

BEYOND

# DESSERTS



DESSERTS

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## BEYOND DESSERTS



WHILE TASTES VARY FROM PERSON TO PERSON, there's one thing we can all agree on: there's *always* room for dessert. This wealth of fantastic recipes are simple enough for everyday fare, but beware—once you make them, your friends and family will be clamoring for you to make them again!

INSIDE, YOU'LL FIND INVALUABLE COOKING TIPS and troubleshooting methods for trickier dishes such as soufflés, mousses, and flambés. Ensure perfect results every time with this handy, easy-to-follow guide to gourmet desserts!





BEYOND  
**DESSERTS**



This One



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CRÈMES AND MOUSSES



FRUIT DESSERTS



BAKED DESSERTS



FROZEN DESSERTS

## INTRODUCTION

BEFORE ANYONE, guests or family, sits down to the table, it's likely that the big question has been afloat—"I wonder if we're having dessert?" After all, it is the dessert that makes a great meal seem even more perfect and complete.

Is it looked forward to any less than the encore for a great concert or the climactic frenzy at the end of a fireworks display? A dessert can carry just as much power, whether it is a show-stopping creation or a small crystal goblet of the purest fruit juice with fresh cream floated on top.

Every meal has the potential to become more satisfying with a delicate, sweet finish, but ample thought needs to be given to how well the dessert complements what has come before, whether it pleases the eye as well as the tummy, and if the portion size will bring smiles or groans.

JUST AS YOU WOULD SEARCH FOR THE RIGHT WINE to enhance the flavors of your entrée, consideration of the entire meal is necessary when pairing the dessert. If the main course is predominantly starchy, wouldn't it be better to avoid cake or bread-based dessert? A very rich, creamy entrée suggests that the final course be light and refreshing, perhaps a fruit-studded champagne ice. Was the main dish predominantly a plain color? Then a dessert with high color contrast would be welcomed. If the savory dishes were hot and spicy, wouldn't a frozen dessert be the perfect contrast for a cool and refreshed palate. Dinners comprised of traditional comfort foods are great crowd-pleasers, but often tend to be a bit rich and heavy. By the same token, popular comfort desserts like pies, carrot cake, fruit cobbler, and homemade ice cream also fall into the very filling category. More often than not, it's best to end a "comfort" meal more simply—the Flambéed Fruit Potpourri (see page 52) would be a perfect choice.

## GROOMING FOR SWEET SUCCESS

It is often said that making desserts requires precision. Just as important is the fact that there are also tried and true tips and techniques that will heighten the possibility of repeated successes and build the confidence level for both novices and seasoned cooks.

Don't be afraid of techniques you haven't tried yet. Just remember that many thousands of people the world over have been creating delicious desserts for centuries. None of them are beyond the common cook. Here are some time-tested pointers that are guaranteed to help.

## EQUIPMENT

Spend money on items that really account for the best outcome. For preparing desserts, this mainly involves mixing, beating, and baking.

- ▶ Good whisks and mixers make beating more controlled.
- ▶ Having a non-plastic, rounded, sloping bowl for whisking makes a difference.
- ▶ Invest in a quality spatula that will accomplish three things: It should be just large enough to help you get ingredients away from the sides and bottom of the mixing bowl so they can be beaten properly. Also, make sure that it is large enough for folding whipped ingredients into delicate batters. Last but not least, buy one that is heat resistant so it can be used for stirring cooked syrups and ingredients in double boilers.
- ▶ The thickness of cookware can mean the difference between a silky pudding and a lumpy, scorched one. Thin, flimsy baking sheets will not brown evenly.
- ▶ Non-stick surfaces are not always the most important consideration, because baking parchment is readily available and a great aid to the avid baker. It makes clean up easier and has other applications, like building an extended collar for a soufflé dish.

- ▶ Besides the standard square, rectangular and round baking pans, having a springform pan, small and large soufflé dishes, ramekins, and quiche or tart pans will encourage you to expand your repertoire and try new things as the mood strikes.
- ▶ An oven thermometer should be used periodically to make sure that temperatures are precise. Testing various areas of your oven will also help determine where to place racks and pans for the truest temperature.
- ▶ An easy to use timer that can be heard even at a distance is a must, given the number of distractions that are part of every busy cook's life.

## INGREDIENTS

### FLOUR

#### *Measuring*

Recipes will turn out consistently better if the following technique is used for measuring: Fluff up the flour with a spoon, spoon it into the desired dry measure cup, and then sweep across the surface of the cup with a flat knife or handle.

#### *Storing*

If you do not use up your flour quickly, it needs to be frozen in air-tight containers. Old flour has a characteristic odor that is reminiscent of rancidity and affects the flavor of any product adversely.

### EGGS

#### *Cracking*

When cracking an egg, use a flat surface, because it will decrease the chance of getting small pieces of shell into your mixture. Using the sharp edge of a counter or bowl is not a good idea.

#### *Separating*

Perhaps the most popular method of separating the white from the yolk is pouring the yolk back and forth from half-shell to half-shell, letting the whites



slip over the edge into a bowl. For those that do not feel confident with this technique, there is a utensil called an egg separator that is like a strainer with slots that rests over a cup or small bowl. This handy device is inexpensive and can be purchased at any kitchen specialty shop.

Remember that no yolk whatsoever can be allowed to get into the whites or they will never whip to stiff-peak stage. When separating more than one egg, it is a good idea to drop the white of one egg into a small bowl, and when sure that it is shell and yolk free, transfer it to the mixing bowl used for whipping. This way, if one yolk happens to break, the whole bowl of whites will not be ruined.

#### *Whipping*

Whipping egg whites that are at room temperature will always be more successful. Even yolks that are not ice-cold will become frothier and thicker when whipped with sugar.

#### CREAM

For the best possible taste and results, make sure that the cream you are buying is exactly that. Many of the so-called whipping creams have various additives. Check the labels and make sure that you are getting 100 percent pure cream. Often, the pure cream is labeled as Country Style Cream or Double Cream.

When whipping cream, it is usually most desirable to get it as stiff as possible, but be careful not to take it to the point of turning to butter. Stop whipping when slightly drooping peaks are achieved and the beater marks remain defined on top of the cream.

#### CHOCOLATE

First off, buy good chocolate. Go to reputable gourmet outlets in your area and learn about the brands that are available. For dark chocolate, find brands that

are 71 percent cocoa and contain no extra flavorings, colors, or preservatives. For milk chocolate, sometimes a taste test is best. It should melt in your mouth quickly with no waxy feel and not be overly sweet or grainy. Better and better South American chocolates that are very price competitive, compared to established European brands, are coming on the market.

### SPICES AND FLAVORINGS

Spices ideally need to be stored in air-tight metal containers. Glass is second best, but some flavor will be lost to contact with light, so it is important to store in a dark, cool place if possible.

Considering the few pennies you will save in a year's time by buying imitation vanilla and other flavorings, it is not worth it. Buy the real thing.

Is it worth it to grate your own nutmeg? Try it and you'll understand why the answer is "yes." And, offer yourself, your family, and your guests a real treat—buy real Ceylon or Extra-fancy Vietnamese cinnamon.

### PEACHES

Sometimes it is difficult to pare away the skin of a soft peach without losing much of the fruit. Besides, using a paring knife involves more patience than some people have. Blanching is an easy method, especially if you have more than one peach to peel—simply fill a 2-cup Pyrex measuring cup about three-fourths full of water and microwave the water until it begins to boil. Drop the peach into the water, being careful not to splash on yourself. Wait one minute or slightly less and remove the peach with two soup spoons or by simply pouring it out into a clean sink. Place the peach in cold water or just let it cool slightly until you can handle it. Then break the skin with the end of a paring knife and slip it off. To prevent the peach from darkening, place it in a bowl and squeeze lemon juice over it and roll to coat the surface.







If working with a larger number of peaches, boil water on the stovetop, making sure that all the peaches will be submerged when placed in the water. Always remove the water from the burner before putting the peaches into it. Don't leave them in the hot water any longer than needed to loosen the skins or they will begin to have a cooked texture.

## GELATIN

It's important to know how much gelling power gelatin contains. Once you can estimate the amount of gelatin needed to set up a certain amount of liquid, you can more freely create beautiful desserts. The powdered, granular gelatin popular in the U.S., which comes in seven-gram packets (approximately one-fourth ounce), will gel up to 2 cups of liquid nicely. If you are using cream or cream cheese, you must also consider them to be part of the liquid.

Giving the gelatin time to "bloom" is important to ensure proper dissolving. One packet will bloom nicely when sprinkled over one-fourth to one-third cup cool water. It will take about 5–10 minutes to expand or bloom properly. Then it can be heated gently in the microwave or on stove top until clear before being added to other warm liquid. Of course it is important to stir it in thoroughly to avoid lumps or rubbery spots.





## CRÈMES AND MOUSSES

WHAT IS LIGHT AS A FEATHER, but still has the power to lift anyone's spirits? Mousse, of course. Orgasmic eye-rolling with oohing and aahing are known to occur whenever this feather-light creation of air bubbles trapped in creamy wonder is served. Though light on the tongue, mousse has a satisfying richness; it is a perfect vehicle for the full gamut of flavor delights: Subtle vanilla and nutty essences, the milkiest to the most bitter chocolates, and fruits ranging from bland to tart.

The simplicity of mousse extends beyond the flavor and presentation. For the professional chef or cook at home, the ease of preparation and reliable results boost its popularity. Obviously, refrigeration has proliferated the varieties of mousse, yet the utensils needed to make it remain as uncomplicated as the dessert itself.

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## Walnut Parfait with Pomegranate Sauce

### Parfait

½ cup plus ½ cup sugar, separated  
1½ cups coarsely chopped walnuts  
4 egg yolks  
3 tbs honey  
½ vanilla bean  
½ cup milk  
1½ cups cream  
Several walnuts  
White chocolate curls  
Several sprigs red or green  
peppermint leaves

### Pomegranate sauce

4 large pomegranates (about  
8–9 oz each), separated  
½ cup sugar  
2 tbs lime juice  
½ cup hearty red wine

IN A SAUCEPAN, melt ½ cup sugar. As soon as it turns a light golden color, add chopped walnuts. Then transfer to a lightly oiled baking sheet. Chop caramel coarsely when cool.

