

*In Search For  
The Best  
Chocolate-Related  
Recipes*



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## **Chocolate Recipes Made into Drops of Cookie Heaven**

It was pure serendipity when Ruth Wakefield, the one who discovered baking of chocolate chip cookies, when she had to think fast when she unexpectedly ran out of ingredients while baking cookies for some guests. She was using another type of chocolate in one of her famous chocolate-related recipes at a small inn she was operating when she thought of using semi-sweet Nestle chocolates. And surprisingly, instead of melting, she found the chocolate chips just turning soft. And the result? A truly delightful treat of crunchy but chewy-on-the-inside cookies, now popularly known as the 'chocolate chip cookies' loved anywhere in the world!

### **Boundless Possibilities of Reinventing Choco Chip Cookies**

And since the discovery of these all-time favorite chocolate chip cookies, hundreds of recipes have already evolved, each recreating the recipe and trying to improve the cookies to even greater perfection! There are just so many varieties of the recipe of the chocolate chip cookies we all love.

Try going on a chocolate chip cookie operation, and search for the best chocolate chip cookie recipe you can try at home and for sure, another addition of this recipe to your collection will bring delight to your loved ones' faces!

### **Search for the Best Chocolate Chip Cookie Recipes**

Just a few days ago, I started on my chocolate chip cookie operation scouting for the best and unique recipes for these delightful cookies. Yes, there are so many quick-baking chocolate chip cookies available in the grocery stores, but I need to find the best recipes. I have tried those from the local grocery stores, and after baking the goodies, they do not look too good to me. And I thought to myself, "Mission Failed"!

### **Still On the Look-Out for the Best Choco Chip Cookie Recipes**

I keep trying out different kinds of recipes but still the cookies turned out either too thin for my liking, the other chocolate chip cookies I tried baking ended up appearing too cakey or spongy. You might have a good chocolate chip cookie recipe you might like to share. If you do have a unique recipe for these all-time favourite cookies, please post it online. And I am sure, you will make not just a single soul happy, but countless of us!

You see, I've got a long list of choco chip cookie recipes that I have tried and I am trying my best to find the one that will exceed my standards in baking them. With my repeated baking of such goodies, there's one thing I learned though. Changing the amount of sugar in the recipe can really bring about tremendous changes in the cookies!

Maybe I should try one or both of the recipes or even the original Nestle Toll House recipe that we find at the back of the semi-sweet chocolate packages. Some comment that these cookies are unbelievable! They say you only have to bake it at a lower temperature than in the ordinary recipes, and you will get that very texture, crispness and thickness you so desire! I might just try them really soon! And who knows it might be the best chocolate chip cookie recipe I have long been looking for!

But I should remember that the best tasting chocolate chip cookies will always remain dependent on the taste buds of the chocolate lover eating them. So, if you feel like baking up a set of this chocolate-related recipe, you may as well try some variations and who knows, perhaps you'll be the lucky one to find the world's next best chocolate chip cookie!

### **Choco-Related Recipes Using Chocolates from Everywhere**

In a nutshell, French chocolates are known for their subtle taste and intricate chocolate designs, while the Swiss are known for their share of chocolates that have the distinctly known milky, smooth texture. The Swiss even have massive manufacturing companies that distribute these favorite treats all over the world. The Belgian chocolates, on the other hand, are known for their flavorful taste and inventive designs ideal for concocting choco-related recipes. Remember, the Belgians were the ones who revolutionized the praline and nougats that we love?

These three have very distinct taste, and for chocolate lovers out there who know them by heart, I am certain they will have neither qualm nor difficulty telling each apart. Really, it should not matter where these delectably enjoyable goodies of sweetness come from; the only sensible thing to know is that we can enjoy these fabulous creations wherever they come from. After all, they are still the same chocolates that we love, and they will always give all chocolate lovers the same tingly and delectable sensation bite after bite! Try these two chocolate-related recipes and see the goodness of chocolates in every kind of recipe!

