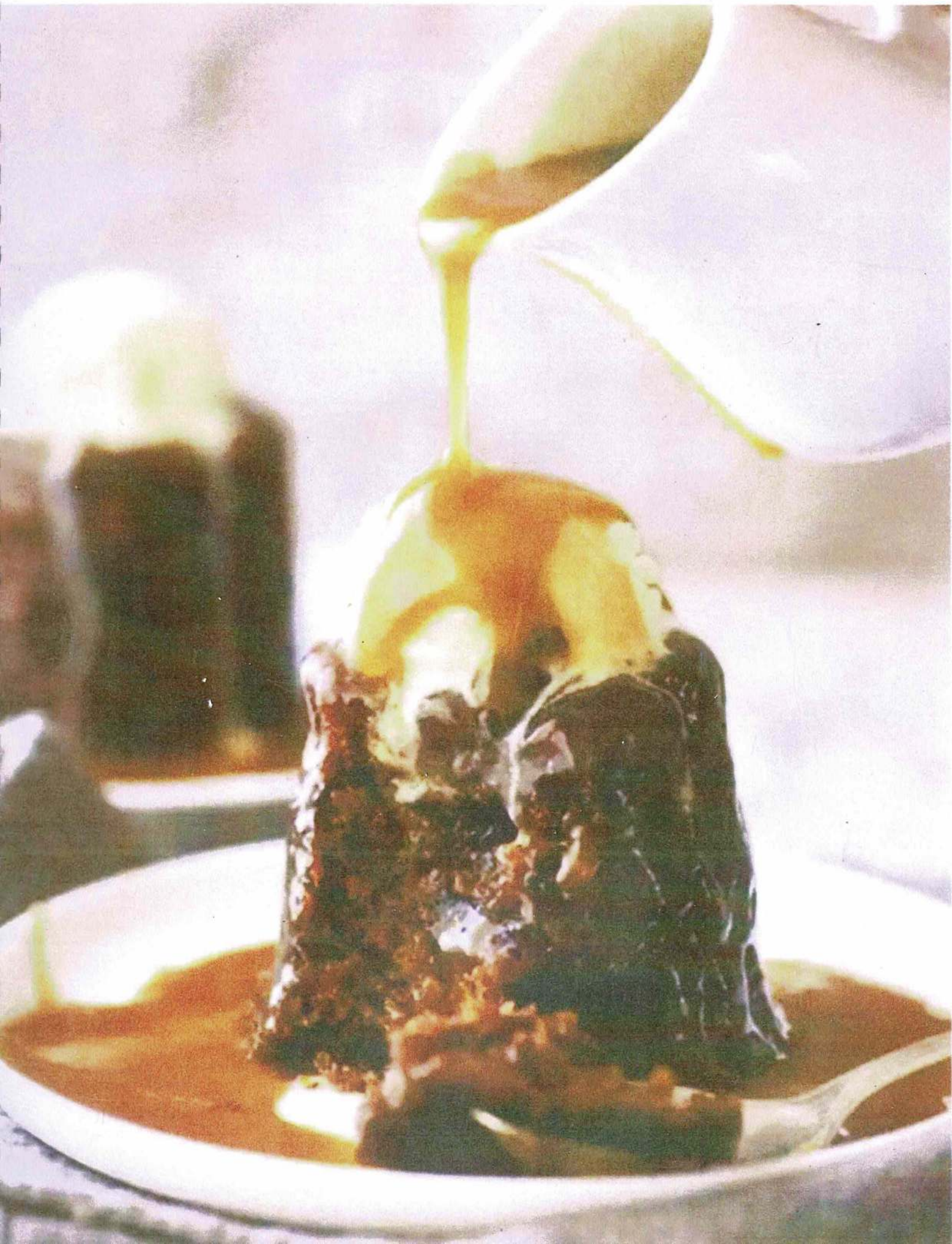


Desserts, Puddings & Cakes

Sorrelle Orelowitz Recipes



REFRESHING ORANGE JELLY DESSERT.

INGREDIENTS:

3 packets orange jelly.	80 g. size.
5 cups boiling water.	1250 ml.
1 tin frozen orange juice.	400 ml. size.
Drained fruit of tin orange or mandarin segments.	

METHOD:

Dissolve the jelly powder in the boiling water.
Add the frozen orange juice.
Stir well and set aside to cool.
Add the drained orange or mandarin segments.
You may need the fruit from at least 1 extra tin.
Pour into an attractive glass bowl and put in fridge to set.

PAREVA ORANGE PUDDING.

INGREDIENTS:

2 cups orange juice.	500 ml.
1 packet orange jelly.	80 g.
2 separated eggs.	
2 tablespoons sugar.	30 ml.
1 tablespoon custard powder.	15 ml.

METHOD:

Bring the orange juice to the boil.
Add the jelly powder and stir until dissolved.
Beat the egg yolks, sugar and custard powder.
Slake with a little of the hot liquid.
Pour into the simmering juice and jelly.
Bring back to the boil, stirring all the while.
Should thicken sufficiently to coat the back
of a spoon.
COOL.
Beat egg whites until stiff.
FOLD the cooled orange mixture into the beaten whites.
Pour into a pretty glass bowl and put in fridge to set.

This is a very small pudding so double.

CAROL'S SYRUP FOR THE ORANGES.

Boil up $1\frac{1}{2}$ cups sugar and
 $1\frac{1}{2}$ cups water.

Add the orange rind strips to this and boil about 10 minutes.

Remove the strips and place on a lightly oiled pan.

Return the syrup to heat and boil uncovered, a further
5 minutes, until pale gold and syrupy.

Remove from heat.

Add an extra $\frac{1}{4}$ cup water.

Stir till mixed through syrup.

Cool.

Stir in 2 tablespoons Grand Marnier and
2 teaspoons lemon juice.

ORANGES ORIENTAL.

INGREDIENTS:

8 large navel oranges.	
1¼ cups sugar.	310 ml.
1¼ cups golden syrup.	310 ml.
1½ cups water.	375 ml.
¼ cup lemon juice.	60 ml.
½ teaspoon cochineal.	2 ml.
¼ cup cointreau.	60 ml.
Tin of drained cherries for colour.	optional.

METHOD:

Pare the zest i.e. the coloured part of the peel from 4 of the oranges with a potato peeler. Cut the zest into thin strips. Put in a pot with 2 cups of water. Bring to the boil. Drain and set aside. Now peel all 8 oranges, making sure that you remove every scrap of the bitter white pith. If you pare the zest off the oranges first and then let them stand awhile to dry, it is easier to peel off all the pith. Slice each horizontally with a very sharp knife. An electric knife does this beautifully. Arrange the oranges in a bowl and set aside.

Boil the sugar, the syrup and the water. Stir until the sugar has dissolved. Cook uncovered, a further 10 minutes. Add the lemon juice, the cochineal, the cointreau and the prepared zest. Boil up and pour hot over the oranges in the bowl. Refrigerate at least 8 hours before serving.

INGREDIENTS FOR SHIRLI'S SAUCE.

2 cups sugar.	500 ml.
1½ cups water.	
2 cloves.	
3 tablespoons brandy.	
½ cup van der Hum.	

LITCHI PUDDING.

<u>INGREDIENTS:</u>	2 packets green jelly.	80 g. size.
	2 cups boiling water.	500 ml.
	1 tin pitted litchis.	565 g. size.
	1 cup of reserved lichi syrup.	250 ml.
	½ cup whipped cream or Orlywhip.	125 ml.

METHOD:

Dissolve the jellies in the boiling water.

Drain the tin litchis.

Measure off 1 cup lichi syrup, add to jelly.

Pour just a little less than ½ the jelly into a mould that has been rinsed out with a tablespoon oil and ½ cup cold water.

Float the drained litchis in this jelly.

Put in fridge and allow to almost set.

Do the same to the reserved jelly.

When the reserved jelly has reaches setting point, whisk in the beaten cream.

Pour over the jelly-litchi mixture in mould.

Set until firm.

Unmould to serve.

Unmould onto a pretty platter and decorate with fresh leaves.

This is a very cool looking dessert for hot summer days.

If you wish, you can flavour the jelly with creme de menthe or similar.

SHIRLI'S CREME FRAICHE.

INGREDIENTS:

1 cup thick cream.	250 ml.
1 cup sour cream.	250 ml.
4 tablespoons brown sugar.	60 ml.
Flaked almonds - optional.	

METHOD:

Whip the thick cream until it holds it's shape.
Mix through with the sour cream.
Fold in carefully, the brown sugar.
Sprinkle with flaked almonds if desired.

This sauce is delicious served with poached or baked apples.

SIMPLE BAKED APPLES.

Slice a "lid" off each apple.
Core apples - be careful not to pierce the bottom.
Put a teaspoon of syrup into bottom of apple.
Fill rest of hole with sugar.
Put back "lid".
Put into a baking dish filled $\frac{1}{4}$ way with slightly sweetened water.
Bake in a moderate oven till soft.
These apples must be watched and basted often.
Serve at room temperature.

STEWED APPLES.

Peel, core and cut apples into eighths.
Cover with cold water.
Add sugar to taste and stew gently till just beginning to fall apart.
Add a little lemon juice to taste and set aside to chill.

Stewed apples freeze well.

MARSHMALLOW PAVLOVA.

INGREDIENTS:

4 egg whites room temperature.
1 cup castor sugar. 250 ml.
½ teaspoon vanilla essence. 2.5 ml.
¼ teaspoon white vinegar.

METHOD:

Beat the egg whites until soft peaks form.
Add a third cup castor sugar, beat until dissolved.
Gradually add the remaining sugar, beat well after each addition.
When the sugar is dissolved, add the vanilla and vinegar.
Beat one minute only to combine.
Mixture will be thick.

Line a biscuit tray with foil.

There is no need to grease the foil.

Mark a 7" (18 cm.) diameter circle on foil with a pencil.

Spoon the meringue into the circle, spread to edges, bulging up the sides to about 3" (8 cm.) in height.

Carefully smooth sides and top of pavlova.

With a knife blade, mark decorative grooves round side.

Smooth over top, again.

SHOULD LOOK LIKE A CAKE.

Bake in a very slow oven for about 1½ hours.

Turn off heat, cool in oven with door ajar.

When the pavlova is quite cold, take a sharp knife and cut round outer top edge.

The crisp meringue top will fall slightly on top of marshmallow, giving room for topping of your choice.

Pavlova must completely cool on the tray before removing to a flat plate.

Loosen from tray with a spatula or a broad, flat knife. Keep blade flat - if levered up, pavlova will crack.

The traditional filling for pavlova is whipped cream, sliced banana, strawberries and kiwi fruit.

I prefer a grenadilla curd filling.

GRENADILLA CURD FILLING.

INGREDIENTS: 3 oz. butter. 90 g.
3 eggs plus 1 yolk.
1 cup sugar. 250 ml.
Juice and rind of 2 lemons. 15 ml.
1 small tin grenadilla pulp. 110 g.

METHOD: Melt the butter.
Beat the eggs and sugar until pale and thick.
Put the butter, beaten eggs and sugar, the juice, rind and pulp in top of double boiler, over simmering water.
Stir until thickened - about 20 minutes.

KEEPS IN FRIDGE FOR 3 WEEKS.

Fill pavlova with curd.
Top with whipped cream.
Decorate with swirls of curd.

MICROWAVE GRENADILLA CURD.

Beat eggs and sugar until thick.
Melt the butter for 2 minutes on high.
Add the beaten eggs and sugar to butter with the rest of the ingredients.
Cook on high for 2 minutes.
STIR WELL.
Cook a further 2 minutes on medium.
STIR VERY WELL.

CHOCOLATE BAVARIAN CREAM AND WHISKEY SAUCE.

<u>INGREDIENTS:</u>	1 cup milk.	250 ml.
	4 egg yolks.	
	½ cup sugar.	125 ml.
	1 tablespoon gelatine.	15 ml.
	2 oz. black chocolate.	60 g.
	1 cup heavy cream.	250 ml.
	1 tsp vanilla essence	5 ml.
	or	
	2 Tblsp Drambuie or whiskey.	30 ml.

METHOD:

Scald the cup milk.
Beat the egg yolks with the sugar until thick and pale-yellow.
Pour the scalded milk gradually into the egg mixture, beating constantly.
Cook the mixture in the top of a double boiler over simmering water, stirring all the time, until mixture is smooth and thick.
Soften the gelatine in cold water.
Dissolve over hot water.
Melt the chocolate and add to the gelatine.
Whip the cream and fold into the custard mixture.
Mix in the gelatine mixture.
Flavour as desired.
Pour into a mould which has been rinsed out with water mixed with a tablespoon of oil.
Chill until firm.
Turn out on a platter and decorate.
Chocolate leaves make a pretty and edible decoration.

WHISKEY CREAM.

<u>INGREDIENTS:</u>	2 egg yolks.	
	2 oz. sugar.	60 g.
	2 tablespoons whiskey.	30 ml.
	1 cup LIGHTLY whipped cream.	250 ml.

METHOD:

Beat the egg yolks and sugar until thick and creamy.
Put in double boiler, over simmering water with

the whiskey.

Cook, stirring all the while until thick.

COOL.

When cold, fold in the lightly whipped cream.

This sauce is delicious with any steamed pudding or chocolate mousse.

CHOCOLATE LEAVES.

INGREDIENTS:

Any soft leaves that are heavily veined e.g. ivy or rose.
Untempered coating chocolate or Nestle's Easymelt.

METHOD:

Wash and dry the leaves.

Melt the chocolate.

Can be done in the microwave - cook for 4 minutes on medium or melt in double boiler over hot, not boiling water.

Coat the back of each leaf with the chocolate.

Use a teaspoon.

Ensure that no chocolate overlaps other side of leaf.

Run finger round edge to prevent this.

Dry at room temperature.

When dry and set, carefully pull off leaf by its stem.

Store in a Tupperware container.

Chocolate leaf will break if top of leaf is not clean.

P.S. The Bavarian Cream is not a big dessert but it is rich.

WINE BAKED PEACHES.

INGREDIENTS:

8 yellow peaches, peeled.
150 ml. red wine - a cabernet is nice. ¼ pint = 5 oz.
150 ml. sugar. 5 oz.
A sprinkling of cinnamon.
5 whole cloves.
½ lemon, peeled and thinly sliced.

METHOD:

Place peaches in a baking dish.
Combine remaining ingredients and stir over gentle heat until the sugar has dissolved.
Do not boil.
Pour over peaches and cover.
Bake at 180°C. = 350°F. for 30 minutes or until tender.
Baste frequently.
Serve at once or chill thoroughly before serving.

If peaches are out of season, use canned peach halves.
No need to cook for 30 minutes.
The sauce should get a little syrupy and the peaches piping hot.

CANNED FRUIT SALAD.

INGREDIENTS:

1 x 750 g. tin peaches. 1 lb. 10 oz.
1 x 450 g. tin satsuma plums or similar. 16 oz.
1 x 565 g. tin litchis. 1 lb. 4 oz.
1 x 312 g. tin mandarin segments. 11 oz.

METHOD:

Empty the contents of the tins peaches and plums into a bowl.
Drain the litchis and the mandarin segments.
Add only this fruit to the peaches and the plums.

Drained canned grapes or figs are a nice addition.

ELAINE'S CHOCOLATE GALETTE.

INGREDIENTS:

5 egg whites
310 g castor sugar $\frac{1}{2}$ cups 10 oz
30 g cocoa 2 tablespoons

600 ml whipping cream 1 pint
2 tablespoons icing sugar
1 teaspoon instant coffee
4 teaspoons drinking chocolate

1 can stoned and drained red or black cherries

METHOD:

PREHEAT OVEN TO 275°F/140°C.

Whisk egg whites until stiff.

Add 2 tablespoons of the measured castor sugar and continue beating for about 45 seconds.

Sift the remaining sugar with the cocoa and QUICKLY FOLD into the beaten whites.

Line 2 biscuit tins with foil.

Mark a 9"/23 cm circle on each piece of foil.

Divide the meringue mixture into two and spoon each half onto each circle.

Spread to edge and smooth.

Bake for 1 - 1½ hours until dry and crisp.

You should grease the circles lightly.

Whip together the cream, icing sugar, coffee and the drinking chocolate.

Macerate the cherries in some Kirsh.

When the meringue rounds are quite cool, sandwich together with the whipped cream mixture.

Drain the cherries well and heap in centre of top layer. Lightly dust with cocoa.

Fill meringue a few hours before serving.

Keep in fridge.

LEMON ICE - CREAM: can be made 1 week in advance

INGREDIENTS:

3 egg yolks	
½ cup sugar	125 ml
¼ cup lemon juice	62 ml
2 teaspoons lemon rind	
pinch of salt	
1 cup cream	250 ml
3 egg whites	

METHOD:

Beat the yolks and sugar very well until thick and creamy.