COMBINE EGG YOLKS, honey, and remaining ½ cup sugar and stir until creamy. Slit vanilla bean lengthwise, place with milk in a saucepan, and bring to a boil. Remove from heat, remove vanilla bean, scrape out pulp, and add to milk. Gradually pour hot milk into egg-sugar mixture while stirring constantly. Pour mixture into the saucepan and heat while stirring constantly until it thickens slightly. Do not let it boil!

PUT MIXTURE through a fine strainer. Using a hand mixer, beat for about 15 minutes at medium speed while mixture cools. Then refrigerate until thoroughly cooled.

WHIP CREAM UNTIL STIFF and stir whipped cream and walnut pralines into egg mixture. Line a bread pan with parchment paper and pour in mixture. Place in the freezer for at least 5 hours, preferably overnight.

FOR THE POMEGRANATE SAUCE: Cut out the blossom end of pomegranates in a wedge shape. Break open pomegranates over a bowl and remove seeds (remove white pith). Set aside seeds from about half the pomegranate.

IN A SAUCEPAN, combine remaining pomegranate seeds, sugar, lime juice, and wine and bring to a boil. Reduce by half over low heat. Remove from heat, let cool, and put through a fine strainer.

REVERSE FROZEN PARFAIT onto a platter. Remove paper and slice. Arrange on chilled plates with sauce, remaining pomegranate seeds, chopped walnuts, and chocolate curls. Garnish with peppermint leaves.

SERVES 4

PREP TIME: Freeze for at least 5 hours





## Mousse au Chocolat with Orange Sauce

### Mousse

7–8 oz coating chocolate  
5 egg whites  
 $\frac{3}{4}$  cup plus 3 tbs sugar, separated  
 $\frac{1}{2}$  cup cream  
5 egg yolks  
 $1\frac{1}{2}$  tsp vanilla  
2 tbs strong coffee  
2 oranges  
1 cup fresh raspberries  
Chocolate curls  
Powdered sugar (if desired)

### Orange sauce

$\frac{1}{2}$  cup fresh-squeezed orange juice  
 $\frac{1}{2}$  cup sugar  
 $1\frac{1}{2}$  tbs Grand Marnier

**BREAK COATING CHOCOLATE** into pieces, place in a bowl, and melt in a double boiler. Beat egg whites with  $\frac{3}{4}$  cup sugar until stiff. Whip cream until stiff. Beat egg yolks with vanilla and remaining 3 tbs sugar until foamy. Fold coffee into egg yolk foam. Stir in melted coating chocolate. Whisk in cream and immediately fold in stiff egg whites. Spoon chocolate mixture into a mold and refrigerate until firm.

**FOR THE ORANGE SAUCE:** In a saucepan, combine orange juice and sugar and reduce for 3–4 minutes. Drizzle in Grand Marnier and let cool.

**PLACE ORANGES** right-side up on a work surface. Using a small, sharp knife, cut away the peel from top to bottom. Cut segments from between the inner membranes. Using 1 tablespoon, transfer scoops of mousse to plates and garnish with orange sauce, orange segments, raspberries, whipped cream, and chocolate curls. Dust with powdered sugar, if desired.

## Crème Caramel

### Caramel sauce

½ cup sugar

1½ tbs water

### Crème

½ vanilla bean

2 cups milk

3 eggs

2 egg yolks

½ cup sugar

6 ramekins (¾-cup volume each)

A little oil for greasing  
the ramekins

Finely slivered almonds for  
garnish (optional)

**FOR THE CARAMEL SAUCE:** Heat sugar in a saucepan. Don't stir until it starts to dissolve around the edges. Melt completely and add the water at once, stirring constantly.

**OIL RAMEKINS** lightly and divide the caramel mixture evenly among them.

**FOR THE CRÈME:** Slit open vanilla bean, add to milk, and bring to a boil. In a bowl, combine eggs, egg yolks, and sugar and stir until thoroughly mixed but not foamy. Gradually stir hot vanilla milk into the egg-sugar mixture and let stand for about 1 hour.

**POUR MIXTURE** through a fine strainer to filter out lumps and then pour into prepared ramekins.

**PLACE RAMEKINS** in a large cake pan and carefully add hot tap water around them until they are half submerged. Bake in an oven preheated to 325°F for 20–25 minutes until firm. Remove ramekins from the oven and let crème cool thoroughly. Run the tip of a knife around the edges to loosen the crème, briefly set ramekins in hot water, and reverse onto plates. Garnish with slivered almonds, if desired.

**SERVES 6**







## Strawberry Mousse Ice with Mixed Berry Sauce

3 cups strawberries  
1½ cups sugar, separated  
Juice from ½ lemon  
2 cups cream  
2 egg whites  
1½ cups cream  
½ cup powdered sugar  
Wafer cookies  
Mint leaves (optional)

### Berry sauce

1 cup strawberries  
½ cup sugar  
1 tsp lemon juice  
2 cups mixed berries (e.g.,  
blueberries, wild strawberries,  
raspberries, blackberries)

RINSE STRAWBERRIES and remove hulls. Purée finely with ½ cup sugar and lemon juice and then put through a fine strainer. Whip cream until semi-stiff. Combine egg whites and remaining sugar in a bowl, place over a double boiler, and heat to 95°F while stirring. Remove from double boiler and beat until stiff. Fold puréed strawberries into egg whites and then fold in cream. Spoon into individual molds and freeze in the freezer.

FOR THE BERRY SAUCE: Clean strawberries and purée finely with sugar and lemon juice. Sort and rinse mixed berries and stir into strawberry purée.

DIP MOLDS into warm water briefly and reverse onto plates. Whip cream and powdered sugar until semi-stiff. Spoon sauce along side of mousse and garnish with whipped cream, wafer cookies, and mint leaves.

SERVES 8-10



## **Panna Cotta with Strawberry Peach Compote**

### **Panna cotta**

- 1½ packets white gelatin
- 1 vanilla bean
- 3 cups cream
- ½ cup sugar
- 1 piece (2 inches) organic  
lemon peel
- 4 individual molds (6 oz each)

### **Compote**

- 2 peaches
- ½ cup strawberries (about 4 oz)
- 1 tbs orange blossom honey
- ½ cup sugar
- ½ cup fresh-squeezed orange juice
- 1 tbs fresh-squeezed lemon juice





**FOR THE PANNA COTTA:** Soften gelatin in  $\frac{1}{3}$  cup cold water for at least 5 minutes. Slit open vanilla bean. In a saucepan, combine cream, vanilla bean, sugar, and lemon peel and simmer for about 15 minutes, stirring occasionally. Remove from heat. Remove vanilla bean, scrape out pulp, and return to hot cream. Remove lemon peel. Dissolve gelatin in the still-hot cream. Rinse out molds with cold water, spoon in mixture, and refrigerate for 5–6 hours until firm.

**FOR THE COMPOTE:** Peel peaches, cut in half, remove pits, and cut into wedges. Clean strawberries and cut into quarters. In a saucepan, combine honey, sugar, orange juice, and lemon juice, bring to a boil and simmer for 4–5 minutes. Add peach wedges and simmer for another 2–3 minutes. Finally, add strawberries and let cool.

**REMOVE MOLDS** containing panna cotta from the refrigerator. Run the tip of a knife around the edges to loosen, briefly set molds in hot water, and reverse onto plates. Serve with compote.

## Red Wine Crème

1½ packets gelatin  
1 cup hearty red wine  
Juice from ½ lemon  
½ cup sugar  
½ tsp cinnamon  
2 egg yolks  
2 tbs cognac  
2 cups cream  
1 cup cream  
2 tbs sugar  
Chocolate curls

**SOFTEN GELATIN** in ½ cup cold water. In a sufficiently large saucepan, combine red wine, lemon juice, sugar, cinnamon, and egg yolks and bring to a boil while stirring constantly. Immediately remove from heat and dissolve gelatin in it. Add cognac. Let cool in refrigerator. Whip cream until stiff. When cognac mixture is cold but not yet gelled, whisk in cream. Transfer red wine cream to 4 glasses and refrigerate until set.

**FOR THE GARNISH:** Whip cream with sugar until stiff and spoon into a pastry bag with a star tip. Pipe onto red wine crème and sprinkle with chocolate curls.

**SERVES 4**





## Plum Crème

- 1 lb plums, sliced (about 2 cups)
- 2 tbs port wine
- ½ tsp cinnamon
- 4 oz cream cheese
- 2 eggs, separated
- ½ cup sugar
- ½ cup cream
- 1 tsp ground pistachios







**IN FOOD PROCESSOR,** purée pitted plums, port wine, cinnamon, and cheese.

**IN MIXING BOWL,** first beat egg white to soft peak stage, then add cream, and whip until stiff.

**IN ANOTHER BOWL,** beat egg yolk and sugar for about 4 minutes until foamy.

**BLEND ALL INGREDIENTS,** mixing gently.

**REFRIGERATE MIXTURE** for at least 3 and no more than 5 hours. Garnish with whipped cream rosettes and pistachios.

**SERVES 4**

**PREP TIME:** About 15 minutes

**REFRIGERATION TIME:** 3–5 hours

## Lemony Buttermilk Molds

2 packets gelatin  
1 cup water with 1 cup  
blueberry juice  
2 lemons  
3 cups buttermilk  
3 tbs sugar  
4 tbs advocaat

**SOFTEN GELATIN** in the cup of water. Squeeze juice from lemons and strain. Combine buttermilk, sugar, and lemon juice. In a small saucepan, heat softened gelatin and water to dissolve, but do not boil. Remove from heat. Add dissolved gelatin to buttermilk mixture and mix thoroughly.

**RINSE OUT** 4 small individual dessert molds or bowls with cold water and do not dry. Pour in mixture and refrigerate for 1 hour until they gel.

**JUST BEFORE SERVING**, drizzle each bowl with 1 tbs of advocaat.

**PREP TIME:** 30 minutes  
**GELLING TIME:** 1 hour





## Iced Ceylon Tea Mousse

½ cup Ceylon or Darjeeling  
tea leaves  
1 cup boiling water  
½ cup milk  
4 egg yolks  
½ cup brown sugar  
2 tbs brown rum  
1½ cups cream  
1 bread pan (1-quart volume)  
Plastic wrap for lining the pan  
½ cup raspberries  
Mint leaves for garnish  
Powdered sugar for garnish

### Raspberry sauce

1 cup raspberries  
½ cup sugar  
½ cup red wine  
1 small piece organic lemon peel

### Mango sauce

1 cup mango flesh  
½ cup powdered sugar

IN A BOWL, pour boiling water over tea and steep for 4–5 minutes. Strain through cloth and bring tea and milk to a boil. In a bowl, beat egg yolks, brown sugar, and rum until creamy and add to hot tea-milk mixture. Pour mixture into a saucepan and heat while stirring constantly until it thickens slightly and coats the spoon. Do not let it boil. Transfer to a bowl and beat over ice water using a hand mixer. Whip cream until stiff and fold into the cold, frothy mixture.

