



Week Eight Participant Manual:
Delightful Desserts

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JOURNALING

- What do you think your current relationship of desserts is like? Do you deprive yourself? Do you have them too often? What are some things you can personally do to develop a healthier relationship with desserts?



Secrets of a Healthy Kitchen

Consider having a dessert that is lower in sugar and higher in fat to end a meal. The fat found in foods will help in keeping you satisfied, thus alleviating the feeling to want to snack between meals.

Examples:

- Dark chocolate
- Dark chocolate covered nuts
- Honey roasted nuts
- Fresh fruit with a dollop of whipped cream
- Hot chocolate
- Crème Fraiche with some fresh fruit
- Fruit baked with a tiny bit of butter

Fruits and vegetables can make great bases for desserts. Here are some examples...and what a delicious way to incorporate these nutrient rich foods into our diet!

- Quick bread such as carrot, banana, or zucchini
- Cobblers, pies, and buckles
- Smoothies, sorbet, and ice cream with fresh fruit
- Fresh fruit dipped in dark chocolate sauce

Prevent Yourself from Becoming a Cookie Monster

Set yourself up for portion control!

- The great thing about many cookie recipes is that the dough freezes well. So make a batch of the dough and roll them into individual balls, then freeze them on a cookie sheet. Once that have solidified, transfer them to a freezer bag.
 - Then on a night when you are planning on having dessert, you can take out some of the dough balls and let them thaw while you are enjoying dinner. When dinner is finished simply bake the cookies and enjoy!
 - Making just the amount you need helps with portion consumption and who's going to argue with a having a warm and delicious cookie?



Standard Dessert Recipes that can be Easily Modified

Fruit Cobbler

You'll Need

- 1/3 cup sugar
- 6 tablespoons butter
- ¾ cup flour
- A pinch of cinnamon

Directions

- Preheat oven to 350 F
- Mix, sugar, flour, and cinnamon together.
- Cut in butter with knife, fork or pastry blender until mixture forms lumps.
- Sprinkle mixture over fresh cut fruit of choice.
- Bake until light brown on top.



Sipping Chocolate

You'll Need

- 2 ounces quality chocolate bar chopped (suggestion 70% cocoa or higher)
- 2 ounces of water or milk

Directions

- In a small pot on stovetop heat water or milk.
- Once heated add in chopped chocolate.
- Stir until chocolate is melted.
- Serve in demitasse cups.
- Place extra in a container that can be sealed. Reheat extra when wanting to have more.

Note

- The ratio is always 1 to 1 so create the amount you want.
- If you notice that the mixture is too thick add a little more milk or water
- You can also use a combination of milk and water.



Whipped Cream

You'll Need

A good ratio is always:

- 2 cups heavy cream
- 1 Tablespoon of sugar

Directions

- Mix cream with an electric beater and beat cream on high until it starts to fluff.
- Then add the sugar. You'll know it's done when the whipped cream gently clings to the lifted beaters.

Desserts without a Recipe

- Dark chocolate with fruit or nuts or nut butter
- Chocolate covered nuts
- Cheese plate
- Fresh fruit with a dollop of clotted or whipped cream
- Flavored warm milk
- Fresh fruit
- Fruit smoothie
- Tiny bit of plain yogurt with a drizzle of honey or maple syrup

Recipes

Pecan Pie

You'll Need

- 1 pie crust
- 2 cups pecans
- 4 eggs
- 1 ½ cups brown sugar
- Pinch of salt
- 1 stick of melted butter
- 1 tablespoon all-purpose flour
- 1 teaspoon vanilla
- 1/8 cup bourbon or brandy (optional)

Directions

- Beat together the eggs, sugar, salt, flour, and butter to make a custard.
- Warm these over a barely medium flame for about 10 minutes, stirring fairly frequently. Make sure it doesn't approach boiling.
- Remove from heat, add pecans, vanilla, and bourbon or brandy if you choose to add this. Pour into pie crust.
- Bake at 325 for 25 minutes until custard is set. Be sure to set your rack up in the middle third of the oven or you might curdle the eggs.
- Let it cool and serve.

Play with Your Food

- Add a pinch of cinnamon
- Try slightly decreasing the amount of sugar



Buttered Honey Nuts

You'll Need

- 6 ounces shelled, unsalted nuts of choice
- 1 Tablespoon butter, melted
- 1 Tablespoon honey

Directions

- Preheat oven to 300 F.
- Melt butter and honey together.
- Pour mixture over nuts.
- Stir until nuts are completely coated with the mixture.
- Spread nuts on a cookie sheet.
- Bake 15 to 20 minutes stirring occasionally to prevent burning.
- Remove when nuts are golden brown and let cool.
- Store in an airtight container. They will keep for a good month.

Play with Your Food

- Try adding a pinch of sea salt, cinnamon or even cayenne.
- These nuts can also make for a delightful topping of salads. So think of a salad that candied nuts will work on and serve it up!

Truffles

You'll Need

- Truffles:
 - 3/4 cup heavy cream
 - 1/4 cup coffee liqueur
 - 4 tablespoons (1/2 stick) butter
 - 1 pound dark or bittersweet chocolate, cut into small pieces
- Coating:
 - 3/4 cup cocoa powder
 - 1/8 cup confectioner's sugar

Directions

- Combine all truffle ingredients in a double broiler. Place over low heat; melt chocolate, stirring occasionally. When chocolate is melted, remove from heat and cool until mixture begins to thicken (For best results, place saucepan in ice water and stir constantly.)
- When cool, whip mixture with an electric beater on high speed until chocolate is light and fluffy and a color change appears, it should look almost light brown (the color change is really the key). This will take about 12 to 15 minutes.
- Using two teaspoons, put small scoops of chocolate on a cookie sheet lined with waxed paper. Place sheet in refrigerator.
- Combine coating ingredients in a strainer and sift into a bowl. Dip each truffle into the cocoa mixture, roll it between your hands (make sure your hands are on the cooler side, otherwise the truffle will melt) to coat it, and shape it into a ball and return it to the cookie sheet. Then refrigerate.
- When firm, transfer truffles to a tightly covered container and keep refrigerated until ready to serve.

