

## DESSERTS

|   |    |                                   |    |
|---|----|-----------------------------------|----|
| Aphrodite Parfait .....   | 2  | Heart Cake.....                   | 53 |
| Apple Flan .....  | 3  | Layer Applesauce Cake .....       | 54 |
| Baklava .....   | 4  | Mahogany Chiffon Cake .....       | 55 |
| Bananas Flambé .....  | 5  | Orange Chiffon Cake .....         | 56 |
| Banane en Papilloute .....  | 6  | Pineapple Upside-down Cake.....   | 57 |
| Blackberry Cream.....   | 7  | Quick Cocoa Cake.....             | 58 |
| Cinnamon-Mocha Sorbet .....   | 8  | Red Devils Food Cake.....         | 59 |
| Chocolate Chip Dessert .....  | 9  | Texas Sheet Cake .....            | 60 |
| Cold Lemon Soufflé.....   | 10 | Glazes and Frostings .....        | 61 |
| Crème de Mint Dessert.....  | 11 | Cocoa Icing .....                 | 62 |
| Custard Ice Cream .....   | 12 | Lemon Glaze .....                 | 63 |
| Dessert Fruit Cocktail.....   | 13 | Orange Glaze.....                 | 64 |
| Double Blueberry Tart.....  | 14 | Penuche Frosting.....             | 65 |
| Florida Trifle .....  | 15 | Pies .....                        | 66 |
| Fresh Strawberry Tart.....  | 16 | Easy Peach Pie .....              | 67 |
| Frango .....  | 17 | Egg Free Key Lime Pie .....       | 68 |
| Frozen Mocha Mousse.....  | 18 | Louise's Favorite Pie Crust ..... | 69 |
| Ginger Fruit Oriental .....   | 19 | Pecan Pie .....                   | 70 |
| Grilled Fruit.....  | 20 | Pumpkin Chiffon Pie.....          | 71 |
| Hot Orange Soufflés .....   | 21 | Pumpkin Pie .....                 | 72 |
| Mulled Pears .....  | 22 | Strawberry Minute Pie.....        | 73 |
| Orange Mousse .....   | 23 |                                   |    |
| Pear Crisp with Lemon Sauce.....  | 24 |                                   |    |
| Pear Tart .....   | 25 |                                   |    |
| Pineapple Ice .....   | 26 |                                   |    |
| Pumpkin-Hazelnut Mousse .....   | 27 |                                   |    |
| Pumpkin Pie Squares .....   | 28 |                                   |    |
| Pumpkin Spice Mousse.....   | 29 |                                   |    |
| Quick Fudge.....  | 30 |                                   |    |
| Raspberry Custard Brulée .....  | 31 |                                   |    |
| Rocky Road Trifle .....   | 32 |                                   |    |
| Russian Cream .....   | 33 |                                   |    |
| Simple Homemade Ice Cream .....   | 34 |                                   |    |
| Sherry Delight .....  | 35 |                                   |    |
| Strawberries Jubilee.....   | 36 |                                   |    |
| Strawberries Romanoff.....  | 37 |                                   |    |
| Trifle Jeanette .....   | 38 |                                   |    |
| Vanilla Ice Cream (Custard Base).....                                   | 39 |                                   |    |
| Sauces.....   | 40 |                                   |    |
| Chocolate Brandy Sauce.....   | 41 |                                   |    |
| Chocolate Sauce .....   | 42 |                                   |    |
| Coulis D'Apricots .....   | 43 |                                   |    |
| Lemon Sauce .....   | 44 |                                   |    |
| Raspberry Puree .....   | 45 |                                   |    |
| Warm Cherry Sauce .....   | 46 |                                   |    |
| White Chocolate Sauce.....  | 47 |                                   |    |
| Cakes.....  | 48 |                                   |    |
| Applesauce Cake Ring.....   | 49 |                                   |    |
| Chocolate Cheesecake .....  | 50 |                                   |    |
| Chocolate Chiffon Waldorf.....  | 51 |                                   |    |
| Chocolate Pecan Cake with Raspberry and<br>White Chocolate Sauces ..... | 52 |                                   |    |

---

## Aphrodite Parfait

2 cups raspberries  
1/2 cup orange liqueur  
vanilla ice cream  
chopped and toasted walnuts or pecans  
Whipped cream  
Chocolate Brandy Sauce

Put the raspberries and the orange liqueur in a Ziploc bag and put in the refrigerator for one to two hours.

Drain the raspberries. Place the raspberries in bottom of two parfait glasses reserving a few for later. Add vanilla ice cream, add a layer of Chocolate Brandy Sauce, add nuts, and top with whipped cream. Add the remaining raspberries to the top.

Serves 2

*RGP - AOL*

---

## Apple Flan

- baked 8-inch pastry shell
- crème patisserie
- 1 pounds apples, fresh and firm
- 1 cup maple flavored syrup
- 1/2 cup dark brown sugar
- 2 tablespoons lemon juice
- 6 ounces of almonds, chopped

Make the pastry shell.

Pare, core and cut apples into eighths. Bring syrup, sugar and lemon juice to a boil in a large skillet. Add apples, reduce heat, cover and simmer for 15 minutes, until the apples are just tender. Remove from heat and let cool. Drain apples and arrange them in the cooked shell. Sprinkle half of the almonds over the apples.

Prepare the crème patisserie. Pour over the apples in the flan shell. Sprinkle with the remaining almonds. Chill well.

This recipe may look like it is very complicated but it really isn't and the results are well worth the effort. A flan is an open European tart, which were the predecessors of pie. The shell is very rich and the crème patisserie is nothing more than a very rich pudding.

### Pastry Shell

- 2 cups sifted flour
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/2 cup butter
- 1 egg, beaten

Combine flour sugar and salt in a bowl. Add butter and cut in with a pastry blender until the pieces are the size of small peas. Make a well in the center of the mixture and add the beaten egg. Mix with a fork, then work with fingers until everything is blended together. Place an 8-inch flan ring on a cookie sheet and press the dough into the bottom and around the sides of the ring. Make the sides slightly thicker than the bottom. If you don't have a flan ring use a 10-inch pie plate. Flute the edges of the pastry. Prick the bottom with a fork. Chill pastry for 10 minutes. Preheat oven to 425 degrees. Bake pastry 10 minutes, reduce heat to 375 degrees and bake 15 minutes longer. Cool pastry on the cookie sheet before removing the ring.

### Crème Patisserie

- 3 egg yolks
- 3/4 cup sugar
- 3 tablespoons flour
- 1 1/2 cups milk
- 2 tablespoons brandy

Crème Patisserie Preparation: Beat egg yolks lightly. Combine sugar, flour and salt and add to egg yolks, mixing thoroughly. Stir in the milk. Put the pan over moderate heat and cook, stirring constantly, until the mixture boils and thickens. Reduce heat, cook two minutes more. Remove from heat and stir in the brandy.

*MEP*

---

## Baklava

- 3/4 cup lightly toasted, finely chopped walnuts
- 3/4 cup lightly toasted, finely chopped pistachios
- 1/2 cup lightly toasted, finely chopped blanched almonds
- 1/2 cup superfine sugar
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 3/4 pounds sweet butter, melted
- 1 package frozen phyllo dough, thawed

Heat oven to 350 degrees.

Combine the nuts, cinnamon, and nutmeg in a bowl.

Brush a 9x13x2 baking pan well with butter.

Separate 25 sheets of phyllo from the package and place under a smooth damp towel to prevent drying. Wrap the remaining dough and return to the refrigerator.

Place one phyllo sheet in the pan and trim to fit. Brush generously with the butter. Repeat until there are five sheets in the pan.

Sprinkle with 1/4 of the nut mixture. Repeat this three more times, ending with five sheets of phyllo. Drizzle any remaining butter over the top of the baklava.

Bake for 45 minutes or until golden brown. Remove the baklava from the oven. Using a sharp knife, immediately cut long lines from corner to corner, forming an "X". Using these cuts as guides, cut the baklava into serving-sized diamond-shaped pieces.

While it is still hot, pour the cooled syrup over the baklava. Allow to stand overnight.

### Syrup

- 1 1/2 cup sugar
- 1 cup water
- zest of one orange
- zest of one lemon
- 4 whole cloves
- 1 stick cinnamon
- 2/3 cup honey

Combine the sugar, water, orange and lemon zest, cloves, and cinnamon in a saucepan. Bring to a boil, and simmer uncovered about 5 minutes.

