



Benoit Turpin

# Fair Trade CHOCOLATE

## The Sainly Side of Sinful

Decadence and virtue, as a general rule, inhabit opposite ends of the morality spectrum. But happily, they now co-exist in, of all things, chocolate.

Cacao – in the form of a tempting array of chocolate bars – has joined the growing list of fairly traded products appearing on local shelves.

Coffee and tea introduced foodies to the Fair Trade movement, by which crops are purchased directly from farmer co-ops and fair prices are paid. Prices may run a bit higher, but Fair Trade also means that the farmers earn stable wages, conditions are safe and healthy, and no child is exploited.



Photography by Ignacio Acevedo

The cacao buyers also pay a per ton “social premium,” which helps finance projects that benefit the entire local community, such as schools, water wells and medical clinics. So yes, you can get a cheaper bar of chocolate, but a 7-year-old plantation worker may have picked the beans, Fair Trade advocates caution.

Buying Fair Trade brings some consciousness into the act. *“You’re buying a chocolate bar, but at the same time, you’re supporting a village in places like the Dominican Republic or Peru,”* says Benoit Turpin, owner of Pleasant Stone Farm Natural Health Food Store on Dolson Avenue in Middletown. His shop offers a well-selected assortment of Fair Trade

chocolate bars – from the 3-ounce Rapunzel Organic Swiss Milk Chocolate Bar (\$3.89) to the Endangered Species Extreme Dark Chocolate Bar (\$3.39), which boasts a whopping cocoa content of 88 percent.

Turpin notes that socially conscious shoppers were the first to seek out Fair Trade, but chocolate aficionados have taken notice, too.

*“Many of these are made by small chocolatiers and they’re using very, very good ingredients. Often they are also organic,”* he says. *“The true flavor of the chocolate isn’t tainted, and it can be very intense.”*

Debbie Card, the Sweet Shop manager

at Adams Fairacre Farms in Newburgh, has seen Fair Trade chocolates make their way into candy’s mainstream. She stocks several companies, and says they’re especially popular among fans of dark chocolate. *“There are really beautiful chocolate bars available now,”* Card says. *“And more and more of the smaller, artisan companies are concerned about how their cacao is sourced.”*

Fairly traded chocolates often bear some sort of small logo on the wrapper – look for Equal Exchange, Hand in Hand, or Ethically Traded, among others – or ask your local specialty food merchant to point them out. v

See page 81 for source information.

Pleasant Stone Farm  
Natural Health Food Store  
130 Dolson Ave., Middletown  
343-4040

Adam's Fairacre Farm  
1240 Route 300, Newburgh  
569-0303/www.adamsfarms.com

### Sally's Fish Market of Newburgh page 40

Sal Aulogia Sr. of Sally's Fish Market offers his own recipe here for poached salmon. Filet of sole and shrimp scampi are also among the favorites of Sally's customers.

#### Sally's Poached Salmon

- 1½ pounds salmon, cubed in ¼-inch squares
- 2 cups baby salad greens or mesclun
- Vidalia onion vinaigrette (prepared)
- 1 medium fresh lemon cut into quarters

Bring 1 quart of water to a boil. Meanwhile wash and rinse salad greens and divide equally onto four luncheon plates. Once water reaches a full boil, drop salmon cubes in. Let cook for five minutes; do not overcook. Remove with slotted spoon, serve directly on the bed of greens. Sprinkle with Vidalia onion vinaigrette. Serve with a lemon wedge. Serves 4 for lunch or a first dinner course. Wine pairing: Pinot noir

#### Shrimp Scampi

- 1½ pounds large shrimp (about 16 to 24)
- 1/3 cup clarified butter
- 4 tablespoons minced garlic
- 6 green onions, thinly sliced
- ¼ cup dry white wine
- 2 tablespoons lemon juice, fresh if possible

- 2 tablespoons chopped fresh parsley
- Salt and pepper, to taste

Rinse shrimp and set aside. Heat butter in large skillet over medium heat. Cook garlic 1 or 2 minutes or until softened but not browned. Add shrimp, green onions, wine and lemon juice; cook until shrimp are pink and firm, about 1 to 2 minutes on each side. Do not overcook. Add chopped parsley and salt and pepper before serving. Garnish with lemon slices and parsley sprigs if desired. Traditionally served over rice or linguine. Makes 8 first-course servings.

Wine pairing: Chardonnay

#### Filet of Fresh Sole with Porcini Mushrooms

- ¼ cup butter or margarine
- 2 cups sliced ¼-inch fresh porcini mushrooms
- ¼ cup red pepper sliced into thin strips (optional)

- ¼ cup lemon juice
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon chopped fresh thyme
- 1 pound fresh sole fillets, cut into 4 equal pieces
- ¼ cup fresh parsley or dried
- 1 tablespoon parsley (optional)

In 10-inch skillet, melt butter. Add mushrooms, red pepper, lemon juice, pepper, thyme and paprika. Cook over medium heat, stirring occasionally, until mushrooms are tender (4 to 6 minutes). Add sole. Spoon sauce over fillets. Cover container, cooking until fish flakes with fork, 5 to 8 minutes. Sprinkle with parsley, if desired. Pan juices may be served over rice or rice pilaf. Makes 4 servings.

Wine pairing: Sauvignon blanc