

~Dr. Phil Valentine's Day Chocolate Menu~

Spicy Ancho-Cocoa Soup with Fresh Cilantro

Makes about 6 servings

*1 TBS extra virgin olive oil
1 red onion, thinly sliced
1 carrot, sliced
2 celery stalks, chopped
1 medium zucchini, diced
1 green bell pepper, diced
1 ancho chili pepper, seeds removed, sliced
3 TBS unsweetened cocoa powder
1 TBS all-purpose flour
1 tsp ground cinnamon
1/2 tsp ground cumin
1 quart chicken or vegetable broth
Kosher salt and freshly ground pepper
Low-fat sour cream/crème fraiche
1/4 cup chopped fresh cilantro
Finely grated chocolate, for garnish*

Over medium high heat, heat olive oil in large soup pot and stir together onions, carrots, celery, zucchini, and peppers about 3-4 minutes, or until onions sweat.

In small bowl, combine cocoa powder, flour, cinnamon, and cumin, and sprinkle into vegetable mixture. Pour in chicken/vegetable broth, bring to a boil over medium-high heat, stirring constantly.

Once soup reaches a boil, reduce heat, and simmer, stirring occasionally, 5 to 10 minutes or until soup thickens slightly and veggies are tender.

In batches, puree soup in food processor or blender until smooth. Season to taste with salt and pepper, and serve immediately in bowls with sour cream/crème fraiche on top, sprinkled with fresh cilantro and grated chocolate.

Cocoa-Chile Beef Tenderloin

Serves 8

1 whole beef tenderloin, (3 1/2 pounds) cut into 1/2 - inch long strips

Salt

Freshly ground black pepper

2 TBS cocoa chili blend

1 tsp sea salt

Rub the tenderloin with salt and pepper first so that it stays on the beef. Then rub the beef with the cocoa-chili spice blend and 1 tsp salt until well coated.

Let sit for at least 30 minutes.

Preheat the grill.

Skewer the tenderloin over bamboo skewers that have been soaking in water.

Place the skewers on an area of the hot grill with no direct flame. Grill on both sides until browned and caramelized, about 4-5 minutes per side.

Serve with Oaxacan Mole and asparagus lime cream alongside warm tortillas, if desired.

Simplified Cocoa Chile Oaxacan Mole

Yield: 4-6 servings

1 (4-oz.) can tomato paste

½ - 1 ½ cups chicken stock, as needed

1 green bell pepper, chopped fine

1 TBS ground chili pepper

1 chipotle chili and/or 1 green chili pepper chopped (both if prefer extra spicy, to taste)

1 TBS cumin

1 tsp ground cloves

3 cloves garlic, minced

1 medium white onion, chopped well

1 TBS brown sugar

3 TBS cocoa-chili spice mixture

¼ cup good quality Mexican chocolate (Ibarra preferred), grated fine

Salt and pepper to taste

Place all ingredients except cocoa, sugar, and chocolate in large pot. Simmer about 30 minutes, covered, adding more chicken stock as needed.

Remove from heat and add cocoa-chili mixture, brown sugar and grated chocolate.

Simmer until sauce is thick, and the grated chocolate is thoroughly melted.

Pour mixture into a blender or food processor and puree until completely smooth. Season to taste with salt and pepper.

Pour all into fondue pot and serve as dipping sauce for beef tenderloin, and serve alongside tortillas with asparagus lime cream.

Asparagus Lime Cream

Serves 8

3/4 cup asparagus, cooked and sliced
1/8 cup reduced-sodium chicken broth
4 oz. cream cheese
Juice of 1/2 lime
1 cup fresh cilantro, chopped
3/4 cup spring onions, chopped
1 TBSP hot red salsa or Tobasco sauce
1 TBSP garlic, minced
1 TBSP extra virgin olive oil

Add all ingredients to food processor and puree. This can be used as sauce or drizzle.

Cinnamon Chocolate Fondue

Serves 6-8

1 pound of a quality bittersweet or semi-sweet chocolate such as Amadei, Scharffen Berger or Valrhona, chopped small

1 ½ cups of heavy cream

½ vanilla bean, split

1 tsp ground cinnamon

In a small to medium saucepan, add the cream and vanilla bean. Bring to a boil on medium high heat, then lower to a simmer. Remove and scrape any beans left on the vanilla bean and add to cream, discard vanilla bean pod. Add in the chocolate and stir until melted completely. Sprinkle in the cinnamon, stir well and pour into a warm fondue pot. Serve with small bits of pound cake, fruits, berries, marshmallow, brownie bites, crystallized citrus or ginger, pretzels, or any other fun ideas!