Remove from the heat. Discard the cloves and cinnamon. Stir in the honey. Allow to cool to room temperature.

*RGP – from Phil Matsunaga*

---

## Bananas Flambé

- 4 tablespoons butter
- 4 firm, but ripe bananas
- juice of 1/2 orange
- juice of half a lemon
- 1/3 cup firmly packed brown sugar
- 1 teaspoon grated orange rind
- dash cinnamon
- 1/4 cup Contreau
- 1/4 cup brandy
- ice cream or pound cake

Peel bananas and cut in half lengthwise. If large cut again crosswise. Melt butter in a heavy frying pan over low heat. Add the sugar, orange juice, lemon juice, orange rind cinnamon and Contreau. Heat stirring constantly until mixture bubbles. Add the bananas, cut side down, and heat through, basting continually with the syrup.

Add the brandy and let heat for 2 or 3 minutes to warm the liquor. Ignite the alcohol. Immediately spoon over the ice cream or pound cake and serve before the mixture cools and the ice cream melts.

An elegant dessert that is simple and quick to make. Really makes an impression on people and is not hard to do.

*MEP*

---

## **Banane en Papilloute**

### ***Bananas Baked in Foil***

- 4 small to medium sized bananas, peeled
  - 2 vanilla beans, split lengthwise
  - 4 springs of mint
- Sauce D` Coulis or a good quality apricot jam

preheat oven to 425 degrees. Place banana on a square of foil. Cover banana with the apricot sauce or jam. Place a piece of vanilla bean by each banana. Put a sprig of mint on top. Seal foil and bake 10-20 minutes (ten minutes for small bananas and 20 minutes for larger ones).

To serve, place foil packet on a salad plate which has been decorated with a sprig of mint and an apricot half.

Serves 4.

Any good quality jam or puree of fruit can be used. A fun desert, that takes no preparation time and a little different.

*MEP*

---

## Blackberry Cream

- 2 cups fresh blackberries (can be frozen)
- 1/2 cup granulated sugar
- 8 ounces of cream cheese
- sweet shortbread type cookies

In a blender or food processor puree blackberries. Force puree through a sieve to remove the seeds. In a saucepan, combine berry pulp with sugar. Stir over medium high heat until mixture boils. Turn down to low and simmer gently until mixture is reduced slightly and thickened (about 15 minutes). Remove from heat and cool.

Put the thick, jelly-like blackberry mixture in blender or food processor with the cream cheese and blend until smooth. Pour into pretty clear glass serving dishes (wine glasses work well) and chill until set and ready to serve. Serve with rich butter cookies.

Serves 4      I have made this with wild huckleberries and it was superb. I have also made this with blueberries and it turned out very well. The nice thing about these berries as they do not have seeds that need to be removed.

I suspect that this could be done with a high quality, seedless berry preserve or jelly. Just blend with the cream cheese and chill. Jeanette tells me she has had good luck just using a high quality seedless jam, but that the desert has been sweeter because of the additional sugar in the prepared jam.

Last year, I pureed blackberries and put them in 2 cup containers in the freezer at the beach house to have available for a quick and easy dessert. Using frozen berries did not seem to affect the quality at all. I made the jelly mixture without thawing the berries, but the sauce did take a little longer to thicken.

This dessert is excellent with a Late Harvest Reisling in the 6 - 9 % residual sugar range.

*MEP*

---

## Cinnamon-Mocha Sorbet

- 1 4 serving package instant sugar-free chocolate pudding
- 1/2 cup instant non-fat dry milk
- 1/4 cup sugar or sugar substitute (Splenda)
- 1 1/2 teaspoons instant coffee granules
- 1/2 teaspoon ground cinnamon
- 4 cups skim or low-fat milk

Combine the dry ingredients in a bowl. Add the milk and whisk together until smooth. Freeze in an ice cream maker according to directions.

*RGP -- Diabetic Dream Desserts*



---

## Chocolate Chip Dessert

- 2 12 ounce packages real chocolate chips
- 3 1/2 cups whipping cream
- 3/4 cup white sugar
- 1 1/2 cups graham cracker crumbs
- 1 1/2 cups chopped walnuts

Combine nuts and crumbs and set aside. Melt chips thoroughly either in a double boiler or in the microwave. Set aside. Whip cream, adding the sugar when it is almost stiff. Carefully fold the cooled chocolate chip mixture into the cream. Put 2 cups of the crumb nut mixture into the bottom of an 11 x 14 inch buttered pan. Pour chocolate mixture into pan and spread evenly. Sprinkle the remaining crumbs over the top. Chill for at least 2 hours before serving.

Serves 16 to 20

Very good, but very rich. It is a chocolate lovers dessert. Because of its richness, I try to make the serving sizes small. It can also be made ahead of time and frozen. Thaw in the refrigerator for about 6 hours.

*MEP*

---

## Cold Lemon Soufflé

- 2 envelopes unflavored gelatin
- 6 eggs, separated
- 1 1/2 cups sugar
- 3 tablespoons grated lemon zest
- 3/4 cup fresh lemon juice
- 1 cup heavy cream
- 2 tablespoons finely chopped pistachio nuts
- candied lemon peel garnish, (optional)
- whipped cream (optional)

Wrap a five-cup soufflé mold with a folded strip of heavy-duty aluminum foil or parchment paper to form a collar. Arrange the collar to extend about 3 inches above the rim of the dish and secure with a string.

Sprinkle the gelatin over 1/3 cup of water in a small sauce pan.

In a large bowl, beat the egg yolks with 1 cup sugar, the lemon zest and the lemon juice until well blended. Place the bowl over a pan of gently simmering water and continue beating until the mixture is thick and creamy, about 15 minutes. Remove from the heat.

Warm the gelatin over low heat, stirring, until melted. Stir into the hot lemon mixture. Continue beating until cool.

In a large bowl, beat the egg whites until soft peaks form. Add the remaining 1/2 cup sugar and continue beating until stiff and glossy.

Beat the cream until it forms stiff peaks.

Place the lemon-egg mixture over a bowl of ice and water and stir until it begins to thicken and set. Gently fold in the whipped cream. Then fold in the beaten egg whites. Pour the mixture into the prepared soufflé dish. Smooth the top with a spatula.

Refrigerate for at least 3 hours or until set. Before serving remove the collar from the soufflé. Gently press the chopped pistachios onto the sides of the soufflé that rise above the dish. Arrange the candied lemon peel garnish on top and decorate with whipped cream if desired.

This takes a while to prepare, but it is well worth the effort. It is cool and refreshing, yet a rich dessert. This is considered a dessert classic. Sauterne goes well with this tangy dessert.

*MEP*

---

## Crème de Mint Dessert

- 1/2 pound marshmallows
- 1 cup milk
- 1/2 cup crème de menthe, green
- 1 one pound package of Nabisco chocolate wafers, crumbed fine
- 1 pint whipping cream, whipped

Heat marshmallows and milk in a double boiler until marshmallows are melted. Cool. Fold in whipped cream and crème de menthe.

Place half of wafer crumbs in a 9 x 13 inch pan. Add the dessert mixture and cover with the balance of the wafers. Chill until set.

Serves 12 to 15      A rich, colorful dessert. An excellent one to use on St. Patrick's Day.

*MEP*

---

## Custard Ice Cream

- 5 eggs slightly beaten
- 1 1/4 cups sugar
- 1/2 teaspoon salt
- 6 cups milk, scalded
- 4 cups heavy cream
- 2 tablespoons vanilla

Combine eggs, sugar and salt in saucepan. Pour hot milk over egg mixture carefully, stirring constantly. Cook over low heat until mixture coats a spoon. Chill in refrigerator. Stir in cream and vanilla.

Follow freezer directions for completing.

This recipe is not quite as rich as some and is an excellent to use when you want to add fruit, chocolate sauce, marshmallows or nuts.

*MEP*

---

## Dessert Fruit Cocktail

- 1 egg beaten
- 1 cup sugar
- 1 cup flour
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 no. 2 can of fruit cocktail juice and all (1 1/2 cups)

### Topping

- 3/4 cup brown sugar
- 1/2 cup chopped nuts
- butter
- whipping cream or fruit puree

Mix all ingredients together and put into a baking dish. Mix topping and spread over the top. Dot with butter.

Bake at 325 degrees for 45 minutes.

Serve with whipped cream or fruit sauce.

A quick and easy out of the cupboard dessert.

