

SUPER TUESDAY

YOUR FOOD

A MIXTURE OF IDEAS FOR COOKS OF ALL KINDS

Food news & notes

Cook with heart

The Southwest Entree Your meal-preparation from-chick, 1,557 W. Southlake Blvd., is teaming up with the American Heart Association to offer free "Heart Smart" cooking classes at 11 a.m. Saturday and Feb. 16. Reservations required: 817-778-0088.

Celebrate with Sonny

Calvin Barberian from Sonny Barber's is celebrating the 100th anniversary of his beloved store Peis, 15, selling sandwiches for \$2.50 all day. Calvin and team Peisling will make a brief appearance when the store opens at 11 a.m. at 2303 Inwood Road.

Truffle dinners

For a taste of the ultimate luxury food — black Périgord truffles — head to the Old Rectory Steak House & Wineery's "Truffle Dinner," where chef Jeanne Beatty is using the precious truffle fungi to create such top-quality dishes as lamb chops with farm-raised fish from Texas (with wild mushrooms and sautéed black truffle) or lamb steaks (with black truffle, night through March). (Including Valentine's Day). Reservations: 817-778-0088.

Enter and say "gossamer"

Check out Dell's new www.dell.com Web site to enter to win a weekend for two at the Lake Austin Spa Resort. Those who don't win can console themselves with raffles from the spa's chef. Entry closes on the site. Entry deadline: Feb. 16.

—Amy Colburn

On the shelves

Central Market is adding a citrus fruit that's the last word in adorability: It's the Kiwano mandarin, a tiny tangy fruit from California's Ojai Valley. Of Chinese origin, the Kiwano are popular in Japan, and one fine thought why besides their juicy sweet meat, their intense flavor has an aromatic note.



From California's Ojai Valley, Of Chinese origin, the Kiwano are popular in Japan, and one fine thought why besides their juicy sweet meat, their intense flavor has an aromatic note.

The fruit is 2 inches in diameter or less, and the segments are not much bigger than lima beans.

Seedless and easily peeled, they're irresistible for eating out of hand but also perfect for salads.

Get 'em quick, though: Their season is brief, and Central Market will be getting the last shipment of them Friday. They're \$4.99 a pound.

—Amy Colburn

Catering with TLC

Fort Worth's Tim Love — chef/owner of Luscious Diner, Duce and the Low Back — is event gals for long. Now he's jumping into the same gig with Tim Love Catering.

Catering manager Julia Tipton says TLC can handle events from a special dinner for two at the way up to fundraisers for hundreds and will go anywhere in Texas to do it. Menu items can range from Low Back burgers to the lamb "salpicón" Love served at a Sunday Super Bowl party, or Luscious Diner's signature garlic-stuffed bread rolls.

She notes that TLC can provide rentals, flowers, music, parking valets and security as well as wine and a signature cocktail for the party. For bookings and info, call Tipton at 817-371-4400.

—Amy Colburn

Drink of the week

Cycles Gladiator Syrah 2006

First, Bill Lytton created an inexpensive wine brand called the Golem, which he sold for almost \$50 million. Apparently bored, he then created an inexpensive wine brand called Cycles Gladiator, which is a little better than the Golem ever was.

This Gladiator does something almost no cheap syrah does — it offers fruit, California-style syrah character without any of the harsh or bitter flavors that the others have. Serve it with roast chicken or grilled mushrooms, in addition to red meat.

Cost: \$5

Availability: Central Market, 4617 West Freeway, Fort Worth, and 1425 E. Southlake Blvd., Southlake; Liquorama, 2400 Meacham Drive, Fort Worth, and 1228 S. Blue Mound Road, Sagnew

FREELANCE WRITER JEFF SEGAL WRITES ABOUT FOOD AND WINE FOR SEVERAL NATIONAL MAGAZINES. E-MAIL HIM AT WINE@COMMUNICONLINE.COM OR VISIT HIS BLOG AT WINECOMMUNICONLINE.COM.

SWEETS FOR THE SWEET



Raising the chocolate bar

Give your valentine goodies that look as great as they taste

By AMY COLBURN acolburn@star-telegram.com

When it comes to chocolates, the bar has risen considerably: artisanal, high-cocoa-beans, single-source chocolates. Confections infused with pink peppercorn, rosemary, lavender, chocolate, filled with passion fruit preserves or mango gazache.

Gold-leafed, printed with polka-dots and paisleys. Bonbons so delicately wrought that Fabergé himself might have had a hand in making them. If you're looking to sweep your spouse off his or her feet with sweets on Valentine's Day, here are some of the finest chocolates that struck our fancy this year.

Chocolate sculpture

Christopher Elbow Artisanal Chocolates' sleek Kansas City boutique turns out some of the most elegant chocolates we've seen. Crafted in sculptural shapes, Christopher Elbow chocolates come in flavors such as

single-malt Scotch and orange-lime honey (see photo). Collections can be had for \$9 for

four pieces, up to \$70 for 42. Window-shop on the Web, www.elbowchocolates.com, then call to order to make sure your chocolates arrive by V-Day (overnight shipping may be required): 816-842-1300.

Sleek treats
For bonbons with an urban edge, turn to NYC's Tribeca Treats bakery, whose V-Day favorites include raspberry chocolate, fleur de sel caramel and Chambord heart truffle. In chic pink, four-piece packaging, boxes are \$35 for 16 pieces or \$45 for 25 pieces. Visit www.tribecatreats.com, to assure availability, order by phone — call today — at 212-571-0500.



Fancy shells

New from Godiva this year is a line of light-textured mouse-filled confections in rich chocolate shells, packaged in a ribbon-tied textured mauve hatbox, \$20 for nine pieces and \$36 for 18. You don't have to pay shipping to get these if there's a Godiva boutique near you (in Tarrant County, at Hulen and North East malls). You can also order at www.godiva.com or 800-846-1482 (start shipping dead-line, 10 p.m. Friday).

Saddle up
What could rival the spicy Cowgirl Chocolates? New this year is a line of flavored chocolate bars, with particularly charmed by the milk-chocolate sarsaparilla, \$2.50 per 1.25-ounce bar or in various assortments. Also available: Cowgirl heart bonbons, a truffle-filled heart purse and a retro lynchus. Filled with chocolates. Order by end of day Sunday for standard shipping: www.cowgirlchocolates.com or 888-862-4096.

Charged for Charles
Charles Chocolates, based near San Francisco, makes swoon-worthy sweets. There are edible valentine boxes with bittersweet base and white-chocolate lid (\$45 and \$60) and boxed assortments in chocolate boxes and Tiffany blue that Holly Golightly would have approved of (\$30-\$90). The truffles, in vivid flavors such as mint and ginger, just knocked us off our feet. For ground shipping, order by Friday at www.charleschocolates.com or 888-632-4412.



Chocolate fest

Fort Worth and Southlake Central Market stores celebrate all things chocolate with a Chocolate Fest happening Friday through Sunday. Expect samples, cooking demos and more, including a chocolate fountain with various goodies for dipping.

From 6:30 to 9 p.m. Saturday at the Fort Worth Central Market cooking school, wine expert Matt Card and cooking school manager Denise Shanahan will lead a class in pairing chocolate and red wine, cooking up a tray of sweet and savory dishes such as chocolate capris brownies and pepper-crusted tenderloin with port, shallot and chocolate sauce (\$70; sign up at 817-377-9005).