Add the lemon juice, rind and salt.

Beat again.

Beat the cream in another bowl and fold into yolk mixture.

Lastly whip of eggs stiffly but do not overbeat.

Fold into egg yolk mixture.

Rinse out a springform pan with cold water to which you have added a little oil or spray the pan with a non-stick cooking spray.

Pour mixture into the pan.

Cover with foil or gladwrap and freeze for several hours.

VARIATION:

Scoop out lemons.

Put the icecream into the lemon shells.

Top with a lemon lid and decorate with a fresh lemon leaf.

VARIATION:

Sprinkle base of the springform pan with ½ packet Boudoir biscuit crumbs.

Pour over filling.

Sprinkle rest of packet biscuit crumbs over top.

PAULINE'S LEMON MERINGUE ICECREAM.

INGREDIENTS:

1 box finger biscuits, crushed
a generous $\frac{1}{4}$ cup melted margarine
5 eggs, separated
 $1\frac{1}{4}$ cups sifted icing sugar
250 ml Orly Whip or similar
 $\frac{1}{2}$ cup lemon juice
grated rind of one lemon
 $\frac{3}{4}$ cup castor sugar

METHOD:

Grease a 26 cm (10") springform pan or pie dish.
Combine crushed biscuits and melted margarine.
Press biscuit mixture firmly onto base to form a crust.

Beat the 5 egg yolks with the icing sugar until thick and pale yellow.

Beat the Orly Whip and fold into the yolks.

Add the lemon juice and the rind.

Pour mixture onto biscuit base and freeze.

This should be done a few days before needed.

Stiffly beat the egg whites with the $\frac{3}{4}$ cup castor sugar.

Swirl on top of the frozen icecream.

Place under grill until slightly brown.

N.B. Watch carefully.

Do not do anything else whilst grilling.

The meringue browns in seconds.

Put dessert in freezer.

Do not cover.

Can be frozen complete a few days before serving.

P.S. Use middle shelf to grill.

Turn so dessert browns evenly.

HOT FRUIT SAUCE FOR ICECREAM.

<u>INGREDIENTS:</u>	410 g. tin youngberries.	16½ oz.
	410 g. tin sliced peaches.	16½ oz.
	425 g. tin black cherries.	17 oz.
	312 g. tin mandarin segments.	11 oz.
	1½ tablespoons custard powder.	
	125 ml Sabbath wine.	½ cup.
	2 tablespoons Cointreau.	

METHOD:

Drain the yougberries, keep only the juice.

Drain the peaches, keep only the fruit.

Drain the cherries, keep only the fruit.

Drain the mandarin segments, keep only the fruit.

Slake the custard with a little of the youngberry juice.

Bring the rest of the youngberry juice, wine and Cointreau to the boil.

Add a little of the hot juice to the custard, mix and throw back into the pot.

Cook and stir until slightly thickened.

Pour over the drained fruit.

Cool and refrigerate until needed.

Make a day or so before use.

Reheat and serve hot.

YOUNGBERRY SAUCE.

<u>INGREDIENTS:</u>	1 x 410 g. tin younberries.	16½ oz.
	2 teaspoons lemon juice.	10 ml.
	4 teaspoons sugar.	20 ml.
	2 tablespoons Kirsh.	30 ml.

METHOD:

Drain off half the syrup from the youngberries.

Heat the youngberries in the remaining syrup.

Puree and add the lemon juice, sugar and Kirsh.

Strain and chill.

DEBORAH'S COMPOTE.

INGREDIENTS:

500 g. mixed dried fruit.
565 g. tin lychees in heavy syrup.
410 g. tin sliced peaches.
440 g. tin pineapple chunks.
410 g. tin grapes.
450 g. tin cherries.
312 g. tin mandarins.
¼ cup orange juice.
½ cup sugar, less 2 tablespoons.
½ cup brandy.
3 tablespoons cointreau.

METHOD.

Drain the tin lychees, tin peaches, tin pineapple chunks and the tin of grapes.

Put these syrups, the orange juice and the sugar in a pot. Bring to the boil and set aside to cool.

Put the drained fruit in a large bowl.

Add the mixed dried fruit.

Drain the tin cherries and the tin mandarins.

Discard their juice.

Add the fruit to the rest of the fruit.

Add the brandy and the cointreau to the cooled, cooked syrup. Pour over all the fruits.

Cover well and put in fridge to marinate for 2 - 4 days.

Serve in a lovely glass bowl and use as a sauce for icecream. If desired, you may add a drained 410 g. tin kiwi fruit, just before serving.

The kiwi fruit give additional colour.

OEUF A LA NEIGE - FLOATING ISLAND.

INGREDIENTS:

5 egg whites - must be room temperature.
An 1/8 teaspoon cream of tartar.
A dash of salt.
2/3 cup sugar. 160 ml.

METHOD:

Preheat oven to 350° F. - 180° C.

Beat the egg whites until frothy.

Add the cream of tartar and the salt, beat.

As the egg whites stiffen, slowly add the sugar, beating all the time.

Spoon into an UNGREASED, bowl shaped mould - stainless steel or pyrex.

Do not use an teflon lined mould.

Fill mould ¾ way.

Remove any air bubbles by pressing down with a spoon.

Place in a bath of hot water.

Reduce oven temperature to 300° F. - 160° C.

Bake uncovered for 25 minutes or until knife comes out clean.

Switch oven off and cool in oven with door ajar.

Meringue will rise well above the mould during baking.

It will settle to rim of mould while cooling.

Turn out onto dish in which the dessert is to be served.

The dish must have a rim.

CUSTARD FOR FLOATING ISLAND.

INGREDIENTS:

¾ pint milk 450 ml.
½ teaspoon vanilla essence. 2.5. ml.
2 oz. sugar 50 g.
1 teaspoon cornflour.
4 egg yolks.

METHOD.

Scald the milk.

Beat the sugar, cornflour and egg yolks until pale, creamy and thick enough to fall in a satiny ribbon from whisk when beaters are lifted.

Whisk in the warm milk, a little at a time.

Put in top of double boiler over hot - not boiling water and stir for about 10 minutes, until sauce is thick enough to coat the back of a spoon.

Do not allow the custard to approach simmering point, it will curdle and turn lumpy.

Remove from heat and stir in the vanilla essence.

Plunge the base of the saucepan into cold water.

This arrests the cooking process and hastens cooling.

Stir frequently.

When cold, cover with clingwrap and refrigerate until needed.

The stirring and the covering prevents the formation of a skin.

CARAMEL HALO FOR THE FLOATING ISLAND. (Spun sugar.)

Spinning sugar consists of drawing the hot sugar which has been caramalized, into fine strands which harden immediately.

INGREDIENTS:

2 cups sugar.	500 ml.
1 cup water.	250 ml.
A good pinch cream of tartar.	

METHOD:

It is advisable to use a sugar thermometer to make the syrup. Warm the thermometer slightly in warm water before placing in the hot sugar solution.

Put the sugar and the water in a heavy saucepan.

Heat, stirring ONLY until the sugar is dissolved.

Cook to 280°F. (140°C.) or the soft crack stage.

Add the cream of tartar and continue cooking until well caramalized.

Take two forks, dip the prongs into the hot syrup, let excess drip back into pot.

With a small amount of syrup on the end of each fork, bring the prongs together and then pull apart, forming fine strands of spun sugar.

Wind these strands around the meringue and continue spinning until a thick halo is formed.

If you set the syrup in a pan of water while spinning the sugar, it will prevent the syrup changing colour.

Will also make the syrup more pliable.

TO ASSEMBLE: Pour the cold custard around the meringue "island" and put in fridge until ready to serve.
The meringue and custard may be made early in the day.
The spun sugar should be made a few hours before serving.

TIP FOR SPUN SUGAR:

Spin sugar round an inverted base.
Try slightly oiled and then not.
Put base on glass dish - glass is a good conductor.
Freeze for a few hours.

Caramel Halo

300 grams sugar

Enough water to moisten

Bring sugar and water to boil and let cook to soft caramel ball (150C) stage. Allow caramel to cool slightly so that it becomes very pliable. With a small amount of caramel on the end of each, bring two forks together and then pull them apart, forming fine strands of spun sugar. Wind these strands around the meringue mould and continue spinning until a thick halo is formed around meringue. Garnish with Almond Tuile.

Almond Tuile

60g sugar

60g butter

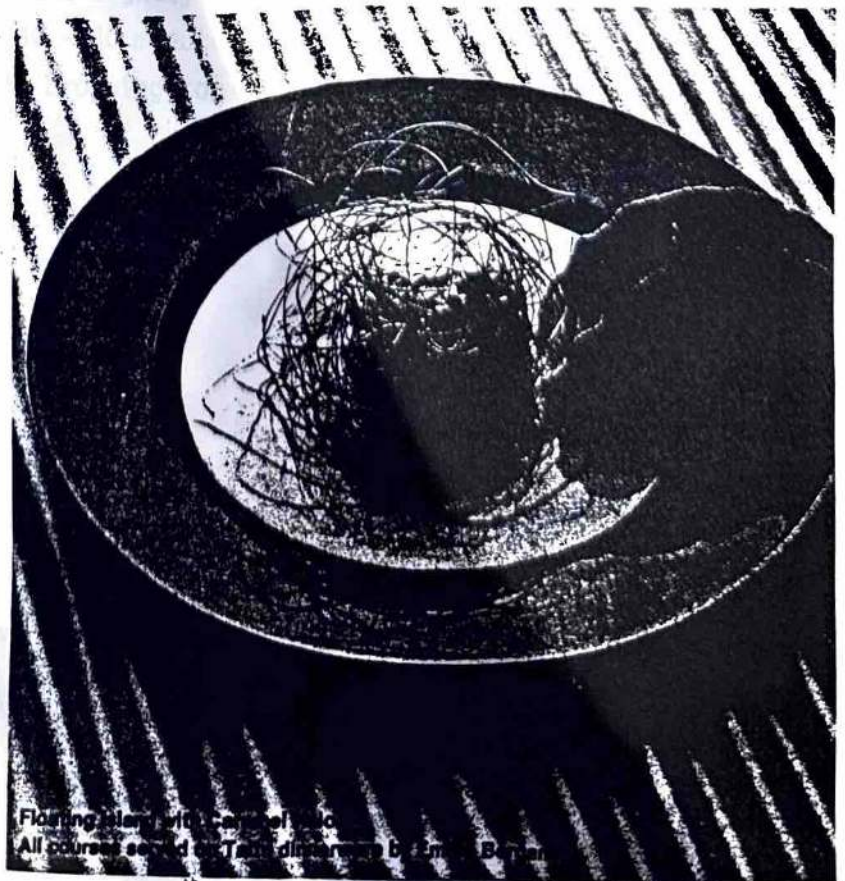
50g plain flour

Dash of vanilla essence

1 egg white

50g flaked almonds

Cream sugar and butter until light and fluffy. Add sifted flour, vanilla essence and egg white and beat until smooth. Stir in flaked almonds. Place small dabs of mixture on greased baking trays. Space each tuile well apart from the next one, as the mixture spreads as it cooks. Bake in a moderate oven until light brown, lift off and place over a piece of dowelling to get half moon shape.



Flooding meringue with caramel halo.
All courses served at Jambou restaurant by James Bevan.

SHIRLI'S MILE HIGH PUDDING.

Serves: 12

Time: 2 hours

Use a 28 cm springform pan

MERINGUE:

1 tablespoon oil
315 g castor sugar 1 1/4 cups
12 x-tra large egg whites
1/2 tablespoon vanilla essence
1/4 teaspoon cream of tartar

METHOD:

Oil the springform pan.
Dust with 3 teaspoons of the measured sugar.

PRE-HEAT OVEN TO 300°F/150°C.

Beat the egg whites with the vanilla essence and the cream of tartar, at slow speed, increasing speed slowly till whites become foamy.

Slowly add the sugar, 1 tablespoon at a time until glossy and good strong peaks form.

Spoon into the springform pan.

Smooth top.

Place pan in a dish of hot water and put into oven.

Bake pie until risen and lightly brown.

Should take between 40 - 60 minutes.

Cover with waxwrap if browning too rapidly.

Cool in the tin.

VANILLA YOGHURT SAUCE:

300 ml skim milk 1/2 pint
1 vanilla pod
3 egg yolks
3 tablespoons castor sugar
1 cup low fat yoghurt

Beat egg yolks with the sugar.

Heat milk with the vanilla pod.

Add the milk to the eggs and return to pot.
Cook, stirring all the time, until the custard
coats the spoon.

Remove the vanilla pod.

If you have not used a pod, add $\frac{1}{2}$ teaspoon vanilla essence
at this stage.

Strain and cool.

Whisk in the yoghurt.

CRANBERRY SAUCE:

200 g fresh/frozen cranberries. $\frac{3}{4}$ cup

If not available use cranberry sauce.

3 tablespoons castor sugar

1 tablespoon port

6 tablespoons low fat yoghurt

Purée the cranberries.

Mix through remaining ingredients.

Unmould dessert onto a nice platter.

Serve each slice with a little of each sauce
on the side.

CREME BRULEE.

INGREDIENTS:

6 egg yolks.
¼ cup sugar. 63 ml.
3 cups thick cream. 750 ml.
¾ teaspoon vanilla essence. 4.5 ml.
Sufficient brown sugar.

METHOD:

Beat the egg yolks until thick.
Gradually beat in the sugar.
Beat until the mixture is pale, creamy and thick enough
to fall in a satiny ribbon from the beaters when they are lifted.

Scald the cream in the top of a double boiler over direct heat.
Pour the scalded cream slowly into the egg mixture, beating all
the time.

Return to the double boiler and cook over hot water, stirring
all frequently, until the mixture thickens and coats the spoon
in a thick opaque layer - about 10 minutes.

Remove from heat and place in a pan of cold water to cool quickly.
Stir in the vanilla essence.

Pour into individual heatproof ramekins.

Put in fridge to chill.

Put the brown sugar into the magimix and refine with the steel
blade for a few minutes.

Cover the custards with the brown sugar.

Make an even layer about ¼" thick. (½cm.)

It is important that no custard shows through the sugar layer,
as it may become watery under the grill.

Set the ramekins in a dish filled with ice cubes.

Broil under a pre-heated grill until the sugar melts and
forms a glaze - about 1 minute.

Watch very carefully.

Chill until ready to serve.

The custards may be made the day before serving.

Cover with gladwrap.

COEUR A LA CREME.

INGREDIENTS:

½ lb cream cheese.	250 g.
A third of a cup castor sugar.	100 g.
½ teaspoon vanilla essence.	2.5 ml.
A pinch of salt.	
½ pint heavy and ½ pint light cream.	250 ml. = ½ pint.

METHOD:

Beat the cream cheese until light and fluffy. Use Mixmaster. Slowly add the sugar and beat until dissolved. Add the vanilla essence and salt, beat. The cheese will become thin and runny at this stage. Beat the creams together until they just hold their shape. Fold the cream cheese mixture into the whipped creams.

Cut a length of cheese cloth or mutton cloth 1½ times the size of the coeur a la creme mould. Soak the cloth in iced water and wring out. Line the mould with the cloth and fill with the cream cheese mixture. Dome slightly. Cover with the ends of the damp cloth. Place the mould on a rack over a dish e.g. a soup plate. This allows the dessert to drain and set. Put in fridge for at least 6 hours or overnight.

Unmould onto a flat dish and remove the cloth. Decorate with fresh leaves and strawberries.

Serve with a strawberry sauce.

STRAWBERRY SAUCE FOR COEUR A LA CREME.

INGREDIENTS:

¾ cup red currant jelly - the type served with roast lamb.
2 tablespoons Liqueur de Fraise or Framboise.
1½ cups sliced, fresh strawberries.
1 tablespoon lemon juice.

METHOD:

Put in a little pot, the red currant jelly and the liqueur. Stir over medium heat until the jelly melts.

Let the melted jelly cool.

Coat the sliced strawberries with the lemon juice.

Put aside until almost time to serve.

Fold the strawberries into the jelly.

Strangely enough, the coated strawberries melt the jelly.

Put sauce in a glass serving dish.

If you do not have the correct coeur a la creme mould, drain the cream cheese mixture through a wet cloth for 2 hours.

Line a simple mould with another damp cloth - the cloth aids the unmoulding process - fill with the mixture.

Complete as above.

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CREME CARAMEL.

INGREDIENTS FOR THE CARAMEL:

2 cups sugar
scant $\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon cream of tartar, dissolved in 1 tablespoon
water the cream of tartar prevents crytallization

METHOD FOR MAKING THE CARAMEL:

Mix the sugar and the water in a small saucepan and stir over low heat until the sugar has dissolved.
Add the cream of tartar and stir.
Bring to a rapid boil but on no account stir or move the saucepan during boiling.
Watch carefully.
Colour will start changing to a light yellow.
Continue boiling until the syrup turns an amber colour.
Pour the caramel into a WARMED 2 pint/1 litre mould.
Swirl it around quickly to coat the bottom and sides of the mould.
Allow the caramel to set firmly before adding the custard.

