



# Cookies

# 19

## AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Understand the causes of crispness, moistness, chewiness, and spread in cookies.
2. Prepare cookie doughs by using the three basic mixing methods.
3. Prepare eight basic types of cookies: dropped, bagged, rolled, molded, icebox, bar, sheet, and stencil.
4. Bake and cool cookies properly.
5. Prepare a variety of petits fours secs.



**THE WORD *COOKIE*** means “small cake,” and that’s more or less what a cookie is. In fact, some cookies are made from cake batter. For some products, such as certain kinds of brownies, it’s difficult to know whether to classify them as cakes or cookies.

Most cookie formulas, however, call for less liquid than cake formulas do. Cookie doughs range from soft to very stiff, unlike the thinner batters for cakes. This difference in moisture content means some differences in mixing methods, although the basic procedures are much like those for cakes.

The most obvious differences between cakes and cookies are in makeup. Because most cookies are individually formed or shaped, a great deal of hand labor is involved. Learning the correct methods and then practicing diligently are essential for efficiency.

## COOKIE CHARACTERISTICS AND THEIR CAUSES

*Cookies* come in an infinite variety of shapes, sizes, flavors, and textures. Characteristics that are desirable in some types are not desirable in others. For example, we want some cookies to be crisp, others to be soft. We want some to hold their shape, others to spread during baking. In order to produce the characteristics we want, and to correct faults, it is useful to know what causes these basic traits.

### Crispness

Cookies are crisp when they are low in moisture. The following factors contribute to crispness:

- Low proportion of liquid in the mix. Most crisp cookies are made from a stiff dough.
- High sugar and fat content. A large proportion of these ingredients make it possible to mix a workable dough with low moisture content.
- Baking long enough to evaporate most of the moisture. Baking in a convection oven also dries cookies more quickly, contributing to crispness.
- Small size or thin shape. This causes the cookie to dry faster during baking.
- Proper storage. Crisp cookies can become soft when they absorb moisture.

### Softness

Softness is the opposite of crispness, so it has the opposite causes, as follows:

- High proportion of liquid in the mix.
- Low sugar and fat.
- Honey, molasses, or corn syrup included in the formulas: These sugars are *hygroscopic*, which means they readily absorb moisture from the air or from their surroundings.
- Underbaking.
- Large size or thick shape. This enables them to retain more moisture.
- Proper storage. Soft cookies can dry out and become stale if not tightly covered or wrapped.

### LITTLE CAKES

The word *cookie*—which comes from the Dutch word *koekje*, meaning “little cake”—is used only in North America. In Britain, these little cakes are known as biscuits, although English biscuits are usually smaller than North American cookies and almost always crisp rather than soft and chewy.

Immigrants from many countries brought their favorite recipes for little sweets with them to North America, and as a result we enjoy cookies that originated in Scandinavia, Britain, Germany, France, Eastern Europe, and elsewhere.

Until recently, North American cookies were more likely to be small and crisp—that is, truer to their European origins. Then, in the latter part of the twentieth century, the public began to prefer soft or chewy cookies, and bakers started underbaking them to prevent them from crisping. As a result, it was not unusual to find doughy cookies with partly raw centers. Quickly, however, bakers modified cookie formulas so they could produce soft cookies that were fully baked. At the same time, the North American fondness for large portions led to cookies of increasing size. Today, it is common to find cookies 4 or 5 inches (10–12 cm) in diameter, or even larger.

### Chewiness

Moisture is necessary for chewiness, but other factors are also important. In other words, all chewy cookies are soft, but not all soft cookies are chewy. The following factors contribute to chewiness:

- High sugar and liquid content, but low fat content.
- High proportion of eggs.
- Strong flour or gluten developed during mixing.

### Spread

Spread is desirable in some cookies, whereas others must hold their shape. Several factors contribute to *spread*, or the lack of it.

- High sugar content increases spread (see photo on next page). Coarse granulated sugar increases spread, while fine sugar or confectioners’ sugar reduces spread.
- High baking soda or baking ammonia content encourages spread.
- The creaming together of fat and sugar contributes to leavening by incorporating air. Creaming a mixture until light increases spread. Blending fat and sugar just to a paste (without creaming in a lot of air) reduces spread.

- Low oven temperature increases spread. High temperature decreases spread because the cookie sets up before it has a chance to spread too much.
- A slack batter—that is, one with a high liquid content—spreads more than a stiff dough.
- Strong flour or activation of gluten decreases spread.
- Cookies spread more when baked on heavily greased pans.



### KEY POINTS TO REVIEW

- What factors cause a cookie to be crisp?
- What factors cause a cookie to be soft?
- What factors cause a cookie to be chewy?
- What factors cause a cookie spread while baking?



**Sugar increases spread:** These cookies were made with the same formula, except that the four at the top contain 50% sugar, while those at the bottom contain 67% sugar.

## MIXING METHODS

**COOKIE MIXING METHODS** are much like those for mixing cakes. The major difference is that less liquid is usually incorporated, so mixing is somewhat easier. Less liquid means gluten is less developed by the mixing. Also, it is a little easier to get a smooth, uniform mix.

There are four basic cookie mixing methods:

- One-stage
- Creaming
- Sanding (sablage)
- Sponge

These methods are subject to many variations due to differences in formulas. The general procedures are as follows, but always be sure to follow the exact instructions with each formula.

### One-Stage Method

The *one-stage method* is the counterpart of the one-stage cake-mixing method. As just noted, cookie doughs contain less liquid than cake batters do, so blending the ingredients into a uniform dough is easier.

Because all the ingredients are mixed at once, the baker has less control over mixing with this method than with other methods. Therefore, the one-stage method is not frequently used. When overmixing is not a great problem, as with some chewy cookies, it can be used.

## PROCEDURE: One-Stage Method

1. Scale ingredients accurately. Have all ingredients at room temperature.
2. Place all ingredients in the mixer. With the paddle attachment, mix the ingredients at low speed until uniformly blended. Scrape down the sides of the bowl as necessary.

### Creaming Method

The *creaming method* for cookies is nearly identical to the creaming method for cakes. Because cookies require less liquid than cakes, it is not usually necessary to add the liquid alternately with the flour. It can be added all at once.

Note the importance of step 2 of the procedure, the creaming stage. The amount of creaming affects the texture of the cookie, the leavening, and the spread. Only a small amount of creaming is desired when the cookie must retain its shape and not spread too much. Also, if the cookie is very short (high in fat and low in gluten development), or if it is thin and delicate, too much creaming will make the cookie too crumbly.

## PROCEDURE: Creaming Method

1. Scale ingredients accurately. Have all ingredients at room temperature.
2. Place the fat, sugar, salt, and spices in the mixing bowl. With the paddle attachment, cream these ingredients at low speed. Partway through mixing, stop the machine and scrape down the bowl to ensure even mixing.
3. For light cookies, cream until the mix is light and fluffy, in order to incorporate more air for leavening. For denser cookies, blend to a smooth paste, but do not cream until light.
4. Add the eggs and liquid, if any, and blend in at low speed.
5. Sift in the flour and leavening. Mix until just combined. Do not overmix, or gluten will develop.

## Sanding Method

The sanding, or *sablage*, method was introduced in Chapter 14 as a mixing method for rich tart pastries and *pâte brisée*. There are two basic steps in this method: (1) mixing the dry ingredients with fat until the mixture resembles sand or cornmeal, and (2) mixing in the moist ingredients. In the case of cookies, the sanding method is used primarily with formulas that contain only egg and no other moist ingredient.

## PROCEDURE: Sanding Method

1. Scale all ingredients accurately. Have all ingredients at room temperature.
2. Combine the dry ingredients and the fat in the bowl of a mixer. With the paddle attachment, mix until the mixture resembles coarse cornmeal or sand (a).
3. Add the eggs (b). Mix until a uniform dough is formed (c).



## Sponge Method

The *sponge method* for cookies is similar to the egg-foam methods for cakes. The procedure varies considerably, however, depending on the ingredients. Batches should be kept small because the batter is delicate.

### PROCEDURE: Sponge Method

1. Scale all ingredients accurately. Have all ingredients at room temperature—except the eggs, which you may want to warm slightly for greater volume, as for sponge cakes.
2. Following the procedure given in the formula being used, whip the eggs (whole, yolks, or whites) and the sugar to the proper stage: soft peaks for whites, thick and light for whole eggs or yolks.
3. Fold in the remaining ingredients as specified in the recipe. Be careful not to overmix or to deflate the eggs.



#### KEY POINTS TO REVIEW

- What are the steps in the one-stage mixing method?
- What are the steps in the creaming method?
- What are the steps in the sanding method?
- What are the steps in the sponge method?

## TYPES AND MAKEUP METHODS

**WE CAN CLASSIFY** cookies by their makeup methods as well as by their mixing methods. Grouping them by makeup method is perhaps more useful, from the point of view of production, because cookie mixing methods are relatively simple, while their makeup procedures vary considerably. In this section, you will learn the basic procedures for producing eight cookie types:

- Bagged
- Molded
- Sheet
- Dropped
- Icebox
- Stencil
- Rolled
- Bar

No matter which makeup method you use, you must follow one important rule: *Make all cookies of uniform size and thickness.* This is essential for even baking. Because baking times are so short, small cookies may burn before large ones are done.

If the tops of the cookies are to be garnished with fruits, nuts, or other décor, place the garnishes on the cookies as soon as they are panned; press them on gently. If you wait until the surface of the dough begins to dry, the garnish may not stick and will fall off after baking.

### Bagged

*Bagged*, or pressed, cookies are made from soft doughs. The dough must be soft enough to be forced through a pastry bag but stiff enough to hold its shape. For stiffer doughs, you may want to double-bag the dough (for example, put a disposable bag inside a cloth bag) for extra strength.

1. Fit a pastry bag with a tip of the desired size and shape. Fill the bag with the cookie dough. Review page 442 for tips on the use of the pastry bag.
2. Press out cookies of the desired shape and size directly onto prepared cookie sheets.

## Dropped

Like bagged cookies, *dropped* cookies are made from a soft dough. Actually, this method may be considered the same as the bagged method, and many bakers use the term *drop* for both bagging out cookies and for depositing dough with a spoon or scoop. Usually, using a pastry bag is faster, and gives better control over the shape and size of the cookies. However, in the following situations, using a portion scoop to drop cookies may be preferred:

- When the dough contains pieces of fruit, nuts, or chocolate that would clog the pastry tube.
  - When you want the cookies to have a rough, homemade look.
1. Select the proper size scoop for accurate portioning.
    - A No. 8 scoop makes a jumbo cookie, about 4 oz (110 g).
    - A No. 16 scoop makes a large cookie, about 2–2½ oz (60–70 g).
    - A No. 30 scoop makes a medium-large cookie, about 1 oz (30 g).
    - A No. 40 scoop makes a medium cookie.
    - A No. 50, 60, or smaller scoop makes a small cookie.
  2. Drop the cookies onto the prepared baking sheets. Allow enough space between cookies for spreading.
  3. Rich cookies spread by themselves, but if the formula requires it, flatten the mounds of dough slightly with a weight dipped in sugar.

## Rolled

Cookies *rolled* and cut from a stiff dough are not made as often in bakeshops and food service operations as they are made in homes because they require excessive labor. Also, there are always scraps left over after cutting, and each time the scraps are rerolled, the dough toughens.

The advantage of this method is that it allows you to make cookies in a great variety of shapes for different occasions.

1. Chill dough thoroughly.
2. Roll out dough  $\frac{1}{8}$  in. (3 mm) thick on a floured work surface. Use as little flour as possible for dusting because this flour can toughen the cookies. If the dough is especially delicate, roll out between sheets of parchment paper.
3. Cut out cookies with cookie cutters. Cut as close together as possible to reduce the quantity of scraps. Place cookies on prepared baking sheets. Roll scraps into fresh dough to minimize toughness.
4. Some décor may be applied before baking. For example, brush the tops with egg wash and sprinkle with colored sugars.
5. After baking, cutout cookies are often decorated with colored icing (royal icing, flat icing, or fondant) for holidays or special occasions. Cool cookies completely before applying icing.

## Molded

The first two steps of the *molded* method are simply a fast and fairly accurate way of dividing cookie dough into equal portions. Each piece is then molded into the desired shape. For some traditional cookies, special molds are used to flatten the dough and, at the same time, stamp a design onto the cookie. The use of such molds gives this procedure its name. However, today a more common method is to flatten the pieces of dough with a weight rather than a special mold. The pieces may also be shaped by hand into crescents, fingers, or other shapes.

1. Refrigerate the dough if it is too soft to handle. Roll it out into long, uniform cylinders of the required size: about  $\frac{3}{4}$  inch (2 cm) thick, for very small cookies, up to 1½ inches (4 cm) or larger for large cookies. The key to uniform portioning is to make the cylinders the same thickness.
2. If necessary, refrigerate the dough cylinders to make them firmer.



3. With a knife or bench scraper, cut the roll into uniform pieces of the desired size (a).
4. Place the pieces on prepared baking sheets, leaving 2 in. (5 cm) space between each.
 

Depending on the formula, the pieces may be placed directly on the baking sheets without further shaping, or they may be first rolled into balls in the palms of the hands.

Additionally, for some cookies, the dough pieces may be rolled in sugar before panning (b).
5. Flatten the cookies with a weight, such as a can, dipped in granulated sugar before pressing each cookie (c). A fork is sometimes used for flattening the dough, as for peanut butter cookies.
6. *Alternative method:* After step 3, shape the dough by hand into desired shapes.

## Icebox

The *icebox*, or refrigerator, method is ideal for operations that wish to have freshly baked cookies on hand at all times. The rolls of dough may be made up in advance and stored. Cookies can easily be sliced and baked as needed.

This method is also used to make multicolored cookies in various designs, such as checkerboard and pinwheel cookies. The procedures for making these designs are included with the recipes in this chapter (pp. 494–495).

1. Scale the dough into pieces of uniform size, from 1½ lb (700 g), if you are making small cookies, to 3 lb (1400 g) for large cookies.
2. Form the dough into cylinders 1–2 in. (2.5–5 cm) in diameter, depending on the cookie size desired. For accurate portioning, it is important to make all the cylinders of dough the same thickness and length.
3. Wrap the cylinders in parchment or wax paper, place them on sheet pans, and refrigerate overnight.
4. Unwrap the dough and cut into slices of *uniform thickness*. The exact thickness required depends on the size of the cookie and how much the dough spreads during baking. The usual range is ⅛–¼ in. (3–6 mm).
 

A slicing machine is recommended for ensuring even thickness. Doughs containing nuts or fruits, however, should be sliced by hand with a knife.
5. Place the slices on prepared baking sheets, allowing 2 in. (5 cm) between cookies.

## Bar

This procedure is called the *bar* method because the dough is baked in long, narrow strips and later cut crosswise into bars. It should not be confused with sheet cookies (see next procedure), which are also called *bars* by many cooks.

1. Scale the dough into 1¾-lb (800-g) units. Units weighing 1 lb (450 g) may be used for smaller cookies.
2. Shape the pieces of dough into cylinders the length of the sheet pans. Place three strips on each greased pan, spacing them well apart.
3. Flatten the dough with the fingers into strips 3–4 in. (8–10 cm) wide.
4. If required, brush with egg wash.
5. Bake as directed in the formula.



6. After baking, while the cookies are still warm, cut each strip into bars about 1 $\frac{3}{4}$  in. (4.5 cm) wide.
7. In some cases, as with Italian-style *biscotti* (meaning “baked twice”), the strips are cut into thinner slices, placed on sheet pans, and baked a second time until dry and crisp. See page 516 for an example.

