutes or just until centre is barely set. Cool completely on wire rack then refrigerate overnight. (Can be refrigerated for up to 3 days or can be frozen for up to 1 month.)

When ready to serve, run sharp knife around edge of cake to loosen and remove from pan. Shave a few curls off back of 4 squares of bittersweet chocolate; reserve for garnish.

In small pan, bring cream to a simmer over low heat. Add remaining chocolate and stir until melted and smooth. Spoon glaze over cake. Garnish with chocolate curls. Makes about 16 servings.

CAS helps pregnant teens cope

The special needs and concerns of pregnant teenagers will be addressed during prenatal classes offered by the Halton Children's Aid Society this month.

A new session of seven prenatal classes specifically for teens will begin March 26.

"Pregnant teenagers have special needs and concerns that will be addressed in these classes," said Susan Stuart of the CAS's Young Parents Support Services.

"Being part of a group with other teens gives them a chance to share their feelings and discuss their fears."

Participants talk about what it's like to be a pregnant teen and soon-to-be parent, and what options they have, added Ms Stuart.

As well as preparing for labour and delivery, group members learn about community resources and assistance available for teen parents, she said.

The first three classes are for expectant mothers only, and the "coaches" (who may be the baby's father, a friend, or a relative) are invited to attend the remaining four.

If needed, volunteer coaches can be provided for support during labour and delivery. Transportation to classes from anywhere in Halton is also available.

Private pregnancy counselling can be obtained through Young Parents Support Services, as well.

For further information, call Susan Stuart at 844-5502.

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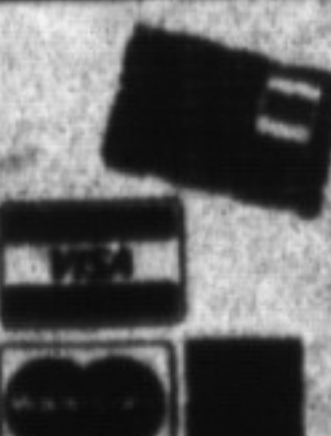


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