

# food

nutrition • recipes

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## MATTERS *of* TASTE

For those who feel they need an excuse to indulge in sweet stuff, Valentine's Day presents the ultimate license. Here are some yummy ways to celebrate the holiday.

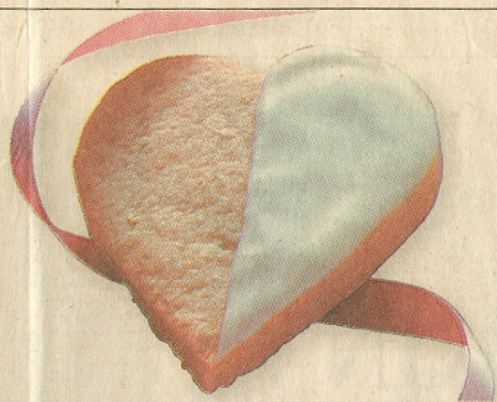
### Hit the jackpot

San Diegans can cash in on Las Vegas' latest culinary extravaganza by flying or driving to the Bellagio Hotel's new **Jean Philippe**

**Patisserie** or calling (702) 693-8788 to order some of the best-tasting, most beautiful chocolates on the planet. The just-opened pastry shop, in the new Bellagio

**HEART'S DELIGHT**  
Making romantic cookies is a sweet way to impress your Valentine / **E3**

**READERS ASK**  
Fresh's mac 'n' cheese is a high-end version of a humble favorite / **E4**



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THE SAN DIEGO  
UNION-TRIBUNE

E S C



... simple, such as a scoop of soft vanilla ice cream or frozen yogurt. It's about \$13 for a 13.5-ounce jar at Great News! in Pacific Beach and Sur La Table, Carlsbad.

## This bud's for you

Candy and flowers have long been the way to a Valentine's heart. Now, Sweetfields, a new local company, combines the two for a foolproof approach: **Candied flowers**. The picture-perfect mini roses, pansies, violas and snapdragons are grown in Jamul, then dipped in a meringue mixture and crystallized with a sugar coating that preserves them. The sugary blossoms look great on crème brûlée, ice cream sundaes, wedding cakes, rice puddings and brownies. A package of 25 blooms costs about \$25. Visit the Web site [www.sweetfields.com](http://www.sweetfields.com) or call (760) 522-3422.



## Drink, drink and be merry

Starbucks is out to add a whole new dimension to a cup of cocoa. And the recently introduced **Chantico**, billed as "drinking chocolate" and "drinkable dessert," does the job with style. Made with S