

Excavating the Naughty Past or Ersatzschokolade: A Chocolate Substitute

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Hi Folks,

As the latest addition to my crowded tenement, may I introduce: *la fée (auxiliaire) du logis* (the (other) good witch of the household – sarcasm implied). A vacuum cleaner robot I found nearby at the curb this morning. It came complete with the charging/docking station. My cost: \$0. See pic and attached brief video: *Achtung! Putzfrau!.MP4* for a demo. This contraption which, so far, works well, should prove a vast improvement over my occasional, very occasional – say every 5 years or so, vacuuming. (Irene, stop mocking me!).

May I also introduce my latest addiction? Something I call *Ersatzschokolade*, not to be confused, of course, with that *Panzerschokolade*. Which I'm told has, in the not so distant past, been known to put the *Bewegung* in your *Bewegungskrieg* (so to speak). An entirely different matter altogether, *that...*

And, to perhaps put your minds (somewhat) at ease regarding (some of) my current proclivities, I will now reveal the recipe. It comes from an Australian, a card-carrying crazy (worse than me, fer sure), by the name of Sarah Wilson (look her up on YouTube regarding “Demon Sugar” as in: *Le sucre et ses méfaits* (Sugar and its ills)).

The recipe:

1. In a small glass bowl, put as many tablespoons of good coconut oil as will fit
2. Let the oil melt in a toaster oven at about 150 degrees, the process taking maybe 15 minutes
3. After which add about 6 heaping teaspoons of a good cocoa powder to the melted oil, stir the mixture thoroughly
4. Optionally add a dash of salt, mix it well
5. A sweetener may also be added to the mix (I don't)
6. Using a small scoop or ladle, pour little puddles of the resulting dark brown liquid into an ice cube tray
7. Freeze for several hours

The resulting cubes, when consumed frozen (attached picture, *Ersatzschokolade.JPG*) have the look and feel of chocolate but without sugar. For me, there is also the added benefit of effortlessly upping my daily consumption of fats in order to be in ketosis while increasing my level of satiety.

In other news. Regarding the day-to-day verbal “blandishments” I’m subjected to, the talk is of: “Bringing an end to your anxiety.” “It’s not worth it, is it?” Etc, etc. Nowadays, convenience is all, apparently. *Sassenach* and I; we’re just not on the same wavelength are we, is my conclusion here.

Irene: Regards to *le Malin*TM (the Devil)

(signed)

MacMahon (Sorry, no translation available. You’ll ‘ave to do yer own ‘omework ‘ere)

P.S. To my sister Irene: May our wordless tears, yours and mine, eventually prove invincible.

P.P.S. Stay tuned for a *reductio ad absurdum*-type demonstration (*série de photos à l'appui!*) (pics for proof included) of the petty mentality of Certain Organs of State SecurityTM(?), all in an upcoming email.

Mwahahahahaha!



Figure 1: Ersatzschokolade, the final product



Figure 2: Ersatzschokolade in the making

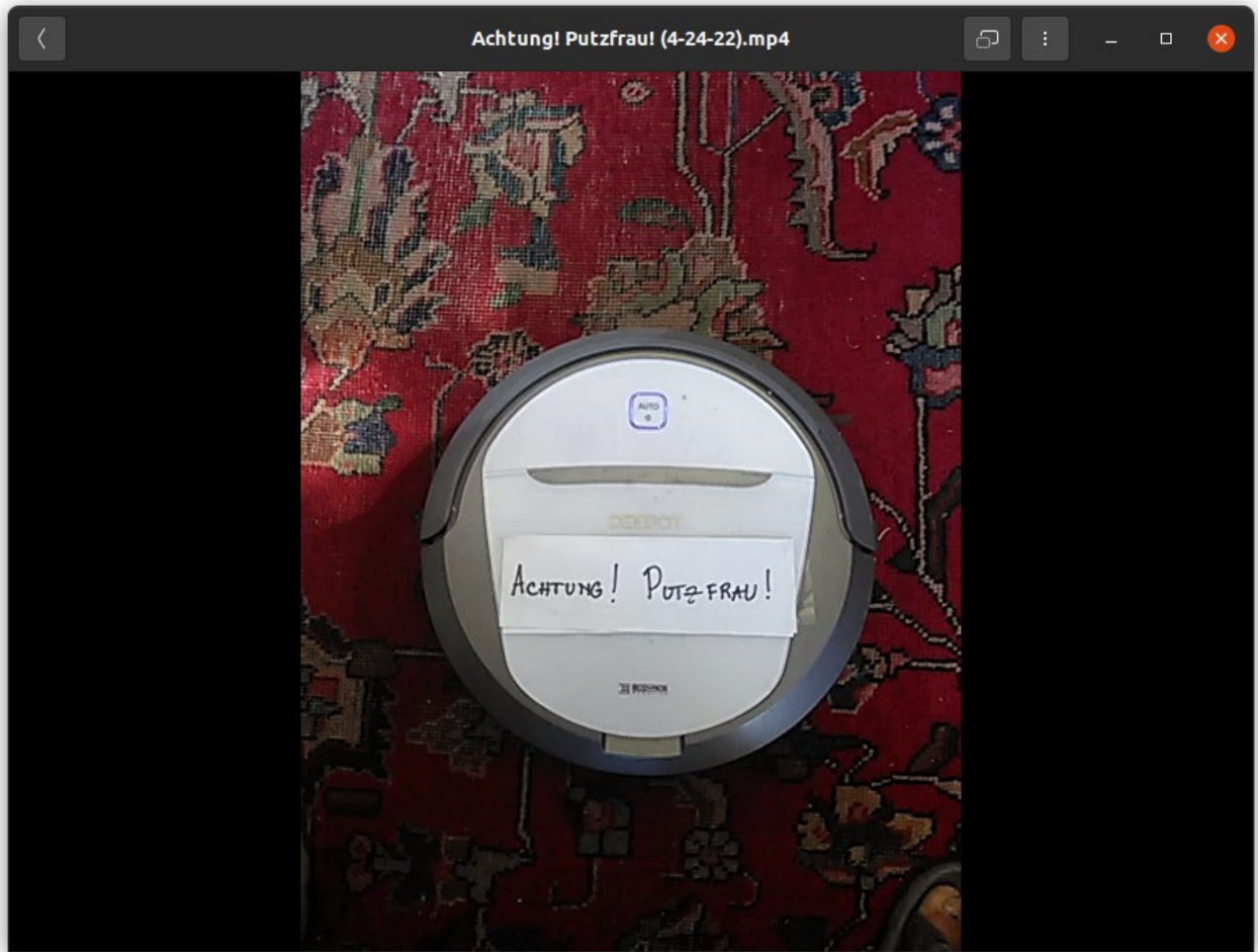


Figure 3: Kommentar überflüssig.