TO CLEAN: Fill the saucepan with water and bring to the boil.

The caramel will dissolve and you can now easily wash the saucepan.

INGREDIENTS FOR THE CUSTARD:

6 eggs
two-thirds cup sugar
 $\frac{1}{2}$ teaspoon salt
4 cups milk
 $\frac{1}{2}$ teaspoon vanilla essence

METHOD FOR THE CUSTARD:

Whisk slightly to mix the eggs, sugar and salt.
Scald the milk.
Add the vanilla essence.
Pour the milk mixture into the egg mixture.
Whisk through to mix.
Do not beat - beating causes bubbles.

Strain the custard mixture twice.

Place your prepared mould in a pan.

Pour in boiling water to about halfway up mould.

Pour strained custard into mould.

Bake just until a silver knife thrust into the custard comes out clean.

Immediately remove from heat and cool.

Turn out just before serving.

Bake at 350°F/180°C for 30 to 35 minutes.

This dessert will unmould more easily if made a day or two in advance.

FRIED CAMENBERT DESSERT.

INGREDIENTS:

Camenbert.
Beaten egg.
Breadcrumbs.
Oil to fry.
Black cherry jam.
½ pint cream. 300 ml.
1 tablespoon icing sugar. 15 ml.
Few drops of vanilla essence.

METHOD:

Cut the camenbert into equal portions.
Dip the camenbert triangles into beaten egg and then into breadcrumbs.
Refrigerate until ready to serve.

Put the black cherry jam in a nice serving bowl.
Whip the cream with the icing sugar and the vanilla.
Put in a serving bowl.

When ready to serve, fry the crumbed camenbert in hot oil until golden brown.
Drain on paper towels.

Serve immediately with a blob of jam and a large spoon of the whipped cream.
Serve with a bowl of fresh fruit, halva and nuts.

This dessert is an interesting mixture of tastes.
The camenbert is hot on the outside, cold on the inside.
You also have a contrast of salt and sweet.

DO NOT SERVE ANOTHER DESSERT WITH THIS.

BEST BREAD AND BUTTER PUDDING.

INGREDIENTS:

5 or 6 thin slices white bread.	
1½ oz. butter.	45 g.
2 oz. seedless raisins.	60 g.
3 eggs.	
1½ oz. castor sugar.	45 g.
¾ pint milk.	450 ml.

METHOD:

Butter a shallow rectangular dish.
Spread the bread with the butter and cut into triangles.
Fill the dish with alternate layers of bread and raisins.
Beat slightly to mix, the eggs and the castor sugar.
Scald the milk and pour into the egg mixture.
Strain this over the bread.
Let the pudding stand for 30 minutes before baking.
Set in a pan of hot water to bake.
Bake at 325°F. (170°C.) until firm and golden.
To test - thrust a silver knife into custard.
It should come out clean.
This pudding rises so allow for it.

Serve warm with syrup, if so desired.

BEST CHOCOLATE SAUCE.

INGREDIENTS:

3 oz. milk chocolate.	90 g.
3 oz. bitter sweet chocolate.	90 g.
2 oz. butter.	60 g.
½ cup cream.	125 ml.

METHOD:

Melt over hot, not boiling water in a double boiler.
This sauce can be re-heated.

MOM'S APPLE PUDDING.

INGREDIENTS:

1 oz. butter.	30 g.
3 eggs.	
½ cup sugar.	125 ml.
1 teaspoon vanilla essence.	5 ml.
3 tablespoons flour.	45 ml.
2 teaspoons baking powder.	10 ml.
1 large green apple.	
2 teaspoons apricot jam.	10 ml.

METHOD:

Heat oven to 350°F. (180°C.)

Melt the butter in the oven in the dish you intend to use.

Beat the eggs, the sugar and vanilla until thick and pale lemon in colour.

Sift the flour and baking powder together. Gently fold into the egg mixture.

Add the melted butter to this after swirling round dish to coat.

While the eggs are beating, peel and grate the apple.

Add jam to taste - apple should not be too sweet.

Press gently against a strainer - this rids the apples of excess moisture.

Now pour half the mixture into the same dish in which you have melted the butter.

Spread over the grated apple.

Pour over the rest of the batter.

Bake until a pale golden colour.

The pudding sometimes falls in but this is of no consequence.

Serve at room temperature or slightly warm with cream.

This is a small pudding so I usually double or treble the recipe.

Reduce the vanilla essence and scant your baking powder.

PARAVA CHOCOLATE PUDDING.

<u>INGREDIENTS:</u>	200 g. black chocolate.	7 oz.
	A heaped 15 ml. spoon sugar.	heaped tblsp.
	4 eggs, separated.	
	15 ml. castor sugar.	1 tblsp.
	125 ml Orly-Whip. (1 sachet)	½ cup.
	10 g. Oetker's Whipit.	
	3 ml. vanilla essence.	½ tsp.

METHOD:

Melt the chocolate in a double boiler,
over hot water.

Beat the egg yolks and sugar until thick
and lemon coloured.

Add the egg yolks to the slightly cooled
chocolate.

Beat the whites stiffly.

Fold into the chocolate mixture.

Dissolve the Whipit in the Orly-Whip.

Whip the Orly-Whip with the castor sugar and
vanilla essence.

Fold into the chocolate mixture.

Pour into a pretty glass bowl and allow to set.

The Whipit is a cream stabilizer and helps
any cream to hold its shape.

I usually double or treble this quantity,
depending on the number of guests.

Serve with canned Satsuma plums or canned
apricots.

Decorate with crushed meringue and glacé cherries.

INGREDIENTS:

LAYER 1:

- 1 x 397 g tin condensed milk 14 oz
- 125 ml lemon juice ½ cup
- 1 x 113 g tin grenadilla pulp 4 oz
- 250 g cream cheese ½ lb
- 37,5 ml cold water 3 tablespoons
- 12,5 ml gelatine 1 tablespoon
- 125 ml whipped cream ½ cup

LAYER 2:

- 250 ml orange juice - fresh or liquifruit 1 cup
- 1 pkt orange jelly (80g) 3 oz
- 375 ml evaporated milk 1½ cups
- orange colouring
- 2 x 410 g tin orange or mandarin segments 13½ oz
drained

METHOD:

Beat the condensed milk with the lemon juice and the grenadilla pulp until thick.
 Add cream cheese and rebeat.
 Place cold water in a mug, sprinkle with gelatine.
 Place mug in a bowl of boiling water. Leave till gelatine dissolves.
 Cool slightly and beat into the condensed milk mixture.
 Fold in the whipped cream
 Rinse out a 28 cm (11") springform pan with cold water to which, you have added a little oil or spray the pan with a non stick cooking spray.
 Pour the mixture into the pan and refrigerate until set.

Heat the orange juice and add to the jelly powder.
 Mix and leave to cool.
 Beat the chilled evaporated milk till stiff and gradually beat in the cooled jelly mixture. Beat well.
 Add a little orange colouring to give a richer colour.
 Fold in the orange segments.
 Pour onto the first layer. Refrigerate until set.
 Unmould just before serving.
 Decorate with overlapping orange slices on outer edge of platter - nasturtium flowers and leaves look very nice.

I find layer "2" sufficient for almost a double quantity pudding.

I like to double layer "1" and only use as much of layer "2" as the dish will take.

If you do not have the right mould, you can make this pudding in a 2½ litre glass bowl.

MINIATURE PHYLLO STRUDELS WITH CRUSHED PINEAPPLE FILLING.

INGREDIENTS:

1 x 385 g can crushed pineapple	14 oz can
15 ml maizena	3 teaspoons
2 egg yolks	
80 ml sugar	third cup
10 ml lemon juice	2 teaspoons
2 apples, peeled and grated	
250 g phyllo pastry	½ lb
250 ml melted butter or marge	1 cup
200 g crushed marie biscuits	7 oz
use only as much butter or marge and biscuits as needed	

METHOD:

Drain the crushed pineapple, press in a strainer.
Measure juice to make up to 170 ml (two-thirds cup) with extra pineapple juice, if necessary.
Blend the maizena, yolks, sugar, lemon and pineapple juice.
Stir continuously over low heat until mixture boils and thickens.
Remove from heat, add the fruit.
Return to heat and cook a further 5 minutes, stirring.
Cool.

Remove the phyllo from its plastic wrap.
Place the pastry on a cloth and cover with a dampened cloth.
THE PASTRY MUST BE KEPT COVERED AT ALL TIMES.
If you do not do this, the pastry dries out and becomes impossible to use.
Take 1 sheet of pastry, place on a board, brush with the melted butter or marge.
Repeat another 2 or 3 times.
Sprinkle the biscuit crumbs over the top layer.
Cut the sheets into 4.
Place a good tablespoon of filling at the bottom of each square.
Roll each square like a blintze.
When enclosing the sides, give a generous fold to prevent spillage.
Brush with melted butter or marge.
Make up the rest of the phyllo in this way.
You can freeze the strudels at this stage or bake them in a 190°C (375°F) oven for about 25 minutes or until golden brown.
Serve warm, sprinkled with icing sugar.

APPLES OR PEARS IN COINTREAU.

INGREDIENTS:

10 - 12 apples or pears	
1 litre apricot natural fruit juice	4 cups
200ml sugar	$\frac{3}{4}$ cup
175ml smooth apricot jam	generous $\frac{1}{2}$ cup
50ml lemon juice	4 tablespoons
100ml cointreau	third cup

METHOD:

Peel and core the apples.
If using pears, just peel but leaf the stalks on.
Mix all the ingredients except the fruit together.
Bring to the boil.
Add the fruit and simmer until tender.
Cool in the juice.

Make a few days before serving.

Place pears upright on a platter.
Pour over juice.
Decorate with a leaf sprig.

DELICIOUS MANGO DESSERT.

Slice as many mangoes as needed.
Layer in a flat dish.
Top with a layer of yoghurt, Greek, if possible.
Cover about 2.5cm i.e. 1" thick.
Pour over an equal amount of thick cream.
Using a teaspoon, carefully sprinkle whole surface with brown sugar.
Refrigerate for about an hour before serving.

CYNTHIA'S PAREVA APRICOT PUDDING.

INGREDIENTS:

2 packets lemon jelly.	80 g. size.
4 cups apricot liquifruit.	1 litre.
2 sachets orlywhip.	

METHOD:

Mix the jelly powder and the liquifruit.
Bring to the boil.
Set aside to cool and begin to set.
Whip the orlywhip.
Whip the setting jelly.
Fold the jelly into the orlywhip and beat together.
Put into fridge and as it begins to set agin, whip
once more. This prevents the jelly settling to the bottom.
Pour into a glass bowl and put back into the fridge to set.
Serve with an apricot sauce.

APRICOT SAUCE FOR THE APRICOT PUDDING.

INGREDIENTS:

2 tins canned apricots.	410 g. size.
¼ cup cointreau.	60 ml.
A good pinch of ginger.	

METHOD:

Put the apricots and the juice in a saucepan with the
cointreau and the ginger.
Bring to the boil and then simmer gently until the
apricots begin to soften.
Mash with a potato masher. You do not want the sauce to
be too fine.
Add a teaspoon or two of sugar if needed.

ORANGE ICECREAM AND BUTTERSCOTCH SAUCE.

THE ICECREAM: 2 litres vanilla icecream
2 beaten egg yolks
125 ml cream
200 ml frozen orange juice concentrate

Put all ingredients in bowl of mixmaster.

Whip until well blended.

Scop into a clip mould and place in freezer until frozen hard.

To serve, unclip mould, place on a nice platter and decorate.

This recipe is a large one and can serve at least 10 - 12 people.

THE SAUCE: 100 g sugar
125 g syrup
125 g butter
125 ml cream
¼ teaspoon vanilla essence
pinch of salt

Dissolve the sugar and syrup over heat, stirring all the while.

When the sugar has dissolved, allow it to caramelize lightly.

Remove from heat and slowly whisk in pats of butter.

This gives the sauce its glaze

Stir in cream and reheat gently.

Add the vanilla and the salt.

ELAINE'S MALVA PUDDING.

INGREDIENTS:

1 egg	
1 cup sugar	250 ml
1 tablespoon smooth apricot jam	15 ml
1 tablespoon butter	15 g/½ oz
1 teaspoon white vinegar	5 ml
1 cup milk	250 ml
1 cup flour	250 ml
1 teaspoon bicarb	5 ml
a good pinch salt	

METHOD:

Beat the egg and sugar very well.
Beat in the jam.

Melt the butter, use the microwave.
Add the vinegar to the butter.
Stir in the milk.

Sift the flour, bicarb and the salt.
Alternately add the butter mixture and the flour mixture
to the egg mixture, beating all the time.
End with the flour mixture.
Pour into a suitable dish and bake covered in a 350°F/180°C
oven for about 40 minutes.
The pudding should be a rich, golden shade.

The pudding should only half fill the dish to be used.
If the dish used has no cover, cover with well secured
foil, shiny side inside.
This pudding can be easily doubled.

As soon as the pudding comes out of the oven pour over this
topping:

Mix together:

1 cup cream	250 ml
2 oz melted butter	60 g
½ cup sugar	125 ml
½ cup hot water	125 ml

The pudding will absorb the topping.

SNOWCAPPED PEARS.

The pears:

INGREDIENTS:

8 firm pears	
3 cups dry red wine	750 ml
1 tablespoon julienned lemon peel	15 ml
2 tablespoons lemon juice	
1 cinnamon stick	
1 cup sugar	250 ml
2 tablespoons cornstarch	30 ml

METHOD:

Peel pears, leaving stems attached.

Cut a thin slice off bottom of pears, so they will stand upright.

In a 4 quart (4 litre) saucepan, combine wine, lemon peel, lemon juice, cinnamon and sugar.

Bring to the boil.

Carefully, place the pears in the boiling liquid.

Cover and simmer until the pears are tender.

Remove from the heat.

Cool pears in the syrup.

Turn pears several times, while cooling.

When cool, remove the pears and set aside.

Discard the cinnamon stick.

In a small bowl, combine the cornstarch and $\frac{1}{2}$ cup of the wine syrup from cooking pears.

Add the cornstarch mixture to the remaining syrup in the saucepan.

Cook, stirring constantly, over medium heat until thickened and translucent.

Cool to room temperature.

Lemon-custard topping:

INGREDIENTS:

Third cup sugar	80 ml
1 tablespoon cornstarch	15 ml
1 cup milk	250 ml
1 egg yolk, beaten	
1 tablespoon lemon juice	15 ml
$\frac{1}{4}$ teaspoon grated lemon rind	1 ml
$\frac{1}{2}$ cup of whipping cream	125 ml

METHOD:

In a small saucepan, combine sugar and corstarch.
Stir in the milk.

Cook, stirring constantly, over medium-low heat
until boiling.

Remove from heat.

Stir a small amount of hot mixture into egg yolk.

Add egg yolk mixture to hot sugar mixture in saucepan.

Cook, stirring over medium-low heat, another 2 minutes.

Stir in lemon juice and lemon peel.

Remove from heat and place plastic wrap on surface of
custard.

Cool to room temperature.

In a medium bowl, whip cream.

Fold into the custard.

Stand pears in a dish.

Pour wine syrup over each pear.

Top with custard topping.

This desert looks lovely if each pear is served in
individual glass bowls.

ETTA'S APPLE TART. (suitable for dessert)

INGREDIENTS:

26 cm pie dish

1 x 840 g can pie apples

125 g sultanas ½ cup

250 g flour 1 cup

250 g sugar 1 cup

1 egg

125 ml melted butter ½ cup

METHOD:

Butter the pie dish.
Lay the unsweetened pie apples down in dish.
Sprinkle the sultanas over the apples.

Make a topping by:

Mix flour and sugar together with a fork.

Beat egg and add to flour and sugar mixture.

Mix until crumbly.

Sprinkle over apples.

Pour over the melted butter, pour carefully and evenly.

Bake in a 200°C/400°F oven until golden.

The tart will begin to bubble but will settle down.

If desired use only half the apples and top apples with crushed pineapple or some canned plums etc;

COFFE CREAM MERINGUE.

INGREDIENTS:

3 egg whites	-	room temperature.	
A good pinch salt.			
¼ teaspoon cream of tartar.			1.5 ml.
1 teaspoon vanilla extract.			5 ml.
1 cup castor sugar.			250 ml.
2 x 3 oz. packets vanilla pudding.			2 x 90 g.
1 tablespoon instant coffe powder.			15 ml.
3 cups milk.			750 ml.
1½ cups cream.			375 ml.
½ teaspoon vanilla essence - optional.			3 ml.
Chocolate curls to decorate.			

