

# Indulge your senses

A good chunk of chocolate shouldn't go to waste

By **NATALIE MIKLES**  
World Scene Writer

Good baking chocolate comes dangerously close to meeting its expiration date before it's used in my house.

It's not that I don't appreciate it — I appreciate it too much.

My grandmother had the same problem with Chanel No. 5. Years ago, after receiving a bottle for her birthday, she set it on her vanity, admired the bottle, sometimes opened the cap to smell it, but never wore it. Chanel No. 5 was too nice to wear at the grocery store — she was saving it for a special occasion. That perfume eventually disintegrated.

So what does Chanel No. 5 have to do with chocolate?

I have been staring at a perfectly good bar of Scharffen Berger bittersweet chocolate in my pantry for far too long. When I saw that the expiration was Feb. 1, I knew it was time.

Good chocolate doesn't have to be saved for a soufflé or truffles. Its taste will make all the difference even in a simple cookie.

If you really want to amp up the chocolate flavor, try a double chocolate cookie, with a chocolate base and chocolate chunks or chips folded into the batter.

And while you're at it, eat these cookies on your best china. This is the special occasion you've been waiting for.



STEPHEN PINGRY / Tulsa World

Put good chocolate to use in Double Chocolate Cookies.

## Double Chocolate Cookies

- 8 ounces semisweet or bittersweet chocolate
- ¾ cup firmly packed brown sugar
- ½ cup or 1 stick butter, softened
- 2 eggs
- 1 teaspoon vanilla
- ½ cup flour
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- 1 cup chocolate chips or 8 ounces chopped chocolate
- 1 cup chopped walnuts or pecans

1. Melt 8 ounces chocolate in a double boiler, or

melt in a microwave in a large bowl on high 2 minutes, stirring after 1 minute. Stir until chocolate is completely melted.

2. Add sugar, butter, eggs and vanilla. Stir until blended. Add flour and baking powder, mixing well. Stir in chopped chocolate and walnuts.

3. Drop big tablespoons of dough onto a parchment-lined baking sheet. Bake at 350 degrees for 10 to 13 minutes at 350 degrees.

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# Determine why you're hungry before you eat, expert says

By **KAREN SHADE**  
World Scene Writer

Sure, that bacon double cheeseburger smells like heaven as the waiter whirls it past your sensibly portioned platter of steamed greens, but recognizing why you crave foods you do can help people shed extra weight.

Fundamentally, people eat food for the energy we run on in a normal day, said exercise physiologist Clint Howard of Fitness Together in Jenks and Bixby.

But physical hunger — that familiar sensation likened to a small earthquake in your gut — isn't the only reason people eat, he said.

Taking a few seconds to examine "hunger pangs" is vital to anyone resolved to be healthy.

"This small action," Howard said, "has the potential to dramatically improve your physique in the coming year."

There are four reasons people eat, and only one of them is a good excuse.

**1. Hunger.** Because when you're out of fuel, your body will definitely let you know it.

"Eating when you're hungry and stopping when you're full is a healthy thing," he said.

**2. Emotional eating.** Negative and, yes, positive emotions can trigger the need to scarf, either to soothe a stressful situation or to reward.

"Emotional eating can add an untold number of calories to your diet — all unnecessary, unused calories are stored as fat on your body," he said.

**3. Social eating.** Because everyone else is doing it and you're part of the gang.

"When eating becomes a social activity with no thought to the calories that are being consumed, only one thing will result: Weight gain," he said.

**4. Habit.** It's easy to grab a plate or snacks the minute you sit down to watch your favorite TV show because that's what you're always doing.

"As humans, we love to form habits, and when habits involve eating extra calories, then your waistline suffers for it," he said.

Recognizing what drives you to eat and knowing the limits can contribute to weight loss and overall better health, he said.

For more, go to [www.tulsaworld.com/fithoward](http://www.tulsaworld.com/fithoward).

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## what's for dinner

by natalie mikles

**Note:** Every day in January look for a new, healthy recipe in the Scene section to kick start your new year's resolutions. If you have a healthy recipe you would like to share, send it to [natalie.mikles@tulsaworld.com](mailto:natalie.mikles@tulsaworld.com).

### WHAT'S FOR DINNER

#### Baked Fish

The No. 1 reason most people don't add more fish to their diets is because they don't know how to prepare it.

Anner Stone and Jill Wallis of Anner's Wellness Works shared a foolproof method for cooking fish. It's simple to make and simple to eat.

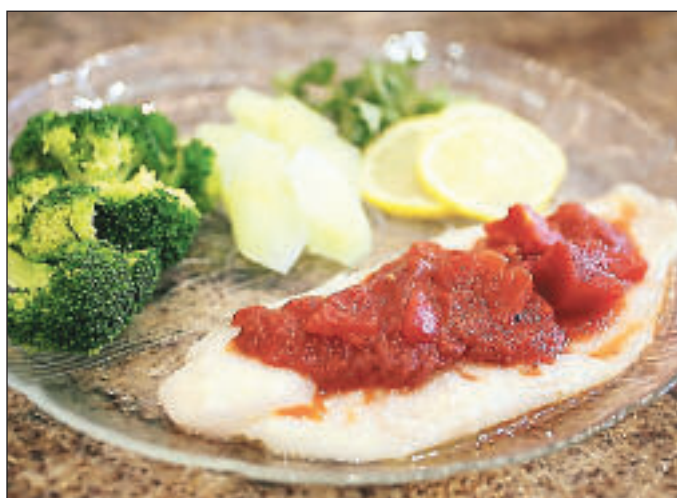
This is a great method to remember on a busy weeknight when you want to eat healthy, but don't have a lot of time to make dinner. Just pick up some fish filets, season and bake with a basic tomato sauce on top. Serve it with a fresh vegetable and rice or potatoes, and you have dinner.

Anner's Wellness Works is a whole foods co-op offering shares of fresh organic produce each week. For more information, call 592-4421 or e-mail [anner@organictulsa.com](mailto:anner@organictulsa.com).

### THE COOKS

Anner Stone and Jill Wallis

### THE TIME



Photos by STEPHEN PINGRY / Tulsa World

Baked Fish is simple to make and a great dish for a busy weeknight.

About 20 minutes

### THE NUTRITION

Studies show that eating fish is an important part of a healthy diet. One recent study, published in the Johns Hopkins "Health After 50" medical newsletter recommends eating fish at least twice a week as part of a diet that will help prevent stroke and protect the heart.

### THE RECIPE

#### Baked Fish

- 2 fish steaks — any kind of firm-fleshed fish such as salmon or halibut
- Kosher salt
- White pepper (Anner recommends white vs. black because she

says it's easier on the stomach)  
½ cup marinara sauce  
Anner's Mix — all-purpose seasoning blend

1. Salt and pepper the fish and place on a parchment-lined baking dish. Place in a preheated 400-degree oven for 10 minutes. Pour the tomato sauce over the fish and return to the oven for another 10 minutes or until the fish is flaky.
- Hint:** When you make marinara, freeze a couple of ½ cup containers to use for this baked fish, a baked chicken breast or a single serving of pasta.

Tell us "What's for Dinner" at your house. Send your recipes to Natalie Mikles at P.O. Box 1770, Tulsa, Okla. 74102 or e-mail to [natalie.mikles@tulsaworld.com](mailto:natalie.mikles@tulsaworld.com).



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Anner Stone (left) and Jill Wallis share a foolproof method for cooking fish.

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