## Sheet

*Sheet* cookies vary so much that it is nearly impossible to give a single procedure for all of them. Some are almost like sheet cakes, only denser and richer; they may even be iced like sheet cakes. Others consist of two or three layers that are added and baked in separate stages. The following procedure is only a general guide.

1. Spread cookie mixture into prepared sheet pans. Make sure the thickness is even.
2. If required, add topping or brush with an egg wash.
3. Bake as directed. Cool.
4. Apply icing or topping, if desired.
5. Cut into individual squares or rectangles. Best practice is to turn the sheet out onto a board (see p. 393 for unmolding sheet cakes) before cutting, to avoid damaging the sheet pans.

## Stencil

The *stencil method* is a special technique used with a particular type of soft dough or batter. This batter is often called *stencil paste*. It is used not only for making this type of cookie but also for making ribbon sponge cake (p. 410) for decorative work. The recipe for Almond Tuiles (p. 510) illustrates the stencil method using a simple round stencil, but it is possible to cut a stencil in nearly any shape for making decorative pieces or special desserts.

1. Line a sheet pan with a silicone mat. If a mat is not available, use a sheet of parchment paper.
2. Use a ready-made stencil. Stencils in many shapes are available from equipment purveyors. Alternatively, make a stencil by cutting a hole of the desired pattern in a sheet of thick plastic or thin cardboard (the cardboard used for cake boxes is suitable, but you may need to use a double thickness).
3. Place the stencil on the silicone mat or parchment. With an offset palette knife, spread the batter across the stencil to make a thin layer that completely fills in the cutouts.
4. Lift off the stencil and repeat to make additional cookies.

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# PANNING, BAKING, AND COOLING

## Preparing the Pans

1. Use clean, unwarped pans.
2. Lining the sheets with parchment or silicone paper is fast, and it eliminates the need to grease the pans.
3. A heavily greased pan increases the spread of the cookie. A greased and floured pan decreases spread.
4. Some high-fat cookies can be baked on ungreased pans.

## Baking

1. Most cookies are baked at a relatively high temperature for a short time.
2. Too low a temperature increases spreading and may produce hard, dry, pale cookies.

3. Too high a temperature decreases spreading and may burn the edges or bottoms.
4. Even a single minute of overbaking can burn cookies, so watch them closely. Also, the heat of the pan will continue to bake the cookies if they are left on it after being removed from the oven.
5. Doneness is indicated by color. The edges and bottom should just be turning a light golden color.
6. Excessive browning is especially undesirable if the dough has been colored. The browning of the surface hides the color.
7. With some rich doughs, burned bottoms may be a problem. In these cases, *double-pan* the cookies by placing the sheet pan on a second pan of the same size.

## Cooling

1. Most cookies baked without parchment paper must be removed from the pans while they are still warm, or they may stick.
2. If the cookies are very soft, do not remove them from the pans until they are cool enough and firm enough to handle. Some cookies are soft when hot but become crisp when cool.
3. Do not cool cookies too rapidly or in cold drafts, or they may crack.
4. Cool completely before storing.

After the cookies have been baked, check them for defects. Refer to the Cookie Faults and Their Causes table on page 492 to help correct problems.

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## PETITS FOURS SECS

**IN THE PREVIOUS** chapter, we introduced the subject of petits fours in the discussion on petits fours glacés, or iced petits fours (p. 479). *Petits fours secs*, or dry petits fours, are, by contrast, more properly discussed in the context of cookies than cakes.

As you may recall, nearly any pastry or cake item small enough to be eaten in one or two bites can be considered a petit four. The term *sec*, French for “dry,” means that these pastries are generally crisp rather than moist and soft; and they have no icing or cream filling, although they may be dipped in chocolate. In practice, small quantities of creams or jellies are sometimes used—for example, in sandwich-type cookies.

Petits fours secs are usually served with after-dinner coffee or as an accompaniment to such cold desserts as ice cream, mousses, and Bavarian creams.

The following items from this chapter may be served as petits fours secs, provided they are quite small. In addition, petits fours secs made from puff pastry and pâte à choux are presented in Chapter 14; and madeleines can be found in Chapter 16.

- Butter Tea Cookies
- Almond Macaroons
- Coconut Macaroons (Meringue Type)
- Pistachio Macaroons
- Shortbread and Short Dough Cookies
- Fancy Icebox Cookies
- Spritz Cookies
- Langues de Chat
- Almond Tuiles
- Florentines
- Almond Slices
- Diamonds

## COOKIE FAULTS AND THEIR CAUSES

FAULT	CAUSES
Too tough	Flour too strong Too much flour Not enough shortening Incorrect amount of sugar Mixed too long or improper mixing
Too crumbly	Improper mixing Too much sugar Too much shortening Too much leavening Not enough eggs
Too hard	Baked too long or baking temperature too low Too much flour Flour too strong Not enough shortening Not enough liquid
Too dry	Not enough liquid Not enough shortening Baked too long or baking temperature too low Too much flour
Not browned enough	Baking temperature too low Underbaked Not enough sugar
Too brown	Baking temperature too high Baked too long Too much sugar
Poor flavor	Poor-quality ingredients Flavoring ingredients left out Dirty baking pans Ingredients improperly measured
Sugary surface or crust	Improper mixing Too much sugar
Too much spread	Baking temperature too low Not enough flour Too much sugar Too much leavening (chemical leaveners or creaming) Too much liquid Pans greased too heavily
Not enough spread	Baking temperature too high Too much flour or flour too strong Not enough sugar Not enough leavening Not enough liquid Insufficient pan grease
Stick to pans	Pans improperly greased Too much sugar Improper mixing



### KEY POINTS TO REVIEW

- What are the eight basic makeup methods for cookies? Describe how each of them is done.
- What guidelines should be followed for panning, baking, and cooling cookies?
- What are petits fours secs?

## FORMULAS

## OATMEAL RAISIN COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or part butter and part shortening	8 oz	250 g	67	<b>MIXING</b> Creaming method (p. 486). Combine oats with other dry ingredients after they are sifted. Blend raisins in last.
Brown sugar	1 lb	500 g	133	
Salt	0.16 oz (¾ tsp)	5 g	1.5	
Eggs	4 oz	125 g	33	<b>MAKEUP</b> Drop method. Use greased or parchment-lined baking sheets.
Vanilla extract	0.33 oz (2 tsp)	10 g	3	
Milk	1 oz	30 g	8	<b>BAKING</b> 375°F (190°C) for 10–12 minutes, depending on size
Pastry flour	12 oz	375 g	100	
Baking powder	0.5 oz	15 g	4	
Baking soda	0.25 oz	8 g	2	
Cinnamon (optional)	0.12 oz (1¾ tsp)	4 g	1	
Rolled oats (quick cooking)	10 oz	312 g	83	
Raisins (see <i>Note</i> )	8 oz	250 g	67	
<b>Total weight:</b>	<b>3 lb 12 oz</b>	<b>1880 g</b>	<b>501 %</b>	
<b>Note:</b> If raisins are hard and dry, soak them in hot water until soft, then drain them and dry them well before adding them to the cookie batter.				

## CHOCOLATE CHIP COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or half butter and half shortening	5 oz	150 g	50	<b>MIXING</b> Creaming method (p. 486). Blend in chocolate chips and nuts last.
Granulated sugar	4 oz	120 g	40	
Brown sugar	4 oz	120 g	40	<b>MAKEUP</b> Drop method. Use greased or parchment-lined baking sheets.
Salt	0.12 oz (½ tsp)	4 g	1.25	
Eggs	3 oz	90 g	30	<b>BAKING</b> 375°F (190°C) for 10–14 minutes, depending on size
Vanilla extract	0.16 oz (1 tsp)	5 g	1.5	
Pastry flour	10 oz	300 g	100	
Baking soda	0.12 oz (½ tsp)	4 g	1.25	
Chocolate chips	10 oz	300 g	100	<b>VARIATION</b>
Walnuts or pecans, chopped	4 oz	120 g	40	
<b>Total weight:</b>	<b>2 lb 8 oz</b>	<b>1213 g</b>	<b>404 %</b>	<b>BROWN SUGAR NUT COOKIES</b> Make the following ingredient adjustments: Omit the granulated sugar and use 80% (8 oz/240 g) brown sugar. Omit the chocolate chips and increase the nuts to 100% (10 oz/300 g).

## TOLL HOUSE COOKIES

Chocolate chip cookies, in their many varieties, are the most popular cookies in North America. They owe their origin to the Toll House cookie, said to have been developed in the 1920s or 1930s by Ruth Wakefield, owner of the Toll House Inn in Whitman, Massachusetts. The original Toll House cookies are simple butter cookies with semisweet chocolate morsels mixed into the dough. Today's chocolate chip or chocolate chunk cookies are likely to contain any kind of chocolate plus other ingredients, especially nuts, such as pecans, walnuts, or macadamia nuts.

## ICEBOX COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Butter, or half butter and half shortening	1 lb	500 g	67	<b>MIXING</b> Creaming method (p. 486)
Granulated sugar	8 oz	250 g	33	
Confectioners' sugar	8 oz	250 g	33	
Salt	0.25 oz	8 g	1	
Eggs	4 oz	125 g	17	<b>MAKEUP</b> Icebox method. Scale dough strips 1½ lb (750 g) each. Slice cookies ¼ in. (6 mm) thick. Bake on ungreased pans.
Vanilla extract	0.25 oz	8 g	1	
Pastry flour	1 lb 8 oz	750 g	100	<b>BAKING</b> 375°F (190°C) for 10–12 minutes
<b>Total weight:</b>	<b>3 lb 12 oz</b>	<b>1891 g</b>	<b>252%</b>	

### VARIATIONS

To reduce spread, use all confectioners' sugar.

#### BUTTERSCOTCH ICEBOX COOKIES

Make the following ingredient adjustments:

In place of the sugars in the basic recipe, use 67% (1 lb/500 g) brown sugar.

Use only butter, no shortening.

Increase the eggs to 20% (5 oz/150 g).

Add ½ tsp (2 g) baking soda with the flour.

#### NUT ICEBOX COOKIES

Add 25% (6 oz/188 g) finely chopped nuts to the sifted flour in the basic recipe or the butterscotch cookie formula.

#### CHOCOLATE ICEBOX COOKIES

Add 17% (4 oz/125 g) melted, unsweetened chocolate to the creamed butter and sugar.

#### FANCY ICEBOX COOKIES

These are small cookies with designs in two colors. To make them, prepare white and chocolate icebox dough with only

the 33% confectioners' sugar; omit the granulated sugar. This reduces the spread of the cookies and preserves the designs. Make the designs as follows:

#### PINWHEEL COOKIES

Roll out a sheet of white dough about ⅛ in. (3 mm) thick. Roll out a sheet of chocolate dough the same size and thickness. Brush the white sheet lightly and evenly with egg wash, being careful not to leave any puddles. Lay the chocolate sheet on top and brush with egg wash. Roll up like a jelly roll until the roll is 1 in. (2.5 cm) thick (a). Cut off the dough evenly. Continue making rolls with the rest of the sheet. Refrigerate the rolls. Slice and bake as in the basic procedure.

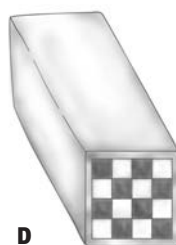
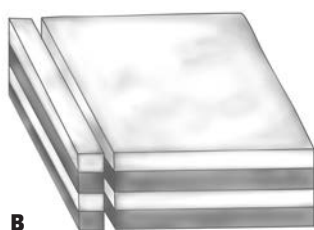


**A**

VARIATIONS CONTINUED

**CHECKERBOARD COOKIES**

Roll out 1 sheet of white dough and 1 sheet of chocolate dough ¼ in. (6 mm) thick. Egg-wash one sheet lightly and lay the second sheet on top. Cut the double sheet of dough in half. Egg-wash one sheet and lay the second on top so you have four alternating colors. Chill until firm. Roll out another sheet of white dough very thin (less than ⅛ in.) and brush with egg wash. From the chilled four-layer sheet, cut off 4 slices ¼ in. (6 mm) thick (b). Lay one of these strips on the rolled-out sheet of dough along one edge. Egg-wash the top. Lay a second strip on top with the colors reversed, so chocolate dough is on top of white dough and white is on top of chocolate. Egg-wash the top. Repeat with the remaining two strips (c). Wrap in the thin sheet of dough (d). Chill, slice, and bake as in the basic procedure.



**BULL'S-EYE COOKIES**

Roll out a cylinder of dough ½ in. (12 mm) thick. Roll out a sheet of contrasting-color dough ¼ in. (6 mm) thick. Egg-wash the top. Wrap the cylinder in the sheet of dough (e). Chill, slice, and bake as in the basic procedure.



**SUGAR COOKIES**

Ingredients	U.S.	Metric	%	PROCEDURE
Butter and/or shortening	8 oz	250 g	40	<b>MIXING</b> Creaming method (p. 486)
Sugar	10 oz	310 g	50	
Salt	0.16 oz (¾ tsp)	5 g	0.8	
Eggs	2 oz	60 g	10	<b>MAKEUP</b> Rolled method. Before cutting the rolled-out dough, wash it with milk and sprinkle with granulated sugar. Use greased or parchment-lined baking sheets.
Milk	2 oz	60 g	10	
Vanilla extract	0.25 oz	8 g	1.25	
Cake flour	1 lb 4 oz	625 g	100	<b>BAKING</b> 375°F (190°C) for 8–10 minutes
Baking powder	0.625 oz	18 g	3	
<b>Total weight:</b>	<b>2 lb 11 oz</b>	<b>1336 g</b>	<b>215 %</b>	

VARIATIONS

Lemon zest, extract, or emulsion may be used in place of vanilla.

**BROWN SUGAR ROLLED COOKIES**

Make the following ingredient adjustments:

- Increase butter to 50% (10 oz/310 g).
- Omit granulated sugar and use 60% (12 oz/375 g) brown sugar.

**CHOCOLATE ROLLED COOKIES**

Substitute 2 oz (60 g) cocoa for 2 oz (60 g) of the flour.

## DOUBLE CHOCOLATE MACADAMIA CHUNK COOKIES

Ingredients	U.S.	Metric	%
Semisweet chocolate	1 lb 8 oz	750 g	200
Butter	8 oz	250 g	67
Sugar	4 oz	125 g	33
Eggs	5 oz	150 g	42
Salt	0.20 oz (7/8 tsp)	5 g	1.5
Bread flour	12 oz	375 g	100
Cocoa powder	1 oz	30 g	8
Baking powder	0.33 oz (2 tsp)	10 g	3
White chocolate, cut into small bits	8 oz	250 g	67
Macadamia nuts, coarsely chopped	4 oz	125 g	33
<b>Total weight:</b>	<b>4 lb 2 oz</b>	<b>2070 g</b>	<b>554 %</b>

### VARIATION

#### CHOCOLATE CHOCOLATE CHUNK COOKIES

Substitute dark chocolate for the white chocolate. Omit the macadamia nuts, or substitute pecans.



### PROCEDURE

#### MIXING

Modified sponge method:

1. Melt the semisweet chocolate and the butter together in a double boiler. Let the mixture cool to room temperature.
2. Mix the sugar, eggs, and salt together until well blended, but do not whip. Whipping to a foam creates more leavening, resulting in a more crumbly cookie. If the eggs are not at room temperature, stir the mixture over a hot-water bath just until the mixture is at a slightly warm room temperature.
3. Blend in the chocolate mixture.
4. Sift the flour, cocoa, and baking powder and fold in.
5. Fold in the white chocolate pieces and nuts.

#### MAKEUP

Dropped method. Use greased or parchment-lined baking sheets. Flatten to desired thickness; these cookies will not expand much.