#### **BRANCHUMS' CHILI with Chocolate**

##### **Ingredients:**

1 lb. beef stew meat, cubed

½ lb. pork, cubed

4 tbsp. oil

1 ½ c. onions, chopped

1 c. green pepper, chopped

2 tbsp. of minced garlic

1 tbsp. of chili powder

1 ½ tbsp. salt

½ tsp. of thyme

1/2 tsp. of cumin  
1 1/2 c. of water  
1 (8 oz.) can tomato sauce  
1/2 oz. unsweetened chocolate  
1 (30 oz.) can kidney beans  
3 c. chopped rind

#### Method

1. Brown the bite size pieces of beef and pork cubes in 3 tablespoons of oil.
2. Add rest of oil, onion, green pepper and garlic.
3. Cook until soft but not browned.
4. Stir in chili powder, salt, thyme and cumin. Cook 1 minute.
5. Add water, heat to boil.
6. Reduce heat to low, cover and simmer 45 minutes.
7. Stir in tomato sauce and chocolate.
8. Simmer uncovered 25 to 30 minutes or until thickened.
9. Serve chili on bed of beans and rice.

#### Recipe#2

#### POT ROAST WITH CHOCOLATE SAUCE

##### Ingredients:

3 lb. rump of veal or bottom round roast  
3 tbsp. of olive oil  
2 cloves of crushed garlic  
1 tbsp. of flour  
1 bay leaf  
1 c. of water  
1 lg. of sliced onion  
1 1/2 tsp. of salt  
1/2 c. dry of white wine  
1/2 tbsp. of vinegar  
1 tbsp. of grated bitter chocolate

##### Method:

1. Brown the meat in olive oil in a fireproof casserole or Dutch oven.
2. Add the garlic and onion and cook until they are soft.
3. Blend in some flour and salt and stir until smooth.
4. Add the remaining ingredients except for the chocolate.
5. Cover and simmer gently for about 2 1/2 to 3 hours.
6. Remove meat, add chocolate to sauce and cook until thickened and smooth.
7. If much liquid has cooked away, you may add water to make about 2 cups.
8. Add salt to taste.

Surprising as it can be, these delectable dishes using a wide array of chocolates from places all over the world were born from many years of experimenting in the kitchen. The nutty, creamy flavor of bittersweet chocolate is perfect for any kind of dish you might want to concoct as of the moment. Try these chocolate-related recipes at home and make it a family recipe everyone in your family will truly surely love!

### **Chocolate-Related Recipes for Kids**

It is necessary that parents spend time with their children. Several bonding activities can be thought of to make the experience as memorable as possible. Among others, cooking and baking are good activities to engage in because they tap on all senses of your kid especially if it involves recipes which they can enjoy afterwards. Now, who said kids don't love chocolate recipes, especially if they are chocolate-related recipes?

Chocolates, aside from the health benefits it can bring such as regulating blood pressure and cholesterol, are nothing but an delectable concoction enjoyed most especially by children. Aside from these physiological benefits, it can also do wonders in your emotional relationship and bond with your kids.

Chocolate Lollipops is a child-friendly chocolate recipe that can give your kids a happy and enjoyable learning experience with you. You will need very simple ingredients and equipment to make these adorable lollipops. The creative ideas of your kids will be needed in designing and decorating the lollipops. While preparing this, it will be nice to tell tales about chocolate to your children—where it originated, how is chocolate done, what it can do to you and other facts that can make your kids love chocolate more.

