

Title:

Chocolate Fondue - Two Delicious Recipes

Word Count:

420

Summary:

Are you an old pro when it comes to making delicious desserts? Do your guests rave about your cakes and pies? The next time you have company over for dessert, why not try something different. Chocolate fondue has been in and out of fashion since the seventies and most people have tried it at least once. But if you want to try something new and exciting There are many different dessert fondues out there to satisfy just about anyone with a sweet tooth.

Recently dark chocolat...

Keywords:

Chocolate Fondue

Article Body:

Are you an old pro when it comes to making delicious desserts? Do your guests rave about your cakes and pies? The next time you have company over for dessert, why not try something different. Chocolate fondue has been in and out of fashion since the seventies and most people have tried it at least once. But if you want to try something new and exciting There are many different dessert fondues out there to satisfy just about anyone with a sweet tooth.

Recently dark chocolate has been in the news being declared as a new heart healthy food. Dark chocolate retains more flavonoids than other varieties of chocolate such as milk chocolate, white chocolate, cocoa or chocolate syrup. New research has also determined that eating a diet high in flavonoids helps reduce the risk of cardiovascular disease. Obviously this doesn't mean that you should run to the store to buy some candy bars. But it does mean that when eaten in moderation, dark chocolate can be a healthy choice as a dessert.

And whether is good for you or not, who can resist a fondue pot of hot melted chocolate just waiting for your to dip something into it. What better way to enjoy strawberries, bananas and other ripe fruits. But don't stop there. Be sure to try dunking some salty treats into the chocolate such as pretzels and potato chips. Mixing sweet and salty foods creates a unique flavor that you are sure to enjoy.

So not only is chocolate delicious, but it is now considered a heart healthy food as well. Those are some excellent reasons to add a few chocolate fondue recipes to your recipe book. Why not try one of these chocolate fondue recipes tonight?

Dark Chocolate Fondue

12 ounces Premium Dark Chocolate (chopped)

3/4 cup Whipping Cream

2 teaspoons Kahlua or other coffee liqueur (optional)

Over low flame, heat whipping cream until warm (DO NOT BOIL)

Slowly add the chopped dark chocolate while stirring

Stir until the mixture becomes smooth

Stir in liqueur

To Dip:

Strawberries, Bananas, Sliced Apple, Cubes of Pound Cake, Cubes of Angel Food Cake, Pretzel Sticks, Chunks of Pineapple, Marshmallows, Potato Chips

Mint Chocolate Fondue

1/2 cup Heavy Cream

2 tablespoons Peppermint Liqueur

8 ounces Semisweet Chocolate

Warm the heavy cream over medium low heat

Add liqueur

Grate the chocolate or break into small pieces and slowly add to mixture while stirring

Stir until the chocolate is melted

To Dip:

Candied Fruit, Pears, Peach Slices, Cubes of Pound Cake, Cubes of Angel Food Cake