*MEP*

---

## Double Blueberry Tart

- 3-3.5 cups blueberries
- 6 tablespoons granulated sugar
- 1/2 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 1 baked Butter Pastry Shell
- powdered sugar

In a 1 to 1 and 1/2 quart pan, combine 2 cups of the blueberries, granulated sugar, lemon peel, and lemon juice. Bring to a boil over high heat. Stir often until berries are as thick as a soft jam, about 8 -10 minutes. Let cool.

Assembly: Remove pan sides from pastry shell. Pour sauce into pastry shell and spread evenly. Neatly arrange remaining 1 to 1/2 cups berries on sauce to completely cover surface. If made ahead, let tart stand at cool room temperature for up to four hours.

To serve, generously sprinkle top of tart with powdered sugar.

### Butter Pastry Shell

- 1 1/3 cups all-purpose flour
- 1/4 cup sugar
- 1/2 cup butter, cut into small pieces
- 1 large egg yolk

In a food processor or a bowl, combine flour and sugar. Add butter whirl or rub with your fingers until fine crumbs form. Add egg yolk, whirl or mix with fork until dough holds together. Divide into half. Press each portion over bottom and up sides of a 7 1/2 inch tart pan with removable bottom.

Bake at 350 degrees for 25 to 30 minutes until pale gold. Cool.

Makes two shells.

*MEP*

---

## Florida Trifle

- 2-4 cups cubed pound cake
- 1 recipe of Egg Free Key Lime Pie Filling
- 1 can Mandarin Orange slices drained
- 1 cup flaked coconut
- 1-2 cups sliced mango or papaya
- 1-2 cups sliced banana
- 3/4-1 cup rum
- whipped topping

Layer in a Trifle bowl as follows:

- 1/4 of pie filling
- 1/3 of cake
- Mandarin orange slices
- 1/4 coconut
- 1/3 of rum
- 1/4 of pie filling
- 1/3 of cake
- banana slices
- 1/4 of coconut
- 1/3 of rum
- 1/4 of pie filling
- 1/3 of cake
- mango or papaya slices
- 1/4 of coconut
- 1/3 of rum
- 1/4 of pie filling
- 1/4 of coconut

Garnish with whipped topping and fruit.

Options

- Drizzle 1/4 cup caramel sauce over each layer of cake.
- Add 1/4 cup chopped pecans with each addition of coconut.

*JPO*

---

## Fresh Strawberry Tart

### Almond Crust

- 5 tablespoons unsalted butter, softened
- 1 large egg yolk
- 1/2 teaspoon vanilla
- 3 tablespoons sugar
- 2/3 cup almonds
- 1 cup flour

### Filling

- 8 ounces cream cheese at room temperature
- 1/4 cup sugar
- 2 tablespoons fresh lemon juice
- 1/4 cup whipping cream
- 1-1.5 pints fresh strawberries, hulled
- 1/4 cup apricot preserves
- 1 tablespoon water

Preheat oven to 350 degrees. Butter the sides of a 9 to 10 inch tart pan with a removable rim or a 9 inch pie plate.

Crust: In a large bowl, beat the butter, egg yolk, vanilla, and sugar until smooth and creamy. Finely grind the almonds, combine with the flour, and beat into just until mixed. The dough will be crumbly, do not overwork it. Gather the dough into a ball, then break off pieces and press it into the bottom and sides of the tart pan or pie plate. Prick the crust all over with a fork. Chill 1 hour.

Line the crust with foil, then cover the bottom with dried beans or pie weights. Bake 12 minutes, Remove the foil and the beans and bake 10 minutes. longer or until golden all over. Remove the outer rim of the tart pan and cool completely on a wire rack.

Filling: Beat the cream cheese, sugar, and lemon juice together. Pour in the cream and beat until very smooth. Spread on the bottom of the tart.

Cover the tart with strawberries in a decorative manner, Heat the preserves and water together until blended. Strain out any bits of pulp through a mesh strainer. Brush the glaze on the strawberries with a pastry brush. Chill the tart 4 hours or over night before serving. Serve cool, not cold.

Serves 6      This is a fabulous tart that is quick to assemble. Can be made with blueberries, raspberries, peaches or plums.

*MEP - Vegetarian Pleasures*



---

## Frango

- 1 cup soft butter
- 2 cups powdered sugar
- 4 squares bitter chocolate, melted
- 4 eggs
- 2 teaspoons vanilla
- 3/4 teaspoon peppermint flavoring
- vanilla wafers, finely crumbed
- walnuts, finely ground

Mix butter and powdered sugar thoroughly. Melt bitter chocolate and add to butter mixture. Beat thoroughly. Add the eggs, one at a time, beating thoroughly after each egg is added. Add the vanilla and peppermint and mix thoroughly.

Place paper liners in large muffin tins. Add walnuts to vanilla wafers. Put a fine layer in bottom of paper liner. Add frango and put another layer of the wafers and walnuts on the top, if desired. Refrigerate for several hours before serving.

Makes about 24 servings

Serving will seem small, but this is very rich. For additional color put half a maraschino cherry on top. You can also decorate with a small daub of whipped cream or a walnut half.

*MEP*

A couple of good variations in place of the peppermint extract:

- 1 teaspoon orange zest plus 1 tablespoon orange liquor
- 1 teaspoon powdered espresso dissolved in 1 tablespoon hot water, plus 1 tablespoon coffee liquor

*RGP*

---

## Frozen Mocha Mousse

- 1 pound semisweet baking chocolate
- 3 tablespoons instant coffee granules
- 1/2 cup boiling water
- 6 egg yolks
- 1/2 cup sugar
- 1 teaspoon vanilla
- 6 egg whites
- 1 1/2 cups heavy cream (whipping), whipped
- 1/2 cup heavy cream  
chocolate curls

Melt chocolate over hot water or in the microwave. Dissolve coffee granules in the boiling water and cool slightly.

In a medium-sized bowl, beat the egg yolks at high speed until foamy. Gradually beat in sugar and continue beating until mixture is very thick and pale yellow. Reduce speed and beat in vanilla, coffee and melted chocolate.

With clean beaters, beat egg whites in a large mixing bowl until they hold stiff peaks. Stir one cup of the beaten egg whites into the chocolate mixture, then stir chocolate mixture into the remaining egg whites. Gently but thoroughly fold in the 1 and 1/2 cups of whipped cream. Pour into an 8-inch springform pan and freeze. It will keep nicely in your freezer up to one month.

To serve remove the mousse from the freezer 20-25 minutes before dessert time and remove springform sides. Whip the remaining 1/2 cup of heavy cream and mound on top of the mouse, garnishing with the chocolate curls.

Serves 16 to 20

A fabulous dessert for large parties, that is divinely rich in chocolate.

I made this for a buffet dinner we had after a super bowl party and everyone enjoyed it.

*MEP*

---

## Ginger Fruit Oriental

- 1 one pound can sliced peaches, drained
- 1 cup orange juice
- 2 teaspoons finely chopped, candied ginger
- 2 bananas
- sprigs of mint

Combine peach slices, orange juice and candied ginger. Chill several hours to blend flavors. Peel bananas and run fork down sides to flute. Slice on the bias. Add to peach mixture. Heap into serving dishes and garnish with a sprig of mint.

Serves 4 to 6 An excellent dessert for an oriental meal. Also good when you have dieters.

I usually serve in fancy sherbet dishes with fortune cookies.

*MEP*

---

## Grilled Fruit

- 4 ripe but firm bananas
- 6-8 fresh pineapple spears
- 6 tablespoons unsalted butter
- 2 tablespoons sugar
- 1/2 teaspoon ground nutmeg
- 1 recipe Butterscotch Sauce

Peel the bananas. Place the bananas and pineapple on a platter and set aside. Combine the butter, sugar, and nutmeg in a small saucepan and cook over medium heat, stirring frequently, until melted and smooth. Pour over the fruit. Turn the fruit to coat evenly.

Grill the fruit over direct medium heat (4-6 inches over fire) for 10-12 minutes, turning the fruit every 2-3 minutes. Serve with butterscotch sauce and, if desired, ice cream.

### **Butterscotch Sauce**

- 1/2 cup unsalted butter
- 1 cup firmly packed brown sugar
- 1.2 cup heavy cream
- pinch salt
- 1/2 teaspoon vanilla extract

Melt the butter in a small saucepan over medium heat. Add the brown sugar and cream and bring to a boil, stirring constantly. Remove from heat and stir in the salt and vanilla. This can be kept refrigerated for up to one week. Reheat over low heat before serving if necessary.

