

In-*House*

with Tony Abou-Ganim



Share the

Chocolate, perhaps the most sensual of gastronomic delicacies, has been associated with passion, love and romance for centuries. The Aztecs believed it would invigorate a man while effectively muting a woman's inhibitions. Casanova is said to have used it as an aphrodisiac. It turns out they may not have been too far wrong.

Chocolate contains both phenylethylamine and serotonin, two naturally-occurring substances reported to lift one's mood. More specifically, their effect on the body's chemistry is akin to that incurred when deeply buried among feelings of love and passion. It follows that those who consume chocolate might find themselves at least receptive to overtures of love, although inducing outright friskiness may be a stretch. Research suggests that women are more susceptible to these effects than men—instinctual motivation for men, perchance, who so often present gifts of chocolate to the women they desire?



Cupid's Flip

- 1 ounce Bailey's Irish Cream
- 1 ounce Amaretto Disaronno Originale
- 1 ounce Marie Brizard light crème de cacao
- Splash of grenadine syrup
- Heavy cream (whipped to firm)
- Chocolate heart

Shake above ingredients in an ice filled shaker and strain into a chilled cocktail glass. Float pillow of whipped cream, and rest chocolate heart on the pillow.

Growing up as a child on Lake Huron the winters were rather brutal. I remember my dad would start a fire and we'd roast ourselves by the flames downing a plate of chocolate chip cookies, still warm from the oven, with a mug of my Aunt Dort's homemade hot cocoa. Decades later there is still nothing more satisfying to ward off those winter chills than a steaming cup of hot chocolate.

So here's the adult version which comes with considerably more kick than Aunt Dort's.

Chocolate Nudge

- 16 ounces whole milk
- 6–8 tablespoons sweet ground Ghirardelli chocolate
- 1 teaspoon pure vanilla extract
- 2 ounces Kahlúa
- 2 ounces Disaronno Originale Amaretto
- Freshly whipped cream

In a saucepan gradually heat milk, add chocolate and stir until steaming, then add vanilla extract. Pour into two oversized coffee mugs. Add equal parts Kahlúa and Amaretto to each. Top with fresh whipped cream and garnish with grated chocolate.

Serves two . . . they're more fun to drink with a friend!