2 Unique

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❤ This would be a great time to serve some fabulous European-style bread from the Breadsmith bakery (Farmington Hills, Troy & Bloomfield Hills). Soft background music is a must!

❤ Every fine meal is enhanced by wine. Wines are chosen on the basis of contrast and complement. Contrast wines act as palate stimulant as well as cleanser and are usually higher in acid and fruit.

Complementary wines match the foods in height and texture. For this particular meal my friend and wine savant John Jonna of Merchant's Fine Wine Warehouse of Royal Oak and Dearborn suggests **Five Mile Hollow**, Australian blend of premium grape varieties: Semillon, Sauvignon Blanc, Verdelho, Chardonny from **Jadot** called **Santenay Clos de Malte**. Give John Jonna a call in Dearborn at (313) 563-8700 or John Jonna in Royal Oak (810) 546-7770 for further suggestions.

CHICKEN OR SALMON "LOVER'S LANE"

- 2 (5 ounce) portions of chicken boneless, skinless breast or salmon fillet
- 1/8 cup olive oil
- 1 cup sliced wild and/or domestic mushrooms
- 1/2 of a whole roasted red pepper
- 6 large clean flat spinach leaves
- 6 ounces Chevre cheese
- 4 ounces cream cheese
- 2 tablespoons chopped fresh parsley
- 1 egg yolk
- Salt & pepper to taste
- 1 package of phyllo dough
- 4 tablespoons melted butter
- 1/8 cup fresh bread crumbs
- 2 tablespoons fresh chopped parsley

Season chicken or salmon with a sprinkle of salt & pepper. Heat 1 tablespoon of olive oil in a pan until pan is hot. Sear the chicken or salmon approximately 1 1/2 to 2 minutes on each side. Set aside to cool.

Saute sliced mushrooms in a tablespoon of olive oil in a hot pan and set aside to cool, season with salt & pepper.

Mix the cheeses, egg yolk, parsley and a sprinkle of fresh pepper in a bowl with a rubber spatula, fork or spoon. Top the meat with a spinach leaf then spread a portion of the cheese mixture, top with the roasted red pepper, spinach leaf and another layer of the cheese mixture, sauteed mushrooms, spinach leaf and the remaining cheese.

Remove the phyllo dough from the package and layer five sheets high, brushing melted butter and a sprinkle of some herbs and bread crumbs between layers.

Cut a large sheet in half and cut into a heart shape. Place the chicken or salmon on half of the heart, fold over, and then pinch a 1/2-inch seam around the edge and tuck the seal under. Bake 350 degrees F. 20 to 25 minutes until golden.

WINTER RISOTTO

- 1 cup Arborio Rice
- 1/2 cup finely diced onion
- 2 finely diced celery stalks
- 2 minced garlic cloves
- 1 cup diced eggplant
- 1 cup diced Roma tomatoes (canned may be substituted)
- 1/2 cup white wine
- 3 cups chicken or vegetable stock (canned may be substituted)
- 1/4 cup savory herbs (mixture of parsley, basil or thyme)
- 1/2 cup freshly grated Parmesan or Romano cheese
- 2 tablespoons whole butter
- 1/2 cup heavy cream
- Salt & pepper to taste

Heat the stock or broth in a saucepan. Heat olive oil in a large saute pan, saute onions and garlic about 1 minute until they appear translucent. Add the rice. Add white wine and simmer. Add the eggplant.

Gradually start adding the hot stock a few ounces at a time. Continue to add the stock and stir (about 8 to 10 minutes). Add the tomatoes. Continue adding hot stock, and stir (about 8 to 10 minutes).

When the rice is plump and the liquid is absorbed, remove from heat. Stir in the herbs, butter, cheese, cream and season with salt and pepper.

❤ Serve with a bundle of steamed asparagus or your favorite vegetable.

CHOCOLATE CHAMBORD FANTASY

- 2 sheets of parchment paper
- 1/2 cup heavy cream
- 1/8 cup sugar
- 3 tablespoons chambord
- 3/4 pound finely chopped bittersweet chocolate
- 1 teaspoon pure vanilla extract
- 1/2 cup Dutch process cocoa powder

Line 6 by 9-inch baking dish with parchment paper.

In a saucepan combine cream, sugar and chambord over medium heat and bring to a boil. Remove from the heat. Stir in 3/4 of the chopped chocolate and vanilla. Stir until the chocolate is melted.

Place in a bowl in the fridge, scaping the sides of the bowl every 10 minutes until the ganache is chilled, but stir pourable. This process takes 25-35 minutes.

Beat the ganache at medium speed until it lightens in color and thickens to a mousse-like consistency, approximately 1 minute.

