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Spiced chocolate mousse was the first dessert served for the Beaver Creek Wine & Spirits Festival's Dessert Pastry and Cocktail Seminar on Friday, led by chef Marisa Churchill and mixologists Aidan Demarest and Jim Romdall.

KRISTIN ANDERSON  
kanderson@vaildaily.com

**Dessert and a cocktail**

The pastry seminar at the Beaver Creek Wine & Spirits festival featured Marisa Churchill's guilt-free desserts paired with cocktails created from Double Gold medal-winning spirits from the San Francisco World Spirits Competition.

For the "Almond Joy" macaroons, mixologists Aidan Demarest and Jim Romdall created a drink called The Bounty, which featured a chai liqueur from Colorado distiller Dancing Pines. Dancing Pines co-owner Kristian Naslund said the award-winning spirit was domestically inspired.

"My wife used to make me chai in the morning for breakfast," he said. "We sent (the liqueur) in to get judged, and we were really excited to get a Double Gold."

The Bounty is a dessert cocktail that's designed to be rich.

"If you wanted to lighten it up, do ... a little whipped cream on top," Demarest said. "It would mix in there and be a lot lighter."

**THE BOUNTY (PAIR WITH "ALMOND JOY" MACAROONS)**

1½ ounces Louis Royer VS Cognac  
¾ ounce Dancing Pines Chai Liqueur  
2 dashes Angostura bitters  
Serve over ice with an orange twist.

**'SWEET & SKINNY'**  
FROM PAGE B1

to add in some extra nutrients and allows you to use less sugar and still get some great flavor."

Another trick for retaining a flavorful punch while reducing calories is browned butter. Churchill said browning the butter before adding it to a recipe brings out the rich, nutty flavor of the butter, allowing less of it to be used. She said any pan works fine to brown butter, and it's a great item to have on hand in the kitchen.

"The most important thing is to do it over a medium heat so you don't burn the protein," she said. "Do it in bulk, and then throw it in the fridge."

The goat cheesecake with figs was inspired by a dessert Churchill had on a visit to Greece and uses a combination of whole eggs and egg whites and reduced-fat cream cheese to arrive at a creamy, fluffy texture without all the fat and calories. The basis of this recipe is a meringue, and Churchill gives a

hint that aids in success — and could help clean out your fridge.

"With a meringue, use older eggs if possible," Churchill said. "The proteins have become more relaxed, which will make it easier to build air."

No matter which of the tasty creations it is that tempts you, to get the most bang for your buck with every calorie, Churchill said it's very important to use high-quality ingredients. For the old-fashioned fudge cake she served in cupcake form at the walk-around tasting at the Wine & Spirits Festival, she recommends a Dutch-processed cocoa powder.

"Chocolate is good for you in small amounts," Churchill said. "Cocoa powder has all those antioxidants of chocolate but none of the fat and calories."

The unlikely culprit that keeps this earthy, rich chocolate cake moist: grated beets.

"Unless you tell your guests, they will be none the wiser," Churchill says in "Sweet & Skinny." "The beets practically melt into the cake as it bakes."

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MOVIE SHOWTIMES FOR WED AUG. 24 - THURS AUG. 25

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<b>The Smurfs (PG)</b> Daily: 1:20, 4:20	<b>Rise Of The Planet Of The Apes (PG-13)</b> W: 1:20, 4:10, 6:50 Th: 4:10, 6:50
<b>The Help (PG-13)</b> Daily: 1:00, 4:10, 7:20	<b>Spy Kids: All The Time In The World (PG)</b> W: 1:30, 4:20, 6:40 Th: 4:20, 6:40
<b>30 Minutes Or Less (R)</b> Daily: 7:10, 9:10	<b>Final Destination 5 (R)</b> W • Th: 7:10
<b>Midnight In Paris (PG-13)</b> Daily: 1:30, 4:30	<b>Horrible Bosses (R)</b> W: 1:40, 4:30 Th: 4:30
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