LINE A BREAD PAN with plastic wrap, spoon in mixture, and place in the freezer for several hours.

FOR THE RASPBERRY SAUCE: Purée berries and put through a fine strainer. Combine sugar, wine, and lemon peel and bring to a boil. Add puréed raspberries and reduce for 3-4 minutes. Let cool.

FOR THE MANGO SAUCE: Finely purée mango flesh with powdered sugar and put through a strainer.

REVERSE MOUSSE out of the pan, remove plastic wrap, and slice. Arrange slices on 4 chilled plates with both sauces, raspberries, and mint. Dust with powdered sugar and serve immediately.

## Rhubarb Mousse with Compote

### Rhubarb compote

- ½ cup fresh-squeezed orange juice
- ½ cup sugar
- ½ cup diced rhubarb
- 1 generous cup strawberries
- 1 tbs chopped pistachios
- Lemon balm leaves

### Mousse

- 5 egg yolks
- ½ cup sugar
- 5 oz mascarpone
- 1½ tbs lime juice
- 1½ packets gelatin
- ½ cup whipped cream
- 5 egg whites
- ½ cup sugar

**FOR THE RHUBARB COMPOTE:** Combine orange juice and sugar in a saucepan and bring to a boil. Add rhubarb and simmer for 3–4 minutes. Cut strawberries into quarters and simmer for 1 minute more, remove from heat, and let cool.

**BEAT EGG YOLKS** with sugar until foamy. Then stir in mascarpone, lime juice, and drained rhubarb compote. Soften gelatin in ½ cup cold water for 5–10 minutes. Dissolve in a small saucepan over low heat. Stir into mascarpone mixture. Let stand briefly and then fold in whipped cream. Beat egg whites until stiff, drizzling in sugar while beating. Fold stiff whites into the mixture. Spoon into a sufficiently large mold and refrigerate until it gels.

**ARRANGE SCOOPS** of the mixture on plates with the compote. Sprinkle with pistachios and garnish with lemon balm.









## FRUIT DESSERTS

EVEN IN ITS UNTOUCHED FORM, fruit is Mother Nature's way of handing us a ready-made dessert that we can eat with impunity. So we wouldn't feel guilty eating it often, she loaded it with healthful fiber and a heaping portion of essential vitamins and minerals. To entice us to eat plenty, she created eye-catching shapes and sizes and vibrantly colored coats.

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## Kiwi, Blackberry, and Peach Fruit “Salad”

2 kiwis  
4 peaches  
1 cup blackberries  
Lemon balm for garnish

### Fruit sauce

½ cup peach or apple juice  
½ cup white wine  
½ cup sugar  
½ tsp cornstarch

PEEL KIWIS and slice crosswise. Peel peaches, cut in half, remove pits, and cut into wedges. Rinse blackberries and drain thoroughly.

IN A SAUCEPAN, combine juice, white wine, and sugar and boil until the sugar has dissolved. Stir cornstarch into a little white wine. Add to boiling fruit sauce to thicken slightly. Let cool. Decoratively arrange fruit on 4 plates, drizzle with fruit sauce, and garnish with lemon balm.





## Melon and Berries with Chocolate Sauce

- 1 Ogen melon or green-fleshed cantaloupe with unblemished skin
- 1 cup mixed berries (e.g., strawberries, raspberries, blueberries, currants)
- 2 tbs sugar
- 2 tbs water
- Juice from ½ lime
- 1½ tbs raspberry or strawberry liqueur
- ½ cup cream
- 2 tsp sugar
- Powdered sugar for garnish

### Chocolate sauce

- 1 cup semisweet chocolate chips
- ½ cup milk
- ½ cup cream
- 2 tbs floral honey





**WASH AND** dry melon. Cut about one-third off the melon to form a lid and base. Scoop out the seeds. Then use a melon baller to remove the flesh. Put the balls into a bowl.

**CLEAN MIXED BERRIES**, cutting strawberries in half lengthwise. Put all berries with the melon balls. Thoroughly mix sugar, water, lime juice, and raspberry liqueur until the sugar has dissolved. Drizzle the sauce over the fruit and mix gently. Arrange fruit inside the melon and pour the sauce over the top.

**FOR THE CHOCOLATE SAUCE:** Melt chips in a bowl over a double boiler. Combine milk, cream and honey, bring almost to a boil, and add slowly to chocolate while whisking. Mix until smooth. Let chocolate sauce cool.

**WHIP CREAM** with sugar until stiff, spoon into a pastry bag with a #15 star tip, and pipe a rosette onto the berries. Dust with powdered sugar and garnish with chocolate sauce.



## Fruit with Brown Sugar-Rum Sauce

2 oranges  
1 yellow grapefruit  
2 kiwis  
1 medium apple  
1 medium pear  
½ cup red grapes  
½ cup white grapes  
1 banana  
⅓ cup brown sugar  
Fresh peppermint

**Sugar-rum sauce**  
Juice from 2 oranges  
Juice from ½ lemon  
½ cup brown sugar  
½ cup spiced rum

SECTION ORANGES and grapefruit as follows: Cut a cap from the top and bottom of each and stand on a work surface. Using a small, sharp knife, cut away sections of peel from top to bottom. Then cut segments from between the inner membranes. Peel kiwis and slice crosswise. Rinse apple, peel pear, and cut both into quarters. Remove cores and cut into wedges. Remove any seeds from cleaned grapes and cut in half lengthwise. Peel banana and slice.

FOR THE SUGAR-RUM SAUCE: Combine orange juice, lemon juice, and sugar and boil until the liquid is reduced by about one-third. Remove from heat, stir in rum, and let cool.

ARRANGE FRUIT in a sufficiently large bowl and drizzle sugar-rum sauce over the top. Sprinkle with brown sugar and garnish with peppermint.



## Marinated Fruit with Candied Walnuts

Grated peel from 1 lime  
2 tbs lime juice  
2 tbs floral honey  
3 tbs banana liqueur  
1 small Galia melon  
1 small apple  
1 small pear  
1 banana  
1 tbs butter  
2 tbs sugar  
1 cup walnuts  
Lemon balm for garnish

IN A BOWL, combine lime peel, lime juice, honey, and banana liqueur and mix well. Cut melon in half and remove seeds. Scoop out balls of melon with a melon baller and place in the sauce. Rinse apple, cut into quarters, remove core, and cut into wedges. Peel pear and slice. Combine all these ingredients in the sauce and mix carefully. Cover and refrigerate for 20 minutes.

IN A SAUCEPAN, heat butter and sugar until they form a light caramel. Add walnuts and caramelize. Distribute fruit on plates and garnish with caramelized walnuts and lemon balm.

### TIP

- ▶ Galia melons are usually in season from January through March. They are a light-skinned, green-fleshed melon that are picked fully mature when they have reached a high sugar content. If substituting, use honeydew.









## Exotic Fruit Cordial

- 2 oranges
- 10 litchis
- 1 mango (about 10 oz)
- 1 star fruit (about 5 oz)
- 10 cape gooseberries, separated
- 1 pomegranate
- 2 blue plums

### Dressing

- Juice from 2 limes
- 1–2 tbs powdered sugar
- 2 tbs white rum (may substitute maraschino or orange liqueur)

**SECTION ORANGES AS FOLLOWS:** Cut a cap from the top and bottom of each and stand on a work surface. Using a small, sharp knife, cut away sections of peel from top to bottom. Then cut segments from between the inner membranes. Squeeze juice from fruit still attached to membranes and reserve for the dressing.

**PEEL LITCHIS,** cut in half, and remove seeds. Slice mango lengthwise into 3 parts, cutting close along both sides of the pit in the middle. Using a tablespoon, scoop the fruit out of the 2 outer slices of mango in a single piece, keeping the spoon as close to the peel as possible. Then cut the fruit into cubes of about ½ inch. Rinse star fruit and slice crosswise.

**SET ASIDE** 4 cape gooseberries for garnish and remove husks from the rest. Using a serrated knife, cut out blossom end of the pomegranate in a wedge shape. With a little pressure, break open pomegranate over a bowl to loosen the soft, juicy seeds. Rinse plums, cut in half, remove pits, and cut into wedges. Combine all these ingredients in a sufficiently large bowl.

**IN A BOWL,** combine lime juice, powdered sugar, rum, and the reserved orange and mix well. Pour dressing over the fruit, mix carefully, and let stand for 20 minutes. Transfer to small parfait glasses or bowls and garnish with reserved cape gooseberries.

## Pink Grapefruit “Salad”

2 pink grapefruit  
2 kiwis  
1 cup strawberries  
2 peaches

### Dressing

Juice from ½ pink grapefruit  
1 tbs honey  
2 tbs sugar  
1 tbs rum

### Cream rosettes

¾ cup cream  
1 tbs sugar  
½ tsp vanilla  
1 tbs chopped pistachios





USING A SMALL, sharp-tipped knife, cut grapefruits in half in a “zigzag” pattern, inserting the knife all the way to the center. Remove fruit and chop. Rinse strawberries, clean, and cut into halves or quarters. Peel peaches, cut in half, remove pits, and dice finely.

COMBINE DRESSING ingredients and mix well. Pour over the fruit, mix carefully, and let stand for 10 minutes.

SPOON SALAD into grapefruit halves. Whip cream with sugar until stiff and stir in vanilla. Spoon cream into a pastry bag with a #10 star tip and pipe cream rosettes onto the salad. Sprinkle with pistachios and serve.

## Flambéed Fruit

### Potpourri

1 orange (about 8 oz)  
2 cups red and white grapes  
1 apple  
1 small pear  
1 banana  
1 cup strawberries  
 $\frac{2}{3}$  cup cream  
3 tbs powdered sugar  
Chocolate flowers for  
garnish (optional)

#### Sauce

2 tbs butter  
 $\frac{1}{2}$  cup sugar  
Grated peel from  
 $\frac{1}{2}$  organic lemon  
 $\frac{1}{2}$  cup slivered almonds  
 $\frac{1}{2}$  cup orange juice  
1  $\frac{1}{2}$  tbs lemon juice  
2 tbs rum

**SECTION ORANGE AS FOLLOWS:** Cut a cap from the top and bottom and stand on a work surface. Using a small, sharp knife, cut away sections of peel from top to bottom. Then cut segments from between the inner membranes.