*RGP*

---

## Hot Orange Soufflés

- butter for greasing soufflé dishes
- 1/3 cup plus 3 tablespoons sugar
- 6 eggs, separated
- 2 teaspoons finely grated orange rind
- 1/4 cup orange juice with pulp
- 1 tablespoon Grand Marnier
- confectioner's sugar

Preheat oven to 450 degrees.

Generously butter the bottom and sides of four individual soufflé dishes, each with a 1 1/4 cup capacity. Use 1 tablespoon of sugar to sprinkle the insides of the dishes. Set aside.

Put the egg yolks in a bowl and add 1/3 cup of the sugar, the orange rind, the orange juice, and the Grand Marnier. Beat briskly with a wire whisk.

Beat egg whites until stiff. Beat in the remaining 2 tablespoons sugar.

Spoon and scrape the egg yolk mixture into the whites. Fold in the yolks rapidly and well. Spoon equal portions of the mixture into the prepared soufflé dishes.

Place the dishes on a baking sheet and put into the oven. Bake 12 minutes.

Sprinkle each soufflé with sieved confectioner's sugar. Serve immediately.

Makes 4 servings.

*MEP - 60 Minute Gourmet*

---

## Mulled Pears

- 4 fresh Bosc pears
- 1 1/2 cups apple juice
- 1 1/2 cups cranberry juice
- 1/4 cup light brown sugar, packed
- 1 tablespoon fresh lemon zest
- 6 cinnamon sticks
- 6 whole cloves
- 1/4 cup Hershey's chocolate sauce
- 1 cup vanilla ice cream, softened

The day before: Peel, halve, and core pears. Put pears and next 6 ingredients in a 3-quart sauce pan over medium heat. Bring to a boil. Reduce heat to low and cover. Simmer 30 minutes or until pears are tender, turning pears occasionally.

Spoon pears and liquid into a bowl. Cover and refrigerate overnight, or at least four hours, turning occasionally.

To serve: Remove pears from liquid; refrigerate remaining liquid to be served as a beverage another day. In each of four chilled dessert dishes place 1/4 cup ice cream. Arrange pear on top of ice cream and drizzle lightly with chocolate sauce. Serve immediately. As a special treat, add some Chocolate Madeleine cookies to each dish.

Serves 4

*RGP*

---

## Orange Mousse

- 1/2 cup water
- 1/2 cup frozen orange juice concentrate, thawed (don't dilute)
- 1 envelop unflavored gelatin
- 1 tablespoon lemon juice
- 3 egg whites
- 1/4 cup sugar

Combine water and orange juice concentrate in a non-aluminum sauce pan. Sprinkle gelatin over mixture. let stand 1 minute. Cook over low heat, stirring until gelatin dissolves. Remove from heat and stir in lemon juice. Place mixture in a bowl; cover and chill 15 minutes or until slightly thickened, stirring occasionally.

Beat egg whites (at room temperature) in a large glass bowl at high speed of an electric mixer until soft peaks form. Be careful not to over beat.

Gently fold one-fourth of egg white mixture into orange juice mixture. Then, fold in remaining egg white mixture.

Spoon mixture into 8 stemmed dessert glasses. Chill at least 4 hours.

Serves eight.

*Light and Easy*

---

## Pear Crisp with Lemon Sauce

- 5 cups sliced, peeled baking pears such as Bosc
  - 1 tablespoon sugar
  - 1/2 teaspoon finely shredded lemon peel
  - 2/3 cup regular rolled oats
  - 1/3 cup packed brown sugar
  - 1/3 cup all-purpose flour
  - 1/4 teaspoon ground cardamom
  - 1/4 cup margarine or butter
  - 1/3 cup sliced almonds
- Lemon Sauce

Pears: In a 2-quart very lightly greased square baking dish, toss pears with 1 tablespoon sugar and half of the shredded lemon peel.

Topping: In a bowl, combine oats, brown sugar, flour, cardamom, and the remaining lemon peel. Cut in margarine or butter until mixture resembles coarse crumbs. Stir in almonds. Sprinkle topping over fruit.

Bake at 375 degrees for 30 to 35 minutes or until the fruit is tender and the topping begins to brown. Serve warm with Lemon Sauce.

Serves 6.

I usually double the lemon peel in this recipe and I like the zing it gives.

I served this for Larry's birthday party and everyone really enjoyed it. A simple, low calorie and light, but different, dessert.

*MEP - Better Homes and Gardens 3/96*



---

## Pear Tart

### Crust

- 1 cup all-purpose flour
- 1 1/2 tablespoons powdered sugar
- 1/4 cup frozen butter
- 1/4 cup frozen cream cheese
- ice water

### Topping

- 4 - 6 pears
- 1/2 cup finely chopped hazelnuts
- freshly grated nutmeg

### Glaze

- 1 tablespoon corn starch
- 2 tablespoons sugar
- 2 tablespoons water

Crust Preparation: Sift together flour and sugar. Grate frozen butter and cream cheese into flour. The grating gets a better constancy of fats in the crust. Add ice water, a teaspoon at a time until you can form a medium soft dough. Usually takes about 3 teaspoons. Handle as little as possible! Pat into a circle in a tart dish or 9 inch pie plate.

Topping and Glaze: Peel, core and slice pears. Arrange on top of crust. Mix up glaze ingredients and brush generously on pears. Sprinkle with finely chopped hazelnuts. Very lightly dust with freshly ground nutmeg.

Bake at 400 degrees for about 30 minutes or until edges of crust are golden brown.

Serves 6.

This is one of Jeanette's creations.

*JPO*

---

## Pineapple Ice

- 1 large ripe, pretty pineapple
- 1/4-1/2 cup sugar
- 2 tablespoons lemon juice

Cut the top from the pineapple and reserve in the refrigerator. With a long, thin sharp knife, carefully cut around inside of shell about 1/2 inch from edge. To loosen pulp from bottom of shell, while maintaining as small an opening as possible, insert your knife 1/2 from bottom of pineapple and carefully work blade around in a semi-circle. Remove knife, turn it over and repeat for remaining half circle. The pulp should lift out easily.

Discard the hard core and place the pulp in the food processor. Scrap the inside walls and bottom of the pineapple with a large spoon until smooth, placing any additional fruit in the processor. Depending on the size and sweetness of the pineapple, add 1/4 to 1/2 cup of sugar and the lemon juice. Puree the mixture then pour into a shallow container and place in the freezer along with the shell.

When puree is frozen to a slushy consistency, about 1 hour, re-spin in the processor until smooth and creamy. Pour into frozen shell and refreeze at least two hours.

To serve place the pineapple and its top in a pretty glass dish and let your guests help themselves.

A good rich chocolate cookie goes well with this dessert.

Serves 6.

This is a wonderful light dessert. The first time I tried it, I cut too large a hole in the bottom of the pineapple and ended up serving the dessert in pretty dessert glasses, which worked very well. I find that I can only get about 4 servings from the pineapples we get and that you need to use the full 1/2 cup of sugar.

*MEP - Private Collection No. 1 - Junior League of Palo Alto*

---

## Pumpkin-Hazelnut Mousse

- 1 cup sugar
- 1 envelope unflavored gelatin (2 teaspoons)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 1/4 cups low fat milk
- 2 cups light (reduced fat) sour cream
- 1 16 ounce can pumpkin
- 1/3 cup hazelnut-flavored liqueur
- 3/4 cup whipping cream
- 6-8 hazelnuts

Reserve 2 tablespoons sugar. In a 2-3 quart saucepan mix the remaining sugar, gelatin, cinnamon, and ginger. Add 1/2 cup milk; stir often over medium-high heat until hot. Add remaining 3/4 cup milk, sour cream, pumpkin, and liqueur.

set pan in ice water and stir often until mixture just begins to set, about 20 minutes (if too stiff, stir over heat).

Whip cream with reserved 2 tablespoons sugar until soft peaks form; cover and chill 1/3 cup cream until serving. Gently fold remaining cream into a pumpkin mixture.

Divide mousse evenly among six to eight glasses or ramekins (about one-cup size). Lightly cover; chill until mousse is set, at least 4 hours or up to one day.

Garnish with reserved cream and hazelnuts.

Serves 6 to 8 I served this last Thanksgiving with hazelnut coffee. It is a nice light dessert following a traditional Thanksgiving dinner. I made a double recipe and had neighbors in for dessert and coffee during the Thanksgiving day weekend.

