

Everybody eats lunch, and everybody laughs

JOLENE THYM
 Picky Eater

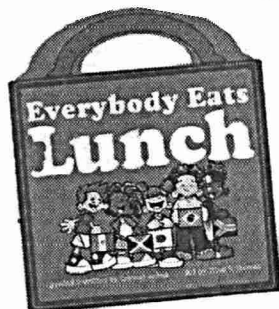
KIDS (AND GROWN women) squeal when they like things a lot, and I must say there was a whole lot of squealing going on at my house last night when I opened up the book "Everybody Eats Lunch" (Glitterati Inc., \$16) by Cricket Azima. This cute lunch-box-shaped cardboard book is everything a kid's cookbook should be.

Besides having adorable illustrations, every page is devoted to lunch in a different country. Big letters share a greeting and their word for lunch in their own language, plus a handful of authentic recipes hidden behind pop-out food pictures.

Our favorite page (this book is far too fun to read alone) is the last, where a Jamaican boy says "Hey Mon! My name is Nelly." His favorite foods are fried plantain, coconut chips, a beef patty and papaya.

Even though this book is meant for kids and families with young children, I'm not giving it up until I try the Mexican cactus salad made with nopalitos, tomatoes and feta; and the bunny chow from South Africa, a blend of chicken, Indian spices and tomatoes served on French bread.

CUPS TO COVET: Every time I see a Reese's Peanut Butter Cup, I think that I want it. As I unwrap it, I imagine how it will fill my mouth with salty sweet peanut butter wrapped in chocolate. Without fail, I am disap-



pointed. The peanut butter is drowned in sugar. The flavor of chocolate is nonexistent.

Solution? Opt for **Coco Delice Fine Chocolates' Peanut Butter Bonbons**, fresh ground peanut butter robed in exotically rich, dark chocolate.

I might like just a touch more sugar in these nuggets, but my mouth is too full to complain.

Since the peanut butter truffles are gone, I am now working my way through an elegant, Tiffany-style box filled with Coco Delice's other truffle flavors, shiny dark chocolates that San Francisco chocolatier Dennis Kearney fills with fresh, unexpected ingredients such as jasmine green tea and orange with coriander.

The only real downside to Coco Delice chocolates is that they cost nearly \$2 per chocolate and they can't be found everywhere. Look for them at some Whole Foods, Andronico's and the Pasta Shop in Berkeley. You can also purchase Coco Delice chocolates direct. Contact 415-407-8413 or www.cocodelice.com.

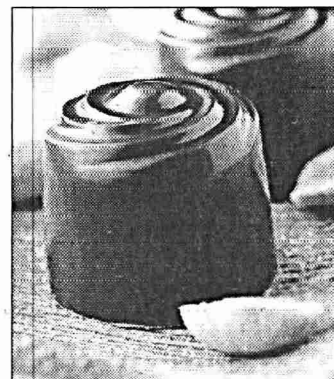
JUST ROAST IT, SILI:

The last garlic-roasting gadget I tested out was nearly as big as a toaster and not worth the storage space. A fraction of the size and a whole lot more useful if you already have the oven on is this new **Sili Gourmet Garlic Roaster**, an adorable one-bulb white porcelain glass cup topped with a red silicone lid. The point of the thing is to provide the garlic bulb with a nice, tight hug in the oven, which helps the garlic cook faster. It also saves the trouble of wrapping bulbs in foil so they don't scorch. As a side bonus,

you can keep the garlic in the cup if you don't use all of it right away. The cup is sold in gourmet stores. It costs \$13.

PICKY OR ICKY? I was ready to huck the new **Sugar Free Smucker's Sundae Syrups** into the dumpster when I was overcome with guilt. Smucker's took the time to box them up and get them into my hands. Couldn't I bother to open my mouth?

In a brave moment, I opened them up and took a taste. I was shocked to discover that they taste nearly the same as their real sugar counterparts. Both the caramel and the chocolate are sweetened with maltitol and other sugar alcohols that I can't tolerate, but those who can't eat real sugar may ap-



COCO DELICE Peanut Butter Bonbons are a satisfying combination.

preciate them.

Unfortunately, the syrups weigh in with nearly the same calorie count as those made with sugar. Apologies, but I can't recommend a sugar-free ice cream to go with. The sauces are available at most stores. They're \$2.89 for 11.5 ounces.

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