TO MAKE

SHELL:

Whip egg whites until fomay.
Add salt, cream of tartar and vanilla.
Continue to whip until soft peaks form.
Add the sugar, 2 tablespoons at a time, whipping well after each addition.
Continue to whip until stiff peaks form.
Draw a 9" (22.5 cm.) circle on a heavy piece of brown paper or tinfoil, placed on a cookie sheet.
Spoon the meringue into the circle.
Push meringue from centre to edge of circle so centre is 1" (2.5 cm.) thick and rim 2" (5 cm.) high.
Bake shell 1 hour in a pre-heated 250°F. (120°C.) oven.
Turn off heat, open door and leave shell in oven for 1 hour to cool.

TO MAKE THE

FILLING:

Combine the pudding mix and the coffee powder.
Add a little of the milk and stir till smooth.
Add the remaining milk.
Cook and stir over moderate heat until mixture boils.
Cover and chill thoroughly.
Add vanilla to cream if desired and whip.
Reserve a ¼ cup of the cream.
Beat the chilled pudding with a rotary beater till smooth.
Gently fold pudding into the remaining cream.
Pile filling into the cooled meringue shell.
Decorate with the reserved cream and chocolate curls.
Chill until ready to serve,

STEWED PLUMS.

INGREDIENTS: 400 g sugar 1¾ cup
1 litre water 4 cups
5 ml vanilla essence 1 teaspoon
2 ml almond essence ½ teaspoon

12 red plums

METHOD:

Make a sugar syrup using the sugar, water and essences.

Bring to the boil and let simmer 5 minutes.

Add the washed plums and simmer, covered, until softened.

Chill in the syrup.

Do not attempt to peel plums.

The skins will disappear during poaching.

Remove plums with a slotted spoon and put into a suitable bowl.

Strain over the syrup.

SYRUP FOR FRUIT SALAD.

Mix together: ½ cup sugar and
1 cup water.

Boil for about 10 minutes or until reduced and syrupy.

Let cool and then add the juice of 1 orange and 1 lemon.

OR

Mix together: ½ cup orange juice
¼ cup lemon juice and
3 tablespoons sugar.

Taste and pour over fruit.

FRESH FIGS SERVED WITH MASCARPONE CREAM.

INGREDIENTS:

fresh figs (allow 2 per person + extra)
soft brown sugar

3 egg yolks
scant third cup castor sugar
250g mascarpone cheese

METHOD:

Cut the figs in half.
Place on a baking tray and sprinkle each half with
the brown sugar.
Place under grill and caramelize for 3 minutes.
It may take a little longer than 3 minutes.

Beat the egg yolks and the castor sugar very well.
When stiff, add mascarpone and continue beating until thick.
Place in fridge and allow to set at least 4 hours.

TO SERVE:

Place figs on platter.
Place bowl of mascarpone in centre.

The following fruits can also be used: mango, oranges,
pears, bananas, plums, pineapple and papino.

ZABAGLIONE REPLACEMENT:

3 egg yolks
third cup castor sugar

Heat mixture in double boiler on stove.
With hand electric beater continue to beat until mixture
is very thick.
Remove from stove and serve as above.

When figs are not in season you may substitute canned figs.

BAKED APPLE HALVES WITH ALMOND TOPPING.

To serve 6.

INGREDIENTS:

$\frac{1}{2}$ pint cold water	450 ml
$\frac{1}{4}$ lemon	
4 medium cooking apples	
$\frac{1}{2}$ lb castor sugar	$\frac{1}{2}$ cup
2 teaspoons softened butter	10 ml
$\frac{1}{4}$ lb butter	100 g
5 oz sugar	150 g/two-thirds cup
third cup ground almonds	80 ml
2 teaspoons lemon juice	10 ml
3 eggs, separated	
pinch of salt	

METHOD:

In a saucepan combine the cold water, the juice of the lemon quarter and the lemon quarter, itself.
Peel, core and halve each apple and as you proceed, drop the halves into the lemon water to prevent discoloration. Stir the sugar into the water.
Bring quickly to the boil, stirring occasionally.
Lower the heat and simmer, uncovered 6- 8 minutes; or until the apples are tender.
Remove apples from the saucepan and drain on a cake rack.

Preheat the oven to 350°F. (180°C)
Grease a shallow baking dish - just large enough to hold the apples in one layer - with the 2 teaspoons of softened butter.
Place apples in dish, side by side, cut side down.
Cream the $\frac{1}{4}$ lb butter until smooth.
Now beat in the sugar, a little at a time, then the egg yolks, one by one and lastly, the almonds and lemon juice.
Beat the egg whites with a pinch of salt until they form stiff, unwavering peaks.
Mix 2 tablespoons of the stiff egg whites into the creamed sugar-butter-egg mixture, then gently fold the remaining mixture into the egg whites with a rubber spatula, using an under and over, rather than a stirring motion.

Spread the almond topping lightly over the poached apples and bake in centre of oven for 20 minutes or until golden.

Serve at room temperature.

If you are using larger apples, use a deeper dish and double the topping.

CUSTARD FOR FILLING OR A TRIFLE.

INGREDIENTS:

3 tablespoons sugar
1 egg yolk
pinch salt
1 tablespoon custard powder
2 teaspoons flour
1 pint milk
1 teaspoon butter
1 teaspoon vanilla essence

METHOD:

Mix the sugar, egg yolk and salt with a little of the cold milk.
Add the custard powder and the flour.
In the meantime, bring the rest of the milk to the boil.
Throw over the custard mixture, return to pot and bring back to the boil.
Cook over medium heat, stirring all the time until thickened.
Remove from stove.
Stir in the butter and the vanilla essence.
Cool covered, stirring often to prevent a skin forming.
I like to cool the custard over cold water, stirring often.

ZIVA'S TIRAMISU' CAKE.

INGREDIENTS:

sufficient finger biscuits to line the base of
a 26cm loose-bottom cake tin.
250ml prepared strong coffee 1 cup

3 eggs
125ml sugar ½ cup
500g mascarpone cheese 1 lb
60ml brandy ¼ cup
sweetened drinking chocolate powder

METHOD:

Sprinkle the biscuits with the cooled coffee and
arrange to form a base on the bottom of the cake tin.

Separate the eggs.

Beat the yolks until pale and thick.

Slowly add HALF the measured sugar and beat until
well dissolved.

Beat in the brandy.

Add cheese by stirring and folding through gently.

Beat the egg whites with the remaining sugar until stiff.

Fold into the cheese mixture.

Pour the combined mixtures onto the biscuit base.

Refrigerate at least overnight.

If not firm an hour or two before serving, pop into
deep freeze for awhile.

Sprinkle with the drinking chocolate .

Unmould and serve on a lovely platter.

PHYLLO BASKETS WITH LEMON CURD AND STRAWBERRIES.

INGREDIENTS

FOR BASKETS:

Frozen phyllo dough sheets, thawed
Melted butter or mixture (½-½) oil and melted margarine
Dry white breadcrumbs

METHOD FOR

BASKETS:

Preheat oven to 350°F (180°C).
Place one phyllo sheet on work surface.
Brush with melted butter or margarine.
Sprinkle 2 teaspoons breadcrumbs over.
Top with second phyllo sheet.
Brush with melted butter or margarine.
Sprinkle with 2 teaspoons breadcrumbs.
Top with third phyllo sheet.
Brush with melted butter or margarine.
Sprinkle with two teaspoons breadcrumbs.
Top with a fourth phyllo sheet.
Brush with melted butter or margarine.
Cut out 4" (10cm) squares from the phyllo.
Depending on size of the sheets, you should get out 12 squares.
If not, repeat process.

Brush every other cup of two twelve ½ cup (125ml) muffin tins with melted butter or margarine.
Place one phyllo square in each buttered cup, pressing pastry down in centre and around edges to mold to cup.
Pastry corners should stick up.
The pastry is placed in every other cup of the muffin tins because the pastry will expand during baking.
Bake until just golden brown and crisp, about 10 minutes.
Remove pastry from the tins and cool completely.

Pastry baskets can be prepared 2 days ahead.
Store in single layer in an airtight container.

INGREDIENTS

LEMON CURD:

1 cup sugar/250 ml
3 large eggs
1 egg yolk
4oz/100g butter, cut into pieces
6 tablespoons/90ml fresh lemon juice
2 tablespoons/30ml grated lemon rind

METHOD FOR

CURD:

Whisk first 6 ingredients in a heavy, medium saucepan over low heat, until the butter melts.

Cook until mixture thickens to the consistency of lightly whipped cream, whisking constantly, about five minutes.

Pour into a bowl.

Cover and refrigerate until cold, about 4 hours.

The curd can be prepared 2 days ahead.

DECORATION

AND ASSEMBLY:

Hull and slice some strawberries.

Spoon some berries into the bottom of each phyllo basket.

Top with a little whipped cream.

Cover with about 2½ tablespoons of lemon curd.

Decorate with a strawberry and a mint sprig.

PAREVE HALVA ICECREAM.

INGREDIENTS:

2 sachets orlywhip
6 separated eggs
two-thirds cup sugar
250g halva

METHOD:

Cream the egg yolks and the sugar until thick and lemon coloured.

Whip the orlywhip until stiff.

Fold orlywhip into the egg yolk mixture.

beat egg whites until stiff.

Fold into the egg yolk and orlywhip mixture.

Flake the halva and carefully fold into the combined mixtures.

Do not flake the halva too fine.

Pour into a loose bottom tin that has been rinsed out with 1 tablespoon oil and $\frac{1}{2}$ cup water.

Cover and allow to set in freezer for at least 18 hours.

Made with orlywhip, this icecream tends to melt quickly.
Try using Oetker's Whipit to stabilize the orlywhip.

This icecream can be made non-pareve.
Use 500ml cream instead of the orlywhip.

PAREVE ICECREAM.

INGREDIENTS:

1 box i.e. 250ml orlywhip
two-thirds cup sugar
4 separated eggs
½ teaspoon vanilla essence

METHOD:

Beat egg yolks and sugar very well.
Beat the egg whites with a pinch of salt
Beat the orlywhip with the vanilla essence.
Fold the yolk mixture into the beaten whites.
Fold this mixture into the beaten orlywhip.
Pour into a suitable mould.
Cover and freeze.

VARIATION 1.

Oil a loaf tin and line with waxpaper.
Oil the paper.
Crush sufficient peanut brittle to line the base of mould.
Press well down.
Pour icecream on top.
Freeze and unpuld to serve.

VARIATION 2.

To the basic icecream recipe fold in roughly chopped
Honey Crunch or similar; 2 tablespoons coffee essence, chopped
glacé cherries or grated chocolate.

QUICK MILLE FEUILLES.

INGREDIENTS: 1 roll frozen ready flaky pastry

1 packet instant vanilla pudding
1 cup sweet cream
1 cup milk

1½ cups icing sugar
1 tablespoon lemon juice
1 tablespoon boiling water

METHOD: Defrost the pastry.
Unroll carefully and cut in half.
Place each half on an ungreased baking sheet.
Prick all over with a fork.
Bake at 450°F until light brown.
Cool on rack.

Now make the custard.
Place the cream and the milk in a bowl.
Add the instant pudding and beat until thick.
Put in fridge to set.

Place a layer of pastry on a platter.
Spread the custard over.
Place second layer of pastry on top.

Now make the water icing.
Combine the sifted icing sugar with the boiling water
and the lemon juice in the mixmaster.
If the icing is too thick, add a little more boiling water.
Spread the icing over the top layer of pastry and decorate
with glace cherries and angelica.
Chill until ready to serve.

MEXICAN FLOATING ISLANDS WITH KAHLUA CUSTARD AND GREEN PUMPKIN SEED BRITTLE.

FLOATING ISLAND: serves 6

INGREDIENTS:

1½ cups sugar
6 large egg whites
¼ teaspoon salt
¼ teaspoon cream of tartar

METHOD:

Place 1 cup of the sugar in a heavy pan, stir until melted and golden caramel.
Pour caramel into bottom of 6 ramekin moulds.
Rotate moulds so bottoms are covered.
Heat oven to 160°C (325°F).
Beat egg whites with salt till foamy, add cream of tartar.
Whisk till whites just hold stiff peaks, add rest of sugar, a little at a time.
Spoon into the moulds and rap sharply on counter to get rid of airbubbles.
Smooth the top.
Place moulds into a baking pan, half filled with water.
Bake on middle shelf of oven for 25 minutes.
Turn oven off and let meringue stand in oven for 15 minutes.
Transfer to rack and cool completely.
Turn out onto serving plates.
Can be covered and kept in fridge for one day.

CUSTARD SAUCE:

INGREDIENTS:

500ml milk
5ml vanilla essence
6 egg yolks
½ cup sugar
3 tablespoons Kahlua or to taste

METHOD:

Bring milk and vanilla essence to boil and then remove from heat.
Whisk together the egg yolks and the sugar until light and fluffy.
Pour over the milk mixture, stirring all the time.
Put back on heat.
Cook without boiling until mixture coats the back of a wooden spoon.
Remove from heat and cool.
Pour over Kahlua and cover.
Place in fridge.

GREEN PUMPKIN SEED BRITTLE.

INGREDIENTS:

1 cup sugar

3 tablespoons green pumpkin seeds

METHOD:

Place sugar in a pan and melt, stirring all the time, till a golden caramel colour. Remove and stir in pumpkin seeds.

Working quickly, pour mixture onto a sheet of foil.

Let set and then break into pieces.

Keep in a sealed container.

TO SERVE:

Float a little custard around each meringue.

Sprinkle with the crushed brittle.

DELICIOUS CHOCOLATE CAKE DESERT.

INGREDIENTS:

2 loaf tins

250g (2 - 2½ cups) coarsely chopped mixed nuts
e.g. walnuts, pecans, cashews and hazel nuts

125g coarsely chopped glace fruit that includes red and
green cherries - optional

500g coarsely chopped marie biscuits - usually 2½ packets

500g dark chocolate

500g butter

4 eggs

250ml castor sugar

2 tablespoon brandy

1 teaspoon each grated orange and lemon rind

METHOD:

Oil the loaf tins very generously.
Line the bases with foil and oil again.

Combine the nuts, glace fruit and biscuits.
It is better to chop all this by hand.

Melt chocolate and butter over hot water.

Add the brandy.

Beat the eggs and castor sugar until thick and creamy.

Add to the melted chocolate.

Fold through the rinds.

Fold in the nut, fruit and biscuit mixture.

Place mixture into tins, pressing well into corners and
levelling the top.

Cover and deep freeze overnight at least.

About an hour before serving, invert onto a board.

Slice thinly and leave in fridge until you serve.

Serve with creme fraish or a mascarpone cream .

Strawberries dipped in chocolate make a good trim.

This recipe makes a very large quantity.

Recipe halves easily.

DENISE'S STICKY TOFFEE PUDDING.

INGREDIENTS:

185g unsalted butter approx 6½ oz
185g sugar approx ¾ cup + ~~3~~ tablespoons
3 eggs *sketch down eggs*
185g self-raising flour approx 1¼ cups + 1 tablespoon ~~4~~
1½ teaspoons vanilla 7c
¾ teaspoon baking powder
150mls water *¾ cups*
75ml milk *½ cup processed 5'*

a block of dates, chopped

METHOD:

Process all ingredients except the dates for exactly 30 seconds.
Fold in dates and process for another 7 seconds,
Pour into a suitable greased ovenproof dish and bake at 180°C
for one hour.

SAUCE:

INGREDIENTS:

450g brown sugar 2¼ cups
75g unsalted butter 5 tablespoons
450mls cream approx ~~1½~~ cup *15*
2 teaspoons vanilla essence
2 tablespoons chopped pecans *after toffee*

METHOD:

Boil all ingredients together for 10 minutes.

TO FINISH:

slightly reduced
Pour 10 tablespoons of the sauce over the cool cake.
Can prick the cake with a skewer to help absorption.
Warm dessert just before eating.
Serve with the remainder of heated sauce.

BANANAS CARIBBEAN.

INGREDIENTS:

1 teaspoon butter
2 tablespoons butter
¼ cup brown sugar
½ cup orange juice
grated rind of one orange
½ teaspoon powdered cinnamon
4 tablespoons curacao
6 tablespoons rum

6 bananas

METHOD:

Preheat the oven to 280°C.
Grease a medium size baking dish with the 1 teaspoon butter.
Peel the bananas and slice in half lengthways.
Place bananas in the baking dish, cut side up.
In a small bowl mix the sugar, orange juice rind, cinnamon and the curacao.
Pour this mixture over the bananas.
Dot the bananas with the 2 tablespoons butter.
Bake for 15 minutes or until soft, basting once.
Sprinkle the bananas with the rum and serve immediately.

CREME CARAMEL.

