Article Side

The most appetizing and yummy course that ends a meal!

by Samantha Kirk

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From kids to elders, everyone drools for a dessert. There are very few (let me stress on the few word) who hates (and I would say that they donâ€™t belong to the human category) desserts! This is the favorite part for many. A cook can go wrong with any dish, but he will find himself un-employed if he makes a mistake with the mother of all courses! So what is the real meaning for dessert? Many of us may say that any dish that comprises of sweet can be called a dessert. But, the word dessert originated from French word â€˜Desservirâ€™ which means â€œto clear the tableâ€• or â€œto serveâ€•. S desserts originate? Here are some interesting histories of some of the key ingredients that are used for desserts.

Who doesnâ€™t like ice cream! The dash of coldness followed by the yummy flavor of the ice cream is heaven. Be it a hot summer afternoon or cold rainy evening, ice creams are something that I feel can be had all year round! Ice cream goes back as far as 3000 BC and one could say it as one of the first desserts to be found. The first founder of ice cream is Chinese which tasted like a flavored ice! However, it is hard to point out when flavored ice turned to ice cream.

The next is everyoneâ€™s all time favorite â€“ Chocolate! An all occasion treat from proposing to consolin a friend, a chocolate can be the best bet! As many of us know, the Mayans considered the cocoa pod to be a Godâ€™s food and used it in rare occasions. Chocolate came in to Europe by explorers from Mexico and Central America. It was the Europeans who added sweet and fat in the form of sugar and milk which was done through an emulsification process. This process remained till the industrial revolution which brought about a new life and zing to the something that was just considered as a â€œhard sweet candyâ€•. Vanilla is another flavor that everyone loves. One could say chocolate and vanilla are rivals. There are many who like chocolates but hate vanilla and vice versa. Though vanilla does not come out as strongly as chocolate, it has a really rich flavor. Vanilla was popular in Mexico. It is a pod of a specific type that used to grow in Mexico, the pod was picked and a process called â€œsweatingâ€• happens next and finally the pod is dried. Unlike chocolate, vanilla canno be used as a key ingredient for many dishes, but can be used as the key flavor.

Coffee is another strong flavor that is used for desserts. Be it a drink or a cake, coffee tastes best for everything. This dates back almost to the thirteenth century. The legend goes to say that coffee was found by a goat herd from Ethiopia. From Ethiopia, it is believed to have spread to Egypt. But, evidence of consuming coffee or the knowledge of a coffee tree came only in the middle of the fifteenth century. Then coffee spread to countries in the Middle East, Turkey, Persia and northern America in the sixteenth century. It then spread to Italy, Europe and the rest of the world. Today, coffee is consumed all around the world. There are as many as coffee lovers as there are of tea lovers.

These are the flavors and sweets that are popular among the desserts. Whether you want a quick snack or a grand finish to an awesome dinner, desserts have always been an irresistible treat for anyone around the world. There are also so many recipes and food channels and on the internet like the Time Warner Internet that have been tested and tried and are quite affordable to be made at home.

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Samantha Kirk is a freelance writer. She loves to cook and her specialty is desserts. She loves to try out new and innovative recipes that she gets from her a Time Warner Internet and television programs.

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