Scrape the ganache into prepared baking dish working very quickly, and spreading evenly. (Use the 2nd sheet of parchment to help smooth the top).

Refrigerate for 20-30 minutes. Melt the remaining chocolate and spread it over the ganache. Dust with cocoa powder. Refrigerate for 20 minutes. Remove from refrigerator and cut into heart shapes or *any shape you desire.*

Recipes for love, life

A compilation of friends, family, business owners, chefs, wives, mothers and many others when asked what is the most important recipe for keeping "Love Afire" said:

To commit every morning all over again ❤ Dinner together on a regular basis "a must" ❤ A walk or jog together a few times a week ❤ No television in the bedroom ❤ kissing § Scheduling a "real date" alone at least every other week ❤ Don't get stuck on small stuff and "a lot is small stuff" ❤ Say "I Love You" often ❤ Be silly some times ❤ Remember love is not a word, it's a way of life ❤ It may sound funny; but if you treat marriage as a yearly, renewable contract "like an employment contract" you may find you don't take it for granted so easily.

Take one vacation alone together every year ❤ Trust...communication...understanding ❤ Always taking time to be alone with one another ❤ Special cards on ordinary days ❤ Prizes for no reason ❤ Quiet time outdoors ❤ Spontaneity ❤ Cocoa on Sunday morning in bed ❤ holding hands ❤ Love notes in unsuspecting places ❤ Massage and foot rubs ❤ Small, unexpected favors — *a hot cup of* coffee or tea waiting outside the shower ❤ Bubble baths ❤ Conversation by the fireplace ❤ Candlelight dinner for 2.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts Program, Kelli is a part-time instructor at the school. Look for her column in Taste on the second Sunday of the month.

Chocolate

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are different aftertastes."

Eating the piece of chocolate takes Dr. Ornish several minutes. By making time for his special treat — alone without interruptions — he finds that usually one piece is all he wants, the experience lingers.

Moderation is certainly the key to healthful enjoyment of chocolate, or any dessert for that matter. Another important consideration is your choice of chocolate products. When preparing chocolate recipes, remember to check labels of all the ingredients you buy.

For example, Bakers chocolate-flavored chips contain about 9 grams of fat in 1/4 cup versus Hershey's semi-sweet chocolate chips, which contain almost 13 grams of fat. Plus there are many reduced-calorie pudding, cake and dessert mixes available. Check and compare nutrition labels and select those lowest in saturated fat and cholesterol.

Grocery store shelves are lined with new reduced-fat cookies, chocolate bars and desserts that appear to be better choices than traditional chocolate bars. But are they?

It is important to always read the nutrition label on each package. Just because a package is lower in fat, it is not always lower in calories too. Those green boxes are not necessarily green lights that allow you to eat as much of the product as you want. However, some manufacturers have hit the mark with great tasting products that also provide some of your daily nutritional needs.

We recently tried the nonfat milk chocolate yogurt from Snackwell's and found it quite good. In addition to satisfying our chocolate craving, it also provided five grams of protein and 15 percent of the daily requirement for calcium.

For just about everyone, chocolate can be a part of your diet if you choose wisely and allow for the calories and fat.

Peggy Martinelli-Everts of Clarkston is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospitality management company specializing in food service management for hospitals, long-term care facilities, businesses, private clubs and private schools.

Devilishly rich cake will satisfy your craving for chocolate

See related story on Taste front.

Here's a recipe from the American Heart Association that will surely satisfy your chocolate cravings.

BLACK DEVIL'S FOOD CAKE

- 2 cups flour
- 1 3/4 cups sugar
- 1/2 cup cocoa
- 1/2 teaspoon salt
- 1 tablespoon baking soda
- 2/3 cup oil
- 1 cup buttermilk
- 1 cup strong coffee (instant coffee may be used)

Preheat oven to 350 degrees F.

Sift together the flour, sugar, cocoa, salt and baking soda. Add the oil and buttermilk. Stir until well blended.

Bring coffee to a boil and stir it gently into the batter. Mixture will be soupy. Bake in a greased and floured 9 by 13-inch pan for 35 to 40 minutes.

Decorate with Minute Fudge Frosting. Yield 1 pan.

MINUTE FUDGE FROSTING

- 3 tablespoons cocoa
- 1 cup sugar
- 1/3 cup evaporated skim milk
- 1/4 cup margarine
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

Mix all ingredients together except vanilla. Bring to a boil and simmer one minute. Remove from the heat, add vanilla and beat until thick enough to spread.

Nutrition per serving: Calories: 34, protein 2.668(g), fat 10.344(g), Sodium 152.8(mg), carbohydrates 44.248(g). Percent of calories from fat: 34.259.

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