



eatingout with Sally Hammond

From five-textured chocolate cake to fondue ... if chocolate be the food of love, indulge your sweet heart

GOOD food, bad reputation! That's chocolate. An Aztec legend says a prophet brought the seeds of the cacao tree from paradise, ate the seeds and acquired wisdom. Today chocolate gets blamed more than blessed. Even in the Middle Ages women were forbidden to eat it because of its aphrodisiac

reputation. It's little wonder chocolate is linked to romantic occasions such as Valentine's Day. And whether you choose it for seduction or old-fashioned indulgence, chocolate's black magic will usually prevail. If Death by Chocolate is your chosen fate, read on.



Nina's Chocolates

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Chocolatier extraordinaire George Magganis at Nina's Chocolates is beavering away as we speak. St Valentine's Day must be the chocolate capital of all festivals and George is well prepared. His mouth-watering cream truffles, pralines and liqueur chocolates are beautifully presented. There's a large cello-wrapped chockie

heart decorated with a Valentine message (300g \$27), and small hearts (100g, \$12). In keeping with the hearts theme, there's one surrounded by fresh cream truffles (280g, \$27) or you could splurge on the 300g mixed chocolate box (\$69.90). It's a little late for a personalised message on a heart, but then, Easter is just around the corner ...