**REMOVE GRAPES** from stems, cut in half lengthwise, remove seeds and, if desired, peel. Rinse apple and pear, cut into quarters, and remove cores. Slice pear crosswise. Peel banana and slice. Rinse and hull strawberries. Cut into halves or quarters, depending on their size.

**WHIP CREAM** and powdered sugar until semi-stiff.

**IN A FLAMBÉ PAN**, prepare the sauce by combining butter and sugar and brown lightly (caramelize) while stirring constantly. Add lemon peel and almonds and brown lightly. Pour in orange juice and lemon juice. Add fruit and heat for 3–4 minutes, frequently ladling fruit juice over the top. Heat rum and pour on. It's best to use a long match to set the alcohol on fire. (Make sure your face and hair are not over the pan at this moment because the flames shoot up instantly!) Let the rum burn off. This gets rid of the alcohol and leaves behind its flavorful essence. If you want to keep the flavor of alcohol, cover the dish after burning briefly to smother the flames.

**FRUIT MAY BE FLAMBÉED** at the table or in the kitchen. If desired, arrange the fruit in a serving dish. Serve whipped cream with the fruit.

**IF DESIRED**, garnish with chocolate flowers.



## Strawberries with Meringue

### Meringue

2 egg whites  
½ cup plus 2 tbs sugar  
½ cup powdered sugar  
1 tbs cornstarch  
2–3 cups strawberries  
Chocolate curls  
2–3 tbs powdered sugar  
Lemon balm leaves

### Strawberry cream

½ cup cream  
½ cup sugar  
½ cup puréed strawberries

PREHEAT OVEN to 130°F. Beat egg whites until stiff and gradually sprinkle in sugar. Combine powdered sugar and cornstarch, sift onto egg white mixture, and fold in carefully. Spoon meringue mixture into a pastry bag with a #10 plain tip and pipe 4 spiral-shaped meringues with about a 2¼–2½ inch diameter onto a baking sheet lined with parchment paper. Dry in the oven overnight on the middle rack, wedging a spoon handle in the door to keep it cracked open.

WHIP CREAM with sugar until stiff. Clean strawberries and purée finely. Put through a strainer and stir into strawberry cream. Refrigerate. Rinse strawberries for garnish, remove stems, and slice lengthwise. Arrange around the edges of 4 plates in a starburst pattern. Spoon strawberry cream into a pastry bag with a very small plain tip and pipe around the inside edge of the starburst. Place meringues in center. Garnish with chocolate curls and dust with powdered sugar. Decorate with lemon balm leaves.

SERVES 4









## Port Wine Melon Boats

- 2 Charantais melons (about 1.5 lb each)
- ½ cup white port wine, separated
- ½ cup sugar
- 1 pinch ginger
- 1 dash lime juice
- 1 tsp peppermint leaves, cut into strips
- 1 lime for garnish

USING A DECORATING KNIFE, cut melons in half along an imaginary centerline in a “zigzag” pattern, inserting the knife all the way to the center. Separate into 2 halves and scoop out seeds with a spoon. Using a melon baller with a ½-inch diameter, scoop out melon balls, leaving a border all around of about ½ inch. Place melon balls in a bowl, drizzle with half the port wine, and marinate for about 20 minutes. Spoon remaining fruit out of melons, leaving the borders intact.

IN A SAUCEPAN, heat sugar until it caramelizes. Pour in remaining port wine. Add fruit you spooned out, ginger, and lime juice and heat briefly. Purée this mixture, put through a fine strainer, and place in a saucepan. Reduce by half while stirring, let cool, and stir in peppermint. Drain melon balls, setting aside the port wine. Transfer melon balls to the 4 melon halves. Add drained port wine to the dressing. Rinse lime, slice, and use to garnish melon halves. Drizzle dressing over melon balls and serve.

### TIP

- ▶ Charantais melons are salmon-pink fleshed, aromatic, sweet, and usually weigh about a pound.





## Tropical Fruit “Salad”

1 mango (about 1 lb)  
2 kiwis  
1 light tamarillo  
1 dark-fleshed tamarillo  
1 cup watermelon balls  
1 cup Charantais melon balls  
Mint leaves for garnish

### Dressing

1 passion fruit  
½ cup sugar  
Juice from 1 orange  
2 tbs rum

SLICE MANGO lengthwise into 3 parts, cutting close along both side of the pit in the middle. Using a tablespoon, scoop the fruit out of the 2 outer slices of mango in a single piece, keeping the spoon as close to the peel as possible. Then cut flesh into wedges. Peel kiwis and tamarillos and slice. Arrange this fruit and the melon balls on 4 plates and refrigerate.

FOR THE DRESSING: Cut passion fruit in half and remove flesh. In a sauce pan, combine passion fruit, sugar, and orange juice and simmer for 4–5 minutes. Put through a strainer. Let cool and stir in rum. Drizzle fruit with dressing and garnish with mint.

## Creamy Fig Medley

6 fresh, ripe figs (about 12 oz)  
1 cup strawberries  
1 cup blue and white grapes  
1 orange  
1 small apple  
1 tsp lemon or orange juice  
2 tbs orange liqueur  
½ cup plus 1 tbs sugar, separated  
½ cup cream  
1 tbs sugar  
1 tsp Madagascar vanilla  
½ cup walnuts  
Mint leaves for garnish

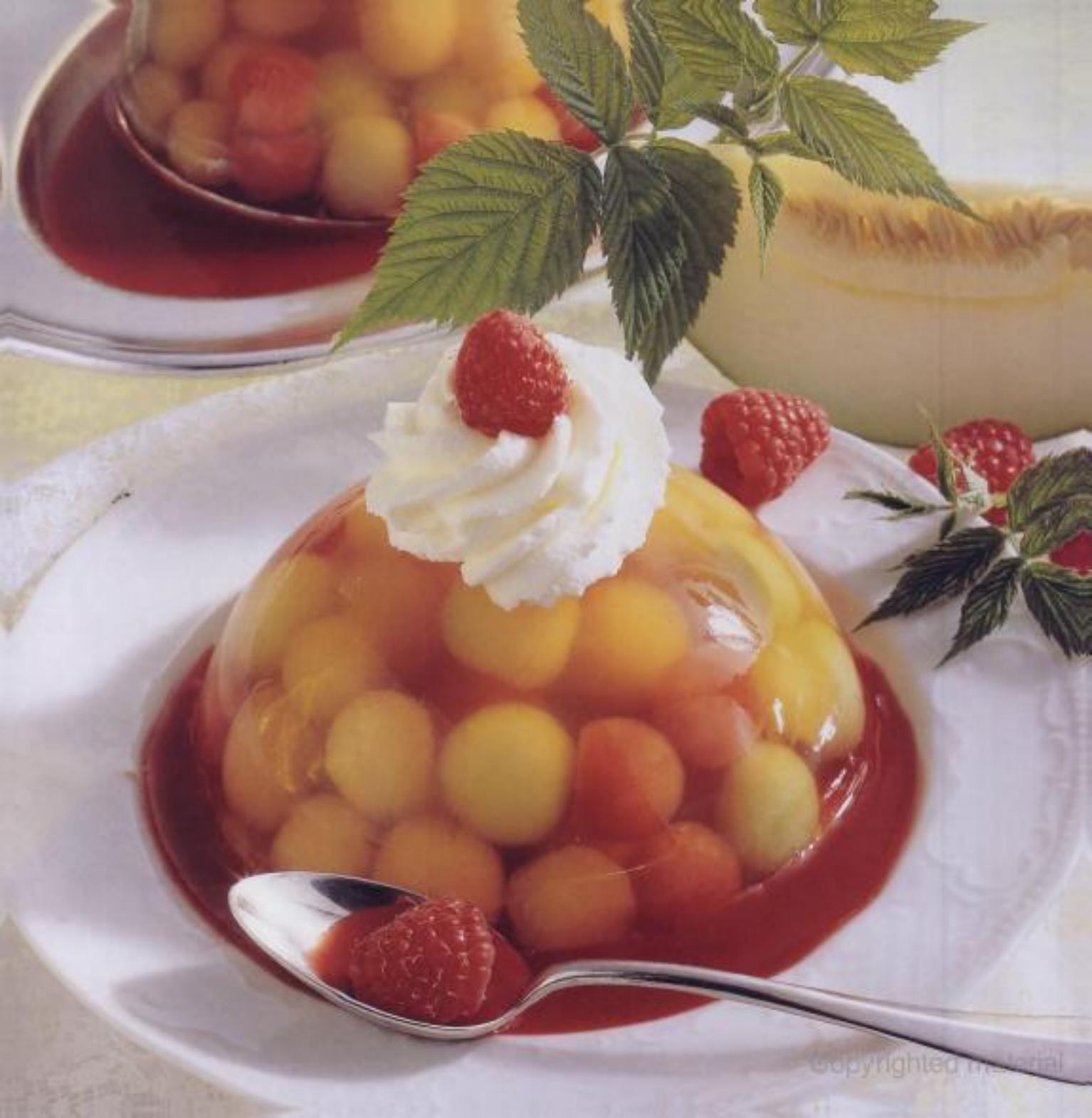
RINSE ALL FRUIT and drain on paper towels. Cut figs into quarters. Cut strawberries in half and cut larger ones into quarters. Peel grapes, if desired. Peel orange, remove white membrane, and cut sections from between the inner membranes. Peel apple, cut into quarters, remove core, and cut into thin wedges. Combine all fruit in a large bowl. Drizzle with lemon or orange juice and liqueur and sprinkle with ½ cup sugar. Cover and let stand at room temperature for about 15 minutes.

WHIP CREAM with vanilla and 1 tablespoon sugar until stiff. Transfer salad to plates and garnish each portion with whipped cream, walnuts, and mint leaves.