*MEP - Sunset Magazine*

---

## Pumpkin Pie Squares

### Crust

- 1 cup flour
- 1/2 cup rolled oats
- 1/2 cup brown sugar
- 1/2 cup butter

### Filling

- 1 sixteen ounce can of pumpkin
- 1 can evaporated milk
- 2 eggs
- 3/4 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 1/2 teaspoon salt

### Topping

- 1/2 cup chopped walnuts
- 1/2 cup brown sugar
- 2 teaspoons butter

For crust, mix ingredients until crumbly using electric mixer on low speed. Press firmly over the bottom of an ungreased 9 x 13 inch pan. Bake at 350 degrees for 15 minutes.

While crust is baking, prepare filling by combining the filling ingredients in a bowl and mixing well. Pour over the crust. Bake for 20 minutes at 350 degrees.

Combine topping ingredients and sprinkle over pumpkin filling. Bake a third time for 15-20 minutes at 350 degrees. Do not cover until completely cold or topping will weep and crust will get soggy.

Serve at room temperature or chilled with whipped cream.

Serves 12.

*MEP*

---

## Pumpkin Spice Mousse

- 4 tablespoons water
- 1 envelope unflavored gelatin
- 4 large egg yolks
- 1 cup sugar
- 2 tablespoons water
- 1 16 ounce can solid pack pumpkin
- 2 tablespoons dark rum
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 cups chilled whipping cream
- 1 tablespoon vanilla
- 1 cup chilled whipping cream
- 2 tablespoons sugar
- ground cinnamon
- gingersnap cookies

Pour four tablespoons water into small bowl. sprinkle gelatin over. Let stand 10 minutes to soften.

Whisk egg yolks, 1 cup sugar and 2 tablespoons water in medium metal bowl to blend. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water) and whisk until candy thermometer registers 170 degrees (about five minutes). Removed bowl from over water. Add gelatin mixture and whisk until dissolved. Using an electric mixer, beat egg mixture until cool (about five minutes). Mix in pumpkin, rum, 1 teaspoon cinnamon, ginger, and cloves. Refrigerate just until thicken and cool but not set (about 30 minutes).

Beat 2 cups whipping cream and vanilla in a medium bowl to medium-stiff peaks. Fold into pumpkin mixture. Spoon pumpkin mousse into 12 wine glasses. Chill until set, at least four hours or over night.

Beat 1 cup whipping cream with 2 tablespoons sugar to stiff peaks in a medium bowl. Can be made four hours ahead but should be covered and kept chilled. Spoon whipping cream over mousse. Sprinkle with additional cinnamon. Serve with ginger snap cookies.

I found the mousse is rich enough just by itself. I would suggest just a dollop of whipping cream. I did not bother to add the whipping cream or to serve the ginger snap cookies.

*MEP - Bon Appetit, November, 1996*

---

## Quick Fudge

- 1/2 cup butter
- 2 regular sized packages jello chocolate pudding (not instant)
- 1/2 cup milk
- 1 one pound box powdered sugar
- chopped nuts (optional)

Melt butter over medium heat. Add pudding and remove from heat. Stir to mix. Add milk and mix. Return to medium heat and bring to a boil. Boil one minute. Remove from heat. Add powdered sugar and beat until smooth. Add nuts. Spread in a well-buttered 7 x 11 inch pan.

A quick and easy fudge recipe.

*MEP*

---

## Raspberry Custard Brulée

- 2 cups fresh raspberries (about 1 pint)
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 egg, lightly beaten
- 1 cup skim milk
- 2 tablespoons low-fat sour cream
- 1/2 teaspoon vanilla
- 4 teaspoons brown sugar

Gently rinse raspberries; drain. Divide raspberries evenly among four six-ounce oven proof ramekins or custard cups; set aside.

Combine sugar and cornstarch in a small saucepan and stir well. Add egg and stir well. Gradually add milk, stirring well. Cook over low heat for 12 minutes or until thickened, stirring constantly. Remove from heat and let cool for 5 minutes. Add sour cream and vanilla and stir well. Spoon custard mixture evenly over raspberries.

Place ramekins on a baking sheet. Sprinkle each with 1 teaspoon brown sugar. Broil 4 to 5 inches from heat for 2 minutes or until sugar melts. Serve warm.

Serves 4.

I have also made this with blackberries and it was very good.

Although it is designed as a low calorie dessert, I find it satisfies most people. When I want it richer, I use regular milk and regular sour cream and the recipe works just as well.

*MEP - Light and Easy Cooking Collection*

---

## Rocky Road Trifle

- 4-6 cups cubed pound cake or chocolate cake
- 1 cup Kahlua
- 4-6 cups vanilla pudding
- 2 cups miniature marshmallows
- 2 cups chopped nuts
- 2 cups dark chocolate sauce
- whipped cream

Maraschino or dark cherries well drained

Using 1/2 of the cake, Kahlua, pudding, marshmallows, nuts, and chocolate sauce a layer in a Trifle bowl. Make a second layer in the same order.

Refrigerate for 12 hours.

Serve garnished with whipped cream and cherries.

*JPO*



---

## Russian Cream

- 3/4 cup sugar
- 1 envelope unflavored gelatin
- 1/2 cup water
- 1 cup whipping cream or half and half (light cream)
- 1 1/2 cups sour cream
- 1 teaspoon vanilla
- strawberries or other fresh fruit

In a small saucepan blend together the sugar and unflavored gelatin. Add the water and mix well. Let stand for about 5 minutes. Bring to a full rolling boil, stirring constantly. Remove sugar mixture from heat and pour in the whipping cream. In a bowl mix the sour cream with the vanilla, then gradually, smoothly beat in the hot sugar mixture.

To make individual desserts, pour cream equally into 8 small serving dishes or 8 metal molds of about 1/2 cup size. I like to use stemmed sherbet glasses. Or pour mixture into a pretty serving bowl, 4-5 cup size or a 4 cup metal mold. Cover and chill until set, at least 4 hours or as long as overnight.

Serve the cream in the individual dishes as individual molded desserts, or present in a bowl or as a large molded dessert and spoon onto serving plates. I like to use a ring mold and put the fruit in the center and around the outside.

To unmold dessert, dip container up to its rim in hot-to-touch tap water until the edges of the cream just begin to liquefy, it takes just a few seconds. Quickly dry the mold and invert it onto the serving dish. The cream will slowly slip free, if it is stubborn return it briefly to the hot water bath. If you unmold the dessert before serving time, return it to the refrigerator and when the surface has firmed up, cover it lightly.

Accompany cream with strawberries and cookies. You can adjust the richness of the dessert. Made with whipping cream it is more mellow, and with light cream it is more tangy. With either the flavor is cool and refreshing.

Serves 8 I prefer it made with whipping cream. This is an elegant, but quick and easy dessert that needs to be made ahead of time. It is also excellent with fresh peaches.

*MEP - Sunset Magazine*

---

## Simple Homemade Ice Cream

4-6 eggs  
2 1/2 cups sugar  
2 tablespoons vanilla  
2 cups whipping cream  
10 cups whole milk

Beat eggs and sugar well. Use fewer eggs (4) if large. Add vanilla, then cream and then milk. Blend thoroughly. Freeze in a hand or electric freezer. If desired the ice cream can be ripened by placing it in the freezer for 1/2 hour.

Make about 1 gallon.

Light and cool, this ice cream is especially good on hot days. I do like it a little richer so I usually use one part cream to one part milk. It is also good with peaches, berries or other fruit added.

*MEP*

---

## Sherry Delight

- 1 cup cream sherry
- 20 large marshmallows, cut in half
- 1 cup whipping cream, whipped

Heat sherry just to boiling. Add marshmallows, stirring continually until dissolved. You can simply put sherry and marshmallows in microwave and stir every 2 minutes until dissolved. Cool completely. Fold sherry mixture into whipped cream. Whip mixture until smooth. Place in sherbet glasses and chill until ready to serve.

Serves 6.

A very tasty dessert. Light, yet distinctive. Excellent after a hearty meal.

*MEP*

---

## Strawberries Jubilee

- 3 cups strawberries, sliced and sprinkled with liquid sweetener
- 2 tablespoons butter
- 3/4 cup dry red wine
- 2 tablespoons orange liqueur (Contreau)
- 1/4 cup brandy
- ice cream to serve six, in serving dishes

Sauté strawberries in butter for 3-4 minutes. Add red wine and orange liqueur and gently simmer for about 5 minutes or until liquid is hot. Meanwhile warm brandy for 2-3 minutes. Add brandy to strawberry mixture and light to flame. Spoon immediately over ice cream and serve at once.

