

Our Queen of Hearts Has Many Delicious Fudge Recipes For All "Chocobolics"

By FAITH GILLESPIE

In the days of the ancient Aztec Empire, long before the intrusion of the European discoverers, the cacao, or cocoa, bean was cultivated and chocolate was manufactured.

According to the legend, one of the Aztec prophets had brought the seeds from Paradise and planted them in his earthly garden. Universal knowledge and wisdom came to those who ate the fruit, 'twas said.

When Hernando Cortez came in 1519 with his armies to Mexico, the Emperor Montezuma served him chocolate in a golden goblet. Cortez took the bean and its secret back to Spain, where only the wealthy could afford the luxury of this food of the gods.

"Chocolat" soon became popular in the royal courts of Europe, one of the most highly prized treasures from the New World. The great trading companies braved the perils of the ocean and conquest to bring it home.

That pearl that is the cocoa bean is no less precious now, though we neither endure hazards to obtain it nor use golden goblets to enjoy it. I share with those civilized primitives of the Aztec Nation the sense of the "mystique" of the fruit of the cacao plant.

This means that chocolate is not just a pleasant taste that I merely like, no indeed. Though I may be a wee bit skeptical about the universal wisdom and knowledge part, I think that the partaking of chocolate is a nearly ecstatic experience, if you really have a "thing" for chocolate.

They say there are even people who are "chocobolics" . . . but who wants to be cured?

If you are a confirmed chocolate addict, you won't be able to resist these gems from my recipe box.

AZTEC FUDGE: Place in sauce pan two cups sugar, 1/4 cup white syrup, 1/2 cup milk, two squares unsweetened chocolate, and 1/2 teaspoon cinnamon. Stir and bring to rolling boil; reduce heat to prevent burning, and continue to boil to the soft-ball stage, 238 degrees.

(Soft-ball stage is reached when you can drop a little of the boiling liquid into a cup of cold water and can gather it with your fingers into a soft ball that will hold its shape until pressure is removed.)

Add a tablespoon of butter and beat the fudge till it begins to hold its shape, and loses its glossy sheen. Stop then, and hurry to pour it out on a cold buttered plate or pan.

This recipe is nearly fool-proof, except on a rainy day, when the humidity may keep it from hardening. (The chocolate lover, however, doesn't mind too much . . . she just eats it with a spoon.)

If the yen for chocolate comes when it is raining, bake a chocolate cake. The package mixes will do, but the following is incomparable:

BROWN SUGAR FUDGE CAKE: Heat oven to 350 de-

grees. Grease lightly and bake flour, one teaspoon baking soda, and 1/2 teaspoon salt. Add two cups firmly packed brown sugar, 1/2 cup

soft shortening, 1/4 cup buttermilk, and one teaspoon vanilla. Beat two minutes at medium speed, scraping bot-

tom and sides of bowl constantly. Add 1 1/2 cup buttermilk, three eggs, and two squares

unsweetened chocolate, melted. Beat two more minutes. Bake half an hour, more or less, depending upon the

size of your pans. Test with toothpick at 25 minutes, if you are using eight-inch pans. Cool and frost, and call

your family to share it before you eat it all yourself. Is there a Chocobolic Anonymous?

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MARY ELLIOTT

Mr. and Mrs. Raymond Elliott, 25173 Donald Avenue, Redford Township, announce the engagement of their daughter, Mary, to Michael Joseph Walli, son of Mr. and Mrs. Anthony Walli, American Avenue, Detroit. The future bride is a graduate of Ladywood High in Livonia. The bridegroom-elect is a graduate of MacKenzie High and is now attending the Institute of Arts and Crafts. The date of the wedding is Oct. 7.