#### **Ingredients:**

1. Blocks of semi-sweet or white chocolate
2. Butter
3. Food color for fun painting
4. Chocolate candies, crispies or sprinkles for decorations

#### **Equipment and Materials:**

1. Lollipop mold
2. Straws to be used as lollipop handles
3. Paint brushes for the food coloring
4. Ribbons to be tied in the lollipop handle
5. Cabbage where the kids can stick their lollipops

All the cooking that you need to do is melt the chocolate block and the butter in a heated pan. Once smooth and free of lumps, you may now pour the melted chocolate in the lollipop molds. It would be nice to use children-friendly mold designs such as animal faces, letters or numbers. Have your kids stick the straw at the lower part of the chocolate. Set aside and let it solidify. If already in a semi-

solid state, you may ask the children to put candies, sprinkles or crispies for added design. You may put it in the refrigerator afterwards for faster solidification. For sure, those little angels will be too excited to wait for the chocolate to harden.

Once the chocolate has hardened, carefully pull each one off the molds. Now the children will have their part. Allow them to paint the chocolate lollipops with food color. Make them design the straws with ribbons. Ask them to give names to their lollipops and before they eat up all those lollipops, invite your children to wash the dishes and wipe the tables used as well. Yes, they need to take part of this process so that they see the entire process of cooking. Ask them nicely and make them see the beauty of the task. This will teach them to be responsible.

Cooking or baking chocolate-related recipes is not only fun for your kids. It is a hands-on training and exposure for them that can teach them a wide array of values while providing the most fun experience for them. It is a great bonding idea with their friends as well so next time you make another batch lollipops or other chocolate recipes such as cupcakes, muffins, chocolate drink or chocolate chip cookies, make room for more kiddies who would want to join your baking session.

### **Chocolate-Related Recipes And Diet Restrictions**

Delectable, smooth, sweet, calming... ahhhh, that's the goodness chocolate can bring. Be it a bar or a drink, chocolate can indeed make a person's day complete. From toddlers to grandmothers, chocolate is truly a treat to beat. It is not called "happy hormones" for nothing. However, there are people who have health conditions or dietary preferences that forbid them to enjoy chocolate. But there are chocolate-related recipes we may be unaware of that would be heaven sent for people with specific health conditions.

#### **Making Chocolates Health-Sensitive**

Most chocolate-related recipes make use of the typical and readily-available chocolate in stores, plain, sugar-loaded dairy products. Because of this, the market of the chocolate products is limited to people without restrictions in their diet. However, with today's relatively unhealthy population, the chocolate industry may be missing out a lot if they do not make their products health-sensitive.

Apparently, the marketing and product development geniuses of these chocolate companies are aware of this and they are not about to give up their share of health-friendly chocolate products in the market. The recent years have witnessed the birth of many health-conscious chocolate products or chocolate recipes which are not just limited to the usual sugar-free and diabetic-friendly ones, but also those which address other health concerns as well.



## Allergies to Milk or Chocolates

Those who have allergic reactions to milk can now enjoy fresh cup of Milk-Free Hot Chocolate. Just make sure to purchase a chocolate mix that is dairy-free such as Vance's. This dairy-free mixture is a corn derivative. To add creaminess to your drink, you may add in vanilla extract or marshmallows.

If brownie bar is a dream which you can not reach because of its corn, dairy and wheat content or even gluten, then wake up from that dream now. You may now bake batch after batch of allergy-free brownies by substituting bananas, vegetable oil, potato and brown rice flour instead to the usual ingredients used in baking brownies.

## Chocolates for Vegetarians

Vegetarians say they can not eat chocolate because it is a dairy food and it contains eggs. There are chocolates which are now commercially available that claims to be vegetarian friendly as they do not contain eggs and dairy food. These chocolates are diabetic friendly as well and are available in different flavors such as mint, spicy, pure dark, vanilla bean, citrus, chocolate coconut, pink peppercorn, chocolate crispies, chocolate toasted almond and pure dark organic.

## Chocolates, A Natural Anti-Oxidant

Chocolate is naturally an anti-oxidant. However, if you combine it with green tea, then its anti-oxidant power has surely doubled up. This is especially helpful to fight today's body intoxicating agents found in the various foods we eat.

## Green Chocolates

There are also chocolates which claim to be "green". They are not only health friendly but environment friendly as well. These are chocolates from organically grown cocoa beans. Synthetic fertilizers are not part of processing these types of chocolates. Preservatives are not added as well just so its shelf life can be extended.

