

Hand Over the Chocolate & No One Gets Hurt!

The Chocolate-Lover's Cookbook

Gloria Hander Lyons



Blue Sage Press

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**Chocolate doesn't make the world go 'round, but
 it sure does make the trip worthwhile!**

Hand Over the Chocolate & No One Gets Hurt



There's nothing more satisfying than a decadent chocolate dessert with its soothing, rich flavor that literally melts in your mouth.

For centuries, people from many cultures believed that eating chocolate instilled strength, health and passion in those who drank it.

The Spanish first discovered chocolate during the 16th century while searching for gold in the New World. They brought it back to Spain, where its popularity spread throughout Europe and then to the United States.

In 1519, Hernán Cortés claimed chocolate to be: "The divine drink which builds up resistance and fights fatigue. A cup of this precious drink permits a man to walk for a whole day without food."

Even today chocolate remains a symbol of love and devotion, presented as a token of our affection on holidays such as Valentine's Day and other special occasions.

Scientific research has revealed that chocolate is not the aphrodisiac once believed, but it does contain small amounts of a chemical called phenylethylamine (PEA), which is a mild mood elevator. It's the same chemical that our brain produces when we feel happy or "in love." Therefore, eating chocolate does produce a mild "rush" that makes many of us long for more.

Chocolate (particularly dark chocolate) was also found to contain flavonoids, which may have beneficial effects on cardiovascular health. They may also act as antioxidants, which are believed to prevent or delay certain damage to the body's cells and tissues.

I certainly don't encourage the use of chocolate for health food purposes, but nothing can compare to the satisfying indulgence of a sweet chocolate dessert to lift our spirits.

Let's not be greedy, though, and demand that others "hand over their chocolate". There's plenty of chocolate to go around—especially inside this recipe collection of delectable chocolate confections. It's the perfect cookbook for chocoholics everywhere.

I've gathered 78 of the most decadent recipes I could find. And because I don't like to work hard or wait long for my chocolate treats, these tasty concoctions are quick and easy to prepare.

But just in case you want to share your chocolate treasures, I've included a few fun ideas for chocolate theme parties, plus games, activities, decorations and guest favors.

Indulge yourself with chocolate!

Chocolate Beverages



Chocolate Mocha Punch

1-1/2 quarts water
1/2 cup instant chocolate drink mix
1/2 cup granulated sugar
1/4 cup instant coffee granules
1/2 gallon vanilla ice cream
1/2 gallon chocolate ice cream
1 cup whipping cream, whipped and sweetened to taste

In a large saucepan, bring water to a boil. Remove from heat. Add drink mix, sugar and coffee; stir until dissolved. Cover and refrigerate 4 hours or overnight. About 30 minutes before serving, pour into a punch bowl. Add ice cream by scoops; stir until partially melted. Garnish with dollops of whipped cream.

Magic Potion Chocolate Punch

1/2 cup chocolate-flavored syrup
2 cups milk
2 (12 oz.) cans cola beverage, room temperature
Non-dairy whipped topping, if desired

In a 4-cup microwaveable measuring cup, blend chocolate syrup and milk. Microwave on high power 3-4 minutes or until hot. Divide chocolate milk into 8 mugs. Slowly pour about 1/3 cup of cola into each mug. Top with whipped topping if desired.

**Coffee makes it possible to get out of bed, but
chocolate makes it worthwhile.**

Chocolate Tea

2 tablespoons black tea leaves
1 tablespoon cocoa powder
1 teaspoon dried grated orange peel
1/4 cup brown sugar, firmly packed

Add all the ingredients to a warm teapot, along with 6 cups of boiling water. Stir and then steep for 5 minutes. Stir again and strain into cups. Serve with milk and add additional brown sugar if needed.

Chocolate Rum Coffee

2 quarts brewed coffee
3 (12 oz.) cans evaporated milk
1 (16 oz.) can chocolate syrup
1/2 cup brown sugar, firmly packed
1 cup rum Cinnamon sticks for garnish (optional)

In a Dutch oven, combine coffee, milk, chocolate syrup and brown sugar. Cook over medium-high heat, stirring occasionally, until sugar dissolves and mixture begins to boil; remove from heat. Stir in rum. Pour into mugs and garnish with cinnamon sticks. Makes about 20 servings.

Mocha Eggnog

1 tablespoon hot water
2 teaspoons instant coffee
1 quart dairy eggnog (or one 32 oz. can)
1/2 cup chocolate flavored syrup
1 cup whipping cream Ground nutmeg

In a large bowl, stir instant coffee into hot water until dissolved. Add eggnog and chocolate syrup, stirring until well blended. Chill at least 2 hours. Just before serving, whip the cream until soft peaks form. Gently fold into eggnog mixture. Sprinkle with nutmeg. Makes 6 servings.

Decadent Hot Chocolate

1 cup milk
1 cup half and half
8 teaspoons granulated sugar
1 tablespoon brown sugar, firmly packed
1 oz. semi-sweet chocolate, chopped
1 oz. unsweetened chocolate, chopped
1/2 teaspoon vanilla extract

Place all ingredients except the vanilla in a saucepan and heat over medium heat until chocolate melts and sugar dissolves. Pour half of the mixture into a blender and process until foamy. Return to the saucepan, stir in vanilla and serve.

Rich & Creamy Hot Chocolate

1 cup milk
1/3 heavy cream
1/4 cup granulated sugar
5 oz. semi-sweet chocolate, chopped

In a small saucepan, heat milk, cream and sugar together until just boiling. Remove from heat and stir in the chocolate until melted. Serve warm in demitasse cups. Makes 4 servings.