SERVES 6









## Melon Apple

### Sülzchen

- 2 packets gelatin
- ½ cup sugar
- 2⅓ cups apple juice
- 3 cups mixed melon balls  
(e.g., Galia, Charantais,  
cantaloupe, and red and  
yellow watermelon)
- 1 tbs Calvados
- 4 individual molds (about  
8-oz volume)
- ½ cup cream
- 1 tsp sugar
- ½ tsp vanilla
- 4 raspberries

#### Raspberry sauce

- 1 cup raspberries
- ½ cup sugar
- Juice from ½ lemon

IN A SAUCEPAN, sprinkle gelatin on top of apple juice and allow to soften for 10 minutes. Add sugar and heat until sugar and gelatin have dissolved. Let mixture cool to room temperature. Rinse out molds with cold water and fill with melon balls. Drizzle with Calvados, pour in fruit juice, and refrigerate until gelled.

FOR THE RASPBERRY SAUCE: Sort raspberries, combine with sugar, and lemon juice and bring to a boil. Purée in a blender, put through a fine strainer, and let cool. Whip cream with sugar until stiff and blend in vanilla. Spoon into a pastry bag with a star tip. Briefly place molds in hot water and reverse onto 4 plates. Garnish with whipped cream and raspberries and pour raspberry sauce around the edges.



## Tequila Pears

2½ cups water

Zest and juice from

1 organic lime

1 cinnamon stick (about

2 inches long)

¾ cup raw or brown sugar

4 pears with stems

5 tbs tequila

**TO COOK THE PEARS:** Combine water, lime peel, lime juice, cinnamon stick, and sugar in a pot and simmer until the sugar has dissolved completely. Peel pears, making sure the stems remain attached. Add tequila and pears to the liquid and simmer for 10 minutes. Remove from heat and let pears cool in liquid.

**SERVE CHILLED** or at room temperature with the juice.





## Pears Hélène

2 fresh pears  
1 cup white wine  
2 tbs sugar  
Lemon zest from 1 lemon  
1 small cinnamon stick  
 $\frac{1}{2}$  cup cream  
2 tbs sugar  
4 scoops vanilla ice cream  
Lemon balm for garnish

### Chocolate sauce

1 cup semisweet chocolate  
pieces (about 5 oz)  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup cream  
3 tbs honey  
 $\frac{1}{2}$  cup pear liqueur





**PEEL PEARS**, leaving the stems attached, and cut pear and stems in half lengthwise. Remove cores and blossom ends. In a saucepan, combine wine, sugar, zest, and cinnamon. Bring to a boil, add pear halves, and simmer over reduced heat for about 10 minutes. Let pears cool in the liquid.

**FOR THE CHOCOLATE SAUCE:** Chop chocolate, place in a bowl, and melt over a double boiler. Bring milk, cream, and honey to a boil and stir into melted chocolate. Blend with a whisk and let cool. Stir in pear liqueur.

**WHIP CREAM** with sugar until stiff. Remove pear halves from liquid and drain well. Decoratively arrange pears, vanilla ice cream, whipped cream, and chocolate sauce on dessert plates. Garnish with lemon balm and serve.

**SERVES 4**



## Strawberries

### Romanov

- ½ cup fresh-squeezed  
orange juice
- ½ cup powdered sugar
- Zest from 1 organic orange
- 1 lb strawberries
- ¾ cup cream
- 1 tbs powdered sugar
- Orange zest for garnish  
(if desired)

POUR ORANGE JUICE through a strainer. In a saucepan, combine juice, powdered sugar, and zest and simmer for 3–4 minutes. Remove from heat and let cool.

CLEAN STRAWBERRIES, drain well, and cut into halves or quarters, depending on the size. Transfer to a bowl, pour on cold orange juice marinade, and stir carefully. Cover and marinate in a cool place for 2 hours. Arrange strawberries in 4 dessert bowls and drizzle with orange juice marinade. Whip cream with powdered sugar until semi-stiff and place a dollop on each bowl of strawberries. Garnish with orange zest, if desired.









## BAKED DESSERTS

HERE IS A SCRUMPTIOUS COLLECTION of oven-touched desserts, including creamy, custard puddings, puff pastry, tarts, mini-cakes, and floating soufflés. Though now enjoyed the world over, these delicacies have French, German, Spanish, and Swiss heritage.

<b>Soufflé à la Vanille</b> .....	<b>68</b>
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## Soufflé à la Vanille

1 soufflé dish (6-inch diameter;  
1.5-quart volume)  
Melted butter for the dish  
Sugar for the dish  
1 cup milk  
½ vanilla bean  
3 tbs butter  
⅓ cup plus 1 tbs flour  
5 egg whites  
4 egg yolks  
⅓ cup sugar  
Powdered sugar for garnish

COAT THE INSIDE of the soufflé dish with a thin layer of very soft butter. Sprinkle in sugar, hold dish in both hands, and tilt and rotate until the bottom and sides are completely coated. Shake out remaining sugar.

IN A SUFFICIENTLY LARGE saucepan, bring milk to a boil. Slit open vanilla bean lengthwise, add to milk, and return to a boil. Remove bean, scrape out pulp, and return pulp to the milk. Knead together softened butter and flour, shape into a cylinder, and cut into pieces. Continue as shown in the photos (1–5).

BAKE SOUFFLÉ in a water bath as follows: Place dish in a 175°F water bath where the water is halfway up the side of the dish and bake in an oven preheated to 400°F for about 40 minutes. Dust with powdered sugar and serve immediately.





1. Add kneaded butter pieces to the boiling milk one at a time. Stir until the mixture has thickened.



2. Turn off heat and whisk 1 raw egg white into the still hot mixture. Beat quickly and vigorously until smooth so the egg white will be evenly distributed.



3. Transfer mixture to a bowl and let cool slightly. Whisk egg yolks into the lukewarm mixture one at a time. In a second bowl, combine all the sugar and remaining 4 egg whites and whisk or beat until stiff and creamy.



4. Using a wire whisk, first stir in half of the egg whites. Then use a mixing spoon or spatula to fold in remaining egg whites.



5. Pour finished soufflé mixture into the soufflé dish to within  $\frac{1}{3}$  inch of the top. (Return to recipe for baking instructions.)

## pudding Célestine

1½ cups flour  
½ cup milk  
½ cup cream  
½ cup butter  
5 egg yolks  
½ cup sugar  
1 tsp vanilla  
5 egg whites  
1 pinch salt  
3 tbs sugar  
2 pudding molds (each with  
a 3- to 4-cup volume)  
Melted butter and breadcrumbs  
for the molds  
Powdered sugar  
Mint or lemon balm leaves

Chocolate sauce  
1 cup semisweet chocolate pieces  
½ cup milk  
¼ cup cream  
2 tbs honey

SIFT FLOUR into a saucepan and gradually stir in milk and cream until smooth. Then stir in softened butter, egg yolks, sugar, and vanilla. Over medium heat, stir constantly until the mixture forms a soft ball. Remove from heat, transfer to a bowl, and let cool while stirring frequently.

CAREFULLY COAT pudding molds with butter and sprinkle with breadcrumbs. In a clean, grease-free bowl, beat egg whites with salt until stiff and gradually sprinkle in sugar. Then fold into the firm mixture.

TRANSFER MIXTURE to the pudding molds and seal the molds with foil. Place in a 175°F water bath where the water level is about 1 inch from the top and bake in an oven preheated to 350°F for 80-90 minutes. The water must not boil but should always be kept just below the boiling point. Reduce oven by 25° increments as needed.

FOR THE CHOCOLATE SAUCE: Melt coating chocolate in a bowl over a double boiler. Combine milk, cream, and honey, bring to a boil and mix into coating chocolate with a whisk until smooth. Let cool.

REMOVE PUDDING from water bath and reverse onto 2 platters. Dust with powdered sugar and garnish with mint or lemon balm leaves. Serve chocolate sauce on the side.





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## Raspberry Pudding

Melted butter and breadcrumbs  
for the mold.

1 pudding mold (about  
1½-quart volume)  
½ cup (1 stick) butter  
½ cup sugar  
Pulp from ½ vanilla bean  
4 egg yolks  
1 cup sifted flour  
1 level tsp baking powder  
½ cup strained raspberry jam  
2 tbs raspberry liqueur  
4 egg whites  
½ cup sugar  
Semi-stiff whipped cream  
Chocolate curls  
Several raspberries  
Lemon balm  
Powdered sugar

Raspberry sauce  
2 cups raspberries  
½ cup sugar  
½ cup red wine  
1 small piece lemon peel

CAREFULLY BRUSH MELTED BUTTER onto the mold and coat with breadcrumbs. In a bowl, combine butter, sugar, and vanilla pulp and beat until fluffy. Stir in egg yolks one at a time. Sift in flour and baking powder and stir. Finally, mix in raspberry jam and liqueur.

IN A CLEAN, grease-free bowl, beat egg whites until stiff while gradually sprinkling in sugar. Fold egg whites into the mixture, transfer to the prepared mold, and seal with foil.

PLACE MOLD in a hot water bath where the water level is about ½ inch from the top and bake in an oven preheated to 350°F for about 90 minutes. The water must not boil but should always be kept just below the boiling point. Remove mold from the oven and use a chopstick to test doneness. Leave in the mold for 5 minutes, then reverse onto a platter.

FOR THE RASPBERRY SAUCE: Sort raspberries, purée, and put through a fine strainer. Combine sugar, wine, and lemon peel and bring to a boil. Add puréed raspberries, reduce for 3–4 minutes, and let cool slightly.

GARNISH WITH CREAM, chocolate curls, raspberries, and lemon balm. Dust with powdered sugar and serve raspberry sauce on the side.

## Gingerbread Soufflé

### Gingerbread soufflé

- ½ cup butter
- ½ cup flour
- 1 cup milk
- 2 tbs honey
- ½ cup corn syrup
- 1 tsp cinnamon
- 1 tsp ginger
- ½ tsp cloves
- ½ tsp allspice
- ½ tsp nutmeg
- 1 pinch cardamom
- 1 egg
- 4 egg yolks
- 4 egg whites
- ½ cup brown sugar
- 6 ramekins (½-cup volume each)
- Butter and brown sugar for  
the ramekins
- Powdered sugar for garnish

### Cranberry sauce

- 2 cups cranberries
- ½ cup water
- ½ cup brown sugar
- Juice and peel from  
½ organic lemon

PREHEAT OVEN to 350°F.

FOR THE GINGERBREAD SOUFFLÉ: Melt butter in a saucepan. Stir in flour and sauté until light-brown while stirring constantly. Gradually stir in milk to form a homogeneous mixture. Stir in honey and syrup and simmer a few minutes while stirring constantly. Sprinkle in spices. Pour into a bowl. Stir egg into the still hot mixture and let cool slightly. Work egg yolks into the lukewarm mixture one at a time. Beat egg whites until stiff, sprinkling in brown sugar. Carefully fold into the mixture with a mixing spoon.