Truly, chocolates have certain components which can lower blood pressure, cholesterol and can cause blood-thinning. It is so good that it gets even better with these healthy options which can be used in many other chocolate recipes. With the presence of these types of chocolates which are alternatives to the typical ones, chocolate is coming closer and closer to almost all people, even those who have special health conditions and dietary considerations. Now, why wouldn't you try concocting some chocolate-related recipes at home, right?

## **Health Tips for Making Chocolate-Related Recipes**

When the craving for chocolate strikes, it becomes such a complicated and difficult situation when you cannot give in to that yearning that is why never deprive your self. Remember, anything taken in moderation is safe for you! And besides, chocolates, especially the dark chocolates have been found to be good for the heart. Eating a small bar everyday can actually help your heart as well as your cardiovascular system do well. So, why not include chocolates in your chocolate-related species and get lower blood pressure from dark chocolates as well as lower cholesterol! Just make sure that you integrate the following tips to your chosen home cooking using chocolate-related recipes.

### **Chocolate Tip 1 - Chocolates Remain a High-Calorie and High-Fat Food**

When you say balancing calories in the body, it does not mean that you are prohibited from eating chocolates from now on. No! You may still eat a pound of chocolate each day. As a matter of fact, chocolates remain to be a high-calorie and high-fat food. There are studies to prove that not even 100 grams of chocolates were used, or that is about 3.5 ounces of pure dark chocolate eaten each day can already give you the benefits.

Again, one bar of pure dark chocolate is found to have around 400 calories. If you eat just half of a bar of chocolate per day, then you should balance those 200 calories you get from the chocolates by eating a little less of other foods. It might be best to cut out on your other sweets or extra snacks and replace instead with some chocolates that will maintain your total calories.

### **Chocolate Tip 2 – Combining Taste of the Chocolate with your Recipes**

Chocolate is a composite food with more than 300 compounds as well as chemicals in every bite. And the only way to really enjoy and appreciate eating chocolates is to take some time to savor its taste. And this you do not only do with your mouth, but professionals taste chocolates by using the mouth for the taste, eyes for the appearance, nose for the smell, and then getting the total taste of each chocolate.

### **Chocolate Tip 3 – Incorporate Dark Chocolates in your Recipes**

Dark chocolates are found to have greater antioxidants content than milk or white chocolates. These other two variants of chocolate cannot make any of the health claims that the dark chocolate has always claimed. This may be attributed to the fact that dark chocolates have higher cocoa content of about 65 percent compared to the milk and white chocolates.

#### Chocolate Tip 4 - Skip the Nougat in your Chocolate-Related Recipes

Always go in search for the dark chocolates that are pure and not combined with anything. You may also go for those dark chocolates that are mixed with nuts, some orange peels or with other flavorings put on it. The key here is to avoid anything that has caramel in it, nougat or any other fillings as these will just add up to the sugar and fat which are already inside your body.

#### Chocolate Tip 5 - Avoid Combining Milk and Chocolate in your Recipes

Combining chocolate and milk when cooking your favorite recipes, or concocting your own recipes may taste very good; however, some studies show that pouring milk over the chocolate may actually prevent the antioxidants from being absorbed and used by your body. Therefore, never combine chocolate with milk for all your chocolate-related recipes!

#### **Healthy Chocolate-Related Recipes for your Loved Ones**

Ever tried using chocolates for your home-cooking recipes? Well, if you have not yet done that, it is high-time you start doing it and start concocting your own choco-related recipes ! Combining chocolates with the old-fashioned recipes as well as the contemporary recipes you and your family have enjoyed for years, will surely be a great treat for you and your loved ones! Besides, chocolates have their share of health benefits that the whole family can benefit from. Perhaps you are asking what makes chocolates healthy. Well, here is the answer.