Make up without delay, as the dough hardens as it sets. If it becomes too hard, let stand in a warm place for a few minutes to soften.

#### BAKING

350°F (175°C) for 10–15 minutes, depending on size

## ALMOND SLICES

Ingredients	U.S.	Metric	%
Butter	6 oz	175 g	40
Brown sugar	12 oz	350 g	80
Cinnamon	0.07 oz (1 tsp)	2 g	0.5
Egg yolks	3 oz	90 g	20
Pastry flour	15 oz	440 g	100
Slivered almonds	6 oz	175 g	40
<b>Total weight:</b>	<b>2 lb 10 oz</b>	<b>1232 g</b>	<b>280 %</b>



## PROCEDURE

## MIXING

Creaming method (p. 486). Blend each stage of mixing until smooth, but do not cream until light.

## MAKEUP

Icebox method. Scale the dough into 12-oz (350 g) units. Roll into round strips about 1½ in. (4 cm) in diameter, or into rectangular strips about 1¼ × 1¾ in. (3.5 × 4.5 cm). Chill until very firm. Using a sharp knife, slice about ⅛ in. (3 mm) thick. Take care to slice *through* the almonds and not pull them out of the dough. Place slices on greased or paper-lined sheets.

## BAKING

375°F (190°C), about 10 minutes, until just starting to brown at edges, no longer. Do not overbake, or the cookies will be hard.

## RICH SHORTBREAD

Ingredients	U.S.	Metric	%
Pastry flour	1 lb	500 g	100
Sugar	8 oz	250 g	50
Salt	0.12 oz (½ tsp)	4 g	0.75
Butter	12 oz	375 g	75
Egg yolks	4 oz	125 g	25
Optional flavoring (see Note)			
<b>Total weight:</b>	<b>2 lb 8 oz</b>	<b>1254 g</b>	<b>250 %</b>

**Note:** Traditional Scottish shortbread is made with butter, flour, and sugar only—no eggs, flavoring, or liquid. Because this dough is very crumbly, it is usually not rolled out; rather, it is pressed into pans or molds and baked. For the formula given here, you may make the cookies without added flavoring, or flavor to taste with vanilla, almond, or lemon extract. You may also mix this formula by the creaming method.

## PROCEDURE

## MIXING

Sanding method (p. 486)

## MAKEUP

Rolled method. Roll the dough ¼ in. (6 mm) thick (this is thicker than most rolled cookies). Use greased or parchment-lined pans.

## BAKING

350°F (175°C), about 15 minutes





## BASIC SHORT DOUGH FOR COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or half butter and half shortening	1 lb	500 g	63	<b>MIXING</b> Creaming method (p. 486)
Sugar	8 oz	250 g	33	
Salt	0.25 oz	8 g	1	
Eggs	3 oz	95 g	12.5	<b>MAKEUP</b> Rolled method. Roll out $\frac{1}{8}$ in. (3 mm) thick and cut out with cutters of various shapes. See variations below.
Vanilla extract	0.25 oz	8 g	1	
Pastry flour	1 lb 8 oz	750 g	100	<b>BAKING</b> 375°F (190°C), about 10 minutes
<b>Total weight:</b>	<b>3 lb 3 oz</b>	<b>1611 g</b>	<b>214 %</b>	

### VARIATIONS

Short dough is a versatile mixture that can be made up in many ways to provide variety in the bakeshop. Some of the many possible variations are described here.

*Flavoring the dough:* During mixing, flavor the dough to taste with lemon, cinnamon, mace, maple, almond extract, or other flavoring. Fine coconut or chopped nuts also may be mixed with the dough.

*Garnishing before baking:* Decorate the tops with chopped or whole nuts, colored sugar, chocolate sprinkles, coconut, glacéed fruits, or an almond macaroon mixture. Tops may be egg-washed first to help the toppings stick.

*Garnishing after baking:* Examples of materials for garnishing cookies are fondant, royal icing, pecan halves on dabs of fudge or fondant icing, and melted chocolate (to coat completely or to drizzle on with a paper cone).

#### JAM TARTS

Cut out dough with large, round cutters. With a  $\frac{1}{2}$ -in. (12-mm) cutter, cut out the centers of half the rounds. These will be the tops of the sandwiched cookies. When baked, cool completely. Dust the tops (the ones with the cut-out centers) with confectioners' sugar. Sandwich tops and bottoms together with a small dab of jam, so the jam shows through the hole on top.

#### ALMOND CRESCENTS

Cut crescent shapes from rolled-out dough. Spread tops with a layer of Almond Macaroon mixture (p. 506). Dip tops in chopped almonds. Bake at 350°F (175°C). When cooled, dip the tips of the crescents in melted chocolate.

## PEANUT BUTTER COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or part butter and part shortening	12 oz	375 g	75	<b>MIXING</b> Creaming method (p. 486). Cream the peanut butter with the fat and sugar.
Brown sugar	8 oz	250 g	50	
Granulated sugar	8 oz	250 g	50	
Peanut butter (see Note)	12 oz	375 g	75	
Eggs	4 oz	125 g	25	<b>MAKEUP</b> Molded method. Use a fork instead of a weight to flatten the cookies. Use greased or parchment-lined pans.
Vanilla extract	0.33 oz (2 tsp)	10 g	2	
Pastry flour	1 lb	500 g	100	<b>BAKING</b> 375°F (190°C) for 11–14 minutes, depending on size
Baking soda	0.16 oz ( $\frac{7}{8}$ tsp)	5 g	1	
<b>Total weight:</b>	<b>3 lb 12 oz</b>	<b>1890 g</b>	<b>378%</b>	

**Note:** This formula was developed with natural peanut butter, consisting of only ground peanuts and salt. You may need to add a little salt to the formula, depending on the salt content of the peanut butter you use. If you use unsalted peanut butter, add 1% (0.16 oz/5 g  $\frac{3}{4}$  tsp) salt to the creaming stage.

## SNICKERDOODLES

Ingredients	U.S.	Metric	%	<b>PROCEDURE</b>
Butter	15 oz	450 g	75	
Sugar	1 lb	480 g	80	
Eggs	4.5 oz	135 g	22.5	
Vanilla extract	0.5 oz	15 g	2.5	
Bread flour	1 lb 4 oz	600 g	100	
Baking powder	0.2 oz	6 g	1	
Salt	0.16 oz	4.8 g	0.8	
<b>Total dough weight</b>	<b>3 lb 8 oz</b>	<b>1690 g</b>	<b>281 %</b>	
<b>For coating</b>				
Cinnamon Sugar (p. 197)	as needed	as needed		



## MOLASSES COOKIES

Ingredients	U.S.	Metric	%	<b>PROCEDURE</b>
Butter	13 oz	405 g	54	
Brown sugar	1 lb 3 oz	590 g	79	
Eggs	2 oz	60 g	8	
Molasses	10 oz	315 g	42	
Bread flour	1 lb 8 oz	750 g	100	
Baking soda	0.5 oz	15 g	2	
Salt	0.33 oz	10 g	1.4	
Ginger	0.2 oz	6 g	0.8	
Cinnamon	0.2 oz	6 g	0.8	
Ground cloves	0.1 oz	3 g	0.4	
<b>Total dough weight</b>	<b>4 lb 5 oz</b>	<b>2160 g</b>	<b>288 %</b>	



## CINNAMON COOKIES

Ingredients	U.S.	Metric	%
Butter or part butter and part shortening	1 lb	500 g	80
Granulated sugar	8 oz	250 g	40
Brown sugar	8 oz	250 g	40
Salt	0.17 oz (¾ tsp)	5 g	0.8
Cinnamon	0.33 oz (4½ tsp)	10 g	1.7
Eggs	3 oz	90 g	15
Milk	1 oz	30 g	5
Pastry flour	1 lb 4 oz	625 g	100
<b>Total weight:</b>	<b>3 lb 8 oz</b>	<b>1760 g</b>	<b>282 %</b>



### PROCEDURE

#### MIXING

Creaming method (p. 486)

#### MAKEUP

Molded method. Roll pieces in cinnamon sugar before placing on greased baking sheets and pressing flat.

#### BAKING

375°F (190°C), about 10 minutes

### VARIATION

#### CHOCOLATE CINNAMON COOKIES

Substitute 4 oz (125 g) cocoa for 4 oz (125 g) of the flour.

## NUT COOKIES

Ingredients	U.S.	Metric	%
Butter	14 oz	440 g	87.5
Confectioners' sugar	5 oz	155 g	31
Brown sugar	2 oz	60 g	12.5
Salt	0.08 oz (⅓ tsp)	2 g	0.5
Vanilla extract	0.33 oz (2 tsp)	10 g	2
Bread flour	1 lb	500 g	100
Ground nuts (hazelnuts, pecans, walnuts, almonds, etc.)	12 oz	375 g	75
<b>Total weight:</b>	<b>3 lb 1 oz</b>	<b>1542 g</b>	<b>308 %</b>

### PROCEDURE

#### MIXING

Creaming method (p. 486)

Note that there is no egg in this formula; the only moisture is from the water content of the butter and the vanilla. Thus, there is very little gluten development and the dough is crumbly and not suitable for large cookies.

#### MAKEUP

Molded method. Mold cookies by hand into desired shape, such as balls, fingers, or crescents.

#### BAKING

350°F (175°C), about 25 minutes

#### FINISH

Dust cooled cookies heavily with confectioners' sugar.

## SPECULAAS

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or half butter and half shortening	1 lb	500 g	67	<p><b>MIXING</b></p> <p>Creaming method (p. 486). Blend at each stage until smooth, but do not cream until light.</p> <p><b>MAKEUP</b></p> <p>The classic way to make these cookies is by the molded method. The dough is pressed into special wooden speculaas molds, then removed and placed on baking sheets. Alternatively, it is stamped with special tools to emboss a design in the dough.</p> <p>If these molds are not available, make up the cookies either as icebox cookies or as rolled cookies cut with cookie cutters. They can be made small or large, as desired. Large cookies should be about ¼ in. (6 mm) thick.</p> <p><i>Optional:</i> Press sliced or whole blanched almonds onto the cookies after makeup.</p> <p><b>BAKING</b></p> <p>375°F (190°C) for medium to large cookies; 400°F (200°C) for small, thin cookies</p>
Confectioners' sugar	13 oz	412 g	55	
Fine granulated sugar	4 oz	125 g	17	
Grated lemon zest	0.16 oz (2 tsp)	5 g	0.7	
Cinnamon	0.25 oz (3½ tsp)	8 g	1	
Cloves	0.05 oz (¾ tsp)	2 g	0.2	
Cardamom	0.05 oz (¾ tsp)	2 g	0.2	
Eggs	2.5 oz	75 g	10	
Pastry flour	1 lb 8 oz	750 g	100	
<b>Total weight:</b>	<b>3 lb 12 oz</b>	<b>1879 g</b>	<b>251 %</b>	

## DIAMONDS

*For large-quantity measurements, see page 737.*

Ingredients	U.S.	Metric	%	PROCEDURE
Butter, cut into small pieces	5 oz	140 g	70	<p><b>MIXING</b></p> <p>One-stage method (p. 485)</p> <p><b>MAKEUP AND BAKING</b></p> <ol style="list-style-type: none"> <li>1. Shape the dough into cylinders 1¼ in. (3 cm) in diameter, making sure the dough is very tight and there are no air pockets.</li> <li>2. Refrigerate the dough for 30 minutes.</li> <li>3. Brush the cylinders with water. Roll in crystal sugar.</li> <li>4. Cut into rounds ½ in. (1 cm) thick.</li> <li>5. Bake on buttered sheet pans at 325°F (160°C) for 20 minutes.</li> </ol>
Cake flour	7 oz	200 g	100	
Confectioners' sugar	2 oz	60 g	30	
Salt	0.04 oz (¼ tsp)	1 g	0.5	
Grated orange zest	0.08 oz (1 tsp)	2 g	1	
Vanilla extract	0.08 oz (½ tsp)	2 g	1	
<b>For rolling</b>				
Crystal sugar	2 oz	50 g	25	
<b>Total dough weight:</b>	<b>14 oz</b>	<b>407 g</b>	<b>202 %</b>	

## BUTTER TEA COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or half butter and half shortening	12 oz	335 g	67	<b>MIXING</b> Creaming method (p. 486)
Granulated sugar	6 oz	165 g	33	
Confectioners' sugar	3 oz	85 g	17	
Eggs	4.5 oz	125 g	25	<b>MAKEUP</b> Bagged method. Using a plain or star tube, make small cookies about the size of a quarter. Bag out onto ungreased or parchment-lined baking sheets.
Vanilla extract	0.16 oz (1 tsp)	4 g	0.9	
Cake flour	1 lb 2 oz	500 g	100	<b>BAKING</b> 375°F (190°C), about 10 minutes
<b>Total weight:</b>	<b>2 lb 11 oz</b>	<b>1214 g</b>	<b>242 %</b>	

### VARIATIONS

Flavor with almond extract instead of vanilla.

#### FANCY TEA COOKIES

Add 17% (3 oz/85 g) almond paste to the first mixing stage.

#### CHOCOLATE TEA COOKIES

Substitute 3 oz (85 g) cocoa for 3 oz (85 g) of the flour.

#### SANDWICH-TYPE COOKIES

Select cookies all of the same size and shape. Turn half of them over and dot the centers of the flat sides with a small amount of jam or fudge icing. Sandwich with the remaining cookies.

