

DESSERTS



LEMON CHEESE CAKE

1/4 cup lemon juice
 4 pkgs. (3 oz. each) cream cheese
 2 eggs, beaten
 3/4 cup granulated sugar

Combine lemon juice and cream cheese. Cream well. Add beaten eggs and sugar. Beat until fluffy. Bake at 350° for 15 to 20 minutes. Remove from oven; cool 5 minutes.

TOPPING

1 tbsp. sugar
 1 tbsp. grated lemon rind
 1 cup sour cream

Mix together. Spread over pie. Return to oven and bake 10 minutes. Chill at least 5 hours before serving. Decorate top with lemon slices, if desired.



LEMONY LIGHT CHEESE CAKE

2 envelopes unflavored gelatin
 1/4 lemon (pulp only)
 1/2 cup hot milk
 1/3 cup sugar
 2 egg yolks
 1 (8 oz.) pkg. cream cheese, cubed and softened
 1/2 cup heavy cream
 1 cup cracked ice

In blender, grind gelatin, lemon and hot milk for 40 seconds. Add sugar, egg yolks and cream cheese. Mix 30 seconds. Scrape sides of container with rubber spatula. Mix 20 seconds adding cream and ice. Continue to push mixture to center. Pour into 9 inch layer cake pan. Chill until firm.

APPLE CUSTARD

3/4 cup hot milk
1/3 cup diced cooked, peeled apple
1 tbsp. honey
1 egg

Blend all ingredients well and strain to remove apple pieces. Place in custard cups. Bake in a pan of hot water in 325" oven for 40 minutes, (or on a rack inside a saucepan making sure to add enough water to come 1 inch above rack. Cover and cook on top of stove 15 to 20 minutes over low heat making sure water boils slowly.)

Remove skin from top of custard and serve.



BAKED CARAMEL CUSTARD

1 cup sugar
4 cups milk, scalded
6 eggs
2 tsps. vanilla
1/2 tsp. salt

Melt sugar in small heavy skillet over medium heat until it forms an amber-colored syrup. WHIP in blender scalded milk, eggs, vanilla and salt 10 seconds, adding sugar syrup through opening in top while motor is running. Pour into shallow 1-1/2 quart baking dish. Set baking dish in shallow pan on oven rack. Pour hot water into outer pan until 1 inch deep. Bake in moderate oven (350") 1 hour or until knife inserted in center comes out clean. Remove from water and cool on rack.

COTTAGE CHEESE CUSTARD

3/4 cup hot milk
1/3 cup cottage cheese
Dash nutmeg
1 tbsp. honey
1 egg

Blend all ingredients well. Divide into 3 custard cups. Bake in a pan of hot water in 325° oven, about 40 minutes, (or on a rack inside a saucepan making sure to add enough water to come 1 inch above rack. Cover and cook on top of stove 15-20 minutes over low heat making sure water boils slowly).

Remove skin from top of custard and serve.



EGG CUSTARD

4 eggs
1 cup sugar
1 tsp. nutmeg
1-1/2 cups milk
Dash salt

Beat eggs; add sugar, nutmeg, milk, and salt. Mix and place in custard cups. Bake for 30 minutes at 350°. (Place cups in pan of hot water).

PINEAPPLE RICE CUSTARD

- 2/3 cup milk
- 1/2 cup cooked rice
- 1 egg
- 1/3 cup canned crushed pineapple

Blend all ingredients well and *strain*. Place in custard cups. Bake in a pan of hot water in 325° oven for 40 minutes (or on a rack inside a saucepan making sure to add enough water to come 1 inch above rack. Cover and cook on top of stove 15-20 minutes over low heat making sure water boils slowly).

Remove skin from top of custard and serve.



PUMPKIN CUSTARD

- 1 1/2 cups cooked pumpkin (see note below)
- 2 large eggs
- 1 1/2 cups evaporated milk (or evaporated skim milk)
- 1/4 cup flour (or whole wheat flour)
- 1/2 cup sugar
- 1/2 tsp. ginger
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. cloves
- 1/4 tsp. salt
- 1/2 tsp. vanilla

(For pumpkin, you may substitute an equal amount of hubbard squash or puréed carrots. The squash makes a sweeter pie and sweetening may need to be adjusted to taste for different ingredients.)