Plants give us the chocolates we are enjoying now, and therefore it would mean that they are full of the countless health benefits that can be taken from various kinds of vegetables. These known benefits of chocolates are from what is called the flavonoids. They act as antioxidants to protect human body from becoming old which as we know, may be caused by some free radicals or toxins responsible for causing heart illnesses or disorders. The flavonoids are also responsible for the making of nitric oxide as well as putting some hormones in the body to a state of equilibrium. Did you even know that dark chocolate is full of a huge number of antioxidants which is almost 8 times those found in strawberries?

#### Chocolate Caramel Pecan Cheesecake Topped with strawberries

Toppings:

15 pcs of fresh strawberries

Base:

2 c Vanilla wafer crumbs

6 tb Margarine, melted

Body:

1 ea 14-ounce bag of caramels  
1 cn 5-ounce of evaporated milk  
1 c Chopped of pecans, toasted  
2 pk 8-ounce of cream cheese, soften  
1/2 c of Sugar  
1 tsp of Vanilla  
2 pcs of Eggs  
1/2 c of Semi-sweet chocolate pieces

#### Baking Procedures

1. For the base, mix crumbs and margarine then press into the bottom of a 9-inch baking pan. Bake the mixture at 350 degree F, for about 10 minutes.
2. For the body, in a 1 1/2 quart clean and heavy saucepan, you may start melting the caramels with some milk. Do this over low heat, stirring often until mixture becomes smooth. Pour mixture over crust then drop all pecans.
3. Combine the pre-measured cream cheese with sugar plus vanilla. Mix all ingredients at a medium pace on your electric mixer until everything has been well blended.
4. Add eggs, each at one time, mixing them well after every addition.
5. Blend in the chocolate and pour over the pecans. You may now bake the mixture at 350 degrees F for about 40 minutes.
6. Loosen the baked cake from the rim of your pan and cool it before removing from rim of the pan.
7. Chill then garnish with whipped cream and fresh strawberries on top. You may also add finely chopped up pecans, if preferred.

Now, eating your heart out on this delectable chocolate-related recipe will never be complete without a freshly concocted chocolate drink you and your family will love! Try this chocolate drink recipe and see the delight in your loved ones' faces!

#### Chocolate Banana Supreme Shake

1 c of Diet chocolate soda; chilled  
1/2 med sized Banana; peeled  
1 pk of Diet choc. shake mix  
1 tb of Smooth peanut butter; frozen

1. For each of all 4 sections of your ice cube tray, you may pour 2 tablespoons of chocolate soda. Freeze the preparation until all cubes appear solid. Wrap the bananas in plastic freezer wrap and let them stay in the freezer until they are solid.
2. In a blender, mix the remaining half cup of soda with the frozen bananas and halves, the chocolate drink mix and some peanut butter. Process all ingredients at a high speed until mixture becomes smooth.
3. Add the soda cubes one by one while melting out ice is dissolved. Wait for mixture to be thick then serve immediately. This recipe makes one serving only.

## **Chocolate Related Recipes for Diabetics**

There has been a long standing debate whether diabetics could eat chocolates. Maybe there should really be chocolate-related recipes for diabetics. We have to remember that these patients may have been eating chocolates for years before they were diagnosed with the illness and thus might find it quite depriving to say no to chocolates all the time. Some, on the other hand, may simply want to get a bite or two but couldn't because of this myth.

In reality, diabetics like those with any other illness can eat anything they want – but in moderation. It is a simple truth that is admittedly difficult to follow. It has been called "the forbidden treat" or the "darkest temptations" many times, but there is no use saying that diabetics need to take chocolates completely out of their lives.

There have been researches made in Europe claiming that eating chocolates occasionally and in moderation actually increase insulin response. The catch is that it takes a while for the body to absorb chocolate sugar than those of bread and potatoes so the body has time to adjust the level of reaction to sugar. The only reason for preventing diabetic patients from eating too much chocolate is its ability to cause obesity in so little time. If the diabetic should eat the chocolate as part of a meal or dessert, the body absorbs it even more slowly. So, that could do the trick for diabetic chocolate lovers!