POUR GINGERBREAD SOUFFLÉ MIXTURE into the ramekins to within ½ inch of the top and bake for 20 minutes.

IN THE MEANTIME, make the cranberry sauce: Sort, rinse, and drain cranberries. In a saucepan, combine cranberries, water, sugar, lemon juice, and lemon peel and boil gently for about 15 minutes, stirring occasionally. Remove from heat. Remove lemon peel and put cranberries through a fine strainer.

REMOVE FINISHED SOUFFLÉS from the oven, dust with powdered sugar, and serve immediately in the ramekins. Do this as quickly as possible because if you let them stand only a few minutes, they will collapse. It's best to have the plates ready and serve the cranberry sauce on the side.

## TIP

- Once ground, these spices quickly lose their flavor so don't store them for long.





## Soufflé with Strawberries

- 2 egg yolks
- ½ vanilla bean
- ⅓ cup sugar
- Grated zest from 1 lemon
- ½ cup flour
- 1⅓ cups cream cheese
- 2 egg whites
- 4 ramekins
- Butter and sugar for the ramekins
- 2 cups strawberries, washed  
and hulled
- 1 tbs crème fraîche or sour cream
- Powdered sugar for garnish
- 1 small sprig lemon balm





**COMBINE EGG YOLKS**, vanilla pulp, sugar, and lemon zest and beat until foamy. Incorporate flour and then fold in cream cheese. Beat egg white until stiff and fold into cream cheese mixture.

**BUTTER RAMEKINS** and coat with sugar. Spoon in cream cheese mixture and bake in a water bath at 400°F for 15–20 minutes.

**IN THE MEANTIME**, slice half of the strawberries. Purée the other half and put through a strainer. Distribute sliced strawberries on plates, pour on sauce, and decorate with lines of crème fraîche.

**REVERSE SOUFFLÉS** out of the ramekins, dust with powdered sugar, garnish with lemon balm, and serve.

**SERVES 4**



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## Andalusian Orange Tart

1½ cups sifted flour  
½ cup plus 1 tbs softened  
butter or margarine  
1 tbs sugar  
1 pinch salt  
1 egg  
1 egg white  
1 cup milk  
Grated peel and juice from  
1 organic orange  
3 egg yolks  
1 cup sugar, separated  
2 tbs cornstarch  
1 tbs flour  
2 tbs softened butter  
½ cup ground almonds  
1 egg white  
2 tbs apricot jam  
2 tbs white fondant  
Orange zest for garnish

COMBINE FLOUR, softened butter, sugar, salt, egg, egg white, and 1 tablespoon cold water and quickly process into a smooth dough. Shape into a ball and refrigerate for 30 minutes.

IN THE MEANTIME, combine milk and grated orange peel in a saucepan and bring to a boil. Beat egg yolks with ½ cup sugar until creamy. Dissolve cornstarch and flour in a little milk and add to egg yolk mixture. Add this mixture to milk and thicken over low heat while stirring constantly. Stir in orange juice and set aside.

IN A BOWL, combine 2 tablespoons softened butter, ½ cup sugar, ground almonds, and egg white. Add to orange mixture and let cool.

PREHEAT OVEN to 350°F. Using your hands, spread dough directly into a tart pan with an 8-inch diameter (you don't need to butter the pan). Cover with aluminum foil so that base will retain its shape and bake in the oven for 15 minutes. Remove foil and brush a thin coating of egg white onto the tart base.

REDUCE OVEN TEMPERATURE to 300°F and return tart pan to the oven for 1 minute. Spoon topping onto the tart and return to the oven for 15 minutes. Place on a cooling rack and let cool. Then spread the surface with apricot jam. Briefly heat fondant over a double boiler and stir quickly with a rubber spatula. Use yellow and red food coloring to dye it a light orange and spread it onto the apricot jam with the spatula. Garnish the center with orange zest.

## Apple Cinnamon

### Wähe

#### Tart dough

- 1 cup flour
- ½ cup ground hazelnuts
- ½ cup powdered sugar
- ½ cup butter
- 1 egg yolk
- 1 quiche pan (9-inch diameter)
- Parchment paper
- Lentils for blind baking
- 3 medium apples
- Powdered sugar for garnish

#### Filling

- 1½ cups crème fraîche or  
sour cream
- ½ cup sugar
- 2 eggs
- 1 tsp cinnamon
- Grated peel from  
½ organic lemon
- ½ cup raisins

**FOR THE TART DOUGH:** Sift flour onto a work surface and form a well in the center. Place hazelnuts, powdered sugar, butter cut into bits, and egg yolk in the well. First mash ingredients with a fork, then chop into fine crumbs with a spatula, and knead briefly with your hands. Wrap dough in plastic wrap and refrigerate for at least 1 hour. Butter pan lightly. Roll out dough into a sheet about ¼ inch thick, wrap around the rolling pin, and transfer to the pan. Shape the edges and pierce the bottom several times with a fork. Cover with parchment paper, fill with lentils, and prebake in an oven preheated to 375°F for 15–20 minutes. Let cool slightly, then remove lentils, and paper.

**FOR THE FILLING:** Combine crème fraîche, sugar, eggs, cinnamon, and lemon peel and stir until smooth. Stir in raisins.

**PEEL APPLES,** remove cores with an apple corer, and cut into rings about ¼ inch thick. Spread one-fourth of the cream mixture on the tart base. Arrange apple slices on top in a slightly overlapping pattern and spread evenly with remaining Schmand. Bake in an oven preheated to 375°F for about 25 minutes. Let cool slightly and dust with powdered sugar.







## Crêpes Suzette

### Batter

1 cup flour  
1 cup milk  
2 eggs  
2 tbs cold water  
Salt  
½ cup butter for frying  
Mint leaves for garnish

### Sauce

1 large organic orange  
4 sugar cubes  
2 tbs butter  
½ cup sugar  
½ cup orange juice  
1½ tbs lemon juice  
½ cup orange liqueur

**FOR THE BATTER:** Sift flour into a bowl, add remaining ingredients, and whisk until smooth. Let batter stand for at least 1 hour.

**COAT PAN** or griddle with butter and make 12 golden crêpes about 6 inches in diameter. Stack crêpes and cover with aluminum foil.

**FOR THE SAUCE:** Rub sugar cubes over orange peel until flavor oils are absorbed. In a pan, melt butter. Add chopped orange-flavored sugar cubes and sugar and dissolve. Pour in orange and lemon juice and simmer for 3–4 minutes.

**FOR EACH SERVING:** Place 3 crêpes, folded or rolled attractively on a plate covered with hot orange sauce. Drizzle with a little liqueur. If you want to flambé them, use an additional ½ cup of warmed orange liqueur and light.

**GARNISH CRÊPES** with fresh mint leaves.

**SERVES 4**



## Fruit Éclairs

### Pastry dough

- 1 cup water
- 6 tbs butter
- 1 tsp sugar
- Pinch of salt
- 1 cup all-purpose flour
- 4 large eggs, room temperature
- 2 tbs apricot jam
- 1 tbs raspberry liqueur

### Filling

- 8 oz raspberries, separated
- 3½ cups cream
- ½ cup sugar
- 1 tbs raspberry liqueur





**FOR THE PASTRY DOUGH:** Preheat oven to 425°F and place rack in center of oven. Cut baking parchment to cover a large baking sheet.

**IN A MEDIUM SAUCEPAN,** stir the water, butter, sugar, and salt together, bringing to a boil. Add the flour all at once and beat well for about half a minute until it forms a ball that pulls away from the side of the pan. Remove from heat and transfer dough to bowl of a mixer. Allow to cool for a couple minutes. At low speed, beat in the eggs, one at a time. Make sure each is well mixed before adding another. The dough should be shiny and somewhat stiff.

**PUT THE PASTRY DOUGH** in a pastry bag and pipe éclairs about 1½ inches wide by 4 inches long. Leave over 1 inch of space between éclairs. Put the éclairs into the oven and lower the temperature immediately to 375°F. Bake 25–30 minutes until golden-brown. Turn off oven, open door, and allow éclairs to cool slowly in the oven. When cool, use serrated knife to cut in half lengthwise, so top and bottom are of equal size.

**FOR THE FILLING:** Purée half of the raspberries and put through a strainer. Whip cream with sugar until stiff. Fold in puréed raspberries and add raspberry liqueur. Spoon batter into a pastry bag and pipe onto the bottom halves of the éclairs. Top with remaining raspberries. Heat apricot jam, stir in liqueur, and spread on top of raspberries. Place éclair tops on the raspberry mixture.

**SERVES 22**

## Almond Tartlets with Berries

Tart dough

1 ½ cups flour

½ cup (1 stick) butter

¾ cup sugar

1 tsp vanilla

4 egg yolks

½ tsp salt

For the filling

½ cup (1 stick) butter, separated

½ cup chopped, blanched almonds

1 cup ground, blanched almonds

¾ cup sugar

3 eggs

½ cup cornstarch

1 pinch salt

8 tartlet pans (3-inch diameter)

Parchment paper and lentils for  
blind baking

½ cup cream

2 tbs sugar

2 cups mixed, cleaned berries

(e.g., blueberries, raspberries,  
strawberries, currants)

Cocoa for garnish

COMBINE THE SPECIFIED INGREDIENTS to make a tart dough, wrap in plastic wrap, and refrigerate for 1 hour. Roll out dough into a sheet about ¼ inch thick and cut out circles slightly larger than the tartlet pans. Line pans with dough, shape the edges, and cut off any excess. Place parchment paper inside, fill with lentils, and blind bake in an oven preheated to 425°F for 10 minutes. Remove from oven and remove paper and lentils.

FOR THE FILLING: Melt 2 tablespoons butter, stir in chopped almonds, and sauté over moderate heat until golden. Let cool. Melt remaining butter and set aside. Combine reserved chopped almonds, ground almonds, and sugar. Work in eggs one at a time and stir to form a thick, foamy mixture. Carefully mix in cornstarch and salt and stir entire mixture into cooled, melted butter.

ARRANGE TARTLET PANS on a baking sheet and spoon in mixture. Bake in an oven preheated to 375°F for 10 minutes until the filling starts to become firm. Then bake for another 15–20 minutes at 325°F until the surface is lightly browned and the filling is firm.