Add well-beaten eggs to pumpkin; mix well. Stir in milk. Combine dry ingredients; add to mixture. Add vanilla. Spray custard cups with non-stick coating, pour in custard. Place cups in pan of hot water and bake at 350° for about 1 hour. Test with knife blade; cool on rack and do not serve until cooled to lukewarm.

LIME DIVINE

- 2/3 cup boiling water
- 2 envelopes unflavored gelatin
- 1/2 cup sugar
- 1 (6 oz.) can limeade or lemonade concentrate, thawed
- 2 heaping cups cracked ice

In blender, GRIND water and gelatin 60 seconds. Add sugar and GRIND 5 seconds. Add limeade and ice and SHRED 60 seconds or until ice is crushed. Let stand 1 minute. Spoon into serving dishes.



LIME-PEAR DESSERT

- 1-1/2 quarts boiling water
- 12 oz. lime flavored gelatin
- 2 cans puréed pears
- Whipped topping

Add water to gelatin mix; stir until gelatin is dissolved. Stir in 2 cans puréed pears. Portion into individual molds; chill until firm. Top each portion with whipped topping.



PEACH MELBA

Fill tart shells with puréed peaches. Spoon melted raspberry jelly over top. Chill; garnish with whipped topping.

APRICOT CHIFFON PIE

- 2 eggs, separated
- 2 tbsps. sugar
- 2 envelopes unflavored gelatin
- 1/2 cup strained apricots
- 1/2 cup orange-juice concentrate or apricot nectar
- 1/2 cup hot milk
- 1/4 cup sugar
- 1 cup heavy cream
- 1 heaping cup cracked ice

Beat egg whites with electric or rotary beater until soft peaks form. Gradually add the 2 tablespoons sugar and continue beating until stiff. In blender, GRIND gelatin, apricots, orange-juice concentrate or apricot nectar and hot milk 40 seconds. Add sugar and egg yolks and GRIND 15 seconds. Add cream and SHRED 40 seconds, gradually adding ice through opening in top while motor is running. Fold apricot mixture into beaten egg whites until smooth. Pour into chilled glasses. Chill until firm, at least 4 hours.



CHEESECAKE PIE

- 2 (8 oz.) pkgs. cream cheese, cut up
- 2/3 cup sugar
- 3 eggs
- 1/4 tsp. almond extract
- 1 cup dairy sour cream
- 3 tbsps. sugar
- 1 tsp. vanilla

Beat together cream cheese, the 2/3 cup sugar, eggs, and almond extract. Pour into an ungreased 9-inch pie plate. Bake in a 350° oven about 35 minutes.

In a small bowl stir together sour cream, the 3 tablespoons sugar, and vanilla; spread atop cheese mixture. Cool. Cover and chill at least 1 hour. Cut into wedges to serve.

CHOCOLATE CHIFFON PIE

1 cup evaporated milk, chilled icy-cold
1 envelope unflavored gelatin
3/4 cup sugar
1/8 tsp. salt
1 egg yolk
3/4 cup milk
3 (1 oz.) squares unsweetened chocolate, cut in 4 pieces each
1 tsp. vanilla or mint flavoring

In blender, WHIP evaporated milk 60 seconds or until stiff, being careful not to overbeat. Empty into a bowl and chill while preparing filling. BEAT all remaining ingredients, except vanilla, 20 seconds. Empty into saucepan and cook and stir over medium heat just until mixture begins to steam. Do not *boil*. Return to container and BLEND 40 seconds or until smooth. Pour into bowl and chill until mixture mounds when spooned. Fold in whipped milk and vanilla. Pour into parfait glasses and chill until firm. Garnish with whipped cream, if you wish.



FROZEN CRANBERRY VELVET PIE

18-oz. pkg. cream cheese, softened
1 cup whipping cream
1/4 cup sugar
1/2 tsp. vanilla
1 (16 oz.) can cranberry sauce

Beat cream cheese until fluffy. Combine whipping cream, sugar and vanilla; whip until thickened but not stiff. Gradually add to the cream cheese, beating until smooth and creamy. Fold the cranberry sauce into the whipped mixture. Freeze until firm. Remove from freezer 10 to 15 minutes before serving. To serve, top with additional whipped cream.