It is likewise unsafe to believe in claims of some products that they are either 'diabetic chocolate' or 'diabetic friendly'. You are still required to look closely and see whether they are using high levels of fructose in place of sugar, because as a diabetic yourself, you may well know that it is just as dangerous. So, given that, we've already cleared the air out, and here is a favorite snack that all diabetics can start concocting up and feast on!

### **CHOCOLATE-MANGO CREAM CAKE**

#### **Ingredients**

250g/8oz Ground Graham Crackers

150g/5oz milk

1 pack of whole graham crackers

100g/3½oz unsalted butter

150g/5oz dark chocolate

150g/5oz golden syrup

75g/2½oz raisins

100g/3½oz chopped ripe mangoes

30g/1oz cashew, chopped (optional)

60g/2oz pecans, chopped (optional)

350g heavy cream

#### Method

1. Line the sides of the 8 inches shallow pan.
2. Arrange the whole crackers at the bottom of the pan
3. Mix the milk, cream, syrup by hand until fluffy.
4. Melt the chocolate and butter on a double broiler and set aside. The chocolate must neither be too gooey nor too light.
5. Pour in some of the cream on top of the crackers and spread evenly.
6. Drizzle some of the chocolate on top of the cream and arrange the mangoes afterwards
7. Sprinkle some nuts for texture
8. Then pour in some ground graham to integrate the cream, before arranging whole ones again.
9. Repeat the steps until the pan is almost filled to the lid.
10. Lastly, garnish the top with cream mixture and sprinkle with nuts and raisin. If you still have some chocolate left, you may also put some on top.
11. Refrigerate for a minimum of ten minutes to let the graham absorb the cream mixture. The longer it stays in the ref, the better.
12. This serves 12.

A reminder to our diabetic friends, please hold onto yourself from finishing up the whole pan. Share it with friends. It is pretty tempting and it's okay to give in, but your health comes first before anything. When eating chocolates, make sure you have the best of some chocolate-related recipes for diabetics!

### **Chocolate Recipes for Pasta, Anyone?**

You heard it right, chocolate pasta has been around for many years and was developed in European countries. Have you ever tried nigel kugel, a German dish that combines flat noodles, cinnamon, raisins, pot cheese and sugar? The Italians have recipes quite like that using lasagna and chunks of fruits and not to mention chocolates which really give an awesome unique flavor to the recipe.

#### Uniqueness of Chocolate Pasta Recipes

These chocolate-related pasta recipes will truly liven up your taste buds, stimulate your very appetite, and really entice you to indulging in it! You will have to try them at least once in your life and I am pretty sure, you will really enjoy it. If you are really interested in chocolate pastas, you can always find one of those special recipes and do them either in your homes, or food establishments such as restaurants.

### **Knowing the Health Benefits of Both Chocolate and Pasta**

But come to think of it, it would be good to also know the health benefits of both pasta and chocolate especially if you are planning to do these delectable and easy-to-do chocolate-pasta recipes!

### Anti-oxidants in Chocolates

Yes, there are countless studies conducted to confirm that chocolate contains antioxidants. And many of them have established that antioxidants in chocolates are comparatively high in both quantity and quality. This alone proved that indeed, there are significant health benefits to these sweet goodies.

Did you even know that it is the cocoa that leads the choco pack, followed by the dark chocolates and then lastly, the milk chocolates? It was even detailed out by the Chocolate Manufacturers Association that the dark chocolates have even higher antioxidant content, eight times over the antioxidant content of strawberries.

### Chocolates and Pasta Bring Higher HDL

In November of 2001, a research team from Pennsylvania State University established that people who eat and drink greater amounts of cocoa and dark chocolates are found to acquire a little higher concentrations of the good cholesterol, also known as the HDL.