<u>INGREDIENTS</u>	2 cups sugar.	500 ml.
<u>FOR CARAMEL:</u>	Scant ½ cup water.	125 ml.
	½ tsp cream of tartar,	3 ml.
	dissolved in 1 tblsp water.	15 ml.
	(this prevents crystallization)	

METHOD: Mix the sugar and water in a small saucepan and stir over low heat until the sugar has dissolved. Add the cream of tartar and stir. Bring to a rapid boil but on no account stir or move the saucepan during boiling. Watch carefully. Colour will start changing to light yellow. Continue boiling until syrup turns an amber colour. Pour the caramel into a WARMED 2 pint mould. (1200 ml.) Swirl it around quickly to coat the bottom and sides of the mould. Allow the caramel to set firmly in the dish before pouring in the custard.

TO CLEAN: Let the saucepan cool slightly, then fill with hot water and leave to soak.

<u>INGREDIENTS</u>	Beat slightly to mix	6 eggs	
<u>AND METHOD</u>		two-thirds cup sugar.	160 m.
<u>FOR CUSTARD:</u>		½ tsp salt.	3 ml.
	Scald	4 cups milk.	1 litre.
	Stir in	½ tsp vanilla essence.	3 ml.

Pour the milk and essence into the egg mixture. Mix through and then strain. Strain once more into the prepared mould. Set mould in a pan of boiling water. (1" up on mould - 2.5 cm.) Bake just until a silver knife thrust into the custard comes out clean. Immediately remove from heat and cool. Turn out just before serving. Bake at 350°F. (180°C.) for 30 to 35 minutes.

This dessert will unmould more easily if made a day or two in advance.

MASCARPONE CREAM WITH BUTTERSCOTCH SAUCE AND CARAMELIZED HAZEL NUTS.

INGREDIENTS FOR THE MASCARPONE CREAM:

150ml/5 fl oz single cream
1 full tablespoon gelatine
third cup/3 oz castor sugar
250g tub mascarpone cheese
430g tub wholemilk yoghurt
2 teaspoons vanilla essence

METHOD FOR MASCARPONE CREAM:

Prepare a 24cm/9" loosebottom tin by swirling with water to which you have added a tablespoon or two of oil. This size tin is if you wish to double or treble this recipe. This dessert can also be made in little individual pots. You have to line the oiled pots with oiled clingfilm for easy removal. Push clingfilm into pots with a clean pastry brush. Push it into the sides and the base, making sure it overlaps at the rim. I find it much easier to make a larger pudding in the loose bottom tin.

Measure off 3 tablespoons of the single cream into a small dish and sprinkle the gelatine into this. Stir it around and then leave it for about 10 minutes until it has soaked into the cream. Meanwhile heat the remaining cream and sugar very gently in a small saucepan until all the sugar crystals have dissolved (you can see this quite clearly if you coat the back of a wooden spoon). Now add the soaked gelatine to the pan, remove it from the heat and whisk this until all the gelatine has melted. Set aside to cool slightly. Next, spoon the mascarpone into a large bowl and whisk it down to soften it, then add the yoghurt and the vanilla. Whisk again, then when everything is smooth pour the cream and gelatine into the bowl and mix once more. Pour mixture into the loosebottom tin or into the individual pots. Cover with cling film and leave in fridge until well chilled and set, preferably overnight.

INGREDIENTS FOR THE BUTTERSCOTCH SAUCE:

100g sugar
125g syrup
125g butter
125ml cream
¼ teaspoon vanilla essence
pinch of salt

METHOD FOR THE BUTTERSCOTCH SAUCE:

Dissolve the sugar and syrup over heat, stirring all the while.
When the sugar has dissolved, allow it to caramelize lightly.
Remove from heat and slowly whisk in pats of butter.
This gives the sauce its glaze.
Stir in the cream and reheat gently.
Add the vanilla and the salt.

INGREDIENTS FOR THE CARAMELIZED HAZELNUTS:

2 cups sugar
scant ½ cup water
½ teaspoon cream of tartar dissolved in 1 tablespoon water
30-40 shelled hazelnuts

METHOD FOR THE CARAMELIZED HAZELNUTS:

Mix the sugar and the water in a small saucepan and stir over low heat until the sugar has dissolved.
Add the cream of tartar and stir.
Bring to rapid boil but on no account stir or move the saucepan during boiling.
Watch carefully.
Colour will start changing to light yellow.
Continue boiling until syrup turns an amber colour.
Remove from heat and dip each nut in the syrup.
Work quickly.
Put caramelized nuts onto a greased tray and set aside until hardened.

TO SERVE THIS DESSERT:

Unmould dessert onto a suitable platter.
Decorate with fresh flowers.
To serve, cut a slice, top with a little of the caramel sauce and sprinkle with the glazed nuts.

CHOCOLATE DELICE.

INGREDIENTS:

Base

90 g (3 oz) unsalted butter
90 g (3 oz) caster sugar
2 x 60 g (2 oz) large eggs
90 g (3 oz) ground almonds
30 g (1 oz) all purpose flour

Filling

3 teaspoons gelatine
30 ml (1 fl oz) water
30 g (1 oz) glucose syrup (corn)
30 ml (1 fl oz) water, extra
3 egg yolks
300 g (10½ oz) white chocolate, melted
550 ml (19½ fl oz) heavy cream, whipped

Topping

3 level teaspoons gelatine
125 ml (4½ fl oz) water
60 g (2 oz) castor sugar
60 g (2 oz) dark chocolate, finely chopped
40 ml (1½ oz) water, extra
30 g (1 oz) cocoa powder
45 g (1½ oz) castor sugar, extra
2 level teaspoons cornstarch

METHOD FOR

BASE:

Preheat oven to 180°C (350°F).

Line a baking sheet with baking parchment.

Beat the butter and the sugar until creamy, light and fluffy.

Add the eggs one at a time and beat well after each addition.

Fold in by hand the almonds and the flours.

Pour the mixture into the prepared tray and bake for

5 - 8 minutes or until the cake is lightly browned and the top springs back when lightly touched.

Cool in the tray.

When cool cut a 23 cm (9") circle using the inside edge of the rim of a spring form pan as a guide.

Place the cut cake in the bottom of a spring form pan.

METHOD FOR

FILLING:

Mix the gelatine and water in a small bowl.

Stand the bowl in a pan of hot water until the gelatine dissolves.

Heat the glucose syrup and extra water in a saucepan and blend into the dissolved gelatine.

Allow to cool slightly.

Place the egg yolks in a bowl, add the gelatine mixture and whisk. Whisk in the white chocolate and very gently but quickly fold in the whipped cream.

Pour onto the base, smooth the surface and refrigerate for 2 hours or until set.

Topping

Mix the gelatine and 4 teaspoons of the water in a small bowl. Stand the bowl in a pan of hot water until the gelatine is dissolved.

Put the remaining water, sugar and dark chocolate in a saucepan and bring to the boil, stirring all the time.

Blend the extra water, cocoa powder, extra sugar and cornflour and stir into the hot mixture, stirring all the time.

Remove from the heat and mix in the dissolved gelatine.

Cool.

When the topping is cold, slowly pour it onto the mousse.

Chill for one hour before removing from pan.

Step one: When the white chocolate filling has set, remove it from the refrigerator.

Step two: Pour the cooled topping over the white mousse. Work quickly to ensure the topping covers the entire base before setting.

Remove any air bubbles with a toothpick or sharp knife.

Place in fridge to set.

Step three: When the topping has set, run a hot knife around the edge of the cake pan.

Step four: Carefully remove the cake ring

*white chocolate filling
topping
in refrigerator
to set*

HONEYED FIGS

butter

8 figs

4 slices brioche, from a whole loaf

honey

250 g mascarpone or thick cream

**The number of figs you will need
for this recipe will depend on
their size.**

Melt enough butter to cover base of the frypan. Slice the figs and sauté them, cut side down, until golden brown, turning them occasionally. Meanwhile butter and toast the slices of brioche. Drizzle honey over the top of the figs and allow it to bubble up. Remove from heat.

Serve figs on or beside the toasted brioche with mascarpone or thick cream.

Serves 4

STICKY TOFFEE PUDDING

Double for 1 ONLY
SQUARE DISH

	(1 1/2 pkt) 185 g stoned dates / BOTTLE MINTS	1 1/4 cups (185 g) self-raising flour	2 1/2
(2)	1 cup (250 ml) water	1/4 teaspoon vanilla essence	1/2
(2)	1 level teaspoon bicarbonate of soda	SAUCE	
4	2 tablespoons (60 g) butter	7/8 cup (150 g) brown sugar	4
4	2 eggs	2/3 cup (150 ml) cream	2 1/4
1 1/2	3/4 cup (185 g) sugar	1/2 cup (110 g) butter	1
		1/2 teaspoon vanilla essence	2

Preheat the oven to 190°C.

To make the pudding, cook the dates in water until they reach a jammy consistency, stirring frequently to break them up. Beat in the remaining ingredients and mix well. Butter and flour an oblong baking tray with edges, and pour in mixture. Bake on the centre shelf of the oven for 25 minutes or until pudding is cooked.

To make the sauce, place all the sauce ingredients in a pan, bring to boil and boil for 5 minutes. To serve, cut the pudding into wedges and serve with the sauce and thick cream.

Serves 8-10

Cut dates finely, add bicarb - pour hot water over, boil for 5 min - add butter - dissolve -

Beat eggs and sugar -

Add vanilla

Fold flour into the egg mix

Fold dates in.

Mix sauce ingredients

Bring to boil - add 1 cup water (boiling)

Pour sauce into dish,

Spoon dough into sauce.

Bake at 180° for 25-30 min.

Serve with Cream.

If needed, make extra Sauce.

CRÈME BRÛLÉE

You will be surprised how incredibly quick and easy it is to prepare this classic dish. One that many people love, yet are afraid to make! Traditionally the egg yolks and vanilla sugar are beaten together until light in colour and slightly thickened, then scalded cream is added and the mixture is either whisked over a double boiler or put in a bain-marie in the oven for baking. This version does give less volume, but it is still very good.

1 cup (250 ml) thickened cream

2 egg yolks

1/2 tablespoon vanilla sugar

caster sugar for glaze

Scald the thickened cream in the microwave – 2 minutes on HIGH should do the trick – in a microwave-safe jug, of course. Then quickly whisk in the egg yolks and vanilla sugar (you can use caster sugar with a couple of drops of pure vanilla essence in it). If you have faith, microwave the mixture on HIGH for 30 seconds, whisk, then microwave on HIGH for another 20 seconds. Don't despair if the mixture bubbles and you think it has curdled, just beat like mad and all will be well. More cautious cooks may care to do this process slowly, using a MEDIUM heat. If you want more volume, but like the convenience of the microwave, beat the eggs together first and then proceed with the microwave method above.

Pour into ramekins and set in the fridge, preferably overnight. Sprinkle the top with caster sugar and a few drops of water to begin the melting process. Caramelize using a blow torch, brûlée iron, or pack the dishes in ice and place briefly under a hot grill. The ice will keep the custard cold.

Serve on its own or with fresh strawberries.

Serves 2-3, depending on the size of the ramekins

RHUBARB & STRAWBERRY CRUMBLE

Rhubarb is often overlooked as being rather pedestrian. However, I have fond memories of it from my childhood. Here, combined with strawberries, it is quite grown up.

4 cups peeled and diced rhubarb
(approximately 1 bunch)
1 cup strawberries,
cut in half if large
2 tablespoons (25 g) sugar
1 heaped teaspoon cornflour

CRUMBLE

1/2 cup (110 g) unsalted butter,
at room temperature
1/2 cup (165 g) brown sugar
1/2 cup (75 g) plain flour
1/2 cup (75 g) quick oats

Preheat the oven to 200°C.

Grease a smallish soufflé or gratinée dish. Place the rhubarb and strawberries in this and lightly mix through the sugar and cornflour. Mix the crumble ingredients together either by hand or in the food processor and place on top. Cook for 25–30 minutes. The juices should bubble up and the top be golden. Serve with thick cream or vanilla ice-cream.

Serves 4

LEMON OR LIME TART

There are many versions of this delectably zingy tart. Limes are lovely, but if you can't get them, use lemons. - *22cm*

PASTRY

1 1/4 cups (200 g) plain flour
1/2 cup (90 g) icing sugar
3 tablespoons (90 g) unsalted butter, diced
1 egg
1 tablespoon cold water (optional)

FILLING

Double up.
4 eggs *Separate eggs from
beat separate*
1/3 cup (75 g) caster sugar
1 1/4 cup (300 ml) cream
juice of 2-3 lemons or limes *Drop lemon base*
icing sugar

For the pastry, put the flour and icing sugar in a food processor and combine for a few seconds. Add the butter and process until the mixture resembles breadcrumbs. Add the egg. Process, stopping as soon as the dough forms into balls and clings around blade. If this doesn't happen, add a little chilled water until it does. Remove, wrap in plastic wrap and refrigerate for at least one hour; the pastry can be left overnight.

Preheat the oven to 200°C.

Roll out the dough on a lightly floured board and line a high-sided flan tin approximately 26 cm across. Press the pastry gently into the tin and use a rolling pin to trim the excess from the perimeter. Prick all over, including the sides, with a fork. Place in the freezer for at least 15 minutes (again, overnight is fine). Cook in the oven for 10-15 minutes until it is golden brown.

Reduce the oven temperature to 170°C.

To make the filling, beat the eggs and caster sugar together until pale. Pour in the cream and, finally, the juice. Pour immediately into the prepared pastry base and bake until it is just set, about 25-30 minutes.

Dredge with icing sugar and serve with whipped or thick cream.

Serves 6-8

YUMMY LEMON PUDDING

An old-fashioned favourite. The top becomes golden brown and cake-like concealing a wonderful lemony sauce underneath.

2 tablespoons soft butter

1/2 cup (110 g) caster sugar

2 tablespoons flour, plain or self-raising
(it doesn't seem to matter!)

juice and zest of 1 large or
1 1/2 smaller lemons

1 cup (250 ml) milk

2 eggs, separated

Preheat the oven to 180°C. Grease an ovenproof dish.

Beat together the butter and sugar until pale and soft. Add the lemon juice and zest, flour, milk and egg yolks and combine well.

Beat the egg whites until stiff and fold into mixture.

Pour into the greased ovenproof dish and bake for 25-30 minutes or until the top is golden.

Serve warm with thick cream.

Serves 4

Coconut Base

- 1 cup coconut
- 1/2 cup sugar
- 125 gm butter
- 1 cup cake meal

Method

- 1 melt butter and add to other ingredients and crumb

Apple Topping

- 1 small tin pie apple
- grated lemon rind
- sugar to taste

Press half the crumbs into greased pie dish spread with a little jam
Put apple on top and sprinkle balance of crumbs onto the apple

Bake in 180 oven for \pm 35 mins

PASSOVER APPLE CAKE

BEST DONE IN PROCESSOR

FILLING

- 4 Large Apples, peeled, cored and halved.
- 1/2 Cup Sugar
- 1 Teaspoon Cinnamon
- 1 Tablespoon Potato Starch

BATTER

- 3 Eggs
- 3/4 Cup of Sugar
- 1/2 Cup of Oil
- 3/4 Cup of Cake Meal
- 1/4 Cup Potato Starch
- 1 Teaspoon Cinnamon
- 1/4 Cup Orange or Lemon Juice

METHOD

SLICER: Slice apples, using firm pressure. Transfer to a large bowl and mix with remaining filling ingredients.

STEEL KNIFE: Process eggs with sugar for 1 minute.

1. Add oil through the feed tube while the machine is running and process another 30 seconds.
2. Remove cover and add cake meal, potato starch and cinnamon. Drizzle juice over dry ingredients. Process with about 3 quick on/off turns until smooth.
3. Let batter stand for about 1 or 2 minutes to thicken slightly.
4. Pour half the batter into greased square baking pan. Cover with apple mixture and top with remaining batter.
5. Bake 180 for about 50 minutes.

QUICK MATZO MEAL STUFFING

1 Onion
1 Stalk Celery
1 Large Carrot
1 3/4 Cup Matzo Meal
2 Eggs
2/3 Cup Chicken Stock
3 Tablespoons Oil
Salt and Pepper to taste

METHOD

1. Grate onion, carrot and celery.
2. Add remaining ingredients and mix well.

PASSOVER CARROT KUGEL

- 8 Meduim Carrots peeled
- 2 Large Apples peeled
- 1 Lemon with skin cut into small pieces
- 6 Eggs
- 2 Tablespoons Matzo Meal
- 1/2 Cup Potato Starch
- +1 Cup Sugar (start with 3/4 Cup and taste)
- 1/2 Cup Sweet Red Wine

METHOD

1. Grate carrots. Measure 2 cups firmly packed. Grate apples and add to carrots.
2. Process lemon until fine. Add to the above.
3. Add beaten eggs with remaining ingredients and mix well.
4. Place into well greased casserole and bake at 180 for about 50 minutes, until golden brown.