EGG NOG PIE

1 cup milk
 1 pkg. instant vanilla pudding
 1-1/2 tsps. rum flavoring
 1 cup whipping cream

Whip the cream until stiff and refrigerate. Combine the pudding, milk and flavoring; beat until consistency of whipped cream, but do not overbeat. Combine with whipped cream, folding method. Refrigerate for 2 to 3 hours. Sprinkle the top of pie with nutmeg.



IMPOSSIBLE PIE

4 eggs
 1 stick butter
 2 cups milk
 1/2 cup sugar
 1 tsp. coconut extract
 1/2 cup Bisquick
 1 tsp. vanilla

Put all the above in blender and blend for 2 minutes. Bake in 9" pie plate that has been buttered and floured. Bake 45 minutes at 375°. Chill for 3 hours.



*"The use of my brain seems assured.
 This, it seems to me, is the essence of
 life."*

Senator Jacob K. Javits

KEY LIME PIE

Butter Crunch Crust:

1/2 cup butter

1/4 cup brown sugar, packed

1 cup flour, sifted

Combine all ingredients and mix well. Spread in a 13x9" pan and bake at 400° for 12 to 15 minutes until golden. Stir immediately and press into a 9" pie pan and cool.

Filling:

1 can Eagle Brand sweetened condensed milk

4 egg yolks

1/2 cup key lime juice or 1/4 cup lime and 1/2 cup lemon juice

1 large egg white, beaten stiff

Combine milk, egg yolks and juice; fold in beaten egg white. Pour into crust.

Meringue:

3 egg whites

6 tbsps. sugar

1/2 tsp. cream of tartar

Beat egg whites; gradually add sugar and cream of tartar and beat until stiff and glossy. Cover filling with meringue. Bake pie at 350° until meringue browns.

LEMONADE ICE-BOX PIE

1 can (5-3/4 oz.) concentrated lemonade (pink)
 1 can Eagle Brand sweetened milk
 1 small carton Cool Whip (4-3/4 oz.)

Mix lemonade and Eagle Brand together until smooth. Fold in Cool Whip. Place in refrigerator for several hours to firm.



POTS DE CRÈME

1 cup semisweet chocolate chips
 1-1/4 cups light cream - scalded
 2 egg yolks
 1 tsp. rum extract

Put all ingredients into blender, cover and process at purée speed until smooth. Pour into cups, cover and chill 3 hours until of a pudding-like consistency.



Life would be infinitely happier if we could only be born
 at the age of 80 and gradually approach 18.

Mark Twain

QUICK CHEESE PUDDING

1 (8 oz.) cream cheese, softened
 2 cups milk
 1 pkg. instant pudding mix - 3-1/2 oz. size

Mix cream cheese with 1 cup milk until very soft. Mix the other cup of milk with instant pudding. Mix all together. Chill.

Variations: lemon
 chocolate
 use 1 cup sour cream and 1 cup milk



FRUIT PARFAIT PUDDING

Alternate layers of prepared vanilla, tapioca or rice pudding with pureed fruit in parfait glasses. Garnish with whipped topping and a dash of cinnamon or nutmeg.



*If I am not for myself, who will be?
 But if I am only for myself,
 What am I?
 If not now, then when.*

Talmud

LEMON PUDDING

3 egg whites
1/4 cup sugar
1-1/4 cups milk
1 cup sugar
3 egg yolks
1/4 cup butter or margarine, softened
1 lemon (fruit only)
1/2 cup flour

Beat egg whites with rotary or electric beater until foamy. Gradually add 1/4 cup sugar; continue beating until stiff. In blender, GRIND milk, sugar, egg yolks, butter and lemon 30 seconds, adding flour through opening in top while motor is running. Pour over whites; fold in. Spoon into 8 buttered custard cups. Place cups in pan of hot water; bake in moderate oven (350°) 40 minutes. Cool, unmold.