## GINGERBREAD COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or part butter and part shortening	11 oz	340 g	45	<b>MIXING</b> Creaming method (p. 486)
Brown sugar	8 oz	250 g	33	
Baking soda	0.16 oz (7/8 tsp)	5 g	0.7	<b>MAKEUP</b> Rolled method For small cookies, roll out 1/8 in. (3 mm) thick. For large cookies, roll out 1/4 in. (6 mm) thick.
Salt	0.12 oz (1/2 tsp)	4 g	0.5	
Ginger	0.16 oz (2 1/4 tsp)	5 g	0.7	Cut out cookies and place them on paper-lined or greased and floured baking sheets.
Cinnamon	0.12 oz (1 3/4 tsp)	2 g	0.25	
Cloves, ground	0.03 oz (1/2 tsp)	1 g	0.12	<b>BAKING</b> 375°F (190°C) for small, thin cookies 360°F (180°C) for larger, thicker cookies
Eggs	3.5 oz	110 g	15	
Molasses	11 oz	340 g	45	
Pastry flour	1 lb 8 oz	750 g	100	
<b>Total weight:</b>	<b>3 lb 10 oz</b>	<b>1807 g</b>	<b>240 %</b>	

## GINGERSNAPS

Ingredients	U.S.	Metric	%	PROCEDURE
Shortening	6 oz	190 g	38	<p><b>MIXING</b></p> <p>Creaming method (p. 486). Blend the molasses into the creamed fat-sugar mixture first. Then dissolve the soda in the water and blend in. Add the flour last.</p> <p><b>MAKEUP</b></p> <p>Bagged method. With a plain tube, bag out cookies the size of a quarter. Flatten lightly. May also be chilled and made up by molded or rolled methods. Use paper-lined or greased and floured pans.</p> <p><b>BAKING</b></p> <p>375°F (190°C), about 12 minutes</p>
Sugar	6 oz	190 g	38	
Salt	0.08 oz (½ tsp)	2 g	0.5	
Ginger	0.25 oz (3½ tsp)	8 g	1.5	
Molasses	10 oz	300 g	63	
Baking soda	0.25 oz (1½ tsp)	8 g	1.5	
Water	2 oz	60 g	13	
Pastry flour	1 lb	500 g	100	
<b>Total weight:</b>	<b>2 lb 8 oz</b>	<b>1268 g</b>	<b>256 %</b>	

## SPRITZ COOKIES

Ingredients	U.S.	Metric	%	PROCEDURE
Almond paste	12 oz	375 g	100	<p><b>MIXING</b></p> <p>Creaming method (p. 486). Blend the almond paste to a smooth, soft paste with a little of the egg. Add the butter and sugar, and cream as in the basic procedure.</p> <p><b>MAKEUP</b></p> <p>Bagged method. Bag out with star tube to desired shapes (small) on parchment-lined sheets. If desired, garnish tops with pieces of fruit or nuts.</p> <p><b>BAKING</b></p> <p>375°F (190°C)</p>
Sugar	6 oz	190 g	50	
Salt	0.12 oz (½ tsp)	4 g	1	
Butter	12 oz	375 g	100	
Eggs	4.5 oz	145 g	38	
Vanilla extract	0.16 oz (1 tsp)	5 g	1.5	
Cake flour	6 oz	190 g	50	
Bread flour	6 oz	190 g	50	
<b>Total weight:</b>	<b>2 lb 14 oz</b>	<b>1474 g</b>	<b>390 %</b>	

## LANGUES DE CHAT

Ingredients	U.S.	Metric	%	PROCEDURE
Butter	14 oz	350 g	88	<b>MIXING</b> Creaming method (p. 486)
Extra-fine granulated sugar	7 oz	175 g	44	
Confectioners' sugar	7 oz	175 g	44	
Egg whites	10 oz	250 g	63	<b>MAKEUP</b> Bagged method. Using a ¼-in. (6-mm) plain tube, bag out onto silicone paper in the shape of small fingers, 2 in. (5 cm) long. Allow at least 1 in. (2.5 cm) between cookies to allow for spreading. Double-pan for more even baking.
Vanilla extract	0.25 oz (1½ tsp)	6 g	1.6	
Cake flour	12 oz	300 g	75	<b>BAKING</b> 400°F (200°C), about 10 minutes
Bread flour	4 oz	100 g	25	
<b>Total weight:</b>	<b>3 lb 6 oz</b>	<b>1356 g</b>	<b>340 %</b>	<b>FINISHING</b> Langues de chat may be served plain as petits fours sec. They may be used as decorations for ice cream, Bavarian cream, or other desserts. They may also be sandwiched together with ganache, buttercream, fudge, or jam. Sandwich cookies may be partially dipped in melted chocolate.

## RAISIN SPICE BARS

Ingredients	U.S.	Metric	%	PROCEDURE
Granulated sugar	1 lb 4 oz	580 g	83	<b>MIXING</b> One-stage method (p. 485)
Butter and/or shortening	8 oz	230 g	33	
Eggs	8 oz	230 g	33	<b>MAKEUP</b> Bar method. Egg-wash strips with whole egg or egg whites. <i>Note:</i> This is a soft, sticky dough, difficult to handle. Do not worry if the units are not perfectly shaped. A homemade look is appropriate for this cookie.
Molasses	4 oz	115 g	17	
Pastry flour	1 lb 8 oz	700 g	100	
Cinnamon	0.12 oz (1¾ tsp)	3 g	0.5	<b>BAKING</b> 350°F (175°C), about 15 minutes
Cloves, ground	0.04 oz (½ tsp)	1 g	0.16	
Ginger	0.07 oz (1 tsp)	2 g	0.3	<b>FINISHING</b> Cool partially and cut crosswise to make cookies of desired width.
Baking soda	0.12 oz (⅝ tsp)	3 g	0.5	
Salt	0.17 oz	5 g	0.75	
Raisins (see <i>Note</i> )	1 lb	470 g	67	
<b>Total weight:</b>	<b>5 lb</b>	<b>2339 g</b>	<b>335 %</b>	

**NOTE:** If the raisins are hard and dry, soak them in hot water until soft, then drain them and dry them well before adding them to the cookie batter.



## LEMON WAFERS

Ingredients	U.S.	Metric	%
Butter	1 lb	500 g	67
Sugar	12 oz	375 g	50
Lemon zest, grated	0.75 oz (3 tbsp)	25 g	3
Salt	0.25 oz (1 tsp)	8 g	1
Baking soda	0.25 oz (1½ tsp)	8 g	1
Eggs	4 oz	125 g	17
Milk	2 oz	60 g	8
Lemon juice	1 oz	30 g	4
Pastry flour	1 lb 8 oz	750 g	100
<b>Total weight:</b>	<b>3 lb 12 oz</b>	<b>1881 g</b>	<b>251%</b>



## PROCEDURE

## MIXING

Creaming method (p. 486). Cream at each stage just until smooth; do not cream until light.

## MAKEUP

Bagged method. With a plain tube, bag out small mounds the size of a quarter on paper-lined pans, leaving 3 in. (8 cm) between them to allow for spread. Flatten slightly.

## BAKING

375°F (190°C)

## VARIATION

## LIME WAFERS

Substitute lime zest and juice for the lemon. This is an unusual and tasty cookie.

## COCONUT MACAROONS (MERINGUE TYPE)

Ingredients	U.S.	Metric	Sugar at 100%
			%
Egg whites	8 oz	250 g	40
Cream of tartar	0.06 oz (¾ tsp)	2 g	0.3
Sugar	1 lb 4 oz	625 g	100
Vanilla extract	0.5 oz	15 g	2.5
Macaroon coconut (see Note)	1 lb	500 g	80
<b>Total weight:</b>	<b>2 lb 12 oz</b>	<b>1392 g</b>	<b>222 %</b>

**NOTE:** Macaroon coconut is finely ground or flaked, unsweetened, dried coconut.

## PROCEDURE

## MIXING

Sponge method

- Whip the egg whites with the cream of tartar until they form soft peaks. Gradually whip in the sugar. Continue to whip until stiff and glossy.
- Fold in the coconut.

## MAKEUP

Bagged method. Bag out with a star tube to make round cookies of desired size (usually 1–1½ in. or 2.5–4 cm in diameter) onto parchment-lined baking sheets.

## BAKING

300°F (150°C), about 30 minutes



## ALMOND MACAROONS

**Yield:** enough for about 150 cookies, 1½-in. (4 cm) in diameter

Ingredients	U.S.	Metric	Almond paste at 100%
			%
Almond paste and/or macaroon paste	1 lb	500 g	100
Egg whites	6 oz	190 g	37.5
Granulated sugar	1 lb	500 g	100
<b>Total weight:</b>	<b>2 lb 6 oz</b>	<b>1190 g</b>	<b>237 %</b>

### PROCEDURE

#### MIXING

One-stage method (p. 485). Blend the almond paste with a little of the egg whites to soften it, then blend together all ingredients. If the mixture is too stiff for a pastry bag, add a little extra egg white.

#### MAKEUP

Bagged method. Using a plain tube, deposit the mix on silicone paper in mounds the size of a quarter. Double-pan.

#### BAKING

350°F (175°C). Let cool before removing from the paper. To make it easier to remove the macaroons from the paper, turn the sheets over and brush the bottoms of the sheets lightly with water.

### VARIATION

#### AMARETTI

Make the following ingredient adjustments:

Use kernel paste instead of almond paste for a stronger flavor (optional).

Reduce the granulated sugar to 85% (13.5 oz/425 g).

Add 85% (13.5 oz/425 g) brown sugar.

## MACAROONS AND MACARONS

The name *macaroon* is applied to a wide variety of cookies or confections made primarily of egg whites and either coconut or almond powder, or sometimes both. Various types of coconut macaroons are familiar in North America, while almond macaroons are found in Italy, France, and other parts of Europe.

The Parisian style of macaroon has become popular in recent years. As the French word for macaroon is *macaron*, this spelling is typically used to distinguish this style of confection from other macaroons.

The macaron has a smooth, slightly domed top and a ruffled base known as the “foot.” The foot develops during baking, as the batter expands. Experts insist that, in a perfect macaron, the foot should not extend outward beyond the dome of the cookie.

The macaron is notoriously finicky to make. The slightest variation in ingredient quantities or in mixing technique can make a large difference in the finished product. Especially important is the consistency of the batter. It must be moist enough so the macaron has a smooth surface and the piped batter doesn’t stand up too high. On the other hand, if it is even a little too moist, it spreads and flattens too much. When you are working with any formula, you may have to adjust the quantity of egg whites to get the right texture. Some chefs describe the texture of good macaron batter as that of molten lava.

Countless macaron recipes exist, each with different ingredient quantities and mixing techniques. Most macarons are made with a common meringue, but some use Italian meringue, and some even call for mixing the egg whites directly with the other ingredients without whipping into a meringue. Some formulas direct you to let the bagged-out batter stand for a period of time before baking, while others do not.

The formulas here were chosen to give you experience with two techniques: using common meringue and using Italian meringue.



## PARISIAN MACARONS I

Ingredients	U.S.	Metric	PROCEDURE																	
Powdered almonds	5 oz	125 g	<p><b>MIXING</b></p> <ol style="list-style-type: none"> <li>Blend the confectioners' sugar and almonds in a food processor for 5 minutes. Sift into a bowl.</li> <li>Whip the egg whites to soft peaks. Gradually whip in the sugar and continue whipping to firm peaks.</li> <li>Fold the egg whites one-third at a time into the sugar mixture until smooth.</li> </ol> <p><b>MAKEUP</b></p> <p>Bagged. Using a plain tip, deposit the mix on parchment paper or on a silicone mat in mounds about 1½ in. (4 cm) in diameter. Allow to stand 10-15 minutes.</p> <p><b>BAKING</b></p> <p>320°F (160°C), 15–25 minutes. Test for doneness by lightly touching the top of a macaron with your fingertip and pushing gently from side to side. If macaron is still quite soft, continue baking. If it just barely moves from side to side, remove from oven. Cool completely, then remove from the parchment.</p> <p>Parisian Macarons are traditionally sandwiched together with a filling (see Variations).</p>																	
Confectioners' sugar	8 oz	200 g																		
Egg whites	4 oz	100 g																		
Granulated sugar	1.6 oz	40 g																		
Food coloring	as desired	as desired																		
Filling (see variations)	as desired	as desired																		
<b>Batter weight (not including filling):</b>	<b>1 lb 2 oz</b>	<b>465 g</b>																		
<b>VARIATIONS</b>																				
<p><b>PISTACHIO MACARONS</b></p> <p>Tint the macaron batter with a few drops of green food color. After bagging out the batter onto baking pans, sprinkle a little finely chopped pistachio across the edge of each macaron. After baking and cooling, sandwich two macarons together with Pistachio Filling (recipe follows).</p> <p>Other varieties of Parisian macaroons can be created by substituting different fillings for the pistachio. Depending on the filling chosen, substitute another color for the green in the formula. For example, tint the batter pink when using strawberry-flavored filling, yellow for mango-flavored filling.</p>																				
<p><b>CHOCOLATE MACARONS</b></p> <p>Prepare as in the basic formula, using the following ingredients and quantities. Process the cocoa with the almonds and sugar in step 1. Sandwich the baked, cooled macarons together with ganache or another chocolate filling.</p> <table border="1"> <thead> <tr> <th>Ingredients</th> <th>U.S.</th> <th>Metric</th> </tr> </thead> <tbody> <tr> <td>Powdered almonds</td> <td>5.2 oz</td> <td>130 g</td> </tr> <tr> <td>Confectioners' sugar</td> <td>8.4 oz</td> <td>210 g</td> </tr> <tr> <td>Cocoa</td> <td>0.67 oz</td> <td>17 g</td> </tr> </tbody> </table> <table border="1"> <tbody> <tr> <td>Egg whites</td> <td>4 oz</td> <td>100 g</td> </tr> <tr> <td>Granulated sugar</td> <td>1.6 oz</td> <td>40 g</td> </tr> </tbody> </table>				Ingredients	U.S.	Metric	Powdered almonds	5.2 oz	130 g	Confectioners' sugar	8.4 oz	210 g	Cocoa	0.67 oz	17 g	Egg whites	4 oz	100 g	Granulated sugar	1.6 oz
Ingredients	U.S.	Metric																		
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Cocoa	0.67 oz	17 g																		
Egg whites	4 oz	100 g																		
Granulated sugar	1.6 oz	40 g																		

## PISTACHIO FILLING FOR MACARONS

Ingredients	U.S.	Metric	PROCEDURE
Heavy cream	3 oz	75 g	<p><b>PROCEDURE</b></p> <ol style="list-style-type: none"> <li>Combine the cream, butter, and glucose. Bring to a boil. Remove from the heat and cool.</li> <li>Mix in the pistachio paste, vanilla, and kirsch.</li> <li>Using a mixer with the paddle attachment, soften the marzipan, then add the cooked ingredients gradually to make a smooth paste.</li> <li>Fill the macaroons using a pastry bag fitted with a small plain tip.</li> </ol>
Butter	1 oz	25 g	
Glucose	1 oz	25 g	
Pistachio paste	3 oz	75 g	
Vanilla extract	¼ tsp	1 g	
Kirsch	1 oz	25 g	
Marzipan	8 oz	200 g	
<b>Total weight:</b>	<b>1 lb 1 oz</b>	<b>426 g</b>	

## PARISIAN MACARONS II

Yield: 1 lb 3 oz (475 g)

Ingredients	U.S.	Metric	PROCEDURE
Powdered almonds	5 oz	125 g	<p><b>MIXING</b></p> <ol style="list-style-type: none"> <li>1. Process the almonds and confectioners' sugar in a food processor for 5 minutes. Sift into a bowl.</li> <li>2. Mix in the first quantity of egg whites until smooth.</li> <li>3. If desired, tint the mixture with a few drops of food coloring.</li> <li>4. Heat the water and granulated sugar in a saucepan until the sugar dissolves and the mixture boils. Boil until a candy thermometer placed in the syrup registers 243°F (117°C).</li> <li>5. While the syrup is cooking, beat the egg whites in a mixing machine until they form soft peaks.</li> <li>6. With the machine running, very slowly beat in the hot syrup.</li> <li>7. Continue beating until the meringue is cool and forms firm peaks.</li> <li>8. Fold the meringue into the powdered almond mixture.</li> </ol> <p><b>MAKEUP</b></p> <p>Bagged. Using a plain tip, deposit the mix on parchment paper or on a silicone mat in mounds about 1½ in. (4 cm) in diameter. Allow to stand 10-15 minutes.</p> <p><b>BAKING</b></p> <p>320°F (160°C), 15-25 minutes. Test for doneness by lightly touching the top of a macaron with your fingertip and pushing gently from side to side. If macaron is still quite soft, continue baking. If it just barely moves from side to side, remove from oven. Cool completely, then remove from the parchment.</p>
Confectioners' sugar	5 oz	125 g	
Egg whites	2.4 oz	60 g	
Coloring	as desired	as desired	
<b>Italian meringue:</b>			
Water	2 oz	50 g	
Granulated sugar	5 oz	125 g	
Egg whites	2 oz	50 g	

## CHOCOLATE MACAROONS I

Ingredients	U.S.	Metric	Almond paste at 100% %	PROCEDURE
Almond paste	12 oz	350 g	100	<p><b>MIXING</b></p> <p>One-stage method (p. 485). Blend the almond paste with a little of the egg whites until smooth. Mix in the remaining ingredients. If the mixture is still too stiff for a pastry bag, add a little extra egg white.</p> <p><b>MAKEUP</b></p> <p>Bagged method. Using a plain tube, deposit the mix on silicone paper in mounds the size of a quarter. Double-pan.</p> <p><b>BAKING</b></p> <p>350°F (175°C). Let cool before removing from the paper. To make it easier to remove the macaroons from the paper, turn the sheets over and brush the bottoms of the sheets lightly with water.</p>
Sugar	1 lb 5 oz	600 g	175	
Cocoa	2 oz	60 g	17	
Macaroon coconut	3 oz	90 g	25	
Egg whites	8 oz	225 g	67	
<b>Total weight:</b>	<b>2 lb 14 oz</b>	<b>1325 g</b>	<b>384%</b>	
<b>VARIATION</b>				
Use ground nuts in place of the macaroon coconut.				