FARFEL APPLE PUDDING

- 3 Cups Matzo Farfel
- Cold water to cover
- 3 Eggs
- 1/2 Teaspoon Salt
- 3/4 Cup of Sugar
- 1/4 Cup of Pecan or Walnuts
- 3 Apples Peeled
- 1/2 Cup of Raisins
- 3 Tablespoons Oil

METHOD

1. Mix farfel and cold water. Drain immediately pressing out excess moisture.
2. Place in mixing bowl. Add eggs, salt, cinnamon and sugar and mix lightly.
3. Add chopped nuts, grated apples, raisins and oil to farfel. Mix well.
4. Put into well greased dish and bake at 180 for about 35 minutes or until nicely browned.

MERINGUE ROLL

4 Egg Whites
3/4 Cup Castor Sugar

MIX TOGETHER

1 Tablespoon Sugar
1 Teaspoon Cinnamon
1/2 Cup Flaked Almonds

FILLING

Beat together until stiff
250ml Cream or Orleywhip
1 Tablespoon Icing Sugar
1/4 Teaspoon Vanilla

METHOD

1. Beat egg whites stiffly, then add sugar 1 tablespoon at a time and beat well.
2. Grease swiss roll tin and put a sheet of foil on tin - leaving an overlap around the tin and grease again. Spread with the meringue. Sprinkle with cinnamon/nut mixture.
3. Bake at 180 for about 12 minutes, until edges are lightly brown.
4. Invert the meringue onto foil and carefully peel off the baked meringue.
5. Spread cream on centre of cooled meringue. Lift sides of meringue to meet. Cover meringue with the foil. Close foil very lightly.
6. Place in freezer for a few hours. (Can be made well in advance) Put into fridge 1 hour before serving.
7. Don't forget to remove foil.
8. Can use ice cream in place of cream.

APPLES IN ORANGE JUICE

Cut orange peel into thin strips and boil for about 10 minutes. Strain and put the strips into clean water and boil again for 20 minutes.

Put orange juice with 1/4 cup sugar in a large pot and boil.

Core and peel granny smith apples and cut them horizontally. Add to the orange juice with the drained peel and a few seedless raisins. Boil for about 10 minutes.

*as suggested, use lemon orange - heat - add lemon
orange juice must cover apples
juice*

XMAS TREES IN CHAMPAGNE SABAYON

INGREDIENTS

250 gms butter *if kosher use cardin.*
2 cups flour
2 heaped T. icing sugar
2 heaped T. custard powder

METHOD

1. Process ingredients in Magimix till mixture forms a ball.
2. ~~If oily wrap in~~ greaseproof paper and place in fridge for about ½ hour to relax and firm up.
3. Sprinkle board with icing sugar, roll out and press into whimsical shapes.
4. Place shapes on greased baking sheet and bake at 180° for 20 minutes or till golden brown.

Use everything chilled when making pastry.

SOAKED NAARTJIES WITH PERNOD CREAM AND GOLDEN SAUCE
SERVE WITH CARAMELISED ZEST,
PASTRY AND PRALINE BOWS

INGREDIENTS:

6 seedless naartjies
~~1 cup sugar~~
~~1/2 cup water~~
~~Squeezed lemon juice~~
Injection needle
Pernod Liqueur or Cointreau

METHOD FOR NAARTJIES:-

1. Inject naartjie segments with Pernod. Set aside in fridge, covered overnight.
To depith the naartjie put peeled n. into boiling for 20 seconds then into iced water and clean off.

GOLDEN SAUCE

INGREDIENTS:-

1 cup golden syrup Lyles.
60 mls. cream

OR.

1 Cup Sugar
1/2 Cup water.
Squeeze lemon juice
Dissolve to amber colour.
Take off stove and add in
cream + 1/2 cup cream.

METHOD:-

1. Simmer syrup gently for 5 min. Cool slightly.
2. Add cream slowly whilst beating with a whisk.
3. Serve warm. over ice cream

PERNOD CREAM

INGREDIENTS:-

250 gms. cream cheese
1/4 cup sour cream
1 T. castor sugar
4 T. Pernod - 2T

METHOD:-

1. Mix together cream cheese, sour cream, sugar and Pernod till sugar has dissolved and the mixture is smooth and thick.
2. Refrigerate covered overnight.

VANILLA BEAN ICE-CREAM

INGREDIENTS:-

500 mls. milk
2 vanilla beans (or more if you have)
10 egg yolks
½ cup castor sugar
2 and ½ T. honey
500 mls. cream (Beaten till thick and buttery)
If you use pods add 1 T V essence.

METHOD:- *If no pods use 3 T V essence*

1. Scald milk with beans.
2. Beat yolks with the sugar. Remove beans.
3. Pour on hot milk and stir to combine.
4. Return the mixture to a double boiler and stir over low heat until the mixture thickens and coats the back of a wooden spoon.
5. Remove from heat, add honey and stir until melted. Allow to cool.
6. Add cream.
7. Put into a shallow container and freeze overnight.
8. Put mixture into liquidiser and process until smooth.
9. Re-freeze overnight.

TO SERVE:-

Serve in ice bowl with decorative ice cubes.

Adapted from "Vogue Entertaining".

CAKE OF JEWELS
ZEBRA CAKE

INGREDIENTS:-

7 egg yolks
150 gms. sugar
350 gms. butter
300 gms. dark-chocolate
7 egg whites
Icing sugar to dredge

METHOD:-

1. Beat egg yolks and sugar.
2. Melt butter - remove from heat, add chocolate.
3. Stir chocolate into egg mixture.
4. Beat egg whites until stiff - fold into chocolate mixture.
5. Line a square, shallow cake tin with baking paper and butter and flour the paper.
6. Pour in mixture and bake in a pre-heated 150° oven for 60 minutes or until cooked through.
7. Unmould onto wire rack. Remove baking paper and allow to cool.
8. Reverse onto a board.
8. Dredge with icing sugar in an attractive pattern and cut into squares.

OPTIONAL

Place your zebra cutouts in a pattern on the cake. (Or use leaves from your garden - unsprayed).

Dredge heavily with icing sugar.

Paint your stripes with copper, gold or silver edible paint to create an animal effect or create an interesting design on your leaves.

Cut into comfortable-sized squares and arrange slightly apart on a decorative tray that is in keeping with the zebra cake.

It must look like a design within a design.

1-2 pkts hazelnuts crushed in half and put on top of cake before baked.

33 2 cm length
27 cm width
Depth 5 cm

1/2 bottles of Red Currant Jelly trim down with "little Red wine"

COUNTRY BREAD

INGREDIENTS:-

- 6 cups Nutty Wheat
- 2 cups crushed wheat
- 2 cups sunflower seeds
- 1 cup wheat germ
- 3 T. golden syrup
- 2 T. molasses
- 3 T. oil
- 2 t. salt or 3 tsp salt.
- 2 T. fresh yeast dissolved in 3 cups lukewarm water with 2 t. sugar

METHOD:-

1. Mix all dry ingredients together, add yeast little by little until you have a nice moist dough.
2. Fill 2 loaf tins 3/4 full.
3. Leave to rise (At least 2 hours).
4. Bake for 1 hour at 180°.

LEMON ICE CREAM

3	Eggs separated
125 mls	Castor sugar
60 mls	Lemon juice
15 mls	Lemon zest
250 mls	Cream

Cream yolks and sugar.

Add lemon juice and zest.

Fold in stiffly beaten egg whites and beaten cream.

Deepfreeze.

When almost frozen, re-spin and refreeze.

Double this

Neopolitan Cake
look for.

TIRAMISU WITH WILD CHERRIES

- 6 Eggs separated
- 6 T Castor sugar
- 1 & 1/3 cup Marsala
- 250 grms Mascarpone
- 4-5 tsp Sugar (to taste)
- 1-2 tsp Coffee dissolved in a little water
- 4-6 Savoiardi biscuits — *Finger biscuits*
- 1 bottle Toschi Wild Cherry Topping or fresh raspberries, gooseberries or any tart fruit

- mix in double boiler till thick then add in*
1. Mix yolks, sugar and 2/3 cup Marsala in top of double boiler till it coats the back of a spoon - strain through sieve.
 2. ~~Beat whites till stiff and fold into cold zabaglione~~
 3. Mix Mascarpone, sugar and coffee.
 5. Layer dessert with Mascarpone (rewhisk lightly if necessary to thicken, zabaglione) biscuits dipped in the remaining 2/3 cup Marsala (do not soak), wild cherries cut in half and zabaglione to cover.
 6. Just before serving, spoon some soft zabaglione over mixture and sprinkle with cocoa.
 7. Serve in old tea cups or in demitasses, with extra wild cherries.

Serves 8.

Giandola marsala.

Use raspberries and make coulis
Or gooseberries
Or loganberries. liquidized.

CRÊPES FOR CRÊPE MACHINE

INGREDIENTS:-

150 gms. flour
Pinch salt
3 eggs
187 mls. milk
187 mls. water
25 mls. oil
2 T. castor sugar

METHOD:-

Blend together in a food processor.
Rest in a refrigerator for at least $\frac{1}{2}$ hour.
Follow the manufacturer's instructions.

TORRONE ICE CREAM

2 tins Condensed milk
500 mls Cream
4 T Buttermilk
2 tsp Vanilla essence
1 bar Torrone Italian nougat broken into pieces
4 Tbsp ANZETIC LIQUOR (OPTIONAL)

1. Combine condensed milk, cream, buttermilk and vanilla essence. Set in deepfreeze.
2. When nearly frozen, fold in nougat - reset in deepfreeze.
3. Place in body of fridge for 15 minutes before serving.

Take 500 mls put in 4 Tblspns ~~or 8 Tblspns~~ of
buttermilk leave overnight just in fridge

BRONZED PRALINE SCULPTURES

INGREDIENTS:-

- 1 cup sugar
- $\frac{1}{2}$ cup water
- Squeeze lemon juice
- 1 pkt hazelnuts, coarsely ground & toasted

METHOD:-

1. Melt sugar, water and lemon juice in a heavy-based pot gently until sugar dissolves.
2. Turn up heat and boil, (watching all the time) until the caramel is dark amber.
3. Pour carefully over nuts over oiled baking sheet or oiled marble slab.
4. When cold and brittle, twist tray until shards form and are easily removed.
5. Leave overnight on greased wooden board or
6. When almost set, lift from slab or sheet with a metal spatula. Cut with a scissors & pull into a variety of interesting shapes.
7. If desired, paint with edible gold paint.
8. Leave uncovered on greased wooden board.

GOLD PEBBLES

Crush praline shards very finely with a rolling pin or food processor and rub gold paint with your fingers gently into the pebbles.

Keep in a covered jar.

If they dry out, re-crush, re-spin or separate with a fork.

NB Marble slab

APPLES IN AMBER

INGREDIENTS

- 12 large or 15 small Granny Smith apples (small ones if possible)
1 pkt toasted pecans (coarsely ground) 100 gms
4 T. honey
4 T. red wine
~~1/2 cup butter~~
3/4 - 1 cup ~~honey~~ or syrup
Cinnamon sticks
Cloves (optional)

METHOD

1. Score and core apples.
2. Crush nuts, mix with honey, red wine and butter.
3. Fill apples with paste.
4. Place in dish with honey or syrup at bottom of dish.
5. Bake in 180° oven for 45 minutes or till golden. *or even 50 minutes*
6. If too hot reduce to 150°C.

TO SERVE

Stick 2 cinnamon sticks in each apple. Set in a pool of gold-flecked caramel.

Paint cinnamon gold. Can also garnish with bayleaves streaked gold.

SAUCE FOR APPLES

INGREDIENTS

- 1 cup sugar
2 T. water
Squeeze lemon juice
Cup ~~2~~ T. thick jersey cream

METHOD

1. Melt sugar, water and lemon juice at low heat in pot.
2. When dissolved, boil steadily till a rich amber colour.
3. Take off heat - let cool slightly. *for 5 minutes*
4. Whisk in 2 T. thick cream.

HOME DRIED PINEAPPLE FLOWERS

1 Sweet pineapple peeled and sliced very thinly
600ml Water
400gms Sugar
Orange rind

1. Bring water, sugar and orange peel to boil.
2. Pour syrup over thinly sliced pineapple.
Stand for 2 hours. *Drain before baking*
3. Bake pineapple slices on grease proof paper at 80° for 4 – 6 hours.
Halfway through cooking time lift pineapples gently and turn them over.
4. Once cooled the pineapple should be very crisp and fragile.

PEAR SORBET

INGREDIENTS:-

- 4 Pears
- 155 gms. icing sugar
- Juice of 2 lemons (or to taste) (approx 60 ml)
- 2 egg white

METHOD:-

1. Peel, core and quarter the pears. (2 Pcs)
2. Put the pears into the pan with the sugar and enough cold water to cover.
3. Poach gently for 10-15 minutes.
4. Remove the pears and reduce the cooking liquid by rapid boiling until thick and syrupy. (About 10 minutes).
5. Puree the pears, sugar, syrup and lemon juice in a food processor.
6. Allow to cool and then freeze.
7. When nearly frozen, process briefly in the chilled bowl of a food processor.
8. Whisk the egg white until stiff, but not dry and add it by degrees while the food processor is on. The sorbet should double in bulk. (In the absence of a food processor, fold the lightly whisked egg white into the nearly frozen pear puree).
9. Freeze until firm.

Adapted from "Leith's Cookery School" by Pure Leith and Caroline Waldegrave.

ACHY-BREAKY ONION BREAD

INGREDIENTS

- 225 gms Nutty Wheat
- 225 gms plain flour
- $\frac{1}{2}$ - 1 t. ordinary salt (start with $\frac{1}{2}$)
- 1 t. bicarbonate of soda
- 1 t. sugar
- 1 pkt brown onion soup
- 110 gms butter diced finely
- 1 egg
- $\frac{1}{2}$ pint buttermilk
- 3 onions sauteéd till golden brown and thoroughly drained on carlton paper

METHOD

1. Turn oven onto 200°C.
2. Sift Nutty Wheat flour, salt, bicarbonate of soda, sugar and onion soup in Mixmaster.
3. Add butter till mixture resembles coarse meal.
4. Add egg, buttermilk and ~~add~~^{3/4} the quantity of onions.
5. Fill moulds till 3/4 full. Sprinkle with rest of onions and bake at 180°C oven for ~~45~~⁵⁰⁻⁵⁵ minutes. ⁵⁰
5. Turn out and cool on baking rack.

If you do not have moulds, press into a round with your fingers, indent and bake as above.

QUICK CARAMEL ICE-CREAM

INGREDIENTS:-

- 1 tin Caramel Treat
- 1 Pt. cream
- Handful of toasted nuts. (Pecans, walnuts or macadamias)

METHOD:-

1. Combine Caramel Treat and cream in food processor.
2. Freeze in shallow container in coldest part of freezer overnight.
3. Spin in processor till smooth and creamy.
4. Remove from processor and fold in nuts.
5. Refreeze overnight.

TO SERVE:-

Serve in ice bucket or stainless steel container.
If in a day or two you can see or taste ice crystals, re-spin and re-freeze.

QUEEN OF TARTS HEART

Makes a big heart shape mold as else
1/2 the recipe

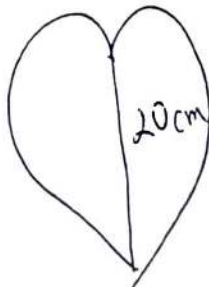
500 gms	Dark chocolate (Albany or Bournville)
500 mls	Cold water
100 mls	Rum
300 gms	Butter
300 gms	Castor sugar
2 tins	Chestnut puree
300 gms	Sugared nuts

1. Melt chocolate and water.
2. Slowly add rum.
3. Cream butter and castor sugar.
4. Process all ingredients except nuts in two batches in the magimix. *extra spin*
5. Fold in 150 gms of the sugared nuts.
6. Grease sides of pan. Line bottom and sides with greaseproof paper.
Spray lightly with "Spray and Cook".
7. Pour in mixture.
8. NB Refrigerate overnight.
9. Use remainder of sugared nuts to decorate.

Serve with heart shaped wafers painted gold if available.

*Serve with fresh black cherries as Tosca with
cherry topping or strawberries with caramel.*

Ask chest nut puree



RASPBERRY COULIS

INGREDIENTS

250 gms raspberries

1 T. and 1 t. castor sugar (can more sugar if necessary)

1-2 T. Creme de Cassis to taste

METHOD

Pureé and chill.

IF YOU CANT GET RASPBERRIES

To taste depending on ripeness of strawberries

1 punnet strawberries

2 T. + 1 t. castor sugar

4 T. Creme de Cassis

To Ann with luv enjoy enjoy!!

