

Life Style

Emma's Bar and Grill



by Emma Sadgrove

Sinful and delicious, chocolate has been the delight of civilization over the ages. From a simple chocolate cookie to the fanciest creations, chocolate has an appeal to almost everybody. These dessert recipes should be followed carefully, but will produce some wonderful creations without requiring too much effort. Unsalted butter, which is in two recipes, does not keep well and should be frozen unless kept in the refrigerator for only a few days.

WHITE CHOCOLATE MOUSSE
 1/2 tsp. unflavored gelatin
 2 tsp. cold milk
 Sprinkle gelatin over milk in a small bowl. Let stand until softened.
 1 cup milk
 4 ounces white chocolate, grated
 1/4 cup sugar
 Scald milk in heavy saucepan. Remove from heat. Add gelatin, chocolate and sugar and whisk until mixture is smooth and gelatin is dissolved. Refrigerate until mixture is the consistency of egg whites, stirring occasionally.
 1/2 cup whipping cream
 1 egg white at room temperature
 1/8 tsp. salt
 1/4 cup icing sugar, sifted
 3 tsp. creme de cacao

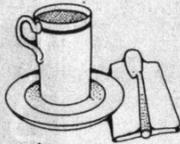
Beat cream to soft peaks. Clean and dry beaters well. Beat egg white and salt to soft peaks. Add sugar gradually, about 1 tsp. at a time and beat until stiff but not dry. Stir creme de cacao into chocolate mixture. Fold in cream. Gently fold in egg whites. Pour into 4 stemmed glasses or bowls and chill well.

CHOCOLATE ORANGE POUND CAKE

1 cup margarine
 1-1/2 cups sugar
 5 eggs
 2 cups flour
 1/4 tsp. salt
 1 tsp. vanilla
 1/4 cup cocoa powder
 grated peel of one orange
 Cream butter and sugar together. Add eggs one at a time and beat well after each addition. Stir in flour and salt. Add vanilla and beat well. Divide mixture into equal portions in two bowls. Add cocoa powder to one and grated orange peel to the other. Drop by teaspoonfuls, alternating flavors, in a greased loaf pan. Bake at 350° for about 1-1/4 hours or until it tests done with a toothpick. Cool in pan on a wire rack for 10 minutes. Turn out onto rack to finish cooling.

CHOCOLATE ALMOND SQUARES

1/2 cup unsalted butter at room temperature
 3/4 cup sugar
 3 eggs
 1-1/2 tsp. vanilla extract
 3/4 cup flour
 1/4 cup cocoa powder
 1/8 tsp. salt
 1 package (8 oz.) almond paste
 1/3 cup raspberry jam



Cream butter and sugar until fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla. Add flour cocoa and salt and combine well. Divide mixture between two greased 9 x 9 inch square pans. Bake at 350° for about 15 minutes or until firm and cakes pull away from sides of pan. Cool cakes well before proceeding further. Trim cakes to 7-1/2 inches and roll almond paste on wax paper to a 7-1/2 inch square.

Cover with plastic wrap. Heat jam to boiling, stirring constantly. Brush half the jam over to cake layer, cover with almond square, brush with remaining jam and top with second cake layer. Press gently to seal layers and spread with chocolate glaze.

3 tbsp. cocoa powder
 3 tsp. unsalted butter
 2 tsp. light corn syrup
 1 tsp. water
 3/4 cup icing sugar
 Stir first four ingredients over medium heat until butter is melted. Remove from heat, gradually beat in sugar and beat until smooth. Spread on cake. Freeze cake about one hour and cut into squares. Decorate as desired.

CHOCOLATE MINT MOUSSE CAKE

1/2 cup unsalted butter at room temperature
 3 egg yolks
 8 oz. chocolate mint chips
 5 egg whites at room temperature
 1/4 tsp. cream of tartar
 1/4 cup sugar
 2 tsp. icing sugar
 1 cup whipping cream
 40 chocolate mint wafers
 Prepare a graham crust in an 8 1/2 inch spring-form pan. Melt chips over hot water and set aside to cool slightly. Beat butter and yolks until smooth. Add melted chocolate and beat well. Using clean dry beater in another bowl beat egg whites and tartar until soft peaks form. Add sugar 1 tsp. at a time and beat until stiff but not dry. Gently fold 1/4 of egg whites into chocolate mixture, then fold in remaining egg whites. Pour over graham crust and chill for at least one hour. Do not prepare more than five hours in advance. Unmold the cake by wrapping a warm damp

towel around the sides of the pan. Press chocolate mint wafers gently into the cake to cover all around the side. Combine cream with icing sugar, beat well and spread over cake. Cut remaining wafers into thin sticks or grate them to decorate the top of the cake.

NANAIMO SQUARES

1/2 cup margarine
 1/4 cup sugar
 5 tsp. cocoa
 1 egg, well beaten
 2 cups graham wafer crumbs
 3/4 cup fine coconut
 1/2 cup finely chopped walnuts
 Melt margarine, add sugar and cocoa and heat to dissolve sugar on a medium burner. Cool slightly. Return to heat, add egg and stir rapidly. Mixture should be thick and smooth. Stir in remaining ingredients. Packaged chopped walnuts should be chopped more finely. Press into an ungreased 9 x 9 inch pan.
 1/2 cup margarine
 2 cups icing sugar
 2 tsp. custard powder
 3 tsp. milk

Cream all ingredients together and beat until light and fluffy. Spread over bottom layer.

1/2 cup semi sweet chocolate chips
 1 tsp. margarine
 Melt chips and margarine over boiling water. Cool slightly. When cool but still runny spread thinly over custard layer. Allow chocolate to sit at room temperature and then chill in refrigerator until chilled well enough to cut into squares, but not too hard. If this is chilled immediately the chocolate layer will be difficult to bite into and because it is on top of a soft layer it will flip up and hit you in the nose.

