

## American Chocolate Week is filled with recipes for dreamy delicacies

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All you chocoholics out there, here's a little trivia quiz to see how rich your knowledge is about chocolate (*answers are at the bottom of the page*)

1. Where was the cacao plant first discovered? a) Mexico; b) Ivory Coast; c) Central & South America
2. Who were the first people to discover chocolate? a) Aztecs; b) Mexicans; c) Mayans
3. What European country was the first to have an explorer discover chocolate? a) Germany; b) Spain; c) France
4. Currently, where does the largest export of chocolate come from? a) Germany; b) Ivory Coast; c) Mexico
5. What movie about chocolate was nominated for five Oscar awards? a) Willie Wonka & the Chocolate Factory; b) Chocolat; c) Like Water for Chocolate

(Quiz adapted from the *Chocolate Challenge* at [The Field Museum](#) in Chicago).

Now, to whet your appetite for an absolutely dreamy dessert courtesy of [Dolce Italia](#), here is a warm, creamy and chocolaty delight.



Chocolate Risotto ( *Photo credit: Stephen Murello* )

### Chocolate Risotto

#### Ingredients:

- 4 cups milk, plus more as needed
- 1/2 cup sugar
- 3 Tbsp. unsalted butter
- 3/4 cup [Arborio](#) rice
- 1/2 cup [Asti Spumante docg](#)
- 2 oz. Italian dark chocolate (can use milk or white chocolate as well); suggest using [Perugina](#), [Vanini](#) or [Venchi](#) chocolate
- 1/4 tsp. finely grated orange zest, plus strips of zest for garnish
- Pinch of salt

#### Directions:

1. In a saucepan, stir together the milk and sugar; heat over medium-low heat until hot, but not boiling. Keep warm
2. In a large heavy saucepan, melt butter over medium heat; let simmer until it begins to brown - about four minutes.
3. Carefully add the [Asti Spumante docg](#) and cook, stirring until the rice has absorbed the liquid - about three minutes.
4. Add 1/2 cup hot milk to the rice, increase the heat slightly and cook, stirring constantly, until rice absorbs the milk. Continue adding the milk, a little at a time. Be sure the rice has absorbed the liquid each time before adding more.
5. After the final milk addition, cook until the rice is soft, but still holds its shape and is al dente.

6. Stir in the chocolate and zest until incorporated. If risotto is too thick, add additional warm milk until desired consistency is reached. Season to taste with salt.
7. Spoon onto plates, garnish with thin strips of orange zest and serve warm.

\*Note: For variety, try hazelnuts, dried cranberries or cherries, instead of oranges.

Serves: 4

Answers to trivia quiz: 1.c; 2.c; 3.b; 4.b; 5.b

*And, check in here all week for more delicious chocolate recipes, as well as tips on finding the best chocolate in the U.S. and learning more about its health benefits.*

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