There is a difference between hot cocoa and hot chocolate. The terms are often used interchangeably, but technically they are very different. Hot cocoa is made from cocoa powder, which is chocolate pressed to remove the cocoa butter. Hot chocolate is made from chocolate bars melted into cream. It is a richer, more decadent drink.

Chocolate Pastries & Breakfast Foods



Chocolate Kahlua Pancakes

1-3/4 cup all-purpose flour
1/4 cup granulated sugar
3 tablespoons unsweetened cocoa powder
2 teaspoons baking powder
1/4 teaspoon salt
2 large eggs
1-1/3 cups milk
1/4 cup Kahlua
3 tablespoons butter, melted

In large bowl, combine flour, sugar, cocoa, baking powder and salt. In medium bowl, lightly beat eggs; stir in milk, Kahlua and butter. Stir egg mixture into flour mixture until smooth and blend thoroughly. Spray a large skillet with cooking spray or grease with vegetable oil. Heat skillet over medium-high heat. Pour about 1/4 cup of batter into skillet for each pancake. Cook 2-3 minutes or until holes appear on the surface and edges are slightly dry. Turn and cook 2-3 minutes until done. Transfer pancakes to plate and keep warm in a 200° oven until all batter has been cooked.

Chocolate Maple Syrup

1-1/2 cups maple syrup
1/2 stick (1/4 cup) butter
3 tablespoons unsweetened cocoa powder
Dash of salt

In a small sauce pan heat maple syrup and butter over medium heat until butter is melted. Add cocoa powder and salt, stirring until well blended. Serve warm over ice cream, pound cake, pancakes or waffles. Store in an airtight container in the refrigerator for up to 1 week.

Chocolate Chunk Scones

2 cups flour
1/3 cup sugar
1-1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
6 tablespoons unsalted butter
1 large egg, slightly beaten
1/2 cup half-and-half
1 teaspoon vanilla extract
3 squares of semi-sweet baking chocolate, chopped

Preheat oven to 400°. In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter with a pastry blender until mixture resembles coarse crumbs. In a separate bowl, mix together egg, half-and-half and vanilla; stir into dry ingredients just until moistened. Stir in chocolate. Add a bit more flour if dough seems too sticky. Turn dough out onto a lightly floured surface; knead 8-10 times or until smooth. Pat into a 7" circle, about 3/4" thick. Cut into 8 pie-shaped wedges. Or roll dough to 3/4" thickness and cut out circles with a 2-1/2" biscuit cutter or a 1-1/2" cutter for mini-scones. Brush tops with milk and sprinkle with sugar. Place 1" apart on lightly greased cookie sheet. Bake for 18 to 20 minutes (15-18 minutes for mini scones) or until golden brown.

Chocolate Butter

1/2 cup unsalted butter, softened
2 tablespoons confectioner's sugar
2 tablespoons cocoa powder

In a small bowl, beat ingredients together until fluffy. Refrigerate until ready to serve. Soften for 15-20 minutes before serving.

Chocolate Cinnamon Rolls

1 (8 oz.) can refrigerated crescent rolls
2 tablespoons butter or margarine, softened
1/2 cup mini semi-sweet chocolate chips
2 tablespoons granulated sugar
2 tablespoons chopped pecans
1-1/2 teaspoons ground cinnamon

Preheat oven to 375°. Unroll crescent dough on a lightly greased surface; press dough perforations together to form a 7-1/2" X 14-1/2" rectangle. Spread butter over dough. In a small bowl, combine chocolate chips, sugar, pecans and cinnamon. Sprinkle chocolate chip mixture over buttered dough to within 1/2" of edges. Lightly press mixture into dough. Beginning at one long edge, roll up dough jellyroll-style. Cut into 1/4" slices. Place slices 1" apart in a greased 9"X13" baking pan. Bake 11-13 minutes or until lightly browned. Serve warm. Makes about 16 rolls.

Hot Mocha Breakfast Float

1/2 cup unsweetened cocoa powder
1/2 cup granulated sugar
1 quart milk
2 cups hot strong black coffee or 3 tablespoons instant coffee granules dissolved in 2 cups hot water
1 cup chocolate ice cream
Whipped cream & shaved chocolate, for garnish

In a large saucepan, stir together cocoa and sugar. Over medium heat, slowly add milk until well blended. Add coffee while mixing constantly. Remove from heat. Ladle into 6 (8-ounce) mugs. Top each with a spoonful of ice cream. Top with whipped cream and chocolate shavings if desired.

Brownie Nut Bread

1 (21.5 oz.) package brownie mix
1 (5.5 oz.) package buttermilk biscuit mix
2/3 cup water
2 large eggs
1/4 cup vegetable oil
1 teaspoon vanilla extract
1 (6 oz.) package semi-sweet chocolate chips
1 cup chopped pecans

Preheat oven to 350°. In a medium bowl, beat brownie mix, buttermilk biscuit mix, water, eggs, oil and vanilla until well blended. Stir in chocolate chips and pecans. Pour batter into 2 lightly greased nonstick 4-1/2" X 8-1/2" loaf pans. Bake 45-50 minutes or until a toothpick inserted in center comes out with just a few crumbs. Cool in pans on wire rack 10 minutes. Remove from pans. Cool on wire rack another 10 minutes. Slice and serve warm with Chocolate Cinnamon Spread.

Chocolate Cinnamon Spread

1 (8 oz.) package cream cheese, softened
3 tablespoons powdered sugar
2 tablespoons unsweetened cocoa powder
1 teaspoon ground cinnamon
1/2 teaspoon vanilla extract

In a small bowl, beat ingredients together until fluffy. Refrigerate until ready to serve. Soften for 15-20 minutes before serving.