FAIRY PEARS

INGREDIENTS

150 gms castor sugar

2 pts water ^{1/2 litre}

cinnamon sticks

3 T. Grenadine

2 T. redcurrant jelly

12 small pears or 8 large pears (large dish)

1 small lemon with rind, sliced thinly (6 slices)

1 t. arrowroot

METHOD

1. Dissolve sugar in water with cinnamon, grenadine and jelly.
2. Add ~~three lemon slices~~ and pears and simmer gently till tender ± 20-30 minutes.
3. Remove pears ~~and lemon slices~~. Place in glass dish. Add three more lemon slices.
4. Add arrowroot to liquid, bring to boil and reduce till right consistency.
5. Pour over pears and cool.
6. Store in fridge 1-2 days to absorb flavour.

ETHELINA'S POTBROOD

2 tsp Yeast granules (Anchor yeast)
2 tsp Sugar
1 cup Warm water
2 cups Cake flour
1.25 tsp Salt
Holsum

Dissolve yeast and sugar in water till frothy (\pm 10 minutes).

Sift flour and salt.

Combine ingredients.

Knead with dough hook or by hand for about 3 minutes or till silky and smooth. *Very sticky to start but work well with flour.*

Place in buttered pot - allow to rise until doubled in bulk (about an hour).

Bake on hob on low heat (5) turning every 1/2 hour.

Grease pot with porcine & spray & cook.

ETHELINA'S POTBROOD

2 tsp	Yeast granules (Anchor yeast)
2 tsp	Sugar
1 cup	Warm water
2 cups	Cake flour
1.25 tsp	Salt
	Holsum

Dissolve yeast and sugar in water till frothy (\pm 10 minutes).

Sift flour and salt.

Combine ingredients.

Knead with dough hook or by hand for about 3 minutes or till silky and smooth. *Very sticky to start but work well with flour.*

Place in buttered pot - allow to rise until doubled in bulk (about an hour).

Bake on hob on low heat (5) turning every 1/2 hour.

Grease pot with olive oil & spray & cook.

CRÊPES IN HONEY SAUCE WITH PROVENÇAL PINE NUTS

CRÊPES:-

Buy or make in a crêpe machine.

HONEY SAUCE:-

1 cup heavy cream

4 egg yolks (room temperature)

1/3 cup honey

Few drops Pernod or Anise-flavoured liqueur 1 Tblspn.

½ cup toasted pine nuts

METHOD:-

1. Beat the cream until stiff.
2. Carefully stir in the egg yolks, honey and a few drops of Pernod.

THICKEN IN DOUBLE BOILER TILL WARM USE 1/2 TBLSPN PERNOD IF AVAILABLE

TO TOAST PINE NUTS:-

Spread on baking sheet and toast in 180° oven until lightly browned or toss in a little butter in a frying pan.

in fridge for 1 month Freezer 2 months

TO SERVE:-

1. Fold crêpes in quarters.
2. Spoon sauce over.
3. Place in 150° oven for 5-10 minutes till warm. (Watch carefully for curdling).
4. Serve one crêpe per person with a sprinkling of toasted pine nuts and/or gold pebbles.

Adapted from "Entertaining in the French Style" by Roger Verge

10 min

1. Fold CREPES IN QUARTERS.
2. Put in BAKING DISH covered with foil
3. Warm in oven for 3 min
4. Spoon over WARM SAUCE
5. Sprinkle PINE NUTS over SAUCE

BITTER CHOCOLATE CUSTARD

INGREDIENTS

- 4 eggs
- ½ cup sugar
- ¼ cup water
- ¼ t. cream of tartar
- 2 x 100 g slabs dark chocolate
- 2 T. ~~Espresso~~ coffee powder
- ¼ cup boiling water
- 2 T. cocoa
- 1 cup Ultramel or double cream for custard (2 cups for ice-cream)

METHOD

1. Beat eggs, add sugar and water.
Stir over low heat till slightly thickened (Use double boiler).
2. Add cream of tartar.
3. Melt chocolate, coffee powder, boiling water - add cocoa (Use double boiler or pan on very low heat).
4. Add chocolate mixture and egg mixture beating well.
5. When cool, add cream.
6. Use as custard or ice cream.
7. Decorate with brown colouring or piped chocolate if you wish.

SOFT PINK NOUGAT ICE CREAM

INGREDIENTS

- 4 eggs separated
- 1 tin condensed milk
- 1 Jersey cream (P & P)
- 1 small Damascus nougat - chopped finely (\pm 60 gms)
- ~~Extra green and red cherries for colour (\pm 8)~~
- Red food colouring
- 1-2 T. crushed toasted pecans (if required)

METHOD

1. Beat yolks and condensed milk together.
2. Lightly beat whites.
3. Fold cream into egg mixture.
4. Fold white into egg mixture.
5. Add nougat, cherries and two drops red colouring (and nuts if required).
6. When almost set - re-spin and refreeze for another 12 hours.

OR SPIN YOLKS, CONDENSED MILK & NOUGAT IN MACHINIX, THEN FOLD IN CREAM, EGG WHITES & COLOURING.

Serves 6

For a chunkier ice cream, freeze overnight. When almost set, fold in nougat and cherries (and nuts) and refreeze for another 12 hours.

Coffee Ice Cream.

Add 2 Tbspns of coffee to condensed milk and cream.

Caramel Ice Cream
Nougat Ice Cream
Apples ..

Babettes Feast.

HANDSOME DO-NUT NOO-NOOS

INGREDIENTS

1 cup flour

1 heaped T. baking powder

Pinch salt

1 cup water

Oil

2-3 $\frac{1}{2}$ cup Lyle's Golden Syrup melted (or more if necessary)

METHOD

1. Sift dry ingredients.
2. Add water slowly.
3. Let stand and thicken (Approximately 1 hour). *in fridge*
4. Drop dessertspoonfuls into hot oil in different shapes.
5. Drain on carlton paper.
6. Pour syrup over.

NITA'S LAMMINGTONS

INGREDIENTS

114 gms butter
160 gms sugar
2 eggs
½ cup milk
1 t. cream of tartar
½ t. bicarbonate of soda
1 ½ cup flour
Pinch salt

METHOD

1. Cream butter and sugar.
2. Add eggs, one at a time and beat well.
3. Sift remaining dry ingredients. Add to mixture alternatively with milk.
4. Place in greased square tins (8x10"). Hollow centre of batter lightly to obtain level cake.
5. Bake in moderate oven 180° for ½ hour or till golden brown.
6. When cool, cut into squares and proceed with chocolate coating.

CHOCOLATE COATING

INGREDIENTS

1 ½ cups boiling water
85 gms butter
1 ¾ cup icing sugar
1 ½ t. vanilla
2 ½ T. cocoa
1-2 pkts coconut

METHOD

1. Mix together and bring to boil.
2. Working quickly, dip each square into chocolate sauce and then roll in coconut.
3. Do not allow them to soak.

MASCARPONE SEMI-FREDDO WITH GINGER, DATES AND HONEY

INGREDIENTS:-

- 4 eggs, separated
- ½ cup castor sugar
- 1 cup cream
- 1 t. vanilla
- 250 gms. mascarpone
- 2 T. honey
- 100 gms. ~~ginger~~ ^{strip pieces} ginger, chopped roughly
- 100 gms. fresh dates, pitted and chopped roughly

METHOD:-

1. Beat the egg yolks with ½ the sugar.
2. Add cream and vanilla.
3. Place mixture in a double boiler and cook, stirring all the time, until the mixture thickens and coats the back of a spoon.
4. Allow to cool.
5. Add mascarpone and mix well. *and very carefully*
6. Add honey, ginger and dates and set aside.
7. Beat the egg-whites until they hold stiff peaks and gradually add the remaining sugar.
8. Fold the egg-whites into the ice-cream mixture and freeze overnight.
9. Let the ice-cream soften slightly and fold gently to evenly distribute the ginger and dates (optional).
10. Re-freeze overnight.
let soften for 20 mins before serving

Mascarpone with toasted Almond and a little honey.

Adapted from "Vogue Entertaining".

THICKY - STICKY CHOCOLATE SAUCE

INGREDIENTS:-

- 100 gms. dark chocolate, broken into pieces
- 120 gms. unsalted butter
- ½ cup cocoa
- ½ cup golden syrup
- ½ cup cream (less if desired)

METHOD:-

1. Melt butter.
2. Take off the heat - add chocolate.
3. Stir in cocoa, golden syrup and cream.
4. Heat gently, stirring all the time until the sauce is smooth and has the right consistency.

It is wonderful for dipping fruit into

Choc. Sauce

Chocolate treat with ½ cup Cream + Brandy

CARAMELISED ZEST

INGREDIENTS:-

1. 2 oranges with zest cut in 6 long strips.

METHOD:

1. Place orange zest in pot covered with cold water.
2. Bring to boil for 10 minutes. Drain and re-fresh in cold water.
3. Place in pot with sugar, water and lemon juice. *40 gms sugar 6T water Squ*
4. Bring to boil over moderate heat till sugar dissolves, then boil until straw-coloured. *5 - 10 minutes until syrupy*
5. Remove zest. Place on oiled greaseproof paper on plate or marble slab to harden.
6. Twist into decorative shapes.
7. Pour syrup into another bowl & wait for it to cool and thicken slightly.
8. Make bows.

PRALINE BOWS

METHOD:-

1. When syrup is lightly straw-coloured, take a ball in your hands, pull it around until it becomes firm and tacky and quickly form a bow.
2. Place on greaseproof paper on plate until it becomes firm.
3. Place in fridge to speed up process if necessary.

PASTRY BOWS

METHOD:

1. Defrost "French Puff Pastry" in your fridge overnight.
2. Stand at room temperature for about 2 hours.
3. Cut puff pastry in thin strips along its length.
4. Tie loosely in a bow.
5. Place on greased baking sheet, brush with a lightly beaten egg, and bake at 220° for 8-10 minutes or till golden brown.
6. Dredge with icing sugar.

TO SERVE:-

Serve naartjies with Pernod Cream and light Caramel Sauce and/or pastry and praline bows and caramelised zest.

MOM'S POTATO PUDDING.

Ingredients.

10 large potatoes. 2 eggs + 2 tablespoons sugar + 1/2 cup
1 medium onion.
2 tablespoons flour.
3/4 cup oil.
1 teaspoon salt.

Method.

Grate the potatoes and onion on a fine grater. Add the flour and salt. Heat the oil in a shallow casserole, a dish 8" x 12" x 2" deep is a nice size. Pour this warmed oil into the grated potato mixture and mix well. Then pour the mixture into the warmed casserole and bake in a 350 degrees oven for about 1 1/2 hours. The pudding should be a nice golden brown.

CHOCOLATE WITH OIL.

Ingredients.

- 1 rounded cup flour.
- 3 level teaspoons baking powder.
- 1 cup sugar.
- Pinch of salt.
- 4 eggs.
- $\frac{1}{2}$ cup oil.)
- $\frac{1}{2}$ cup water.)
- 4 dessertspoons cocoa.) Mixed together.
- 1 teaspoon vanilla.)

Method.

Cream yolks with sugar well. Add the oil, cocoa and water mixture. Sift dry ingredients and add to the mixture. Beat well. Fold this mixture into the stiffly beaten egg whites.

Temperature: 370 degrees.

Time: 30 minutes.

Bake in two small tins (8") for thirty minutes or one larger tin for 50 minutes.

CHOCOLATE FROSTING.

Ingredients.

- $\frac{1}{4}$ lb. butter.
- 1 lb. icing sugar.
- 3 tablespoons cream.
- little warm milk.

Method.

Soften the butter by putting in a dish of cold water for several hours. Sift the icing sugar and the cocoa. Cream the butter well, slowly add the sifted icing sugar and cocoa. Beat well between each addition. When all used up slowly add a little warm milk until the icing is of the correct consistency for spreading.

This amount is sufficient to frost a chocolate cake.

ITALIAN GENOISE CAKE.

Ingredients.

1 cup eggs (usually 5).
1 cup sugar.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon vanilla essence.
 $1\frac{1}{2}$ cups sifted flour.

Method.

Beat eggs until light and fluffy. Gradually add sugar, salt and vanilla. Beat until very thick and lemon coloured. Fold in flour 2 dessertspoons at a time. Fold in gently but thoroughly. Grease and flour two 9" layer pans. Bake in 375 degrees oven for about 25 minutes. Remove from oven. Cool in pans. Remove from pans and when completely cool, split each layer in half. Fill layers with custard cream. Cover the top of the cake with a thin chocolate icing. Leave this cake in the refrigerator for a few days before serving.

Custard Cream.

Ingredients.

$\frac{3}{4}$ cup sugar.
One third cup flour.
3 eggs or 4 yolks.
 $1\frac{1}{2}$ cups milk.
1 teaspoon vanilla.
3 oz. butter.

Method.

Combine sugar and flour in top of a double boiler. Mix well and add milk and eggs. Cook over medium heat and when thick take off heat and add vanilla and butter. Stir until butter is melted. To prevent lumps use a whisk and cool.

Thin Chocolate

Icing.

Melt together 2 tablespoons butter.
2 oz. chocolate.
Blend in 1 cup sifted icing sugar.
2 tablespoons water.
Blend until smooth but not stiff.

MOM'S BISCUITS.

Ingredients.

- $\frac{1}{2}$ lb. butter.
- $\frac{3}{4}$ cup sugar.
- 3 teaspoons baking powder.
- 1 egg.
- 5 tablespoons, half milk, half water.
- Pinch of salt.
- 4 - 5 small cups flour.

Method.

Grate butter and cream well with sugar. Add egg. Beat well. Add milk - mix well. Add the baking powder, flour and salt. Mix well. Dough should be of a soft but workable consistency. Roll on a floured board. Roll thinly. Cut out various shapes. Beat egg whites. Brush the biscuits generously. Dip each biscuit in sugar. Place biscuits fairly closely on greased baking sheet. Bake in 400 degree oven until golden brown. These biscuits are fragile so handle carefully.

BRANDY SNAPS.

Ingredients.

- 2 oz. butter.
- $1\frac{1}{2}$ oz. brown sugar.
- 2 tablespoons golden syrup.
- $\frac{1}{2}$ teaspoon ginger.
- 2 oz. flour (8 tablespoons!).
- $\frac{1}{2}$ teaspoon lemon juice.
- $\frac{1}{2}$ teaspoon brandy.

Method.

Warm butter, sugar, syrup and ginger until melted. Sift in flour, add lemon juice and brandy. Place teaspoonsful on greased tin a good distance apart to allow for spreading. When baked, roll each quickly over the greased handle of a wooden spoon and slip off carefully. Should they harden before rolling, put back in oven for a second to soften. Just before serving, fill each with sweetened whipped cream, either by dripping with a small teaspoon through each end or with an icing tube.

Temperature: 300 degrees.

Time: About 15 minutes.

CHEESE CAKE.

Pastry Base.

Ingredients.

$\frac{1}{4}$ lb. butter.
2 tablespoons sugar.
1 tablespoon thick cream.
2 cups flour (8 Oz.).
Pinch of salt.
2 eggs.
2 teaspoons baking powder.

Method.

Cream the butter and the sugar. Add salt and eggs, one at a time. Add cream and lastly flour and baking powder. Take two thirds of the dough and roll $\frac{1}{2}$ " thick. If dough is too soft to be handled, a little extra flour may be used in the rolling. Lift dough into a greased and floured 9" dish. Press down. Trim sides. Smear base with egg white to prevent sogginess. Let this dry while making cheese mixture.

Cheese Cake

Filling.

Ingredients.

1 lb. cream cheese.
 $\frac{1}{2}$ cup sour cream.
 $\frac{1}{2}$ cup sugar (or less to taste).
2 teaspoons flour.
2 eggs.

Method.

Mix all ingredients well and pour into base. Roll remaining dough into strips and decorate as desired. Brush strips with beaten egg. Bake in warm oven 400 degrees for 15 minutes, turn oven to 300 degrees and bake until crust is golden brown. Turn oven off and let cake cool in oven. Leave door open slightly. This will prevent any sinking or cracking of the cheese filling.

MARBLE CHIFFON CAKE.

Ingredients.

2 $\frac{1}{4}$ cups sifted cake flour.

1 $\frac{1}{2}$ cups sugar.

3 teaspoons baking powder.

1 teaspoon salt.

$\frac{1}{2}$ cup salad oil.

7 egg yolks.

$\frac{3}{4}$ cup cold water.

1 teaspoon vanilla.

7 egg whites.

$\frac{1}{2}$ teaspoon cream of tartar.

One third cup Bosco.

Method.