Serves 6      Another very simple to make, but very elegant dessert. Sliced peaches will work equally well.

*MEP*

---

## Strawberries Romanoff

- 2 pints ripe strawberries
- 1/3 cup plus 2 tablespoons sugar
- 1/3 cup Grand Marnier or Cointreau
- 1 orange
- 2/3 cup heavy cream

Remove stems from strawberries. Rinse well and drain if not clean and pat dry. Place the strawberries in a bowl and add 1/3 cup sugar and the Grand Marnier.

Using a swivel bladed potato peeler, cut around the orange to produce a very thin spiral of peel. Do not cut into the white pulp. Cut the peel into wafer-thin shreds. Add to the strawberries and fold gently together. Cover and refrigerate until ready to serve.

Whip the cream and flavor it with the remaining two tablespoons of sugar. Fold the whipped cream and strawberries together and service in attractive sherbet glasses.

This is a very simple make ahead dessert, but it is delicious. The last time I made this I accidentally bought Crème Grand Marnier. It worked equally well, although the redness of the berries was a little lost in the crème.

Serves 8.

*MEP*

---

## Trifle Jeanette

- 2 pounds pound cake sliced and cubed
- 1/2 cup orange marmalade
- 2 cups raspberries
- 2 cups peaches
- 1 cup brandy
- 4-6 cups vanilla pudding
- whipped cream

Spread marmalade on one side of each cake slice cube and set aside.

Make two to four layers of pound cake with marmalade side up, fruit, brandy, and pudding alternating the raspberries and peaches. Save enough fruit to garnish the top.

Chill for at least 12 hours. Serve garnished with whipped cream and saved fruit.

*JPO*

---

### Vanilla Ice Cream (Custard Base)

2 1/4 cups sugar  
6 tablespoons flour  
1/2 teaspoon salt  
5 cups milk, scalded  
6 eggs, beaten  
4 cups whipping cream  
4 1/2 teaspoons vanilla

Combine sugar, flour and salt in saucepan. Slowly stir in hot milk. Cook over low heat for about 10 minutes, stirring constantly until mixture is thickened. Mix small amount of hot mixture into the beaten eggs. Add to hot mixture and cook 1 minute longer. Chill in refrigerator. Add cream and vanilla. Pour into gallon freezer and freeze.

This recipe is my favorite for ice cream. Makes a very rich ice cream. You can add fruit to this recipe, but you should reduce the vanilla to about 1 teaspoon.

*MEP*

## Sauces

---



---

## Chocolate Brandy Sauce

- 1 cups whipping cream
- 1/3 cup sugar
- zest from one orange
- 1/6 cup brandy or cognac
- 8 ounces dark rich baking chocolate
- 1 teaspoon vanilla
- 1 tablespoon Grand Marnier

Combine whipping cream, sugar, and zest in a saucepan. Bring just to a boil and cook until sugar dissolves.

Chop chocolate in a food processor.

Pour cream mixture into food processor and process until smooth.

Add vanilla and Grand Marnier.

This recipe is used in the Aphrodite's Delight recipe.

Makes 1 1/2 cups

*RGP*

---

## Chocolate Sauce

- 1/4 pound butter
- 4 squares baking chocolate
- 2 cups confectioners sugar
- canned evaporated milk
- 1 teaspoon vanilla

Melt butter and chocolate. Add confectioners sugar and blend thoroughly. Add enough milk to make sauce smooth. Cook a few minutes to blend thoroughly. Stir in the vanilla.

A super chocolate sauce for serving over ice cream, pudding or poaches pears.

*MEP*

---

## Coulis D'Apricots

- 12 fresh apricots or one 16 ounce can unsweetened apricot halves, drained and rinsed
- 5 drops almond extract
- 3 tablespoons sugar
- a little water

Cook ingredients together to form a puree. Put in electric blender and puree. Strain to make a thick sauce.

This is good over ice cream or pudding. This sauce can be used in Banane en Papilloute.

This same approach can be used to make a puree of any fruit, but leave out the almond extract and add the proper flavoring for the fruit you are using.

*MEP*

---

## Lemon Sauce

- 1/4 cup sugar
- 2 tablespoons corn starch
- 1/2 cup water
- 1 beaten egg yolk
- 1 tablespoon margarine or butter
- 1/4 teaspoon finely shredded lemon peel
- 1 tablespoon fresh lemon juice

In a 1-quart saucepan stir together the sugar and cornstarch. Add water and stir until combined. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 more minutes. Remove the saucepan from heat. Stir a little of the hot mixture into the beaten egg yolk. Return all of the mixture to the saucepan. Cook and stir over low heat until nearly bubbly. Cook and stir for 1 more minute. Remove from heat.

Stir in the margarine or butter, shredded lemon peel, and lemon juice. Serve sauce warm.

Makes about 2/3rd cup of sauce.

This recipe goes with Pear Crisp.

I doubled the lemon peel when I made this recipe the last time and I liked it better.

I have also served it over slices of pound cake and it was excellent. This recipe would make a good topping for poached pears or apples.

*MEP - Better Homes and Gardens*

---

## Raspberry Puree

- 1 cup raspberries
- 1/4 cup sugar
- 1 tablespoon raspberry or citrus liqueur

Blend ingredients in a food processor until smooth. Raspberries may be sieved if you do not want the seeds.

This recipe is used in Chocolate Pecan Cake with Raspberry Puree and White Chocolate Sauce.

Makes about a cup of puree.

*JPO*

---

## Warm Cherry Sauce

- 1 1 pound bag frozen, unsweetened pitted dark sweet cherries
- 1/4 cup Kirsch (clear cherry brandy)
- 1/4 cup dry red wine
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- 1/8 teaspoon almond extract

Thaw and drain the cherries, reserving the juice.

Pour juices from cherries into glass measuring cup. Add kirsch. Add enough red wine to measure 1 cup. Stir 3 tablespoons sugar and 1 tablespoon cornstarch in heavy small saucepan until no lumps remain. Gradually whisk in wine mixture, then cherries. Cook over medium-high heat until sauce boils, thickens and is translucent, stirring frequently, about five minutes. Remove from heat. Stir in almond extract.

Sauce can be prepared ahead of time. Cover and refrigerate. Rewarm over low heat before serving.

Serve over vanilla ice cream or pound cake.

This recipe has the same flavors as cherries jubilee, but is much simpler and can be made ahead of time.

*MEP - Bon Appetit*

---

## White Chocolate Sauce

4 ounces of white chocolate  
1/2 cup heavy (whipping cream)

Heat chocolate and cream over very low heat until smooth.

This recipe goes with Chocolate Pecan Cake with Raspberry Puree and White Chocolate Sauce.

Makes about 3/4 of a cup.

*JPO*

## **Cakes**

---



---

## Applesauce Cake Ring

- 1/2 cup soft butter
- 1 cup sugar
- 3 eggs
- 1 cup sifted flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 1/2 cup milk
- 1 cup raisins
- 1 cup chopped nuts
- 3/4 cup applesauce
- 1 cup rolled oats

Beat butter until creamy add sugar and beat until fluffy. Add eggs and beat well. Sift together flour, salt, baking powder and spices. Add dry ingredients to creamed mixture alternately with the milk. Stir in raisins, nuts, applesauce and rolled oats.

Pour batter into greased and floured 1 and 1/2 quart ring mold. Bake until golden brown. Loosen edges, cool 10 minutes and remove from pan. Cool thoroughly. Frost with Penuche Frosting.

Bake 40-45 minutes in preheated 350 degree oven.

*MEP*

---

## Chocolate Cheesecake

- 1 1/2 cups very fine Swieback crumbs
- 3/4 cup sugar
- 1/3 cup melted butter
- 8 ounces sweet cooking chocolate
- 19 ounces cream cheese softened (2 eight ounce and 1 three ounce package)
- 1/4 teaspoon salt
- 1 1/2 teaspoons vanilla
- 4 eggs, separated
- 2 cups heavy cream (whipping)
- 1/2 cup flour
- shaved chocolate (optional)

Grease bottom and sides of 8 or 9 inch springform pan. Coat sides of pan well with 1/4 cup of the crumbs. Combine remaining crumbs with 2 tablespoons of sugar and melted butter. Press crumb mixture into bottom of pan, patting down firmly.

Melt chocolate over, hot, not boiling water, stirring until smooth. Cool slightly.

