

Reading Post 12th January 2006

Guilt-free CHOCOLATE

BY SHARON COOK

WHEN you see the words 'chocolate doesn't have to be fattening' you know you've found a book you want to read.

And that, reckons Good Taste, is a great starting point for 2006.

The *Chocolate Connoisseur* is a book all about, well, chocolate.

Author Chloe Doutre-Roussel, who used to be an agronomist – and to the uninitiated, that means working with the science of soil management and crop rotation – is a chocolate buyer at Fortnum and Mason and worked as a top confectioner in Paris, so she certainly knows her cocoa beans.

Her professional view is that when you eat the best chocolate, with its intense lingering flavours, you will not need as much to satisfy your tastebuds.

"I try to show people how to distinguish poor from good quality by having them taste both at the same time," she says.

"Often people find the difference so striking that it immediately triggers a change in their shopping behaviour.

"In my own way I try to make the world of chocolate a more honest, and ultimately a better and more enjoyable place."

In fact the author herself retains her svelte figure while eating at least two bars of chocolate a day – although *Good Taste* suggests they are two small bars, definitely not the family size.

She likens tasting quality chocolate to drinking fine wine and good coffee, and says it's an experience not to be missed.

One of the leading chocolate experts in the world, Chloe aims to guide her readers through the world of cocoa beans and help us all to truly get to grips with the delights of chocolate.

Using *The Chocolate Connoisseur* we can all:

■ Learn how to tell the difference between 'good' and 'bad' chocolate

■ Discover wonderful new brands to savour and enjoy

■ Marry favourite brands to our mood and time of day and

■ Learn to taste chocolate like a connoisseur.

The *Chocolate Connoisseur* is a gem of a book for anyone who likes a bit of the dark stuff – or indeed the pale dark stuff – and Chloe's devotion to chocolate shines through. Chloe gave up her job



QUEEN OF CHOCOLATE – Chloe Doutre-Roussel, author of *The Chocolate Connoisseur*

as an agronomist for the UN to devote herself entirely to chocolate.

She knows her trade from the factory floor up and spends much of her time tracking down the world's finest chocolates. She runs a chocolate appreciation society as well as chocolate tasting courses.

It's small wonder top chocolatiers call on her expertise.

■ The *Chocolate Connoisseur* (Piatkus, £9.99) is available from bookshops, or log on to www.piatkus.co.uk. To find out about chocolate clubs, log on to www.chocolate.co.uk or www.seventypercent.com