Even pasta, the whole-grain energy foods that are commonly linked to heart disease risks are found to have higher concentrations of HDL which makes pasta boast of its ability to reduce risk factors by a significant 26%. Generally, foods rich in fiber like pasta and oats are often associated with lowering cholesterol and therefore protect people against developing coronary heart disease in both men and women.

### Chocolates on Lower Blood Pressure

Furthermore, there is another study printed in the Hypertension journal last August 2005, figured out that indeed dark chocolates have the capability to lower a person's blood pressure, especially those suffering from hypertension. The experts also found out that the levels of LDL cholesterol, or the bad cholesterol we do not like, can actually be found in people who eat significant amounts of chocolates. So, what are all these things trying to tell us?

Well, bottom line is chocolates are full of natural ingredients beneficial for people's health. It doesn't necessarily mean though that we will get maximum benefits from chocolate products that we will allow ourselves to eat too much! And the pasta? Are their health benefits at par with the benefits we can get from chocolates? The answer is yes. Now, isn't it a delightful chocolate-related recipe that you must try for your kids, your friends and your family? Try making it in

your homes and see what a perfect bonding opportunity this is for you and your loved ones!

## **Meat In Chocolate-Related Recipes**

What is the first thing that comes to your mind when ever you hear the word chocolate? For parents it may be kids' hyperactivity, or for kids a really delightful treat, or for young adults and grown-ups a serving of some delectable desserts, right? While it is true that most chocolates are a staple in creating wonderful desserts, it may also be used as part of any meat recipe. Yes! You got it right. You do not need to be a professional chef to concoct chocolate-related recipes. Just research for some enjoyable chocolate recipes that would be a sure treat for friends and families!

You can start by trying some meat-chocolate recipes that have been around many home and restaurant kitchens for many, many years. In fact in countries like Mexico, which are very well known or famous for "mole" recipes, chocolates are just as important in some of their best dishes as much as chilis and tomatoes are needed. They treat chocolates as an indispensable part of their recipes that will be shared from generation to generation. Here is a truly wonderful recipe that has been a constant companion of gourmet chefs and regular home cooks from all walks of life and continue to be a favorite recipe of people from different countries! Now, enjoy the sweet taste of chocolates as a main ingredient, combined with meat for a definitely hearty meal!

### **PORK CHOPS WITH COFFEE & WHITE CHOCOLATE SAUCE**

#### **Ingredients**

3 tablespoons of butter  
3 teaspoons of all-purpose flour  
1 cup of broth  
2 oz (60 g) of white chocolate  
3 tablespoons of butter  
4 boneless of pork chops  
6 tablespoons of finely ground coffee for dredging  
a dash of salt and pepper

#### **Cooking Procedures**

First, you have to make the white chocolate sauce for the recipe, then proceed to cook the meat:

1. In a clean saucepan, melt your butter on medium fire and continue to stir in the flour after the butter has melted. Mix it very well.



2. You have the choice of using either plain water or some broth. You have the option to choose from powder broth, the pork cube or bouillon, to the already prepared canned broth. Stir to make sure that the flour is completely dissolved.
3. Then leave the sauce to cook on low heat. Do it for approximately 15 minutes while you stir regularly. Then add some salt.
4. Remove the saucepan from heat and put the white chocolate in, stirring until it has melted.
5. Melt at least 3 tablespoons of butter in your nonstick pan using medium heat while marinating your pork chop in salt, pepper, and ground coffee.

When cooked already, you may serve it with rice, or fried plantains or bananas, mango chutney, and white chocolate sauce to bring out the unique taste of this recipe. Who would have ever thought that these chocolates, the mature seed pods found from the cacao trees can be an indispensable ingredient to some of the wildest yet most mouth-watering and appetizing recipes known to the whole world!

You might not know it but these chocolates are soured for several days to make the Chocó tang evident. Thanks to these cacao tree pods, if not for them we would not have discovered the wonderful gift of chocolates and of course, these wonderful to prepare home cooking chocolate-related recipes! Really, what could the world look like without any of these chocolates?

