

Halloween is for candy, Thanksgiving is for stuffing (your face), Christmas is for cookies and goodies of all kinds, and February...well, February is for chocolate. It should be declared National Chocolate Month. A card I received once claimed that chocolate was a major part of the food pyramid. And I can attest to the findings of its being a mood elevator.

Chocolate, or the cocoa tree, is said to have originated 4,000 years ago in the Amazon! In 300 A.D, cocoa pods symbolized life and fertility to the Mayans. In 1,200 A.D., the Aztecs believed that wisdom and power came from eating the fruit of the cocoa tree, and the beans were actually used as currency. Through the years cocoa beans were a big deal throughout Spain and all of Europe, and eventually in 1755 America took notice. In 1765 we had our first chocolate factory and the rest is history.

There are many kinds and brands of chocolate and I am sure you all have your favorites for those days when you just need a little bite (or 3), but I love to end a nice meal for my friends with something gooey and irresistible. Recently I found this recipe for Baked Fudge and though the instructions sort of left you hanging at the end, I figured it out and the fudge was delicious. And so are the other two recipes below.

So let's not just celebrate Valentines Day with chocolate, go for it all month!

Baked Fudge

2 cups of white sugar
1/2 cup of all-purpose flour
1/2 cup if unsweetened cocoa powder



by Cathy Smith

4 eggs, beaten
1 cup butter, melted
2 tsp. vanilla extract
1 cup of chopped pecans (optional)

Preheat the oven to 300°. In a large bowl, sift together the sugar, flour and cocoa. Add the eggs, then the melted butter, vanilla and pecans if using. Mix until combined.

Line the bottom of an 8x12 baking pan with parchment paper. If you don't do this, it will be murder to get the fudge out of the pan – trust me. Pour fudge mixture into the pan. Line a roasting pan with a damp towel. Put the fudge pan into it and place on your oven rack. Pour boiling water into the roasting pan to reach halfway up the sides of the fudge pan. Bake about 60 minutes or until firm. (I found it took a little longer, but it will depend on your oven).

Once out of the oven and cooled, turn the

fudge onto a cutting board. Peel off the paper and cut into squares. If the fudge seems too soft, put it into the refrigerator for a few hours. Serve with a light sifting of confectioner's sugar.

My Favorite Fudge Sauce

6 Tb. butter
1-1/3 cups superfine sugar
1/2 cup unsweetened cocoa
1/4 tsp. salt
1/2 cup half and half
3/4 tsp. vanilla

Melt butter in a saucepan over low heat. Remove from heat and stir in sugar, cocoa and salt. Add cream and blend well. Cook over low heat until sugar has dissolved, stirring constantly until mixture begins to boil. Remove from the heat and add vanilla. Serve warm. It makes about 1-1/2 cups of sauce. Use over ice cream, pound cake with strawberries, brownies or anything else that screams for fudge!

Easy Chocolate Mousse

6 ounces of semisweet chocolate
2 whole eggs
3 Tb. strong coffee
2 tsp. rum
3/4 cup of milk, scalded

Put all the ingredients in a blender and blend on high speed for 2 minutes. Pour into 4 small containers and cover tightly. Chill in refrigerator for at least 4 hours or overnight. Serve with whipped cream.

High Tides For February 2008 Bridgeport, CT

Feb 1	6:31 AM	7:05 PM	Feb 16	6:40 AM	7:23 PM
Feb 2	7:24 AM	7:57 PM	Feb 17	7:49 AM	8:27 PM
Feb 3	8:14 AM	8:46 PM	Feb 18	8:50 AM	9:24 PM
Feb 4	9:01 AM	9:30 PM	Feb 19	9:45 AM	10:13 PM
Feb 5	9:44 AM	10:11 PM	Feb 20	10:34 AM	10:58 PM
Feb 6	10:25 AM	10:50 PM	Feb 21	11:19 AM	11:40 PM
Feb 7	11:06 AM	11:29 PM	Feb 22	-----	12:01 PM
Feb 8	11:47 AM	-----	Feb 23	12:20 AM	12:42 PM
Feb 9	12:09 AM	12:28 PM	Feb 24	12:59 AM	1:22 PM
Feb 10	12:51 AM	1:12 PM	Feb 25	1:39 AM	2:02 PM
Feb 11	1:35 AM	2:00 PM	Feb 26	2:20 AM	2:45 PM
Feb 12	2:24 AM	2:53 PM	Feb 27	3:05 AM	3:32 PM
Feb 13	3:18 AM	3:52 PM	Feb 28	3:53 AM	4:24 PM
Feb 14	4:20 AM	5:00 PM	Feb 29	4:47 AM	5:21 PM

High Tides For Other Locations:

City Island	+0:17	Stamford	+0:03	Madison	- 0:21
New Rochelle	- 0:04	S. Norwalk	+0:09	Essex	- 0:05
Mamaroneck	+0:12	Housatonic Rvr	+0:26	Saybrook Pt	- 0:31
Cos Cob	+0:05	Milford	- 0:08	New London	- 1:45

Times are approximate • Not responsible for errors

Moon Phases



High Tides For February 2008 Sandy Hook, NJ

Feb 1	2:59 AM	3:24 PM	Feb 16	3:08 AM	3:51 PM
Feb 2	3:57 AM	4:26 PM	Feb 17	4:18 AM	4:59 PM
Feb 3	4:53 AM	5:22 PM	Feb 18	5:22 AM	5:57 PM
Feb 4	5:43 AM	6:09 PM	Feb 19	6:17 AM	6:48 PM
Feb 5	6:26 AM	6:51 PM	Feb 20	7:04 AM	7:33 PM
Feb 6	7:06 AM	7:30 PM	Feb 21	7:47 AM	8:16 PM
Feb 7	7:44 AM	8:08 PM	Feb 22	8:29 AM	8:58 PM
Feb 8	8:23 AM	8:47 PM	Feb 23	9:09 AM	9:39 PM
Feb 9	9:03 AM	9:28 PM	Feb 24	9:50 AM	10:20 PM
Feb 10	9:47 AM	10:14 PM	Feb 25	10:32 AM	11:01 PM
Feb 11	10:36 AM	11:03 PM	Feb 26	11:15 AM	11:43 PM
Feb 12	11:30 AM	11:57 PM	Feb 27	-----	12:01 PM
Feb 13	-----	12:28 PM	Feb 28	12:27 AM	12:48 PM
Feb 14	12:56 AM	1:31 PM	Feb 29	1:16 AM	1:42 PM

High Tides For Other Locations:

Atlantic Highlands	- 0:10	Red Bank	+ 1:16	Seaside Heights	- 0:03
South Amboy	- 0:04	Manasquan Inlet	- 0:13	Sea Bright	+ 1:15
Belmar	- 0:35	New Brunswick	+ 0:31	Beaverdam Creek	+ 2:29

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