## COCONUT MACAROONS (CHEWY TYPE)

Ingredients	U.S.	Metric	Sugar at 100%		<b>PROCEDURE</b>
				%	
Sugar	1 lb 8 oz	700 g		100	<p><b>MIXING</b></p> <p>One-stage method (p. 485). Blend all ingredients together. Place in a kettle or stainless steel bowl and set over a hot-water bath. Stir constantly until the mixture reaches 120°F (50°C).</p> <p><b>MAKEUP</b></p> <p>Using a star tube or plain tube, bag out onto paper-lined sheet pans. Make the cookies about 1 in. (2.5 cm) across.</p> <p><b>BAKING</b></p> <p>375°F (190°C)</p>
Macaroon coconut	1 lb 8 oz	700 g		100	
Corn syrup	3 oz	90 g		13	
Vanilla extract	0.33 oz (2 tsp)	10 g		1.5	
Pastry flour	1.5 oz	42 g		6	
Salt	0.12 oz (½ tsp)	4 g		0.5	
Egg whites	11 oz	315 g		45	
<b>Total weight:</b>	<b>3 lb 15 oz</b>	<b>1861 g</b>		<b>266 %</b>	
<b>VARIATION</b>					
<b>CHOCOLATE MACAROONS II</b>					
Add 1½ oz (45 g) cocoa to the basic recipe. Thin with an additional ½–1 oz (15–30 g) egg white, if necessary.					

<b>SWISS LECKERLI</b>					
Ingredients	U.S.	Metric			<b>PROCEDURE</b>
				%	
Honey	10 oz	315 g		42	<p><b>MIXING</b></p> <ol style="list-style-type: none"> <li>Heat the honey and sugar together until the sugar is dissolved. Cool.</li> <li>Dissolve the baking soda in the water. Add to the honey mixture.</li> <li>Add the remaining ingredients. Mix to a smooth dough.</li> </ol>
Sugar	6 oz	185 g		25	
Baking soda	0.25 oz	8 g		1	
Water	4 oz	125 g		17	<p><b>MAKEUP</b></p> <p>Sheet method. Roll out dough ¼ in. (6 mm) thick. Place on a well-greased baking sheet. Cut into small squares, but do not separate the squares until after they are baked.</p> <p>Alternative method: Rolled method. Roll out ¼ in. (6 mm) thick and cut out with cutters, or cut into small squares. Place on greased, floured baking sheets.</p> <p><b>BAKING</b></p> <p>375°F (190°C) for 15 minutes or more. Immediately after baking, while still hot, brush tops with flat icing.</p>
Salt	0.17 oz (¾ tsp)	5 g		0.7	
Cinnamon	0.25 oz (3½ tsp)	8 g		1	
Mace	0.06 oz (⅞ tsp)	1.5 g		0.2	
Cloves, ground	0.06 oz (⅞ tsp)	1.5 g		0.2	
Candied lemon peel, finely chopped	2 oz	60 g		8	
Candied orange peel, finely chopped	2 oz	60 g		8	
Blanched almonds, chopped	4 oz	125 g		17	
Bread flour	1 lb	500 g		67	
Cake flour	8 oz	250 g		33	
<b>Total weight:</b>	<b>3 lb 5 oz</b>	<b>1644 g</b>		<b>220 %</b>	

## ALMOND TUILES I

**Yield:** enough to make about 90 cookies, 2½ in. (6 cm) in diameter

For large-quantity measurements, see page 738.

Ingredients	U.S.	Metric	%
Butter	3 oz	90 g	86
Confectioners' sugar	4 oz	120 g	114
Egg whites	3 oz	90 g	86
Cake flour	3.5 oz	105 g	100
<b>Garnish</b>			
Sliced almonds	2.5 oz	75 g	70
<b>Batter weight:</b>	<b>13 oz</b>	<b>405 g</b>	<b>386%</b>

**NOTE:** This batter is also known as stencil paste. Instead of the simple round stencils used for tuiles, stencils of any shape or size may be cut and used for decorative effect. This stencil paste is interchangeable with the slightly different stencil paste included in the Ribbon Sponge recipe on page 410. It is not, however, interchangeable with Almond Tuiles II, below, which is a very different batter, even though the makeup is similar.



A



B



C

## PROCEDURE

## MIXING

Creaming method

1. Using the paddle attachment, soften the butter to a creamy consistency. Add the sugar and beat until thoroughly mixed.
2. Beat in the egg whites.
3. Sift the flour over the mixture and mix in well.

## MAKEUP

Stencil method. Line a sheet pan with a silicone mat or, if a mat is not available, a sheet of parchment paper. Use a commercially made stencil, or make a stencil by cutting a round hole in a sheet of thick plastic or thin cardboard (such as the cardboard used for cake boxes). For petit-four-size tuiles, make the circle 2½ in. (6 cm) in diameter. Using an offset palette knife, spread the batter across the stencil, then lift off the stencil (a). Sprinkle with a few sliced almonds (b).

## BAKING

350°F (175°C) 5–10 minutes, depending on thickness, or until lightly browned. Remove the baked cookies from the baking sheet and immediately curve over a rolling pin or tuile rack (c) and allow to cool.

## VARIATIONS

In addition to round stencils, you may use stencils in any shape to create a wide variety of items for dessert garnish. Commercially made stencils are available in dozens of shapes, and of course you may cut stencils of your own design. Almond garnish may be omitted, as desired.

## TULIPES

Omit the almonds in the basic recipe. Immediately after baking, shape the cookies by molding them around the upturned bottom of a small glass or similar mold. The result, cup-shaped tulipes, are used as edible containers for portions of ice cream and other desserts.

## ALMOND TUILES II

Ingredients	U.S.	Metric	%	PROCEDURE
Sugar	8 oz	240 g	533	<p><b>MIXING</b></p> <ol style="list-style-type: none"> <li>Mix the sugar, almonds, and flour in a bowl.</li> <li>Add the egg whites and melted butter. Stir until well mixed.</li> </ol> <p><b>MAKEUP</b></p> <p>Dropped method. Drop by the tablespoonful 2 in. (5 cm) apart onto a greased and floured baking sheet. Use about <math>\frac{1}{3}</math>–<math>\frac{1}{2}</math> oz (10–15 g) per cookie. Flatten with a fork dipped in water, spreading the mixture until it is thin and flat. The dough will not spread during baking, and the cookies must be thin.</p> <p><b>BAKING</b></p> <p>375°F (190°C) until browned. Immediately remove one by one from the baking sheet with a spatula and then drape over a rolling pin, to give a curved shape. The cookies will become crisp when cool. If they do not become crisp, it indicates they are underbaked, so return them to the oven for 1 minute. If, on the other hand, they become crisp before they can be curved, return them to the oven for a few moments to soften them.</p>
Sliced, blanched almonds	9 oz	270 g	600	
Bread flour	1.5 oz	45 g	100	
Egg whites, lightly beaten	4.5 oz	135 g	300	
Butter, melted	1.5 oz	45 g	100	
<b>Total weight:</b>	<b>1 lb 8 oz</b>	<b>735 g</b>	<b>1633%</b>	

## SESAME TUILES

Ingredients	U.S.	Metric	%	PROCEDURE
Confectioners' sugar	7 oz	210 g	100	<p><b>PROCEDURE</b></p> <ol style="list-style-type: none"> <li>Sift the sugar, flour, and nutmeg into a bowl. Make a well in the center.</li> <li>Lightly beat the egg whites and add to the well. Add the butter and lemon zest.</li> <li>Mix to make a soft batter. Add the first quantity of sesame seeds and mix in. Chill.</li> <li>Cut a triangle-shaped stencil and use it to spread the batter onto buttered, chilled sheet pans, using the procedure for making Almond Tuiles I (p. 510). Sprinkle with the remaining sesame seeds.</li> <li>Bake at 375°F (190°C) until golden.</li> <li>Remove from the pan and immediately curve into an S-shape.</li> </ol>
Cake flour	7 oz	210 g	100	
Nutmeg	large pinch	large pinch		
Egg whites	5 oz	150 g	71	
Butter, melted	5 oz	150 g	71	
Lemon zest, grated	1 tsp	3 g	1.5	
Sesame seeds	1 oz	30 g	15	
<b>Garnish</b>				
Sesame seeds	0.5 oz	15 g	7	
<b>Total weight:</b>	<b>1 lb 9 oz</b>	<b>753 g</b>	<b>358 %</b>	

## CLASSIC BROWNIES

CLASSIC BROWNIES				
Ingredients	U.S.	Metric	%	PROCEDURE
Unsweetened chocolate	1 lb	450 g	100	<p><b>MIXING</b></p> <p>Modified sponge method</p> <ol style="list-style-type: none"> <li>1. Melt the chocolate and butter together in a double boiler. Let the mixture cool to room temperature.</li> <li>2. Mix the eggs, sugar, salt, and vanilla together until well blended, but do not whip. Whipping to a foam creates more leavening, resulting in a more crumbly, less fudgy brownie.</li> <li>3. Blend in the chocolate mixture.</li> <li>4. Sift the flour and fold in.</li> <li>5. Fold in the nuts.</li> </ol> <p><b>MAKEUP</b></p> <p>Sheet method. Grease and flour the pans, or line them with parchment. One recipe fills one full sheet pan (18 × 26 in./46 × 66 cm), two half-sheet pans, four 9 × 13 in. (23 × 33 cm) pans, or six 9-in. (23-cm) square pans. If desired, sprinkle the batter with an additional 50% (8 oz/225 g) chopped nuts after panning.</p> <p><b>BAKING</b></p> <p>325°F (165°C) for 45 to 60 minutes</p> <p>For 2-in. (5-cm) square brownies, cut sheet pan into 8 rows of 12, to yield 96 pieces.</p>
Butter	1 lb 8 oz	675 g	150	
Eggs	1 lb 8 oz	675 g	150	
Sugar	3 lb	1350 g	300	
Salt	0.25 oz	7 g	1.5	
Vanilla	1 oz	30 g	6	
Bread flour	1 lb	450 g	100	
Walnuts or pecans, chopped	1 lb	450 g	100	
<b>Total weight:</b>	<b>9 lb 1 oz</b>	<b>4087 g</b>	<b>907 %</b>	

# RICH BROWNIES

For large-quantity measurements, see page 738.

Ingredients	U.S.	Metric	%
Unsweetened chocolate	2 oz	60 g	50
Bittersweet chocolate	5 oz	145 g	125
Butter	10 oz	290 g	250
Eggs	7 oz	200 g	175
Sugar	9 oz	260 g	225
Salt	0.06 oz (¼ tsp)	2 g	1.5
Vanilla extract	0.25 oz (1½ tsp)	7 mL	6
Bread flour	4 oz	115 g	100
Walnuts or pecans, chopped	4 oz	115 g	100
<b>Total weight:</b>	<b>2 lb 9 oz</b>	<b>1194 g</b>	<b>1032 %</b>

## PROCEDURE

### MIXING

Modified sponge method

1. Melt the unsweetened chocolate, the bittersweet chocolate, and the butter together in a double boiler. Let the mixture cool to room temperature.
2. Mix the eggs, sugar, salt, and vanilla together until well blended, but do not whip (a). Whipping to a foam creates more leavening, resulting in a more crumbly, less fudgy brownie. If the eggs are not at room temperature, stir the mixture over a hot-water bath just until the mixture is at slightly warm room temperature.
3. Blend in the chocolate mixture (b).
4. Sift the flour and fold in (c).
5. Fold in the nuts.

### MAKEUP

Sheet method. For 2 lb 9 oz (1194 g) batter, use one 9 × 13 in. (23 × 33 cm) pan or two 8-in. (20-cm) square pans. Grease and flour the pans, or line them with parchment.

### BAKING

325°F (190°C) for about 45–50 minutes

For 2-in. (5-cm) square brownies, cut sheet pan into 4 rows of 6, to yield 24 pieces.

## VARIATION

For large-quantity measurements, see page 738.

Ingredients	U.S.	Metric	%
Baking powder	0.1 oz (½ tsp plus ⅛ tsp)	3 g	2.5%

For a more cakelike brownie, sift the above quantity of baking powder with the flour in step 4.





# CREAM CHEESE BROWNIES

**Yield:** 3 lb (1400 g) batter is enough for one 9 × 13 in. (23 × 33 cm) pan or two 8-in. (20-cm) square pans

*For large-quantity measurements, see page 738.*

Ingredients	U.S.	Metric
Cream cheese	8 oz	225 g
Sugar	2 oz	55 g
Vanilla extract	½ tsp	2 mL
Egg yolks	0.67 oz (1 yolk)	20 g
Rich Brownie batter without walnuts (p. 514) (1 recipe)	2 lb 9 oz	1190 g
<b>Total weight:</b>	<b>3 lb 3 oz</b>	<b>1492 g</b>

## PROCEDURE

### MIXING

1. In a mixer with the paddle attachment, work the cream cheese at low speed until smooth and creamy.
2. Add the sugar and vanilla and mix in at low speed until smooth.
3. Add the egg yolks and blend in.
4. Prepare the brownie batter according to the recipe.

### MAKEUP

Sheet method. Grease and flour the pans, or line them with parchment. Pour about half the brownie batter into the pans (a). Spread it evenly (b). Deposit half the cream cheese mixture in pools on top of the brownie batter (c). Pour in the remaining brownie batter (d). Spread evenly in the pan. Drop the remaining cream cheese mixture in pools on top (e). Swirl the two batters together slightly, using a palette knife or a spoon handle (f).

### BAKING

325°F (190°C), about 45–50 minutes  
Cut into 2-in. (5 cm) square brownies.



# FLORENTINES

Ingredients	U.S.	Metric	%
Butter	7 oz	210 g	350
Sugar	10 oz	300 g	500
Honey	3 oz	90 g	150
Heavy cream	3 oz	90 g	150
Sliced almonds	12 oz	360 g	600
Ground almonds or hazelnuts	2 oz	60 g	100
Candied orange peel, chopped	4 oz	120 g	200
Bread flour	2 oz	60 g	100
<b>For finishing</b>			
Chocolate, melted	as needed	as needed	
<b>Total weight:</b>	<b>2 lb 11 oz</b>	<b>1290 g</b>	<b>2150%</b>

## VARIATION

For a lacier cookie, substitute chopped, blanched almonds for the sliced almonds.



## PROCEDURE

### MIXING

1. Combine the butter, sugar, honey, and cream in a heavy saucepan. Bring to a strong boil, stirring constantly. Cook, stirring, until the mixture reaches 240°F (115°C).
2. Mix together the remaining ingredients and add to the sugar mixture. Mix well.

### MAKEUP

Dropped method. Drop while the mixture is hot; it will get very stiff when cool. Drop ½ oz (15 g) mounds on baking sheets lined with silicone paper, or greased and floured. Allow at least 2 in. (5 cm) between cookies for spreading. Flatten the cookies with a fork.

### BAKING

375°F (190°C) until browned. As soon as the pans are removed from the oven, use a round cookie cutter to pull the cookies back together into a round shape (see photo). Let cool.

### FINISHING

Spread the flat sides of the cookies with melted chocolate. Mark grooves in the chocolate with an icing comb.