Sift together the flour, sugar, the baking powder and the salt. Make a well on the centre of the dry ingredients and add in this order:- salad oil, egg yolks, cold water and vanilla. Beat till satin smooth. In a large bowl, beat egg whites with cream of tartar till very stiff peaks form. Pour egg yolk batter in thin stream over entire surface of egg whites, gently folding in to blend. Remove one third of the batter to a separate bowl. Fold in warmed Bosco. (Warm Bosco over warm water)). Spoon $\frac{1}{2}$ the light batter into an ungreased 10" tube pan, top with half of the chocolate batter. Repeat layers with remaining batters. With a narrow spatula, swirl gently through batters to form marble pattern. Bake 325 degrees for 55 minutes. Raise oven temperature to 350 degrees and bake 10 minutes longer. Cake is done if it springs back when you touch the surface lightly. Invert cake in pan, cool. Then frost with your favourite chocolate frosting. This cake tastes excellent simply dusted with icing sugar instead of frosting.

FRENCH BREAD.

Method.

Mix together in large mixing bowl 1 cup lukewarm water.

1½ teaspoons salt.

Crumble into mixture 1 cake compressed yeast.

Stir until yeast is well dissolved.

Add 1 tablespoon ^{soft}shortening (oil).

Mix in with spoon then with hand ... 3½ cups sifted flour.

When dough begins to leave sides of bowl, turn it out onto lightly floured board to knead. Knead dough until it is smooth and elastic and does not stick to board.

Place in greased bowl, turning once to bring greased side up. Cover with damp cloth and let rise in warm, draft free spot until double - (approximately 2 hours).

Press fingers into dough. It will leave indentation when dough is doubled).

Punch down

Thrust fist into dough, pull edges into centre and turn completely over in bowl. Let rise again until almost double in bulk (approximately 45 minutes).

Roll into 15" by 10" oblong. If desired, divide dough into half and roll into two oblongs (approx. 7" by 5"). Roll up tightly towards you, beginning with wide side. Seal edges by pinching together.

With hand on each end, roll gently back and forth to lengthen loaf and taper ends. Place it diagonally on a lightly greased, mealie-meal sprinkled baking sheet. Make ¼" slashes at 2" intervals in the loaf with a sharp knife. Brush top with cold water. Let stand uncovered about 1½ hours. Brush again and bake.

Bake 10 minutes in hot oven - 425 degrees. Remove from oven and brush again. Reduce temperature to 375. Bake 10 minutes more. Remove from oven and brush again. Sprinkle with sesame or poppy seeds. Continue baking 15 to 20 minutes until golden brown.

Caution. Do not let yeast doughs rise more than double after shaping. They will fall, become coarse and open, and very dry when baked.

HOT MILK SPONGE.

Ingredients.

4 eggs. 1½ cups sugar.
1 cup milk ¼ lb. butter
2 cups sifted flour. 4 small teaspoons baking powder.

Method.

Beat eggs and sugar very well. Throw on 2 cups flour. Beat. Add boiled milk and butter mixture. Beat. Add baking powder. Mix through and pour into two prepared 9" layer cake pans.

This cake is very tasty if left un-iced. Put layers together with jam. Dust with icing sugar just before serving.

Alternately whip 1 pint cream. To a third of the whipped cream, add drained, chopped peaches (contents of a small can). Use this as a filling between the layers. Use remaining cream to "ice" cake. Trim as desired.

CHOCOLATE ECLAIRS.

Method.

Heat to boiling point in saucepan 1 cup water.
½ cup butter (4 ozs).:
Stir in 1 cup sifted flour.
Stir constantly until mixture leaves the pan and forms into a ball (about 1 minute). Remove from heat and cool.
Beat in, one at a time 4 eggs.
Beat mixture until smooth and velvety.
Put dough into pastry bag and force into ungreased eclair pans. Bake in 400 degrees oven until golden brown and dry. When baked, slit eclairs to allow steam to escape. Cool slowly, away from drafts.
When cool, split into two. Scoop out any filaments of soft dough. Fill with sweetened whipped cream. Replace tops.
Frost with thin chocolate icing.

Thin Chocolate Icing.

Melt together 2 tablespoons butter
2 oz. chocolate.
Blend in 1 cup sifted icing sugar.
2 tablespoons water.
Beat until smooth but not stiff.

CINNAMON BUNS.

Ingredients.

2 cakes yeast. 1 small cup sugar.
1 full teaspoon salt. $\frac{1}{2}$ pint milk (large measuring cup).
 $\frac{1}{2}$ lb. butter. $\frac{1}{4}$ pt 2 tablespoons cream.
4 eggs. \approx 6 small measuring cups flour (approx.)

Method.

Grate butter. Melt milk, butter, sugar and cream together. Beat up eggs and salt very well. Sift flour over beaten eggs.

Dissolve the two cakes of yeast in $\frac{1}{2}$ small cup lukewarm water. Make a "well" in the flour. Pour in dissolved yeast. Cover the yeast with flour.

Pour the melted butter mixture around the sides of your dish containing the flour. Do not pour on the yeast. Beat the whole mixture with a wooden spoon until large bubbles appear.

If mixture is very soft, sprinkle $\frac{1}{2}$ cup of flour on top.

If mixture is firm, sprinkle only $\frac{1}{4}$ cup flour on top.

Cover well and let rise.

When well is risen, remove from dish, make various shaped buns, filling centre generously with a mixture of cinnamon and sugar, also well-washed sultanas. Let rise again.

Brush with beaten egg and sprinkle with streusel topping. Bake in 400 oven.

Streusel topping.

1 cup flour
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{4}$ cup butter.

Work all together with fingers thoroughly, sprinkle over top of buns before baking.

Cocoa Chiffon Cake Continued.

Suggested
Frosting for
Chocolate Chiffon
cake.

Mix together

6 Tablespoons sugar.

1/8 teaspoon salt.

6 Tablespoons cocoa.

3 cups whipping cream

(1 1/2 pints).

Chill one hour or more. Whip until stiff.



BASIC CHIFFON CAKE RECIPE.

Set out but do not grease a 10" tube pan, 4" deep.

Method.

Sift together into

Mixing bowl 2 cups sifted flour.
1½ cups sugar.
3 teaspoons baking powder.
1 teaspoon salt.

Make a well and add in

order ½ cup oil.
7 egg yolks, unbeaten.
¾ cup cold water.
2 teaspoons vanilla essence.
2 teaspoons grated lemon rind.

Beat with spoon until smooth.

Then measure into large

mixing bowl 1 cup egg whites (7 to 8)
½ teaspoon cream of tartar.

Whip together until whites form very stiff peaks.

Pour egg yolk mixture gradually over the whipped whites, gently folding with rubber scraper just until blended. Pour into ungreased pan. Bake until surface springs back when lightly touched - (never underbake a chiffon cake). When cake is done, invert immediately over a funnel and let hang until cool. Loosen with a spatula. Turn over and hit edge sharply on table to loosen. Frost and trim cake as desired.

Temperature and time.

Bake 10" tube at 325 degrees for 55 minutes and then at 350 degrees for 10 or 15 minutes.

Orange Chiffon. Follow Basic Chiffon Cake recipe but use orange juice instead of water. Also substitute orange rind instead of the lemon. Use only one teaspoon vanilla essence or none at all.

Suggested filling and frosting for orange chiffon cake.

Split a 10" Orange Chiffon Cake into two layers. Fill cake and frost with the following:-

Orange Custard Filling.

Beat until thick and lemon-coloured .. 5 egg yolks.

Blend in $\frac{1}{4}$ cup sugar.

$\frac{1}{4}$ cup strained orange juice.

2 teaspoons orange rind.

Cook over low heat, stirring constantly until it begins to boil. Cool. Fold in one cup stiffly beaten whipped cream with one teaspoon lemon juice.

Sprinkle frosted cake with sliced toasted almonds.

Cocoa Chiffon.

Combine and let cool $\frac{3}{4}$ cup boiling water

$\frac{1}{2}$ cup cocoa.

Sift together $1\frac{3}{4}$ cup (less $3\frac{1}{2}$ Tablespoons) flour.

$1\frac{1}{4}$ cup sugar.

3 teaspoons baking powder.

1 teaspoon salt.

Make a well and add $\frac{1}{2}$ cup oil.

7 egg yolks unbeaten.

cooled cocoa mixture.

1 teaspoon vanilla essence

Beat till smooth.

Then measure in mixing bowl

and beat until very stiff 1 cup egg whites (7 to 8)

$\frac{1}{2}$ teaspoon cream of tartar

To combine, see directions in Basic Chiffon

Cake recipe.

BUTTERSCOTCH PARFAIT

(very simple!)

Ingredients.

Make up one packet Royal Butterscotch pudding.

Make up one packet yellow jelly.

1 small tin crushed pineapple.

cream.

Method.

Set the butterscotch pudding in a flattish dish. Do the same to the jelly. Make this dessert up in individual glasses. Fill a long, attractive glass with alternate layers of the chopped jelly, butterscotch pudding, pineapple and whipped cream. Garnish with a swirl of cream. Drizzle with a little Bosco and top with a cherry,

CHOCOLATE CHESTON PIE.

To make the Shell.

Ingredients. 1 cup Marie biscuits crumbs.
 $\frac{1}{2}$ cup grated pecan nuts.
2 tablespoons sugar.
3 tablespoons melted butter.

Method.

Combine the crumbs, nuts and the sugar. Blend in the melted butter. Spread over the bottom and the sides of a 9" pie plate. Pat down with the back of a spoon. Chill.

To make the Filling.

Ingredients. Slightly more than 1 dessertspoon gelatine.
 $\frac{1}{4}$ cup cold water.
 $4\frac{1}{2}$ ozs. black chocolate.
1 cup milk.
3 eggs.
one eighth teaspoon salt.
 $\frac{1}{2}$ cup sugar.
1 teaspoon vanilla essence.

Method.

Soften the gelatine in the cold water. Melt the chocolate in the milk over hot water. Use a double boiler. Beat well, stir in the softened gelatine and the vanilla essence.

Separate the eggs. Beat the yolks and salt. Gradually add a $\frac{1}{4}$ cup sugar beating continuously until the egg yolks are thick and lemon coloured. Slowly add the chocolate mixture, stirring until well blended. Chill until slightly thickened. Beat the egg whites until they form peaks. Slowly add the remaining $\frac{1}{4}$ cup sugar, beat until stiff. Fold the chocolate mixture into the whites. Pour into the crumb lined dish. Chill and set. Remove from the fridge 15 minutes before serving. Garnish with whipped cream, nuts and cherries.

CRÈME CARAMEL.

Ingredients.

2 cups sugar.

Scant $\frac{1}{2}$ cup water.

$\frac{1}{2}$ teaspoon cream of tartar,

dissolved in 1 tablespoon water (to prevent crystallization).

Method.

Mix the sugar and the water in a small saucepan and stir until sugar has dissolved. Add the cream of tartar, stir. Boil rapidly but on no account stir or move saucepan about during boiling. Watch carefully. Colour will start changing to light yellow. Continue boiling until syrup turns amber colour. Pour the caramel into a warmed 2 pint mould. Swirl it round quickly to coat the bottom and sides of mould. Allow the caramel to set firmly in the dish before pouring in custard. To clean saucepan - let the saucepan cool slightly, then fill with hot water and leave to soak.

Custard.

Beat slightly to mix 6 eggs.

two thirds cup sugar.

$\frac{1}{2}$ teaspoon salt.

Scald (crinkly skin forms _{top})... 4 cups milk.

Stir in $\frac{1}{2}$ teaspoon vanilla.

Strain into the prepared mould and set in pan of hot water (1" up on mould). Bake just until silver knife thrust into custard comes out clean. Immediately remove from heat and cool. Turn out just before serving. When unmoulded, melted caramel runs down sides forming a sauce. Serve with cream.

Temperature: 350 degrees.

Time: 30 to 35 minutes.

P.S. This pudding will unmould much more easily if prepared well in advance.



BREAD AND BUTTER PUDDING.

Ingredients.

5 or 6 thin slice bread.
1½ oz. butter.
2 oz. seedless raisins.
3 eggs.
¾ pint milk.
1½ oz castor sugar.

Method.

Butter a pie dish, spread the bread with butter, remove the crusts and cut slices into triangles. Fill the dish with alternate layers of bread and raisins.
Beat slightly to mix the 3 eggs and the castor sugar. Scald the milk and pour into the egg mixture. Strain this over the bread. Let the pudding stand for 30 minutes before baking. Set in pan of hot water to bake. Bake at 325 degrees until firm and golden. To test - thrust a silver knife into custard. It should come out clean.

TRIFLE.

Ingredients.

1 vanilla swiss roll.
1½ pints warm custard.
¼ cup fruit juice and sabbath wine.
Drained, canned fruit.
Glacé cherries.
Chopped pecan nuts.

Method.

Line the bottom and the sides of a pudding bowl with sliced swiss roll. Sprinkle with the wine and fruit juice mixture. Sprinkle with the chopped nuts, sliced glacé cherries and a little drained fruit salad. Cover with warm custard. Repeat layers until dish is full. Do not use too much cake. Place in the refrigerator to set. When cold decorate with whipped cream and any desired garnish.

APPLE PUDDING.

Ingredients.

3 eggs.
 $\frac{1}{2}$ cup sugar.
1 teaspoon vanilla essence.
3 tablespoons flour.
2 level teaspoons baking powder.
1 tablespoon butter.
1 large apple.
Dessertspoon apricot jam.

Method.

Heat oven to 325 degrees. Melt the butter in pyrex dish. Beat eggs, sugar and vanilla until fluffy and pale lemon in colour. Fold sifted flour and baking powder into mixture. Add melted butter to this after swirling in the dish to coat. Pour half the mixture into the same dish in which butter was melted. Put down the grated apple to which the jam was added. The apple must not be too sweet. Pour over the rest of the pudding. Bake until done. The pudding will fall in but this is of no consequence. Serve with cream or custard.

HOT CHOCOLATE SAUCE.

Ingredients.

3 oz. milk chocolate.
3 oz. black chocolate.
2 oz. butter.
 $\frac{1}{2}$ cup cream.

Method.

Melt over hot, not boiling water in double boiler. This sauce can be re-heated.

COFFEE CREAM MERINGUE.

Ingredients.

3 egg whites.	1/8 teaspoon salt.
1/4 teaspoon cream of tartar.	1 teaspoon vanilla extract.
1 cup castor sugar.	2 packets vanilla pudding.
3 cups milk.	1 tablespoon instant coffee powder.
1 1/2 cups cream.	Chocolate curls.

To make meringue shell.

Whip egg whites in bowl until foamy. Add salt, cream of tartar and vanilla. Continue to whip until soft peaks form. Add sugar, 2 tablespoons at a time, whipping well after each addition. Continue to whip until stiff peaks form.

Draw a circle 9" in diameter on a heavy piece of brown paper placed on a cookie sheet. Spoon meringue into circle. Push meringue from centre to edge of circle so centre is 1" thick and rim 2" high.

Heat oven to 250 degrees. Bake shell one hour. Turn off heat, open door and leave shell in oven for one hour. Remove paper and place meringue on a flat plate.

To make filling.

Combine pudding mix and coffee powder in saucepan. Add a little of the milk and stir until mixture is smooth. Add remaining milk. Cook and stir over moderate heat until mixture boils.

Cover and chill thoroughly.

Whip cream until stiff, stir in vanilla. Reserve 1/4 cup cream. Beat chilled pudding with a rotary beater until very smooth. Gently fold pudding into remaining cream. Pile filling into cool meringue shell. Decorate with reserved cream and chocolate curls.

CHOCOLATE TORTE ROYALE.

Cinnamon meringue

Shell

4 egg whites.

1 teaspoon vinegar.

$\frac{1}{2}$ teaspoon cinnamon.

^{finer}
 $\frac{1}{2}$ teaspoon salt.

1 cup sugar.

Cover a cookie sheet with a piece of heavy paper. Draw an eight inch circle in centre. Beat egg whites, salt and vinegar until soft peaks form. Blend sugar, cinnamon, gradually and add to egg whites, beating till very stiff peaks form and all the sugar has dissolved. Spread within the circle making the bottom $\frac{1}{2}$ " thick and mounding around endge making it $1\frac{3}{4}$ " high. For trim, form ridges on outside with back of teaspoon. Bake in very slow oven - 275 degrees for one hour. Turn off heat and let dry in oven (door closed) for about 2 hours. Pull off paper.

Twin cream

Fillings.

6 ozs. semi-sweet
chocolate pieces -
about one cup.

$\frac{1}{4}$ cup water.

$\frac{1}{4}$ cup sugar.

2 beaten egg yolks.

1 cup heavy cream.

$\frac{1}{4}$ teaspoon cinnamon.

Melt the chocolate over hot - not boiling - water. Cool slightly, then spread 2 tablespoons of the chocolate over bottom of cooled meringue shell. To remaining chocolate, add egg yolks, water and blend. Chill till mixture is thick. Combine cream, sugar and cinnamon and whip till stiff. Spread half over chocolate in shell. Fold remainder into chocolate mixture and spread on top. Chill several hours or overnight. Trim with whipped cream and nuts.

The quantity of chocolate can be increased if a thicker chocolate base is desired.