REMOVE FROM THE OVEN, remove pans from baking sheet, and let cool. Whip cream with sugar until stiff. Spoon into a pastry bag with a #12 star tip and pipe rosettes onto the tartlets. Garnish with berries and dust with cocoa.





## Orange Soufflé (I)

1 orange (½ cup juice)  
5 sugar cubes  
3 tbs butter  
3 tbs flour  
Pulp from ½ vanilla bean  
½ cup milk  
2 oz cream cheese  
1½ tbs orange liqueur (e.g.,  
Grand Marnier, Cointreau)  
2 egg yolks  
3 tbs sugar  
Grated peel from  
1 additional orange  
3 egg whites  
8–10 ramekins (½-cup  
volume each)  
Melted butter and sugar for  
the ramekins  
Powdered sugar for garnish

WASH ORANGE under hot running water and dry. Rub sugar cubes over orange peel until flavor oils are absorbed and place them in a saucepan. Squeeze out orange juice, add to pan, and bring to a boil. Reduce liquid by half, remove from heat, and let cool. Using a fork, thoroughly knead together butter and flour, shape into a small cylinder, wrap in parchment paper, and refrigerate until firm. Then slice.

IN A SAUCEPAN, combine vanilla pulp, milk, and cream cheese and bring to a boil. Add kneaded butter slices one at a time and stir until the mixture is smooth and has thickened. Stir in reduced orange juice and orange liqueur and let cool. Grease ramekins with melted, almost cooled butter and coat evenly with sugar. Shake out excess sugar. Add egg yolks to soufflé mixture one at a time and transfer the mixture to a bowl. Add zest from additional orange.

IN A BOWL, quickly beat egg whites with sugar until stiff. First stir one-third of the egg whites into the soufflé mixture, then carefully fold in remaining egg whites so the mixture retains as much volume as possible. Spoon into ramekins so that they are two-thirds full and smooth out the surface. Bake in an oven preheated to 350°F for about 15 minutes. Remove from oven, dust with powdered sugar, and serve immediately.





## Orange Soufflé (II)

2 organic oranges  
9 sugar cubes  
½ cup softened butter  
½ cup flour  
½ vanilla bean  
1 cup milk  
3 tbs orange liqueur  
4 egg yolks  
5 egg whites  
½ cup sugar  
Softened butter  
Sugar  
Powdered sugar

VIGOROUSLY BRUSH oranges under hot running water and dry. Rub sugar cubes over orange peels until flavor oils are absorbed and place in a saucepan. Squeeze juice from oranges, add to sugar cubes, and bring to a boil. Reduce liquid by about half, remove from heat, and let cool.

USE A FORK to thoroughly knead together softened butter and flour. Shape into a small cylinder, wrap in parchment paper, and refrigerate until firm. Continue as shown in the photos (1–6).

SERVES 6–8

PREP TIME: About 50 minutes

BAKING TIME: About 40 minutes

### TIP

- ▶ This tender, sweet soufflé is based on a béchamel sauce, supplemented with egg yolk, and fluffed up with egg whites. However, the photographs to the right illustrate an alternate method for preparing the béchamel, i.e. with kneaded butter. In **this** case, you work backward—instead of adding milk to the flour and butter mixture, you stir the kneaded butter into the hot milk.



1. Scrape pulp from vanilla bean, add to milk, and bring to a boil. Slice kneaded butter and stir into milk one slice at a time.



2. Continue stirring with a wire whisk until the mixture has thickened and become smooth. Stir in reduced orange juice and orange liqueur. Allow to cool.



3. One-by-one, stir egg yolks into cooled mixture. In a second bowl, add all the sugar to the egg whites and beat until stiff. Although this method produces less volume, the egg whites are stiffer and more durable.



4. Transfer soufflé mixture to a bowl. First stir in one-third of the egg whites and then carefully fold in remaining egg whites so the mixture loses as little volume as possible.



5. Grease a soufflé dish (6-inch diameter; 1.5-quart volume) with softened butter and coat with sugar. Pour in soufflé mixture, smooth out the surface and place immediately on the bottom rack of an oven preheated to 350°F.



6. Bake for about 40 minutes until it has nicely risen and the surface has browned. Remove from the oven, quickly dust with powdered sugar, and serve immediately.



## Baked Rhubarb with Almond Ice Cream

8 stalks rhubarb, slender  
if possible  
1 cup corn syrup  
½ tsp cinnamon  
2 egg whites  
¾ cup sugar  
½ tsp cornstarch  
½ tsp white wine vinegar  
½ cup toasted almond slices  
2 cups vanilla ice cream  
4 sprigs mint (optional)

CUT RHUBARB INTO PIECES about 1½ inches long and measure out 4 cups of fruit. Put fruit and syrup into a 1-quart baking dish and sprinkle cinnamon evenly over the top. Bake at 375°F for 30 minutes, making sure that rhubarb is pushed down into the liquid. Allow to cool to room temperature.

PREHEAT OVEN to 275°F. Beat egg whites, adding sugar little by little. Beat until stiff peaks form and fold in cornstarch and vinegar. Spoon into a pastry bag with a star tip. On a parchment-lined baking sheet, pipe mounds about 3 inches in diameter. Bake 45 minutes to 1 hour. Cool on a rack until crisp.

TOAST ALMOND SLICES in a frying pan over medium high heat. Pour out onto a plate as soon as they become golden-brown. Cool, then stir into slightly softened ice cream.

DISTRIBUTE RHUBARB with syrup on 4 plates. Place a meringue and scoop of ice cream on each. Garnish with mint and serve as soon as possible.





## FROZEN DESSERTS

JUST AS SOMETHING from the oven spells love, something cold and crystalline from the freezer speaks of refreshment to the max. The idea that frozen desserts are strictly seasonal is a thing of the past, and cooks relish the time saving that most of them afford. Check out the sorbet and granita recipes, which serve as excellent carefree desserts, but can also be used as palate cleansers between courses. Granita's special appeal is its snow cone or shaved ice texture, and no special equipment is needed to make it.

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## Pear Apple Sorbet

### Pear chips

2 small pears

Powdered sugar

### Tangerine compote

5 tangerines

Juice and grated zest from 1 lime

½ cup sugar

2 tsp cornstarch

### Sorbet

1 pear

1 medium apple

2 cups hard cider

½ cup sugar

1½ tbs Calvados

1 tsp finely chopped peppermint

**FIRST PREPARE PEAR CHIPS:** Rinse pears, dry, and cut lengthwise into paper-thin slices. Line a baking sheet with permanent baking foil and lay out pear slices side-by-side. Dust with powdered sugar, place in a 125°F oven with the door cracked open, and dry overnight. Remove from baking sheet.

**FOR THE TANGERINE COMPOTE:** Section tangerines as follows: Cut a cap from the top and bottom of each and stand on a work surface. Using a small, sharp knife, cut away sections of peel from top to bottom. Then cut segments from between the inner membranes. Squeeze juice from fruit still attached to membranes and set aside ¾ cup (if necessary, top up with orange juice). In a saucepan, combine this juice with lime juice, lime zest, and sugar and bring to a boil. Stir cornstarch into a little water and use to thicken juice. Add tangerine segments and let cool.

**FOR THE SORBET:** Peel pears and apples, cut into quarters, remove cores, and chop. In a saucepan, combine cider and sugar and bring to a boil while stirring. Continue boiling until the sugar has dissolved. Add fruit and simmer for 5 minutes. Purée this mixture in a blender and let cool. Stir in Calvados and peppermint. Pour mixture into an ice cream maker and freeze until creamy. Arrange scoops of sorbet with tangerine compote and pear chips.







## Sour Cherry Granita

3 cups pitted sour cherries  
¾ cup corn syrup  
1 pinch cinnamon  
2 cups sparkling wine  
Cherry liqueur  
Peppermint for garnish

### Pear chips (optional)

1 pear  
Permanent baking foil  
Powdered sugar for garnish

**PURÉE CHERRIES** very finely in a blender and put through a fine strainer. You should have about 1½ cups cherry juice. Combine juice, corn syrup, and cinnamon, pour into a shallow container and stir in sparkling wine. Place in the freezer. As soon as the edges of the granita start to freeze, scrape away the ice layer with a spoon and mix it into the liquid part. During the freezing process, continue occasional stirring. The granita is done when it's evenly frozen throughout.

**FOR THE PEAR CHIPS:** Rinse pears and cut lengthwise into paper-thin slices. Line a baking sheet with permanent baking foil and carefully lay out pear slices side-by-side. Dust with a thin, even layer of powdered sugar. Place on the middle rack of an oven preheated to 140°F with the door cracked open and dry for 6–8 hours, turning at the halfway point.

**ARRANGE GRANITA** in chilled glasses, drizzle with a little cherry liqueur, and garnish with pear chips and peppermint.



## Peach Ice Cream with Compote

1½ lb peaches and Mirabelle plums  
(equal amounts of each)

1½ cups white currants

1 cup water, juice, or white wine

5 tbs sugar

1 vanilla bean

½ cup cream

1 tbs powdered sugar

8 scoops peach ice cream

Grated chocolate

4 sprigs lemon balm or mint





**BRIEFLY SUBMERGE PEACHES** and plums in boiling water, peel, cut in half, remove pits, and dice. Strip currants from stems and rinse. Combine water and sugar and bring to a boil. Add plums and currants and boil briefly, then put through a strainer. Slit open vanilla bean, scrape out pulp, and add to purée. Stir peach pieces into hot purée and let cool in refrigerator.

**WHIP CREAM** with sugar until stiff, spoon into a pastry bag with a star tip. Spoon compote into 4 glass bowls, topping each bowl with 2 scoops of ice cream. Pipe 4 thick rosettes of cream onto the ice cream. Garnish with chocolate and lemon balm or mint.

SERVES 4





## Orange Campari Granita

- 1 cup powdered sugar
- 1 cup fresh-squeezed orange juice
- 2½ cups white wine
- ½ cup Campari
- 4 kumquats
- 4 sprigs tangerine sage

COMBINE POWDERED SUGAR and strained orange juice. Stir in white wine and Campari. Pour liquid into a shallow container and freeze. The granita freezes around the edges first while remaining liquid in the center. Scrape off the frozen layer with a spoon.

BECAUSE OF THE LOW sugar content, small crystals form during freezing, the size of which varies depending on how often you stir. Serve granita with sliced kumquats and tangerine sage.