Combine softened cream cheese with salt, vanilla, and half of the remaining sugar and 4 egg yolks. Beat with electric mixer. Fold in melted chocolate.

Beat egg whites in a very large bowl with a dash of salt until they stand in peaks. Beat in the remaining sugar, adding a little at a time.

Beat 1 cup of the heavy cream until stiff. Pour cream over egg whites, add chocolate mixture and sprinkle flour over the top. Fold all ingredients together, gently but thoroughly. Pour into prepared pan and bake 75 minutes in preheated 325 degree oven. Do not open door for at least one hour. At end of baking time, turn off heat and leave cheese cake in oven with door closed for 3-4 hours.

Chill in refrigerator. Remove from pan. Whip remaining cream and cover the top and garnish with chocolate shavings.

Serves 12-14.

This can be frozen, but if you do add whipped cream to top after thawing.

*MEP*

---

## Chocolate Chiffon Waldorf

Mahogany Chiffon Cake

Cocoa Fluff Filling and Topping

- 3 cups chilled whipping cream
- 1 1/2 cups sifted powdered sugar
- 3/4 cup cocoa
- 1/4 teaspoon salt

Mix filling and topping ingredients in a chilled bowl. Beat until stiff.

Place Mahogany Chiffon Cake upside down on plate. Slice entire top from cake about 1 inch down. Lift off top and lay to one side. Cut down into cake 1 inch from outer edge and 1 inch from center hole, leaving a substantial wall of cake at bottom at least 1 inch thick.

Place hollowed out cake on serving plate. Completely fill cavity with chilled filling. Place top of cake on and press gently. Cover top and side with the remaining chilled cream mixture. Chill until set, about 3 hours.

A very rich, elegant dessert.

*MEP - Betty Crocker Cook Book*

---

## **Chocolate Pecan Cake with Raspberry and White Chocolate Sauces**

- 2 ounces semisweet chocolate
- 2 ounces unsweetened chocolate
- 1/2 cup butter
- 3/4 cup sugar
- 3 egg yolks
- 4 egg whites
- 1 cup chopped pecans
- whole pecan halves for garnish
- raspberry sauce
- white chocolate sauce

Melt chocolates and butter stirring until satiny. Beat 1/2 cup sugar and egg yolks until creamy and lemon colored. Beat the chocolate and egg mixtures together. Beat egg whites until soft peaks form. Beat remaining 1/4 cup sugar into the beaten egg whites until well blended. Fold in chocolate mixture into egg white mixture. Fold in pecan pieces.

Bake in a 9 inch greased springform pan at 375 degrees for 20 - 25 minutes.

Serve small wedges of cake on plates drizzled with two sauces in designs and garnish with pecan halves.

This dessert is very rich!!

### **Raspberry Puree**

- 1 cup raspberries
- 1/4 cup sugar
- 1 tablespoon raspberry or citrus liqueur

Blend ingredients in a food processor until smooth. Raspberries may be sieved if you do not want the seeds.

### **White Chocolate Sauce**

- 4 ounces of white chocolate
- 1/2 cup heavy (whipping cream)

Heat chocolate and cream over very low heat until smooth.

*JPO*

---

## Heart Cake

- 1 two layer white cake mix, or make your own
- 1 recipe of fluffy white frosting mix
  - a few drops of red food coloring
  - red cinnamon candies

Make a two layer cake, we like chocolate, (See Quick Cocoa Cake) baking the cake in one 8 x 8 x 2 inch square pan and one 8 x 1 1/2 inch round layer cake pan.

When cooled, cut round layer in half. Place the square cake on a large tray with one point toward you. Place each half of the round with cut edge against top sides of the square to form a heart. Add a few drops of red food coloring to your favorite white frosting recipe, for a soft pink colored frosting. Frost cake and decorate with red cinnamon candies.

For a crowd, make two cakes and layer them.

*MEP*

---

## Layer Applesauce Cake

- 1/2 cup butter
- 1 cup sugar
- 1 egg
- 1 cup applesauce
- 2 cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 teaspoon soda
- 1/2 teaspoon cloves
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1/2 cup chopped nuts
- 1 cup raisins

Cream butter, add sugar and then beat until light and fluffy. Add egg and applesauce and stir to blend. Sift together flour, salt, baking powder, soda and spices. Add to applesauce mixture and stir until well blended. Add nuts and raisins. Bake until golden brown.

Bake at 350 degrees for 30 minutes.

Frost with Penuche Frosting.

---

## Mahogany Chiffon Cake

- 3/4 cup boiling water
- 1/2 cup cocoa
- 1 3/4 cups sifted cake flour
- 1 3/4 cups sugar
- 1 1/2 teaspoons soda
- 1 teaspoon salt
- 1/2 cup cooking oil
- 7 unbeaten egg yolks
- 2 teaspoons vanilla
- 1 cup egg whites (seven or eight eggs)
- 1/2 teaspoon cream of tartar

Combine boiling water and cocoa and let cool. Sift cake flour, sugar, soda, and salt together into a bowl. Make a well and add salad oil, egg yolks, the cooled cocoa mixture and vanilla. Beat until smooth.

Measure into a large mixing bowl, the eggs white and cream of tartar. Beat until very stiff. Pour egg yolk mixture in a thin stream over entire surface of egg whites, gently cutting and folding in with a rubber spatula until completely blended. Pour into an ungreased 10 inch tub pan. Bake until cake tests done. Invert and let hang until cold.

Bake at 325 degrees for 65-70 minutes.

Frost with a chocolate frosting.

*MEP - Betty Crocker Cook Book*

---

## Orange Chiffon Cake

- 2 1/4 cups sifted cake flour
- 1 1/2 cups sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup salad oil
- 5 unbeaten egg yolks
- 3/4 cup cold water
- 3 tablespoons grated orange rind
- 1 cup egg whites (7 or 8 eggs)
- 1/2 teaspoon cream of tartar

Sift together in a bowl the cake flour, sugar, baking powder and salt. Make a well and add in order the salad oil, egg yolks, cold water and grated orange rind. Beat with a spoon until smooth.

Measure egg whites and cream of tartar into a large bowl. Beat until whites form very stiff peaks. Pour egg yolk mixture gradually over beaten egg whites, gently folding in with a rubber scraper just until blended. Pour into an ungreased 10 inch tub pan. Bake until top springs back when lightly touched. Invert on funnel and let hang until cold.

Bake at 325 degrees for 55 minutes and at 350 degrees for 10-15 minutes.

Frost with an Orange Glaze.

*MEP - Betty Crocker Cook Book*



---

## Pineapple Upside-down Cake

- 2 tablespoons butter
- 3/4 cup brown sugar
- 6 pineapple slices
- 1/4 cup chopped pecans or walnuts
- 3 maraschino cherries, cut in half

### Batter

- 3 egg yolks, well beaten
- 1 1/2 cups sugar
- 1 1/2 cups cake flour, sifted
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup boiling water
- 3 egg whites, beaten stiff

Melt the butter in a heavy baking dish. Sprinkle the brown sugar over it. Arrange the pineapple slices on the brown sugar with a maraschino cherry half in the center of each, sliced side up. Sprinkle with the nuts.

Make the batter by creaming the sugar and egg yolks. Sift the flour, baking powder and salt together. Add the sifted ingredients alternately with the boiling water. Gently fold the flour mixture into the beaten egg whites. Pour over pineapple and bake until cake is done. Immediately turn cake and pan upside down on platter and allow juices to run down.

Bake about 45 minutes at 350 degrees.

Serve warm with a bit of whipping cream if desired.

*MEP*

---

## Quick Cocoa Cake

- 6 tablespoons cocoa
- 2 cups flour
- 1 1/2 cups sugar
- 1 teaspoon soda
- 1/8 teaspoon salt
- 2 eggs
- 3/4 cup butter, melted
- 1 cup milk

Sift the dry ingredients into a mixing bowl. Add the rest of the ingredients, but do not mix until all ingredients are in. Then beat well. Bake in two layers at 350 degrees for 40 minutes.

One of the simplest and easiest cake recipes I have ever found.