Play with Your Food

- For the coating use all cocoa or, finely chopped nuts or shredded coconut.
- Try a different liquor

Caramel Sauce

You'll Need

- ½ cup unsalted butter
- 1 cup light brown sugar
- ¼ cup heavy cream
- Pinch of Kosher salt
- 1 teaspoon vanilla

Directions

- Mix butter and sugar in small sauce pan over medium heat, whisking until sugar melts. Bring to a simmer and cook one minute, stirring.
- Whisk in cream and salt until sauce is smooth and cook 30 seconds.
- Remove from heat and stir in vanilla.
- Can be served warm and can be refrigerated for a couple of days.
- Makes 1¼ cups

Play with Your Food

- Add in a pinch of cinnamon
- Add in some larger sea salt crystals to make a salted caramel

Vanilla Pudding

You'll Need

- 1/3 cup sugar
- 2 tablespoons cornstarch
- 2 cups milk
- 4 large egg yolks, beaten
- 1 tablespoon all-purpose flour
- 2 tablespoons butter
- 1 teaspoon vanilla

Directions

- In a medium mixing bowl, blend the sugar into yolks, flour, and cornstarch.
- In a medium saucepan, scald the milk. Then add into the egg-sugar mixture in very thin stream as you stir constantly with a spoon.
- After all the liquid has been added to the bowl, pour the mixture back into the saucepan over barely medium heat. Stir the custard about for 15 minutes or until it thickens up, coating the back of a spoon. Turn off heat to cool, and add in butter and vanilla and stir in before completely cooled. Pour through a sieve into ramekins or small cups, and place into refrigerator for at least 1 hour to cool and set.

Play with Your Food

- For chocolate pudding, add 1/3 cup cocoa to the egg/sugar mix and reduce the vanilla by 1 teaspoon. Also, a pinch of cinnamon is wonderful. For mocha pudding, add 2 full tablespoons of strong coffee to the milk.

Tricks of the Trade

The amount of flour added determines the consistency, which ranges from thin like a sauce when there is no flour added, to thick pie filling custard when there is up to ½ cup. The flour also helps prevent the eggs from scrambling as you heat them.

Tiramisu

You'll Need

- 24 ounces mascarpone cheese
- 4 eggs (separated)
- Approximately 5 Tablespoons sugar
- 3 cups of strong brewed coffee
- 2 to 3 Tablespoons dark rum
- Cocoa powder
- Ladyfingers (40 to 50)

Directions

- Put egg whites in stand-alone mixer (or use a hand mixer) with 2 to 2 ½ teaspoons sugar. Beat on high until close to meringue or frothy. Set aside.
- In another bowl mix (with hand mixer or stand-alone mixer) egg yolks on high with ¼ cup sugar (or a little less). Beat until pale yellow.
- Mix 2 to 3 Tablespoons of rum with egg yolks
- Fold mascarpone into egg yolks little by little then fold in egg whites.
- Dip ladyfingers one at a time into coffee (you can also add a little rum to coffee) and then form a layer on the bottom of a 9 x 13 baking tray.
- Then top the first layer of lady fingers with a layer of cream—use half the amount of cream.
- Then make a layer of coffee-dipped lady fingers the opposite way and top with the rest of the cream.
- Top with cocoa powder.

Note: Make sure to quickly dip each side of lady fingers in coffee as to not allow them to get soggy.

Play with Your Food

- Choose a different type of liquor
- Use all espresso instead of strong brewed coffee

Raspberry Bars

You'll Need

- 10 ounces frozen raspberries
- 2 tablespoons cornstarch
- 2 tablespoons sugar
- 1/3 cup butter
- 2/3 cup brown sugar
- 1 teaspoon vanilla
- 1 cup oats
- 1 cup all-purpose flour
- 1/2 teaspoon baking soda

Directions

- First thaw the raspberries over medium heat.
- Add in cornstarch and sugar. Heat until it's thick and bubbly.
- Now prepare the crust. Cream the butter and sugar together.
- Then add in the rest of the ingredients and blend them until it looks like a coarse meal.
- Press 2 cups of this into an 8x8 inch pan.
- Bake it for 12 minutes at 350.
- After crust comes out, spread the raspberry mixture over the crust.
- Next, sprinkle it over with the remaining dry mixture.
- Bake for 15 more minutes.

Play with Your Food

Try with strawberries instead of raspberries

Chocolate Chip Oatmeal Cookies

You'll Need

- 1/2 pound (2 sticks) butter, softened
- 1 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 2 tablespoons milk
- 2 teaspoons vanilla
- 1-3/4 cups all-purpose
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2-1/2 cups Oats (quick or old fashioned, uncooked)
- 2 cups (12 ounces) dark chocolate chips
- 1 cup chopped walnuts

Directions

- Heat oven to 375° F.
- In large bowl, beat butter and sugars until creamy. Add eggs, milk and vanilla; beat well.
- In a separate bowl combine flour, baking soda and salt; mix well. Stir in oats, chocolate chips and nuts; mix well. Then slowly mix this mixture into the butter sugar mixture.
- Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
- Bake 9 to 10 minutes for a chewy cookie or 12 to 13 minutes for a crisp cookie. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store in a tightly covered container.

Play with Your Food

- Make some the all-purpose flour be whole wheat pastry flour
- Use macadamia nuts, or pecans instead of walnuts