## BISCOTTI

Ingredients	U.S.	Metric	%	<b>PROCEDURE</b>
Eggs	10 oz	300 g	35	
Sugar	1 lb 2 oz	550 g	65	Sponge method
Salt	0.5 oz	15 g	2	1. Combine the eggs, sugar, and salt. Stir over hot water to warm the mixture, then whip until thick and light.
Vanilla extract	0.3 oz (2 tsp)	8 g	1	2. Fold in the vanilla and orange zest.
Orange zest, grated	0.15 oz (2 tsp)	4 g	0.5	3. Sift together the flour and baking powder. Fold into the egg mixture.
Pastry flour	1 lb 12 oz	850 g	100	4. Mix in the almonds.
Baking powder	0.7 oz	20 g	2.5	<b>MAKEUP</b>
Blanched almonds	10 oz	300 g	35	Bar method. Scale at 1 lb (500 g). Shape into logs 2–2½ in. (6 cm) thick. Do not flatten the logs (the dough will be sticky and somewhat difficult to handle). Egg-wash.
<b>Total weight:</b>	<b>4 lb 3 oz</b>	<b>2047 g</b>	<b>241 %</b>	<b>BAKING</b>
<b>Note:</b> These cookies are hard when cooled. They are traditionally dipped in a sweet wine when eaten.				325°F (160°C), about 30–40 minutes, or until light golden
<b>VARIATION</b>				<b>FINISHING</b>
Omit the orange zest and flavor to taste with anise extract.				Let cool slightly. Slice diagonally ½ in. (12 mm) thick. Place cut side down on sheet pans. Bake at 275°F (135°C) until toasted and dry, about 30 minutes.

## ESPRESSO BISCOTTI

*For large-quantity measurements, see page 738.*

Ingredients	U.S.	Metric	%	<b>PROCEDURE</b>
Butter	4 oz	120 g	40	
Sugar	6 oz	180 g	60	Creaming method (p. 486). Dissolve the espresso powder in the hot water before adding it to the creamed mixture. Mix in the almonds after adding the sifted dry ingredients.
Salt	0.2 oz (7/8 tsp)	6 g	2.0	<b>MAKEUP, BAKING, AND FINISHING</b>
Eggs	3.33 oz (2 eggs)	100 g (2 eggs)	33	Same as Biscotti (above).
Water, hot	0.5 oz	15 g	5	
Instant espresso powder	0.2 oz (2 tbsps)	6 g	2	
Pastry flour	10 oz	300 g	100	
Baking powder	0.25 oz (1½ tsp)	8 g	2.5	
Blanched almonds	3.5 oz	105 g	35	
<b>Total weight:</b>	<b>1 lb 11 oz</b>	<b>840 g</b>	<b>279 %</b>	
<b>Note:</b> See the discussion of biscotti on page 517.				

## TWICE-BAKED

The Italian word *biscotto* (plural, *biscotti*) means “twice cooked.” The British name for cookies, *biscuit*, comes from the same root and likewise means “twice cooked.” In earlier times, when ovens were more primitive, double cooking was one method of producing dry, crisp flour goods. Dryness was desirable for these items because the low moisture content meant they kept longer.

Italian-style biscotti, made by the bar method—baked, sliced, and baked again until crisp—have become popular in the rest of Europe and in North America. Many flavor variations made today are, however, recent innovations, not the classic Italian confections.

## CHOCOLATE PECAN BISCOTTI

For large-quantity measurements, see page 738.

Ingredients	U.S.	Metric	%	PROCEDURE
Butter	4 oz	120 g	40	<b>MIXING</b> Creaming method (p. 486). Mix in the nuts and chocolate chips after adding the sifted dry ingredients.
Sugar	6 oz	180 g	60	
Salt	0.1 oz (½ tsp)	3 g	1	
Orange zest, grated	0.1 oz (1½ tsp)	3 g	0.5	
Eggs	3.33 oz (2 eggs)	100 g (2 eggs)	33	<b>MAKEUP, BAKING, AND FINISHING</b> Same as Biscotti (p. 516)
Water	2 oz	60 g	20	
Vanilla extract	0.16 oz (1 tsp)	5 g	1.5	
Pastry flour	10 oz	300 g	100	
Cocoa powder	1.5 oz	45 g	15	
Baking powder	0.25 oz (1½ tsp)	8 g	2.5	
Baking soda	0.08 oz (½ tsp)	2.5 g	0.8	
Pecan pieces	2 oz	60 g	20	
Small chocolate chips	2 oz	60 g	20	
<b>Total weight:</b>	<b>1 lb 15 oz</b>	<b>946 g</b>	<b>314 %</b>	
<b>Note:</b> See the discussion of biscotti above.				

## TERMS FOR REVIEW

cookie	bagged	bar	double-panning
spread	dropped	sheet	Petits fours secs
one-stage method	rolled	stencil	macaroon
creaming method	molded	stencil paste	macaron
sponge method	icebox		



## QUESTIONS FOR DISCUSSION

1. What makes cookies crisp? How can you keep them crisp after they are baked?
2. If you baked cookies that came out unintentionally chewy, how would you correct for that in the next batch?
3. Describe briefly the difference between the creaming method and the one-stage method.
4. Besides cost control, why is accurate scaling and uniform sizing important when making up cookies?



# Custards, Puddings, Mousses, and Soufflés

# 20

## AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Prepare starch-thickened or boiled puddings.
2. Prepare baked custards and baked puddings.
3. Prepare steamed puddings.
4. Prepare Bavarian creams and mousses.
5. Use Bavarian creams to prepare cold charlottes.
6. Prepare hot dessert soufflés.



**THIS CHAPTER DISCUSSES** a variety of desserts not covered in earlier chapters. Most of these items are not baked goods, in the sense that breads, pastries, cakes, and cookies are, but they, too, are popular desserts important in food service. They include custards, puddings, creams, and frozen desserts.

Most of the items and techniques described here are related to one another and to techniques introduced in earlier chapters. For example, many puddings, Bavarian creams, mousses, soufflés, and frozen desserts are based on two basic custards—crème anglaise and pastry cream—presented in Chapter 12. Also, Bavarians, mousses, and soufflés depend on meringues (discussed in Chapter 12), whipped cream, or both, for their texture.

As you know, the art and science of baking and dessert preparation rely on a coherent set of principles and techniques applied over and over to many kinds of product. The topics in this chapter are further illustration of that fact.

## CUSTARDS AND PUDDINGS

**IT IS DIFFICULT** to come up with a definition of *pudding* that includes everything called by that name. The term is used for such different dishes as chocolate pudding, blood sausages (blood puddings), and steak-and-kidney pudding. In this chapter, however, we consider only popular North American dessert puddings.

Two kinds of puddings, starch-thickened and baked, are the most frequently prepared in food service kitchens. A third type, steamed pudding, is less often served, and then only in cold weather, because it is usually rather heavy and filling.

Custards are the basis of many puddings, so we begin the chapter with a general discussion of this type of preparation. A *custard* is a liquid thickened or set by the coagulation of egg protein. There are two basic kinds of custards: *stirred custard*, which is stirred as it cooks and remains pourable when cooked (except for pastry cream; see below), and *baked custard*, which is not stirred and sets firm.

One basic rule governs the preparation of both types of custard: *Do not heat custards higher than an internal temperature of 185°F (85°C)*. This temperature is the point at which egg-liquid mixtures coagulate. If they are heated beyond this, they tend to curdle. An overbaked custard becomes watery because the moisture separates from the toughened protein.

*Crème anglaise*, or vanilla custard sauce, discussed in detail in Chapter 12 (p. 264), is a stirred custard. It consists of milk, sugar, and egg yolks stirred over very low heat until lightly thickened.

*Pastry cream*, also discussed in Chapter 12 (p. 266), is stirred custard that contains starch thickeners as well as eggs, resulting in a much thicker and more stable product. Because of the stabilizing effect of the starch, pastry cream is an exception to the rule just given not to heat custards over 185°F (85°C). In addition to its use as a component of many pastries and cakes, pastry cream is also the basis for cream puddings.

Sweet baked custards, like custard sauce, consist of milk, sugar, and eggs—usually whole eggs for their thickening power. Unlike the sauce, this type of custard is baked rather than stirred over heat, so it sets and becomes firm. Baked custard is used as a pie filling, as a dessert by itself, and as a basis for many baked puddings.

### Rangetop Puddings

Most of the puddings in this category are thickened with starch, which means they must be boiled in order to cook or gelatinize the starch. The first two types of pudding in the following list are of this type. The third type is bound with gelatin, making heating or cooking necessary to dissolve the gelatin. This type of pudding may need to be heated only gently, rather than simmered or boiled. The fourth type is based on *crème anglaise*; it may or may not be bound with gelatin.

- 1. Cornstarch pudding or blancmange.** *Cornstarch pudding* consists of milk, sugar, and flavorings and is thickened with cornstarch (or, sometimes, another starch). If enough cornstarch is used, the hot mixture may be poured into molds, chilled, and unmolded for service. (The term *blancmange*, pronounced, approximately, blaw MAWNGE), comes from the French words for “white” and “eat.”)
- 2. Cream puddings.** *Cream pudding*, as we have suggested, is the same as pastry cream. These puddings are usually made with less starch, however, and may contain any of several flavoring ingredients, such as coconut or chocolate. The flavor of butterscotch pudding comes from using brown sugar instead of white sugar.

Because these puddings are basically the same as pastry cream, which in turn is used for cream pie fillings, it is not necessary to give separate recipes here. *To prepare any of the following puddings, simply prepare the corresponding cream pie filling (p. 304), but use only half the starch.* The following puddings can be made on this basis:

- Vanilla pudding
- Coconut cream pudding
- Banana cream pudding (purée the bananas and mix with the pudding)
- Chocolate pudding (two versions, using cocoa or melted chocolate)
- Butterscotch pudding

**3. Puddings bound with gelatin.** A pudding not thickened with starch or eggs must be bound, or stabilized, using another ingredient. Gelatin is often used for this purpose. One of the simplest and most popular desserts of this type is *panna cotta*, which is Italian for “cooked cream.” In its most basic form, panna cotta is made by heating cream and milk with sugar, adding vanilla and gelatin, and chilling in molds until set. It is often served with fruits or caramel sauce.

Mousses and Bavarian creams, which owe their light texture to whipped cream or meringue, are often bound with gelatin. They are covered in detail later in this chapter.

**4. Crèmeux.** *Crèmeux* (pronounced, approximately, cray mooh) is the French word for “creamy,” and it is applied to almost as many preparations as its English equivalent. One of the more important preparations called *crèmeux* is built on a base of *crème anglaise*. After the *crème anglaise* is made, one or more of the following is added to thicken or bind it: gelatin, butter, chocolate.

The basic steps for making *crèmeux* are fairly simple:

1. Prepare *crème anglaise*.
2. If gelatin is used, bloom it and stir it into the hot *crème anglaise* until dissolved.
3. If chocolate is used, pour the hot *crème anglaise* over the chocolate and mix until the chocolate is melted and blended in. (When you are making large quantities, the most efficient tool to use is an immersion blender.)
4. Add other desired flavorings.
5. If butter is used, cool the *crème anglaise* to about 90°F (32°C). Mix softened butter into the *crème anglaise*, preferably with an immersion blender.
6. Pour into desired containers and chill.

The most popular *crèmeux* is chocolate. A recipe for it is included on page 522. By experimenting with the basic procedure, you can create *crèmeux* of other flavors. Adjust the quantities of chocolate, gelatin, and butter to give the desired texture.

## BLANCMANGE, ENGLISH-STYLE

**Yield:** about 2½ pt (1.25 L)

Ingredients	U.S.	Metric	Milk at 100%	PROCEDURE
			%	
Milk	2 lb (1 qt)	1000 mL	80	<ol style="list-style-type: none"> <li>1. Combine the milk, sugar, and salt in a heavy saucepan and bring to a simmer.</li> <li>2. Mix the cornstarch and milk until perfectly smooth.</li> <li>3. Pouring it in a thin stream, add about 1 cup (2.5 dL) of the hot milk to the cornstarch mixture. Stir this mixture back into the hot milk.</li> <li>4. Stir over low heat until the mixture thickens and comes to a boil.</li> <li>5. Remove from the heat and add desired flavoring.</li> <li>6. Pour into ½-cup (125-mL) molds. Cool and then chill. Unmold for service.</li> </ol>
Sugar	6 oz	190 g	15	
Salt	0.04 oz (¼ tsp)	1 g	0.1	
Cornstarch	4 oz	125 g	10	
Milk, cold	8 oz (½ pt)	250 mL	20	
Vanilla or almond extract	0.25 oz	8 mL	0.6	
<p><b>NOTE:</b> French blancmange is very different from the English style. The French style is made from almonds or almond paste and gelatin.</p>				
<b>VARIATIONS</b>				
<p>Blancmange or cornstarch pudding may be flavored in the same ways as cream puddings. See the general discussion preceding this recipe.</p> <p>For puddings to be served in dishes, rather than unmolded, reduce the cornstarch to 2 oz (60 g).</p>				



## PANNA COTTA

Ingredients	U.S.	Metric	PROCEDURE
Milk	10 oz	300 g	
Heavy cream	10 oz	300 g	
Sugar	4 oz	125 g	
Gelatin (see Note)	1½ tsp–2¼ tsp	5–7 g (2½–3½ sheets)	
Vanilla extract	1 tsp	5 g	
<b>Total Weight:</b>	<b>1 lb 8 oz</b>	<b>740 g</b>	

**NOTE:** The lower quantity of gelatin makes a soft, delicate dessert. Use this quantity if the room temperature is cool. The larger quantity makes a firmer dessert that can withstand more handling when unmolded.

## CHOCOLATE CRÉMEUX

**Yield:** 1 lb 6 oz (660 g)

Ingredients	U.S.	Metric	PROCEDURE
Bittersweet chocolate	5 oz	150 g	
Egg yolks	3 oz	90 g	
Sugar	4 oz	120 g	
Milk	8 oz	240 g	
Heavy cream	8 oz	240 g	

### VARIATIONS

For a thicker crèmeux, one that can be used as a filling for chocolate tart, increase the chocolate to 7 oz (210 g).

### MILK CHOCOLATE CRÉMEUX

Bloom 0.15 oz (4.2 g) gelatin in cold water. Add to the hot crème anglaise and dissolve. Substitute milk chocolate for the bittersweet chocolate.



**A**



**B**



**C**



**Dark Chocolate Crèmeux (background) and Milk Chocolate Crèmeux (foreground).**

## Baked Puddings

Many, if not most, baked puddings are custards that contain additional ingredients, usually in large quantities. Bread pudding, for example, is made by pouring a custard mixture over slices or cubes of bread arranged in a baking pan and placing it in the oven to bake. Rice pudding, made of cooked rice and custard, is another popular item.

Baked custard, a mixture of eggs, milk, sugar, and flavorings, is baked until the eggs coagulate and the custard sets. A good custard holds a clean, sharp edge when cut.

The amount of egg in a custard determines its firmness. A custard to be unmolded requires more egg than one to be served in its baking dish. Also, egg yolks make a richer custard with a softer texture than do whole eggs.

When baking custards, note in particular these guidelines:

1. Scald the milk before beating it slowly into the eggs. This reduces cooking time and helps the product cook more evenly.
2. Remove any foam that would mar the appearance of the finished product.
3. Bake at 325°F (165°C) or lower. Higher temperatures increase the risk of overcooking and curdling.
4. Bake in a water bath so the outside edges do not overcook before the inside is set.
5. To test for doneness, insert a thin-bladed knife an inch or two from the center. If it comes out clean, the custard is done (see illustration). The center may not be completely set, but it will continue to cook in its own heat after removal from the oven.