*MEP*

---

## Red Devils Food Cake

- 3/4 cup sugar
- 3/4 cup cocoa
- 1 cup milk
- 1 egg yolk, saving egg white - see below
- 1/2 cup shortening
- 1/2 cup sugar
- 2 eggs and 1 egg white
- 1/2 cup milk
- 1 teaspoon soda
- 1 tablespoon hot water
- 2 cups cake flour
- 1/2 teaspoon salt
- 1 teaspoon vanilla

Blend the sugar and cocoa together and add 1 cup milk and 1 egg yolk. Stir until blended. Cook over very low heat until smooth and thick, stirring constantly. Cool while preparing the rest of the cake. Cream shortening and 1/2 cup sugar. Beat 2 eggs and 1 egg white together and stir into creamed butter and shortening. Dissolve soda in hot water. Sift flour and salt together. Add 1/2 cup milk, dissolved soda and the cake flour. Add cocoa mixture and stir until smooth and well mixed. Bake until cake springs back from the touch.

Bake at 350 degrees for 35 minutes.

*MEP*

---

## Texas Sheet Cake

- 3/4 pound butter, divided
- 8 tablespoons cocoa, divided
- 1 cup water
- 2 cups flour
- 2 cups sugar
- 1 1/2 teaspoons salt
- 3 eggs
- 1/2 cup sour cream
- 1 tablespoon baking soda
- 1/2 cup milk
- 1 1 pound box of powdered sugar
- 1 teaspoon vanilla
- 1 cup chopped nuts (optional)

Bring 1/2 pound butter, 4 tablespoons cocoa, and water to a boil in a heavy sauce pan.

Add the flour, sugar, and salt, and beat well.

Add and the eggs, sour cream, and baking soda, and stir to blend.

Pour into 11 1/2 x 17 3/4 inch well greased cookie sheet with sides. Bake for 20 minutes at 400 degrees.

Meanwhile, bring to a boil the milk with the remaining butter and cocoa. Beat in the powdered sugar, vanilla, and nuts.

Pour over cake and spread to cover as soon as cake is out of the oven.

Serves 15-20.

A super recipe for feeding a large group. It is quick and easy, but be prepared to work.

*MEP*

---

## **Glazes and Frostings**

---

## Cocoa Icing

- 3 tablespoons, hot, very strong coffee
- 3 tablespoons dry cocoa
- 1 1/3 cups sifted powdered sugar
- 1/2 teaspoon vanilla

Mix coffee with cocoa until smooth. Add vanilla and enough of the sugar to make a spread.

*MEP*

---

## Lemon Glaze

- 2 cups sifted powdered sugar
- 3 tablespoons milk
- 2 tablespoons butter
- 1 teaspoon grated lemon rind

Heat milk and butter over low heat, stirring constantly just until the butter melts. Remove from heat. Add to the confectioners sugar, stirring until smooth. Stir in the grated lemon rind.

---

## Orange Glaze

- 2 cups sifted powdered sugar
- 3 tablespoon orange juice
- 2 tablespoon butter
- 1 teaspoon grated orange rind

Heat orange juice and butter over low heat, stirring constantly just until butter is melted. Remove from heat and stir into sugar until smooth. Stir in orange rind.

*MEP*



---

## **Penuche Frosting**

1/2 cup butter  
1 cup brown sugar  
1/2 cup milk  
1.5-2 cups powdered sugar

Melt butter in saucepan and add brown sugar. Boil for 2 minutes. Remove from heat and stir in milk, return to stove and bring to a boil. Remove from heat and stir in powdered sugar until smooth.

An excellent frosting for applesauce cakes.

*MEP*

**Pies**

---

---

## Easy Peach Pie

- 1 package of Marie Collander's deep dish pie crusts
- 5-6 large ripe peaches
- 3/4 cup sugar
- 2 tablespoons flour
- 2 tablespoons lemon juice

Preheat oven to 425 degrees. Thaw pie crusts according to package directions rolling out one crust for the top. Peel, pit, and slice peaches into a mixing bowl. Stir sugar, cinnamon, and flour into the peaches. Sprinkle the lemon juice over the apples and stir gently to blend. Place peach mixture in bottom crust, add top crust and seal tightly around the edges. Pierce top in several places. Place pie in a shallow-rimmed dish (protects the oven from the juices that leak out) and bake for approximately 10 minutes, then turn oven down to 350 degrees and bake 30-40 more minutes or until crust is nicely browned.

Best served warm with ice cream!

*MEP – Adapted from Cattle Country Cookbook*

---

## Egg Free Key Lime Pie

- 12 ounces softened cream cheese
- 1 can sweetened condensed milk
- 1 teaspoon vanilla
- 1 cup key lime juice
- 12-16 ounces frozen whipped topping that is thawed
- 1-2 teaspoons grated lemon peel
- 1 baked pie crust cooled or crumb crust

Beat or process in a food process the cream cheese until light and fluffy. Add milk, vanilla & juice and beat well. Fold lime mixture into whipped topping. Stir in lime peel.

Fill pie crust and refrigerate until set about 2 hours. Garnish with additional whipped topping and fruit slices.

### Variations

Spread 1/3 cup raspberry preserves or orange marmalade on crust before adding filling.

### Alternatives

Lemon Pie: Substitute lemon juice and lemon peel for a lemon pie.

Orange Pie: Substitute 3/4 cup orange juice plus 1 tablespoon of lemon juice for lime juice and orange peel for lime peel.

Ice Cream: Add 1 quart of cream or yogurt and about 1/4 cup of sugar and freeze in an ice cream freezer.

### Other Uses

Use as a filling for angel food or devils food cake.

Use instead of pudding in your favorite Trifle.

*JPO*

---

### Louise's Favorite Pie Crust

3-3.5 cups flour  
1 1/2 cups shortening  
1 1/2 teaspoons salt  
1 tablespoon vinegar  
4-5 tablespoons water  
1 egg

Cut flour, shortening, and salt together until shortening is pea sized. Beat vinegar, water, and egg together. Add liquid to flour mixture stirring with a fork. Press crumbs together. Knead lightly until you can form a good ball. Use as you would any other pie crust.

This pie dough tends to shrink a little more than the standard doughs but it always seems to turn out well.

*JPO*

---

## Pecan Pie

- 1 nine-inch, unbaked pie shell, chilled
- 1/2 cup very soft butter
- 1 cup sugar
- 3 eggs slightly beaten
- 3/4 cup dark corn syrup
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 1/2 cups chopped pecans

Cream together the butter and sugar until light and fluffy. Add eggs, corn syrup, salt vanilla and pecans and beat well. Bake until set.

Bake at 375 degrees for 40-45 minutes.

*MEP*

---

## Pumpkin Chiffon Pie

- 1 baked, nine-inch pie shell
- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 1 1/4 cups canned pumpkin
- 3/4 cup milk
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/8 teaspoon ginger
- 1 cup sugar
- 3 eggs, separated
- whipping cream (optional)

Dissolve the gelatin in cold water and let sit for at least five minutes. Cook pumpkin, egg yolks, spices, milk and one-half the sugar over low heat until thickened. Remove from heat and add the gelatin.

Beat egg whites until stiff, gradually adding sugar as beating. When pumpkin mixture has cooled, fold in the well beaten egg whites. Pour into bake pie shell and chill. Serve with whipping cream, if desired.

Must be kept refrigerated.

A light refreshing pumpkin pie, which is excellent after a heavy turkey dinner.

*MEP - Lois Knatz*

---

## Pumpkin Pie

- 1 3/4 cups cooked pumpkin
- 1/2 teaspoon salt
- 1 3/4 cups milk
- 3 eggs
- 2/3 cup brown sugar, packed
- 2 tablespoons granulated sugar
- 1 1/4 teaspoons cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cloves

Beat all ingredients together with a rotary beater until smooth. Pour into a 9 inch pie pan which has been lined with pastry. Be sure you have built a high fluted edge. Bake just until a silver knife inserted 1 inch from side of filling comes out clean. The center may still look soft, but it will set later.

Bake at 425 degrees for 45-55 minutes.

This is Jeanette's favorite pumpkin pie.

*MEP - Betty Crocker Cook Book*



---

## Strawberry Minute Pie

- 1 pie shell, baked and cooled
- 1 package strawberry flavored gelatin, 3 ounce size
- 1 cup boiling water
- 1 package frozen, sweetened, sliced strawberries, 16 ounce size
- whipping cream

Place pie crust in bottom of a 9 inch pie shell, bake and cool. Stir jello into boiling water until thoroughly dissolved. Add the frozen strawberries, unthawed, breaking up berries with a fork. When fruit mixture is partially set, pour into cooled pie shell. Chill in refrigerator until filling is set. Just before serving top with whipped, whipping cream. Garnish with fresh strawberries.

*MEP*