### **Mole: A Favorite Chocolate Recipe**

Meat recipes that have chocolate in them have aroused much attention. Little do most people know that these chocolate-related recipes have been around for many years. Since the Aztecs valued the chocolates so much and believed in its power-harnessing abilities, they've used chocolate in practically everything!

Imagine this: your favorite meat and the luxurious taste of fine, smooth chocolate combined in one recipe that would leave you mouth-watering. We have all that here in Mole.

#### **A Saucy History**

Mole is Mexican delicacy that is Aztec in origin. It came from the word Molli, which means sauce. It wasn't until mid-17th century that chocolates were added to mole and we now know them Mole Poblano.

Chocolate Mole instantly became a sensation, a staple during the holidays and special occasions, that it eventually became a national dish. It is normally served as a sauce for chickens and has bittersweet, nutty and spicy flavors.

## The Hot Ingredient

Mole is mainly made up of about 10-30 ingredients, most of which are spices – specifically chilies. Varieties such as Pasillas, Guajillos, Chipotles, Anchos and Mulatos are commonly used each giving out very different flavors that when mixed is simply scrumptious.

Other ingredients may include Ceylon Cinnamon from Mexico which is also called canela, a type of sugar called Piloncillo, plantains, pineapples, ground nuts. You may replace raisins with dried apricots, tortillas instead of almonds, or yams instead of plantain.

## Toast them Chilies

The secret in successfully bringing out that nutty, charred flavor in mole is to partially burn most of its ingredients. Nuts, chilies and all the other spices need to be toasted on a pan, while tomatoes have to be charred until their skins are dark.

## Other Mole Recipes

### Mole Verde

Ingredients such as cilantro, tomatillos, epazote, Romaine Lettuce, and pumpkin seeds give this recipe its distinct green color.

### Mole Coloradito

Spices include almonds, sesame seeds, garlic, Ancho, Pasillas, or Guajillo chilies banana, sugar, tomatoes, pumpkin seeds, garlic and crackers. The color should be rich red.

### Mole Rojo

Mole Rojo is much like Mole Coloradito but lighter in color. Do not be mistaken of its lightness, though, because Rojo is much spicier! Use the same ingredients as coloradito but add more chilies, onion, pecans, and chocolate.

### Mole Amarillo

The ingredients to make this mole are garlic, cumin, onion, cilantro, black, pepper, Ancho, Guajillo and Costeno chilies, chilcoxle, hoja santa and green tomatoes.

### Mole Chichilo

This variety has a distinct ashy flavor to it. The chilies used in this dish are pasilla, Chilguacle Negro and Mulato. For anise flavor, they use avocado leaves.

#### **Mole Mancha Mantecas**

You often see this mole partnered with pineapple or plantain and has a strong Ancho flavor.

#### **Mole de Cacahuete**

The mole you add to chicken is literally a peanut sauce mixed with chilies.

Today, moles are readily available at local supermarkets and specialty stores and usually come in bottles of green, yellow or blackish paste. Although popular as sauce for various preparations of poultry, any other meat could do well with a little mole flavor. This delicacy is popular at weddings, holidays, Cinco de Mayo and Quincenieras . The Mexicans also offer Mole to their dead during Dia de los Muertos.

Clearly the world just couldn't stop thinking of many ways to use chocolates. Any excuse to lavish in this tasty delicacy seems appropriate! As if picking out bags of chocolates weren't enough, this delightful piece of heaven has also found its way to our kitchen as exciting, uncommon but sumptuous chocolate-related recipes!

**Thank you for reading this report!**

As a special thank you I have put together a list of my favourite sites and most useful resources! Enjoy!

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### **Bonus #8: How To Get Rich Building a LAZY Downline!**



In this recorded call between Chris Zavadowski and James Grandstaff (2 *six-figure earners*) you'll learn exactly what to do and what NOT to do to build a successful MLM organization online.

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