The procedure for making many baked puddings, such as bread pudding, is the same as that for making plain baked custard. A water bath may not be necessary if the starch content of the pudding is high.

Soft pie fillings, such as pumpkin, may also be considered baked puddings and can be served as such. These preparations are, strictly speaking, custards, because they are liquids or semiliquids set by the coagulation of eggs. They may also contain small amounts of starch as a stabilizer.

This section also includes the popular baked custard called *crème brûlée*, which means “burnt cream.” The *brûlée*, or “burnt,” part of the name refers to the crunchy layer of sugar that is caramelized on the top of the dessert shortly before it is served. The custard portion of the dessert is especially rich because it is made with heavy cream. Some recipe books and food articles refer to the custard mixture as “the brûlée,” which makes no sense when you consider the meaning of the term.



Testing a baked pudding for doneness.

## BAKED CUSTARD

**Yield:** 12 portions, 5 oz (150 g) each

Ingredients	U.S.	Metric	Milk at 100% %
Eggs	1 lb	500 g	40
Sugar	8 oz	250 g	20
Salt	0.08 oz (½ tsp)	2.5 g	0.2
Vanilla extract	0.5 oz	15 g	1.25
Milk	2 lb 8 oz (2½ pt)	1250 mL	100

### PROCEDURE

1. Combine the eggs, sugar, salt, and vanilla in a mixing bowl. Mix until thoroughly blended, but do not whip.
2. Scald the milk in a double boiler or in a saucepan over low heat.
3. Gradually pour the milk into the egg mixture, stirring constantly.
4. Skim all foam from the surface of the liquid.
5. Arrange custard cups in a shallow baking pan.
6. Carefully pour the custard mixture into the cups. If bubbles form during this step, skim them off.
7. Set the baking pan on the oven shelf. Pour enough hot water into the pan around the cups so the level of the water is about as high as that of the custard mixture.
8. Bake at 325°F (165°C) until set, about 45 minutes.
9. Carefully remove the custard from the oven and cool. Store, covered, in the refrigerator.

### VARIATIONS

#### CRÈME CARAMEL

Cook 12 oz (375 g) sugar with 2 oz (60 mL) water until it caramelizes (see the section on sugar cooking on page 256). Line the bottoms of the custard cups with this hot caramel. (Be sure the cups are clean and dry.) Fill with custard and bake as in a basic recipe. When cooled, refrigerate for 24 hours, to allow some of the caramel to dissolve and form a sauce for the dessert when it is unmolded.

#### VANILLA POTS DE CRÈME

*Pots de crème* (pronounced poh duh KREM) are rich cup custards. Substitute 1 pt (500 mL) heavy cream for 1 pt (500 mL) of the milk in the basic recipe. Use 8 oz (250 g) whole eggs plus 4 oz (125 g) egg yolks.

#### CHOCOLATE POTS DE CRÈME

Follow the procedure for vanilla pots de crème above, but stir 12 oz (375 g) chopped semisweet chocolate into the hot milk until melted and evenly blended. Reduce the sugar to 4 oz (125 g).

## CRÈME BRÛLÉE

**Yield:** 12 portions, about 5 oz (150 g) each

Ingredients	U.S.	Metric
Egg yolks	8 oz (12 yolks)	250 g (12 yolks)
Granulated sugar	6 oz	180 g
Heavy cream, hot	3 pt	1.5 L
Vanilla extract	0.25 oz (1½ tsp)	8 mL
Salt	¾ tsp	3 g
Granulated sugar	8 oz	250 g

## VARIATIONS

Brown sugar may be used instead of granulated sugar. Spread the sugar on a pan and dry out in the oven at low heat. Cool, crush, and sift.

For a deluxe version, flavor with vanilla beans instead of extract. Split 2 vanilla beans in half lengthwise and scrape out the tiny seeds. Simmer the pods and seeds with the heavy cream. Remove the pods and continue with the basic recipe.

## COFFEE CRÈME BRÛLÉE

Flavor the hot cream to taste with coffee extract or instant coffee powder.

## CINNAMON CRÈME BRÛLÉE

Add 2 tsp (3.5 g) cinnamon to the hot cream.

## CHOCOLATE CRÈME BRÛLÉE

Use half milk and half cream. Mix 8 oz (250 g) melted bittersweet chocolate with the hot cream and milk mixture.

## RASPBERRY OR BLUEBERRY CRÈME BRÛLÉE

Place a few berries in the ramekins before adding the custard mixture.

## RASPBERRY PASSION FRUIT CRÈME BRÛLÉE

Reduce the quantity of cream to 2¾ pt (1375 mL). Omit the vanilla. Add 4 oz (125 mL) strained passion fruit juice and pulp to the mixture just before straining. Continue as for Raspberry Crème Brûlée.

## BROILER OR BLOWTORCH?

Which tool is better for caramelizing the sugar on crème brûlée: a butane torch or a broiler/salamander? It's a matter of personal preference and equipment availability. When making individual desserts to order, chefs often find a torch is easiest and quickest. Besides, not every pastry department has a broiler, and the broiler in the hot kitchen may not be available. On the other hand, when you are preparing crèmes brûlées in quantity for a banquet, it may be easier to arrange the custards on sheet pans and pass them under a broiler.

## PROCEDURE

1. Mix together the egg yolks and granulated sugar until well combined.
2. Gradually stir in the hot cream. Add the vanilla and salt. Strain the mixture.
3. Set 12 shallow ramekins or gratin dishes, about 1 in. (2.5 cm) deep, on a towel in a sheet pan (the purpose of the towel is to insulate the bottoms of the ramekins from the strong heat). Divide the custard mixture equally among the dishes. Pour enough hot water into the sheet pan to reach about halfway up the sides of the ramekins.
4. Bake at 325°F (165°C) until the custard is just set, about 25 minutes.
6. Cool, then refrigerate.
7. To finish, first dab any moisture from the tops of the custards. Sprinkle with an even layer of sugar. Caramelize the sugar with a blow torch (a). (Alternatively, caramelize the sugar under the broiler: place the custards very close to the heat so the sugar caramelizes quickly before the custard warms up too much). When it cools, the caramelized sugar will form a thin, hard crust. Serve within an hour or two. If the custards are held too long, the caramel tops will soften.



A

## BREAD AND BUTTER PUDDING

**Yield:** about 5 lb (2.5 kg)

Ingredients	U.S.	Metric
White bread, in thin slices (see <i>Note</i> )	1 lb	500 g
Butter, melted	4 oz	125 g
Eggs	1 lb	500 g
Sugar	8 oz	250 g
Salt	0.08 oz (½ tsp)	2 g
Vanilla extract	0.5 oz	15 mL
Milk	2 lb 8 oz (1¼ qt)	1250 mL
Cinnamon	as needed	as needed
Nutmeg	as needed	as needed

**Note:** You may use bread with crust on or trimmed off, as desired. If bread crusts are not too hard, leaving them on gives the pudding more textural interest.

### VARIATIONS

For a richer pudding, substitute cream for up to half of the milk.

Add 4 oz (125 g) raisins to the pudding, sprinkling them between the layers of bread.

#### BRANDY OR WHISKEY BREAD PUDDING

Add 2 oz (60 mL) brandy or whiskey to the custard mixture.

#### CABINET PUDDING

Prepare in individual custard cups instead of a baking pan. Substitute diced sponge cake for the bread and omit the melted butter. Add about 1½ tsp (4 g) raisins to each cup before pouring in the custard mix.

#### DRIED CHERRY BREAD PUDDING

Add 4–6 oz (125–185 g) dried cherries to the bread pudding, sprinkling them between the layers of the bread. Substitute heavy cream for up to half of the milk.

### PROCEDURE

1. Cut each slice of bread in half. Brush both sides of each piece with melted butter.
2. Arrange the bread slices so they overlap in a buttered 10 × 12 in. (25 × 30 cm) baking pan. (To use a full-size hotel pan, double the quantities.)
3. Mix together the eggs, sugar, salt, and vanilla until thoroughly combined. Add the milk.
4. Pour the egg mixture over the bread in the pan.
5. Let stand, refrigerated, for 1 hour or longer, until the bread absorbs the custard mixture. If necessary, push the bread down into the pan once or twice after the mixture has had time to stand.
6. Sprinkle the top lightly with cinnamon and nutmeg.
7. Set the pan in a larger pan containing about 1 in. (2.5 cm) hot water.
8. Place in an oven preheated to 350°F (175°C). Bake about 1 hour, until set.
9. Serve warm or cold with whipped cream or crème anglaise (p. 265), a fruit purée, or confectioners' sugar.

## CHOCOLATE BREAD PUDDING

**Yield:** about 5 lb (2500 g)

Ingredients	U.S.	Metric
Heavy cream	1 lb 4 oz	625 g
Milk	1 lb 4 oz	625 g
Sugar	6 oz	180 g
Bittersweet chocolate, chopped	12 oz	350 g
Dark rum	2 oz	60 g
Vanilla extract	2 tsp	10 g
Eggs	14 oz (8 eggs)	400 g (8 eggs)
White bread, in thick slices, crusts trimmed (see <i>Note</i> )	1 lb	500 g

**NOTE:** A good-quality, rich white bread, such as Challah (p. 150), is recommended for this recipe.

### PROCEDURE

1. Combine the cream, milk, and sugar in a heavy saucepan. Heat, stirring, until the sugar is dissolved.
2. Remove the pan from the heat and let cool 1 minute. Then add the chocolate and stir until it is melted and completely blended in.
3. Add the rum and vanilla.
4. Beat the eggs in a bowl, then gradually beat in the warm chocolate mixture.
5. Cut the bread into large dice and place in a buttered half-size hotel pan or baking pan (10 × 12 in. or 25 × 30 cm), or use two 8-in. (20-cm) square pans. Pour the chocolate mixture over the bread. If any bread is not coated with the chocolate mixture, push it down into the chocolate to coat it.
6. Let stand, refrigerated, for 1 hour or longer, until the bread absorbs the custard mixture. If necessary, push the bread down into the pan once or twice after the mixture has had time to stand.
7. Bake at 350°F (175°C) until set, about 30–45 minutes.



## RICE PUDDING

**Yield:** about 4 lb 8 oz (2.25 kg)

Ingredients	U.S.	Metric
Rice, medium- or long-grain	8 oz	250 g
Milk	3 lb (3 pt)	1500 mL
Vanilla extract	0.16 oz (1 tsp)	5 mL
Salt	0.04 oz (¼ tsp)	2 g
Egg yolks	3 oz	95 g
Sugar	8 oz	250 g
Light cream	8 oz (½ pt)	250 mL
Cinnamon	as needed	as needed

### VARIATIONS

#### RAISIN RICE PUDDING

Add 4 oz (125 g) raisins to the cooked rice and milk mixture.

#### RICE CONDÉ

Make the following adjustments:

Increase the rice to 10.5 oz (325 g).

Increase the egg yolks to 5 oz (150 g).

Omit the cinnamon.

As soon as the egg yolks have been incorporated, pour the rice mixture into shallow, individual, buttered molds. Bake as in the basic recipe, then chill until firm. Unmold onto serving dishes.

Rice Condé can be served plain or with whipped cream or fruit sauce, or used as a base for poached fruit. Arrange the fruit on top of the unmolded rice; brush with Apricot Glaze (p. 198). Dishes made in this way are named after their fruit, such as Apricot Condé or Pear Condé.

#### TAPIOCA PUDDING

This pudding is prepared like rice pudding through step 4 in the procedure. However, it is not baked. Instead, whipped egg whites are folded in and the mixture is chilled. To prepare, make the following adjustments in the recipe:

Substitute 4 oz (125 g) tapioca for the 8 oz (250 g) rice. Do not wash the tapioca. Cook it in the milk until tender.

Reserve 2 oz (60 g) of the sugar (from step 3) for the meringue.

After the egg yolks are incorporated, return the pudding to low heat for a few minutes to cook the yolks. Stir constantly. Do not let the mixture boil.

Whip 4 oz (125 g) pasteurized egg whites with the reserved 2 oz (60 g) sugar to a soft meringue. Fold into the hot pudding. Chill.

### PROCEDURE

1. Wash the rice well. Drain. (See *Note*.)
2. Combine the rice, milk, vanilla, and salt in a heavy saucepan. Cover and simmer over low heat until the rice is tender, about 30 minutes. Stir occasionally to be sure the mixture doesn't scorch on the bottom. Remove from the heat when cooked.
3. Combine the egg yolks, sugar, and cream in a mixing bowl. Mix until evenly combined.
4. Ladle some of the hot milk from the cooked rice into this mixture and mix well. Then slowly stir the egg mixture back into the hot rice.
5. Pour into a buttered 10 × 12 in. (25 × 30 cm) baking pan. Sprinkle the top with cinnamon. (To use a full-size hotel pan, double the quantities.)
6. Bake in a water bath at 350°F (175°C) 30–40 minutes, or until set. Serve warm or chilled.

*Note:* In order to remove even more loose starch, some cooks prefer to blanch the rice in boiling water for 2 minutes, then drain and rinse it.

## CREAM CHEESECAKE

**Yield:** enough for two 10-in. (25-cm) cakes or three 8-in. (20-cm) cakes

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Cream cheese	5 lb	2250 g	<ol style="list-style-type: none"> <li>1. Prepare the pans by lining the bottoms with either a very thin layer of sponge cake or a thin layer of short dough. Bake the short dough until it begins to turn golden.</li> <li>2. Put the cream cheese in the mixing bowl and, with the paddle attachment, mix at low speed until it is smooth and lump free.</li> <li>3. Add the sugar, cornstarch, lemon zest, vanilla, and salt. Blend in until smooth and uniform, but do not whip. Scrape down the sides of the bowl and the beater.</li> <li>4. Add the eggs and egg yolks, a little at a time, blending in thoroughly after each addition. Scrape down the bowl again to make sure the mixture is well blended.</li> <li>5. With the machine running at low speed, gradually add the cream, milk, and lemon juice.</li> <li>6. Fill the prepared pans. Scale as follows:  <div style="margin-left: 20px;">10-in. pans: 4½ lb      25-cm pans: 2050 g</div> <div style="margin-left: 20px;">8-in. pans: 3 lb        20-cm pans: 1350 g</div> </li> <li>7. Cheesecake may be baked with or without a water bath (see <i>Note</i>):  <div style="margin-left: 20px;"><i>To bake without a water bath</i>, place the filled pans on sheet pans and set them in an oven preheated to 400°F (200°C). After 10 minutes, turn down the oven to 225°F (105°C) and continue baking until the mixture is set, about 1–1½ hours, depending on the size of the cake.</div> <div style="margin-left: 20px;"><i>To bake with a water bath</i>, set the filled pans inside another, larger pan. Fill the outer pan with water and bake at 350°F (175°C) until set.</div> </li> <li>8. Cool the cakes completely before removing them from pans. To unmold a cake from a pan without removable sides, sprinkle the top of the cake with granulated sugar. Invert the cake onto a cardboard cake circle, then immediately place another circle over the bottom and turn it right side up.</li> </ol> <p><i>Note:</i> Baking in a water bath results in cakes with browned tops and unbrowned sides. Baking without a water bath results in browned sides and a lighter top. If you are not using a water bath, you may use either deep-layer cake pans or springform pans (pans with removable sides). However, if you are using a water bath, you must use deep cake pans, not springform pans.</p>
Sugar	1 lb 12 oz	790 g	
Cornstarch	1.5 oz	45 g	
Lemon zest, grated	0.25 oz	7.5 g	
Vanilla extract	0.5 oz	15 g	
Salt	0.75 oz	22 g	
Eggs	1 lb	450 g	
Egg yolks	6 oz	170 g	
Heavy cream	8 oz	225 g	
Milk	4 oz	112 g	
Lemon juice	1 oz	30 g	
Short Dough (p. 318) or sponge cake for lining pans			
<b>Total Weight:</b>	<b>9 lb 2 oz</b>	<b>4115 g</b>	
<b>VARIATIONS</b>			
<p><b>CHEESECAKE WITH BAKER'S CHEESE</b></p> <p>In place of the 5 lb (2250 g) cream cheese, use 3 lb 12 oz (1700 g) baker's cheese plus 1 lb 8 oz (675 g) butter. If desired, you may use all milk instead of part milk and part cream in step 5.</p>			
<p><b>FRENCH CHEESECAKE</b></p> <p>This cheesecake has a lighter texture achieved by incorporating whipped egg whites into the batter of either the cream cheese version or the baker's cheese version. To make French cheesecake, make the following adjustments in either recipe above:</p> <ul style="list-style-type: none"> <li>Increase the cornstarch to 2.5 oz (75 g).</li> <li>Reserve 8 oz (225 g) of the sugar and whip it with 1 lb 2 oz (520 g) egg whites, to make a soft meringue.</li> <li>Fold the meringue into the cheese batter before filling the pans.</li> </ul>			



## CHEESECAKE

One meaning of the word *cake* is a baked, leavened confection made of flour, eggs, sugar, and other ingredients, usually made in a round or rectangular shape. This type of cake is covered in Chapter 16. Another meaning of *cake* is a shaped or molded mass of some substance, such as a cake of soap or a lump of snow caked on your boots. Many food preparations called cakes are closer to this second definition, and even some leavened flour goods, like pancakes, aren't normally discussed in the context of cake as described in Chapter 16.