WHAT U WEAR

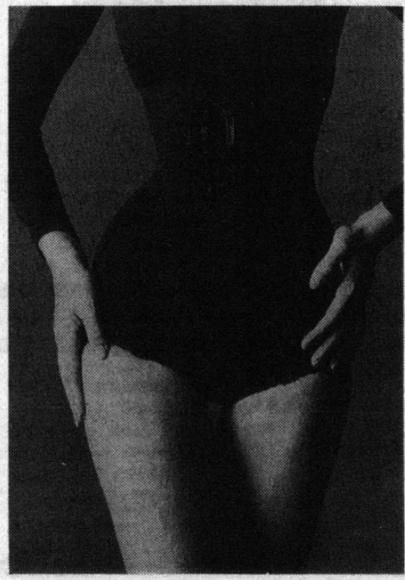
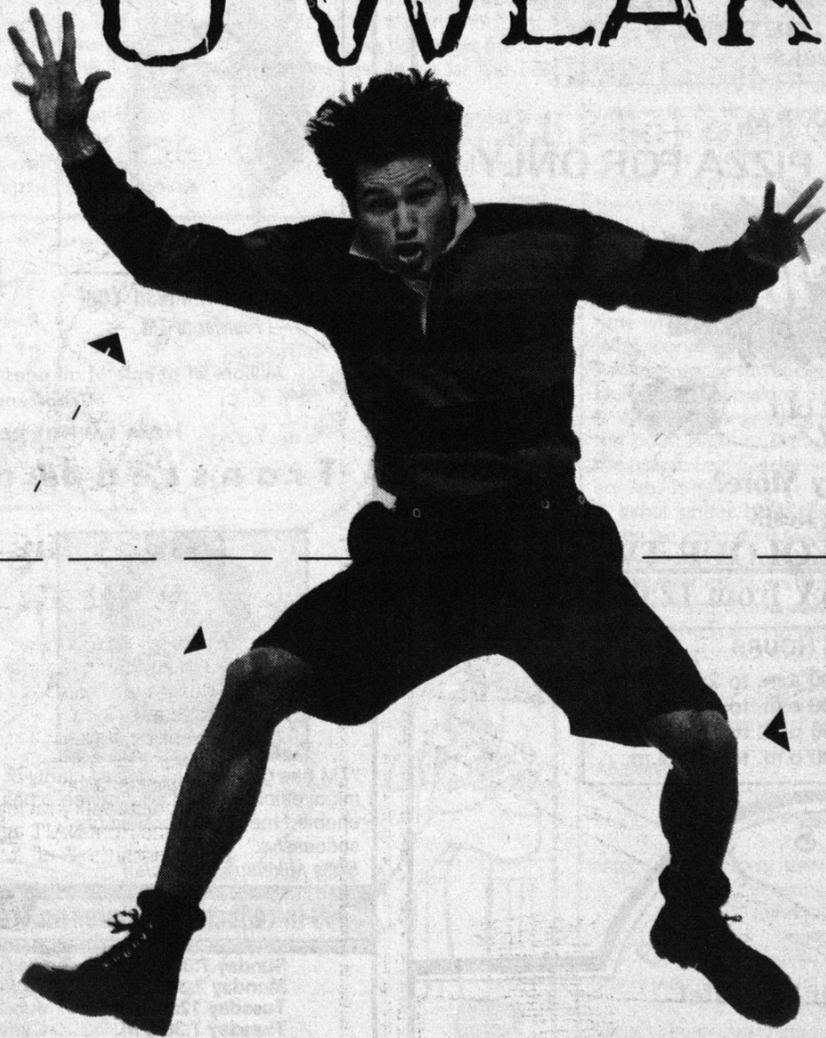
SEX: Look but don't touch

by Jerome Ryckborst

Zip it up folks. The well is dry. Almost dry: "It's great to play games. Now, that's all we can do," says a famous London fashion designer. The media is convincing us that sex kills.

So once again it's clothing to the rescue. Down go the hemlines, etc. We'll all be covering our conservative bodies for the next little while. Says one rag mag: "The permissive society is over and we've certainly paid for it — we've paid for it in unwanted children and cervical cancer and teenage suicide and dead pop-stars and herpes and AIDS."

Permissive society is having a change of heart. It could be a painful withdrawal for a generation brought up on sex. That's okay: there's money to be made in all of this. There is a way to get your sex and savagery quotient



without the risks. Honey, fashion is *it!* Sure enough, look at the trends. We're all going on a summer safari with the 'Out of Africa' look. Women are wearing their underwear as outerwear.

Well, not really... but almost. All those little snaps and clips and levers that grandmothers used to call corsets are back: corset dresses. All that rustle bustle under the skirt is back: crinoline mini skirts.

For guys it's pants with baggy legs. Lots of extra movement when you walk gives the girls something to look at. Summer's coming, shorts are back. Boxer or preferably bermuda length; it seems guys thighs must stay covered this year. That's okay, you won't have to wear underwear. More movement for the women to watch.

The watch-my-body theme has already started. Take last season's 'western' look. We were looking alright, and that's the very thing designers had in mind. Bolos (those string-ties guys wear around their necks) end up dangling all over the chest — hey, look at me. It was the same with fringes on western jackets and shirts — hey, watch me move.

Have you got the picture yet? It's look-but-don't-touch. Play the game, but let's not get too serious (read: physical).

The fashion business is catering to changing times. I'm betting clothing will be more sensual, in the literal sense. That means more texture, more curves, more movement. Think Visual is the name of the game.

It's a new ballgame now, but fashion is still playing by the old rules, 'cause old ways die hard.