CANTALOUPE SHERBET

2 cups very ripe cantaloupe, cubed
2 cups buttermilk
1 cup corn syrup
1 tsp. vanilla

Purée the cantaloupe in blender or food processor until smooth. Set aside. Blend together buttermilk, corn syrup, and vanilla. Freeze until almost firm, place mixture in food processor bowl and blend until smooth. Slowly add puréed cantaloupe. Return sherbet to freezer and freeze until firm.

CRANBERRY SHERBET

1 lb. cranberries	1/4 cup cold water
1/2 cup boiling water	2 cups sugar
1 tsp. gelatin	1 pint ginger ale

Cook together cranberries and boiling water. Strain. Soak gelatin in cold water, add sugar and ginger ale. Chill in freezing tray; before it gets stiff, beat well. Return to tray and freeze.



BLENDER SNOW CONES

4 cups cracked ice
 2 cups cold water
 1/2 cup fruit-flavored syrup*

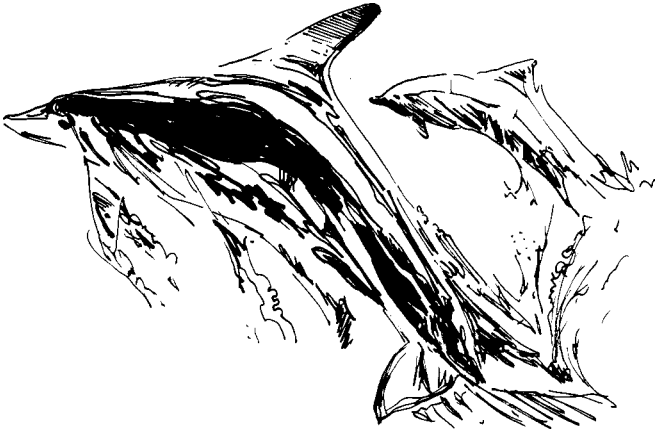
GRIND ice and water about 1 minute, stopping motor once or twice to push ice to blades. Turn into sieve or colander and let drain briefly, then pile ice in 4 paper cups or cones. Drizzle about 2 tablespoons syrup over each cone and serve at once.

*Use bottled table and pancake syrups (raspberry, blueberry, boysenberry, etc.) available at your supermarket, or flavor light corn syrup with extracts or flavorings to taste and food coloring as desired. (Examples: peppermint extract and red food coloring; orange extract and orange food coloring; banana extract and yellow food coloring; lemon extract and yellow food coloring; spearmint extract and green food coloring.)

SWISS YOGURT

1 envelope unflavored gelatin
1/4 cup water
2 cups yogurt, smooth (NO skins or seeds)
1 cup whipping cream
1/2 cup sugar

In medium saucepan, sprinkle gelatin in water; heat slowly, stirring to dissolve gelatin. Remove from heat; stir in yogurt. In small mixer bowl, whip cream until soft peaks form. Gradually add sugar and continue beating until stiff. Fold into yogurt mixture. Pour into dessert dishes. Chill 2 hours or until set.



Nature tries all of us; she is continually hunting our weak points and testing them to breaking, and the strong are subjected to the more and harder tests.

William Feather

HELPFUL HINTS DESSERTS

TIME SAVERS:

1. An easy enhancer to vanilla desserts is the prepared fruit pie fillings. Pour whole container or pie filling in blender and blend. You will have to strain out the seeds and skins in berry fillings. Keep in the refrigerator as a topping.

DID YOU KNOW...

1. It is difficult to grind coconut fine enough to omit choking. If coconut is a favorite, try "cream of coconut" or artificial flavoring mixed in vanilla mixtures.

TO INCREASE CALORIE INTAKE:

1. Sustacal pudding (obtain from drug store)
2. Forta pudding (obtain from drug store)
3. Vanilla Ensure Plus or Half and Half instead of milk in recipes.
4. Enrich (obtain from drug store) * increases fiber.

THINGS TO TRY:

1. Frozen cream pie (no crust)
2. Pureed apple pie
3. Ice cream
4. Lemon pudding (good to add crushed or liquid multivitamins)
5. Prepared puddings (butterscotch/chocolate/vanilla)

NOTES:
