

Eternal Bliss



Fudge and Exotic Variations

Angela Treat Lyon

Eternal Bliss Fudge

Basic Eternal Bliss Fudge

This is the basic recipe for this collection. Watch out—it's very, very rich! Later on, I have added a few variations which are even more rich and exotic....

The Ingredients

Two cups granulated sugar
2/3 cup milk (can be 2%, but never skim!)
4 oz. baking chocolate (unsweetened, not semi-sweet)
Butter the size of an egg (usually about 1/3 bar)
Small pinch of salt
1 teaspoon vanilla

You can get away with using three ounces of the chocolate, but if you want the full richness to send you off to Chocolate Lala Land, then use all four.

The Implements

Measuring cups for 1 c. and 1/3 c.
Measure for one teaspoon
Large skillet—preferably stainless steel or iron
Mid-size wooden spoon
Dinner plate or nice platter

Eternal Bliss Fudge

Here's How It's Done

Get all your ingredients together before you do one thing else—if you have ever made fudge before, you know you can't have it cooking as you grope for spoons or do extra stuff while it cooks. It demands your entire attention. So make sure you have everything all gathered, and the kids are out playing and that nothing will take your attention for at least 30 minutes.

Here's what my ingredients look like when I'm making my Eternal Bliss Maui/Mexican Fudge. You can see that for that batch, I used a special sugar from Maui and Mexican vanilla. But regular vanilla (not artificial!) and granulated sugar works just fine.

Usually I use the four ounce bar of Ghiradelli Unsweetened



Chocolate, but you may not be able to get it. Hershey's is fine.

Try not to use semi-sweet, as it will change the flavor considerably since there is sugar already in it.

I also use sea salt, but regular table salt works fine.

Eternal Bliss Fudge



Now that you have everything together, before you do another thing, cover the dinner plate with a sheen of butter. Just smudge the butter on right from the bar, making sure the whole plate is covered, leaving about a half inch rim all the way around

ungreased. This makes it so the fudge doesn't stick once it cools. You won't have time to do it while cooking, nor after, since the fudge will set up so fast.

Now you're set to go! Measure the 2 cups of sugar into your skillet. Add the butter, the 2/3 cups of milk, a pinch of salt and the three or four ounces of unsweetened chocolate.



Eternal Bliss Fudge

Why add salt? Because the contrast of sugar and salt make the fudge seem more tasty and a bit sweeter.

Do ***not*** add the vanilla yet—you do that later on *after* you take the chocolate off the stove. If you add it now it will only evaporate off as you cook. What a waste!

Turn the flame on about half-heat—if you make it too hot, the chocolate will burn easily, and the sugar will crystalize into coarse granules.

This is what it will look like when the ingredients start to melt. Looks pretty weird, but it gets better!



Keep the spoon going in constant repeating figure-eight movements over the entire bottom of the pan as the ingredients melt to keep them from sticking and burning. Pretty soon, the chocolate will saturate the sugar and milk, and will begin to look thicker and thicker, and the whole

Eternal Bliss Fudge

mix will start to boil. At this point, turn the heat down a notch so it doesn't boil over the edges.



Now that you have it all boiling gently, and you are stirring carefully to keep it from scorching, you need to watch for the readiness to remove it from the stove.

Some people measure the temperature. I drop a couple of drops of the hot mix into a glass of cold water.

If the drops stay round and get hard looking, it's ready to remove from the heat. If the drops thread out into the water, it's not ready yet. If you don't wait until the drops keep their integrity, the fudge will never set.

Eternal Bliss Fudge

Another way I tell if the mix is ready to come off the stove is to swoosh the spoon on the bottom of the pan from the outside towards the center. If the mix is thick enough, you'll be able to see a line created by the spoon, and it will close off more slowly than when the chocolate is thin and not ready.

I like to set the pan on the counter for the last test so I'm ready for the next step. It's easy enough to put it back on if I need to. When it's ready, it will look like this:



Once you deem the mix ready to come off the stove, turn off the heat, and get your teaspoon of vanilla ready. Let the steam come off the pan a bit, then add the vanilla in a drizzle over the top of the mix. Be careful, though, as the vanilla will immediately drop to the bottom of the pan and spatter a bit—move your hands away so you don't get burned.

Grab the end of your spoon and mix the vanilla in right

Eternal Bliss Fudge

away so it doesn't just evaporate. You'll smell the chocolate becoming more fragrant as you mix in the vanilla.

Now comes the long part. Tilt the pan up a bit so it's at an angle, and start steadily beating the mixture from the lower side of the pan to the higher in a constant, circular motion. As you do this, the fudge will slowly start to thicken, and you will hear it make a kind of "plop, plop" noise as you mix. The point is to get a bit of air between it and the pan to cool it off. Take care not to splatter it as it's really hot yet. You'll beat it at least five minutes, so be patient.

Beat it until the surface starts to appear to crystallize. Wait until it looks as if the edges of the spooned chocolate look as if they are beginning to set hard, though, or it won't set properly. It can be a hard call until you get used to seeing just when it's ready turn.



Once it's ready, don't wait even one second more—it will set in the pan! Pour it immediately onto the platter or dinner plate, covering the whole plate and smearing it

Eternal Bliss Fudge

evenly. Give it a last swirl so it looks artfully yummy. Then, of course, you have to lick the pan!



Let it cool a bit before you cut the squares—small ones, it's so rich!—with a moistened sharp knife. When the fudge has cooled off completely,

remove it from the plate and pile nicely on a smaller one.



Eternal Bliss Fudge

You're done! Good job!

Now indulge! Eat it all yourself, take it to a potluck, pack it in your lunch and let your co-workers get on their knees begging you for some, drooling all afternoon when you deny them the privilege, or bring some to a holiday celebration and be the hero of the meal.

Enjoy!



Now for the variations:

Eternal Bliss Real Hot Fudge

Add a quarter of a teaspoon of cayenne pepper to the mix and see how piquant it is!

Make sure you use a Mexican vanilla, as it is so much more fragrant and exotic than the usual we get here in the states. No artificial vanilla!

Eternal Bliss Maui/Mexican Fudge

Use the amazing Maui Brand Natural Cane Sugar you see in the illustration on page 3. It's put out by Hawaiian Commercial & Sugar Company, in Puunene, Hawaii, 96784 USA. Their email address is info@mauibrand.com.

I love it because it's a soft golden brown color, and they

Eternal Bliss Fudge

leave a trace of molasses in the sugar for a very distinctive taste. People will ask you what is so different about your fudge and you can smile mysteriously....

Eternal Bliss Nuts-for-Fudge Fudge

Add your favorite nuts—walnuts, pecans, peanuts—your choice.

Eternal Bliss Spice of Life Fudge

Add one teaspoon of cinnamon and a dash of cayenne!



Origins

My Ma's Ma's Ma's Recipe

You ask me where this original recipe came from? I really ought not to say, but—oh, alright. It's my mother's mother's mother's Secret Recipe, and which I think was most likely one of the first things I learned how to cook—along with chocolate brownies, chocolate mousse, chocolate cake and chocolate frosting—you can tell we were all choco-holics! The saying was that if it isn't chocolate, it isn't dessert....

My mother was a landscape architect. I remember going down to the kitchen to make practice quarter-batches in the afternoons when she went out to meet with her landscaping team. I thought I was being so clever to do it when no one else was home, but of course totally forgot the smell of it wafting up into the rest of the house! Oh well.

Our recipe probably goes back to the original Aztecs

Eternal Bliss Fudge

centuries ago. What? Most of civilization didn't enjoy the benefits of cultivated cane sugar in Europe until the early 1500s? Well—that's still centuries ago!

Liquid Heaven

Anyway, did you know that the first chocolate that came to Spain was in liquid form? Upon conquering Mexico, Cortez found the Aztec Indians using cocoa beans in the preparation of the royal drink of the realm, called "chocolatl," which apparently meant liquid drink. It was very bitter, though, and spices like cinnamon and vanilla were added for flavor, then people discovered that to heat it up was to turn it into the drink of the gods.

Solid Chocolate

And did you know that solid chocolate candy didn't appear until the mid-1800s? Slightly later in Switzerland, a method to add milk to chocolate produced the milk chocolate that is now familiar to us all. White chocolate is simply a confection using cocoa butter, but no chocolate from the cocoa bean.

Things to Know About Chocolate

The Pleasure of consuming chocolate

Part of the pleasure of eating chocolate is due to the fact that its melting point is slightly below human body temperature; it melts in the mouth.

Chocolate intake has been linked with release of serotonin in the brain, which is thought to produce feelings of pleasure. It triggers dopamine release in the brain—an effect, albeit a legal one, similar to that of opium.*

Eternal Bliss Fudge

Storing

Chocolate is very sensitive to temperature and humidity. Ideal storage temperatures are between 15 and 17 degrees Celsius (59 to 63 degrees Fahrenheit), with a relative humidity of less than 50%.

Chocolate should be stored away from other foods as it can absorb different aromas. Ideally, chocolates are packed or wrapped, and placed in proper storage with the correct humidity and temperature.

Additionally, chocolate should be stored in a dark place or protected from light by wrapping paper. Sunlight may warm up the surface of the chocolate and cause it to turn 'grey' from the formation of cocoa butter crystals; the taste may be slightly different due to the altered cocoa butter.*

*Thanks to Wikipedia for this info.



About the Author



Angela Treat Lyon is a professional painter and sculptor, author, publisher, Business and Marketing Success Trainer, and EFT Instructor/practitioner.

Maybe you can tell Angela has a bit of a maverick streak: not only is she crazy enough to carve stone by hand, but has traveled all over the world...including riding across the US on a motorcycle, sailing from Hawaii to California, and traveling for two years in her truck in the late 80s, just because.

Angela is also the author of:

The World's Best Cheesecake Recipes, Volumes I & II at AngelaTreatLyon.com, and other books on Amazon.com.

You'll find Angela's *Change Your Mind! with EFT*, the comprehensive EFT manual, which includes case stories and fully illustrated tapping points, at EFTBooks.com.

The REAL Money Secrets at TheREALMoneySecrets.com: a spoof on the current practice of chasing after the dollar that also has some good prosperity recommendations in it.

Angela conducts individual and group trainings for creating high levels of health as well as your business and marketing success.

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