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Chocolate And The Art Of Low-Fat Desserts



Synopsis

Featuring more than eighty recipes, the follow-up cookbook to *Cocolat*, from the author whose name is synonymous with chocolate desserts, offers such delights as Triple Mousse Cake, Chocolate Walnut Torte, and Chocolate Truffles--all with lower fat and fewer calories.

Book Information

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Customer Reviews

There are considerably fewer calories in Alice Medrich's latest book than in *Cocolat*, her first, award-winning cookbook. In *Chocolate and the Art of Low-Fat Desserts*, Medrich presents recipes that cut fat without compromising texture or flavor--a chocolate lover's dream come true. With offerings like Black Bottom Bananas Napoleons (made with chocolate custard) or Double Chocolate Layer Cake (with less than a third of its calories from fat), Medrich proves that wonderfully indulgent treats don't have to add to your waistline. The book won the 1995 James Beard Cookbook Award.

Medrich is the author of another beautiful cookbook, *Cocolat: Extraordinary Chocolate Desserts* (LJ 2/15/91), which showcased the indulgent desserts from her California pastry shops. Her low-fat book is not, as one might expect, at the opposite end of the spectrum; there are rich-tasting, elegant creations here too. Some readers will be disappointed to find that, despite the book's title, not all of the recipes are for chocolate desserts, but many are, and the nonchocolate recipes are just as enticing. It's impossible to cut the fat drastically in some desserts without ruining the taste, and Medrich, rather than compromise on flavor, chose 30 percent calories from fat as her limit--which

some readers will find too high for their liking. Nevertheless, these are at least "lower-fat" desserts-and they are far more tempting than the recipes in most low-fat dessert books. Highly recommended.Copyright 1994 Reed Business Information, Inc.

I can't call myself an expert in any area of the kitchen -- you know, just the Home Ec 101 type. This book was a revelation for me. I have actually made the Simple Chocolate Cake with Dark Chocolate Glaze, Rice Pudding and Lemon-Marbled Cheesecake, all from scratch! It wasn't nearly as hard as I'd thought. And nobody guessed that any of it was low-fat. Although I rarely take the time to write reviews, this kind of unqualified success deserves recognition. If you have always been intimidated by "gourmet" recipes, and if you want to have your lowfat cake and eat it, too-- this book is a must!

I too fondly remember the Cocolat stores in Berkeley and San Francisco. This book pares down the fat in the recipes without using some of the unpleasant and often weirdly chemical tasting substitutes that so many low fat books use. The instructions are very detailed. I made the chocolate pound cake, it had a very intense chocolate flavor (from cocoa), and if one wants to take more trouble, the layer cake version would be even better.I look forward to trying more of these relatively guilt free desserts.

Great book by a master of chocolate desserts. Although my order was lost by the USPS, the vendor was able to provide an excellent replacement copy.

I bought this book recently and was initially a little daunted because everything in it look so very gourmet -- it was intimidating to a novice baker. After my first attempt I very was pleasantly surprised -- the recipes are much easier to make than the finished product would have you believe. Chocolate Decadence, what I made, turned out to be absolutely amazing! It has the taste and texture of something rich and sinful you would get in a upscale restaurant, but in fact, it has very little fat and was a ton of fun to make. I definitely plan on trying more of these recipes -- this book is health conscientious, fun, and yummy!

Great recipes low fat but so rich in flavor. So many great choices. Pictures are great as well. You want to try everyone of these recipes. Love this book

I have made a few recipes from this book already and am amazed that they are so delicious while

lower in fat content. Very pleased!

Excellent condition. Great recipes and easy to follow directions. Alice Medrich is a chocolate genius and this book makes her a lowfat dessert genius.

Yummy recipes. All my friends are very happy that I bought this book.

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