## Apple Sorbet

### Sorbet

- 1 apple (e.g., Royal Gala from New Zealand)
- 2 cups hard cider
- 1 cup plus 2 tbs sugar
- 1½ tbs Calvados
- 1 apple, sliced for garnish

### Kiwi sauce

- 3 kiwis
- 1½ tbs kiwi or pear liqueur
- ½ cup powdered sugar
- 1 dash lemon juice

**FOR THE SORBET:** Peel apples, cut into quarters, remove cores, and cut into pieces. In a saucepan, combine cider and sugar and bring to a boil while stirring until the sugar has dissolved. Add apple pieces and simmer for 5 minutes. Purée in a blender and let cool. Stir in Calvados. Pour mixture into an ice cream maker and freeze until creamy. Spoon into a pastry bag with a #12 star tip and pipe into chilled glasses. Briefly return to the freezer.

**FOR THE KIWI SAUCE:** Peel kiwis, purée finely in a blender, and put through a strainer. Stir in liqueur, sifted powdered sugar, and lemon juice. Garnish sorbet with apple slices and drizzle with kiwi sauce.





## White Wine Granita

½ cup powdered sugar  
Juice from 1 lime  
3 cups white Rhine wine  
1 kiwi  
Sprigs lemon balm

STIR POWDERED SUGAR into strained lime juice. Add white wine. Pour liquid into a shallow container and freeze. Granita always freezes around the edges first. You can either remove the frozen part or keep stirring it into the liquid part in the center. Repeat this procedure several times, depending on how fine you want the crystals to be.

SPOON FINISHED granita into chilled glasses. Briefly return to the freezer. Peel kiwi, cut in half lengthwise, and slice crosswise. Garnish granita with kiwi slices and lemon balm.

ALSO EXCELLENT with Kiwi Sauce (see page 104).



## Peppermint Granita

2 tbs coarsely chopped  
peppermint leaves  
½ cup white wine  
½ cup powdered sugar  
Juice from 1 lime  
2 cups good, dry sparkling wine  
4 orange slices  
4 sprigs red currants  
4 strawberries, cut into quarters  
2 cups watermelon balls  
Peppermint leaves for garnish  
3 tbs peppermint liqueur  
(optional)

IN A VERY SHALLOW CONTAINER, combine peppermint leaves, white wine, and powdered sugar and let stand for 2 hours.

PUT LIME JUICE through a strainer and stir into the wine-mint mixture. Add sparkling wine and place in the freezer. When the liquid starts to freeze around the edges, stir with a spoon. Stir more or less frequently, depending on how large you want the crystals to be, but it should always resemble crushed ice.

PLACE ORANGE SLICES in 4 well-chilled glasses, spoon granita on top, and garnish with fruit and mint. If desired, pour 2 teaspoons peppermint liqueur over each glass.





## Cassandra Sorbet

1 cup small wild strawberries  
1 cup strawberries  
½ cup raspberries  
2 cups orange juice  
1½ cups sugar  
1 tbs carob powder  
Orange segments, raspberries,  
wild strawberries for garnish  
Peppermint leaves for garnish

CAREFULLY RINSE wild strawberries, strawberries, and raspberries. Cut oranges in half and squeeze out juice. Combine fruit in a blender, straining for 1 minute. Stir sugar and carob powder into the pureed fruit.

TO SERVE: Refrigerate mixture for 3 hours until firm and then process in an ice cream machine. Serve sorbet in bowls and garnish with fruit and peppermint leaves.

SERVES 4



## Strawberry Rosette

### Asparagus ice cream

7 oz fresh asparagus  
2 cups cream  
 $\frac{3}{4}$  cup sugar, separated  
2 egg yolks  
2 tbs rum  
Juice from 1 lemon  
Mint for garnish (if desired)

### Strawberry rosette

8 oz frozen strawberries  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup corn syrup  
 $1\frac{1}{2}$  tbs Grand Marnier  
1 tbs lemon juice  
1 lb fresh strawberries

### Almond basket

3 tbs water  
 $\frac{1}{2}$  cup brown sugar, packed  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup ground almonds  
1 pinch cinnamon  
1 tsp vanilla  
Zest from  $\frac{1}{2}$  orange  
5 tbs melted butter

**FOR THE ASPARAGUS ICE CREAM:** Peel asparagus up to the base of the tips and cut into small pieces. Combine asparagus, cream, and half the sugar and simmer about 8 minutes. Beat egg yolks with remaining sugar until foamy. Add egg yolks to asparagus cream, purée, and put through a strainer. Stir over ice water until cool. Add rum and lemon juice and freeze in an ice cream maker.

**FOR THE STRAWBERRY ROSETTE:** Thaw frozen strawberries, purée with sugar, corn syrup, Grand Marnier, and lemon juice and put through a strainer to make a strawberry sauce. Cut fresh strawberries into thin heart-shaped slices.

**FOR THE ALMOND BASKET:** Combine all ingredients and refrigerate for 1 hour. Spread batter thinly into 4-inch circles on a baking sheet lined with parchment paper and bake at 350°F for about 7 minutes until golden-brown. Let stand for 30 seconds, then drape over a rolling pin or cup, and let cool.

**ARRANGE STRAWBERRY SLICES** in a rosette, place strawberry sauce in the center, and set the almond basket on top. Place asparagus ice cream in the almond basket, and garnish with strawberry sauce and mint, if desired.

SERVES 4





## Papaya Sorbet

¾ cup sugar  
1 cinnamon stick  
1½ cups water  
Juice from 1 lime  
1 cup puréed papaya  
2 egg whites  
Sprigs of mint

**PREPARING THE SUGAR SYRUP:** Combine sugar, cinnamon, and the specified amount of water and bring to a boil to allow the aroma to unfold. Then let syrup cool and remove cinnamon stick. Add lime juice to puréed papaya. Beat egg whites until stiff, fold into papaya purée, and stir this mixture into the cold syrup.

**FREEZING THE SORBET MIXTURE:** Pour into a wide, shallow bowl and place in the freezer. When the surface starts to freeze after 30 minutes, stir thoroughly with a wire whisk or hand mixer and return to the freezer.

**STIRRING REPEATEDLY:** The consistency of the sorbet depends on how often you stir it. The more frequently you stir, the smoother it will be. However, this also lengthens the freezing time. When firm, spoon into a pastry bag with a #12 star tip and pipe into 4 glasses. Garnish with mint.



## Strawberry Ice Cream Soufflé

1 packet gelatin  
½ cup dry white wine  
7 egg yolks  
1½ cups sugar, separated  
Juice from 1 lemon  
4 egg whites  
1½ cups cream  
1 tbs sugar  
1 cup puréed and  
    strained strawberries  
8 ramekins (½-cup volume each)  
Parchment paper for the ramekins  
Cocoa powder for garnish  
Lemon balm leaves for garnish

Strawberry and kiwi compote  
½ cup white wine  
½ cup strawberry syrup  
½ cup powdered sugar  
2 tsp cornstarch  
2 cups strawberries, cut  
    into quarters  
2 kiwis (1 green and 1 yellow,  
    if possible)

**FIRST PREPARE THE RAMEKINS:** Fold over parchment paper to form a double layer and make sleeves for the ramekins that extend above the edges by 2 inches. Place sleeves around the ramekins and secure above and below with tape. Chill ramekins in the refrigerator.

**SOFTEN GELATIN** in the wine for 5–10 minutes. Then warm only until it is dissolved and set aside. Beat egg yolks with ¾ cup of the sugar until creamy. Heat yolk mixture over a double boiler, stirring in gelatin and wine. Continue stirring constantly until the mixture is thick enough to coat a spoon. Remove from heat and stir in lemon juice. Pour into a large mixing bowl and refrigerate until the mixture becomes syrupy. Beat egg whites, gradually sprinkling in remaining ¾ cup sugar, until stiff peaks form. Whisk egg whites into the egg yolk mixture. Whip cream with 1 tablespoon sugar until stiff and fold into the mixture using a mixing spoon. Divide mixture in half. Stir strained strawberries into one half. First pour this half into the ramekins and then pour on the lighter lemon soufflé mixture. Freeze overnight. Before serving, remove sleeves, and dust the surface with cocoa.

**FOR THE STRAWBERRY AND KIWI COMPOTE:** Combine white wine, syrup, and powdered sugar and bring to a boil. Whisk cornstarch into a little water, add, let thicken slightly, return to a boil, and let cool. Clean strawberries, rinse, and cut into quarters. Peel kiwis, cut in half lengthwise, and then cut crosswise into thin slices. Mix strawberries and kiwis into the sauce.

**ARRANGE SOUFFLÉS** with strawberry and kiwi compote and garnish with lemon balm.





## Ice Parfait with Candied Ginger

½ cup milk  
2 egg yolks  
½ cup sugar  
1 cup strained orange juice  
⅔ cup sugar  
2 oz candied ginger  
1½ tbs Cointreau (or other  
orange liqueur)  
2 cups cream  
1 bread pan (1–1.5-quart volume)  
Plastic wrap for lining the pan  
Lime zest strips for garnish  
Chopped pistachios for garnish

### Orange compote

4 oranges  
Juice and zest from 1 lime  
Pulp from ½ vanilla bean  
½ cup sugar  
1 tsp cornstarch

HEAT MILK in a saucepan. Beat egg yolks with sugar until creamy and stir in hot milk. Pour into a saucepan and heat while stirring constantly until the mixture has thickened slightly and coats the spoon. But it must not boil! Stir until cool.

COMBINE ORANGE JUICE and sugar and bring to a boil. Reduce to ½ cup. Dice ginger very finely. Add to orange juice and let cool. Stir cooled orange juice and Cointreau into the egg yolk mixture. Whip cream and fold it in. Line bread pan with plastic wrap, pour in mixture, and smooth out the surface. Freeze overnight.

FOR THE ORANGE COMPOTE: Section oranges as follows—cut a cap from the top and bottom of each and stand on a work surface. Using a small, sharp knife, cut away sections of peel from top to bottom. Then cut segments from between the inner membranes. Squeeze juice from fruit still attached to membranes and save. In a saucepan, combine orange juice, lime juice, lime zest, vanilla pulp, and sugar and bring to a boil. Stir cornstarch into a little water and use to thicken compote. Cool slightly, add orange segments, and let cool completely.

BEFORE SERVING, reverse ice parfait out of the pan, remove plastic, and slice. Arrange with orange compote and serve sprinkled with lime zest and chopped pistachios.



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