In some baking discussions, cheesecakes are included along with flour-based cakes. Technically, however, cheesecake is the same type of preparation as baked custard or pumpkin pie filling. It is a liquid mixture of milk, sugar, eggs, and cream cheese that becomes firm when the eggs coagulate. The fact that it happens to be called a cake has nothing to do with its composition. Therefore, cheesecake does not belong in the cake chapter any more than do funnel cakes (a type of fritter) or crab cakes.

Cheesecakes in many styles are made around the world, using local cheese. In North America, most cheesecake is made with cream cheese. New York–style cheesecake is perhaps the richest of these, being made with heavy cream in addition to cream cheese. Cakes made with lower-fat baker's cheese are also found, but less often. In Italy, the dessert is made with ricotta cheese; and in Germany it is made with a fresh cheese called *quark*. Unbaked cheesecakes, which rely on gelatin rather than coagulated eggs to enable them to set firm, are a type of Bavarian cream (see p. 533) rather than a baked custard.

## Steamed Puddings

Steamed puddings are primarily cold-weather fare. Their heavy, dense texture and richness make them warming, comforting desserts on winter nights. These same characteristics, however, make them inappropriate for year-round use.

The most famous steamed pudding is the English *Christmas pudding*, known in much of North America as *plum pudding*. A Christmas pudding, well made and with high-quality ingredients, offers an unforgettable combination of flavors. The long list of ingredients makes the recipe look difficult, but once the ingredients are assembled and scaled, the pudding is simple to produce.

In addition to Christmas pudding, recipes for less complex steamed puddings are included here to give you an idea of the range of possibilities. Many steamed puddings could be baked in a water bath, but steaming is more energy-efficient and helps keep the pudding moist during the long cooking time.

If a compartment steamer is available, simply set the filled, covered pudding molds in steamer pans and place them in the steamer. To steam on top of the stove, set the covered molds in large, deep pans and pour in enough hot water to come halfway up the sides of the molds. Bring the water to a boil, lower the heat to a gentle simmer, and cover the pan. Check the pan periodically and add more hot water as needed.



### KEY POINTS TO REVIEW

- What is a custard? What are the two basic types of custard? Give an example of each.
- What are cream puddings? How are they made?
- What is panna cotta? How is it made?
- What is crèmeux? How is it made?
- What is crème brûlée? How is it made?

## CHRISTMAS PUDDING

For large-quantity measurements, see page 739.

Ingredients	U.S.	Metric	PROCEDURE
Dark raisins	8 oz	250 g	<ol style="list-style-type: none"> <li>1. Soak the fruits and almonds in the brandy for 24 hours.</li> <li>2. Sift the flour with the spices.</li> <li>3. Combine the flour mixture, suet, sugar, eggs, bread crumbs, and molasses. Add the fruit and brandy and mix well.</li> <li>4. Fill greased pudding molds, allowing a little room for expansion. Cover the pudding mixture with rounds of greased parchment cut to fit inside the molds. Then cover the molds with foil and tie with string so steam cannot get inside.</li> <li>5. Steam 4–6 hours, depending on size.</li> <li>6. For storage, cool the puddings until just warm, then unmold. Wrap in cheesecloth and cool completely, then wrap again in plastic. The puddings will keep a year or more if sprinkled with brandy or rum every 7–10 days.</li> <li>7. Christmas pudding must be served warm. To reheat it, place it in molds and steam 1–2 hours, or until heated through. Serve with Hard Sauce (p. 280).</li> </ol>
Light raisins	8 oz	250 g	
Currants	8 oz	250 g	
Dates, diced	4 oz	125 g	
Almonds, chopped	3 oz	90 g	
Candied orange peel, finely chopped	2 oz	60 g	
Candied lemon peel, finely chopped	2 oz	60 g	
Brandy	6 oz	190 mL	
Bread flour	4 oz	125 g	
Cinnamon	½ tsp	2 mL	
Nutmeg	⅛ tsp	0.5 mL	
Mace	⅛ tsp	0.5 mL	
Ginger	⅛ tsp	0.5 mL	
Cloves, ground	⅛ tsp	0.5 mL	
Salt	0.13 oz (½ tsp)	4 g	
Beef suet, finely chopped	6 oz	190 g	
Brown sugar	4 oz	125 g	
Eggs	4 oz	125 g	
Fresh bread crumbs	2 oz	60 g	
Molasses	0.5 oz	15 g	
<b>Total Weight:</b>	<b>3 lb 13 oz</b>	<b>1915 g</b>	



## STEAMED BLUEBERRY PUDDING

For large-quantity measurements, see page 739.

Ingredients	U.S.	Metric	PROCEDURE
Brown sugar	5 oz	150 g	
Butter	2 oz	60 g	
Salt	0.03 oz (⅛ tsp)	0.9 g (0.5 mL)	
Cinnamon	0.05 oz (¾ tsp)	1.5 g (4 mL)	
Eggs	2 oz	60 g	
Bread flour	1 oz	30 g	
Baking powder	0.18 oz (1 tsp)	6 g	
Dry bread crumbs	5 oz	150 g	
Milk	4 oz	125 g	
Blueberries, fresh or frozen, without sugar	4 oz	125 g	
<b>Total Weight:</b>	<b>1 lb 7 oz</b>	<b>706 g</b>	

### VARIATION

#### STEAMED RAISIN SPICE PUDDING

Add 1 oz (30 g) molasses, ¼ tsp (1 mL) ginger, and ⅛ tsp (0.5 mL) mace to the sugar mixture. In place of the blueberries, use 3 oz (90 g) raisins, soaked and drained, and 2 oz (60 g) chopped nuts. Serve hot with Hard Sauce (p. 280), Crème Anglaise (p. 265), or Lemon Sauce (p. 274).



## STEAMED CHOCOLATE ALMOND PUDDING

Ingredients	U.S.	Metric	PROCEDURE
Butter	4 oz	125 g	
Sugar	5 oz	150 g	
Salt	0.04 oz (⅙ tsp)	1 g	
Unsweetened chocolate, melted	1.5 oz	45 g	
Egg yolks	3 oz	90 g	
Milk or dark rum	1 oz	30 g	
Powdered almonds	6 oz	190 g	
Dry bread crumbs	1 oz	30 g	
Egg whites	5 oz	150 g	
Sugar	1.5 oz	45 g	
<b>Total Weight:</b>	<b>1 lb 12 oz</b>	<b>856 g</b>	

## BAVARIANS AND MOUSSES

**BAVARIANS AND MOUSSES**, along with soufflés and many other items discussed later in this chapter, have one thing in common: They all have a light, fluffy texture created by the addition of whipped cream, beaten egg whites, or both.

Bavarian creams are classic gelatin desserts containing custard and whipped cream. Chiffon pie fillings, covered in Chapter 13, are similar to Bavarians in that they are stabilized with gelatin and have a light, foamy texture. In the case of chiffons, however, this texture is due primarily to whipped egg whites; whipped cream may or may not be added. Chiffon pie fillings may also be served as puddings and chilled desserts.

Mousses may have a softer texture than Bavarians, although there is no precise dividing line between the two. Many desserts called *mousses* are made exactly like Bavarians. However, many mousses, especially chocolate mousses, are made without gelatin or with only a small amount. The light texture of mousses is created by adding whipped cream, meringue, or both.

### Bavarians

A Bavarian, also known as *Bavarian cream*, and by its French name *Bavarois* (bah vahr WAH), is made of three basic elements: custard sauce or *crème anglaise* (flavored as desired), gelatin, and whipped cream. That's all there is to it. Gelatin is softened in cold liquid, stirred into hot custard sauce until dissolved, and chilled until almost set. Whipped cream is then folded in, and the mixture is poured into a mold until set. It is unmolded for service.

Accurate measurement of the gelatin is important. If not enough gelatin is used, the dessert will be too soft to hold its shape. If too much is used, the cream will be too firm and rubbery. The use of gelatin is described in detail in Chapter 4 (pp. 83–84) and in the section of Chapter 13 pertaining to chiffon pie fillings (p. 306).

Fruit Bavarians can be made like regular custard-based Bavarian creams by adding fruit purées and flavorings to the custard base. They can also be made without a custard base by adding gelatin to a sweetened fruit purée and then folding in whipped cream. A separate recipe is included in this section for basic fruit Bavarian creams, along with several recipes for modern specialty Bavarian creams.

Because they can be molded and decorated in many ways, Bavarian creams can be used to make elaborate, elegant desserts. They are the basis for a variety of desserts called *cold charlottes*, which are Bavarian creams molded in ring molds lined with various sponge cake products. Classic cold charlottes are usually decorated with whipped cream and fresh fruits, and are sometimes served with a fruit coulis. Procedures for assembling two famous charlottes from the classic pastry shop are included here, following the basic vanilla Bavarian recipe. (Note that although made in the same type of mold, hot charlottes are quite different from cold charlottes; see p. 591.)

Modern pastry chefs have created a new family of charlottes as a medium for displaying their decorative skills. This chapter includes several recipes of this type as examples of how flavorful and eye-appealing modern desserts can be developed using classic techniques. These charlottes are made in large ring molds—but please note they can also be made in single-portion sizes by using small ring molds 2¾ inches (7 cm) in diameter, just like several of the pastries in Chapter 15. See page 368 for an illustration of the technique.

This section also includes two other desserts made with the same techniques. *Rice Impératrice* (p. 538), or empress rice, is an elegant molded rice pudding. The base is made somewhat like custard sauce (which is the base for Bavarian cream), except the rice is cooked

### CHARLOTTE

The first printed use of the word *charlotte* for a dessert dates to 1796, and refers to the baked apple dessert still made today (p. 591). This dessert consists of apples baked in a mold lined with buttered slices of bread. It may have been named for Queen Charlotte, wife of King George III of England.

Only a few years later, the great pastry chef Carême (see p. 6) borrowed the name *charlotte* for one of his own creations, a cold, gelatin-based creamy dessert made in a mold lined with ladyfingers or sponge cake. He invented the dessert while working in England, and called it *Charlotte à la Parisienne*. Although no one knows for sure, another similarly named dessert, *Charlotte Russe*, may have been adopted at a banquet in honor of the Russian Tsar Alexander I.

in the milk before the egg yolks and gelatin are added. Whipped cream is then folded in. (Another way of arriving at the same result is to combine equal parts Rice Condé mixture, found on p. 528, and Vanilla Bavarian Cream mixture, plus the candied fruit mixture indicated in the recipe on p. 538.)

Cream cheese Bavarian is not made with a cooked custard base, but it does contain gelatin and whipped cream. Thus, it is similar in character and texture to other Bavarian creams. Similarly, three of the creams among the following recipes are based on pastry cream rather than *crème anglaise* like true Bavarian creams, although they belong in this section because of their gelatin and whipped cream content.

If a gelatin-based dessert is made in a bowl-shaped mold rather than a ring mold, unmold it by dipping the mold into hot water for 1 or 2 seconds. Quickly wipe the bottom of the mold and turn it over onto the serving plate (or invert the plate over the mold and flip the plate and mold over together). Alternatively, warm the mold carefully and briefly with a torch. If the dessert doesn't unmold after a gentle shake, repeat the warming procedure. Do not hold in the hot water for more than a few seconds or the gelatin will begin to melt.

## PROCEDURE: Preparing Bavarian and Bavarian-Type Creams

1. Prepare the base—either *Crème Anglaise* (p. 265) or another base indicated in recipe.
2. Soften the gelatin in cold liquid and stir it into the hot base until dissolved (a). Or, if the base is not cooked, heat the gelatin and liquid until the gelatin is dissolved, then stir it into the base. Make sure the base isn't too cold, or the gelatin may congeal too quickly and form lumps.



3. If the recipe requires any flavorings, such as fruit purées, that were not included in the base (step 1), stir them in (b).



4. Cool the mixture until thick but not set. This is done most quickly by setting the bowl in an ice-water bath and stirring constantly.
5. Fold in the whipped cream (c).



6. Pour the mixture into prepared molds and chill until set.

## Mousses

There are so many varieties of mousse that it is impossible to give a rule that applies to all of them. In general, we could define a *mousse* as any soft or creamy dessert made light and fluffy by the addition of whipped cream, beaten egg whites, or both. Note that Bavarians and chiffons fit this description. In fact, they are often served as mousses, but with the gelatin reduced or left out so the mousse is softer.

There are many kinds of bases for mousses. They may be nothing more than melted chocolate or puréed fresh fruit, or they may be more complex, like the bases for chiffons.

Some mousses contain both beaten egg whites and whipped cream. When this is the case, most chefs prefer to fold in the egg whites first, even though they may lose some volume. The reason is that if the cream is added first, there is more danger it will be overbeaten and turn to butter during the folding and mixing procedure.

If egg whites are folded into a *hot* base, they will cook or coagulate, making the mousse firmer and more stable. Whipped cream should never be folded into hot mixtures because it will melt and deflate.

In addition to the chocolate mousse recipes included in this section and the additional recipes in Chapter 12 (p. 273), you can also convert the chiffon pie filling recipes (pp. 308–310) and the Bavarian cream recipes (pp. 536–538) to mousses. Just reduce the quantity of gelatin to one-third or one-half the amount indicated in the recipe. For creamier mousses made from the chiffon recipes, substitute whipped cream for part of the meringue. (Some of the variations following the main recipes indicate this substitution.) By making these recipe adjustments, you can produce a number of popular mousses—including raspberry, strawberry, lemon, orange, and pumpkin—without needing separate recipes.

The Chocolate Terrine on page 547 could be said to be a chocolate mousse thick enough to be sliced. Compare this recipe to the recipe for Chocolate Mousse I on page 273. You will see that the procedures are almost the same, although the ingredient proportions are different.

## VANILLA BAVARIAN CREAM

**Yield:** about 1½ qt (1.5 L)

Ingredients	U.S.	Metric
Gelatin	0.75 oz	22 g
Water, cold	5 oz	150 mL
<b>Crème anglaise</b>		
Egg yolks	4 oz	125 g
Sugar	4 oz	125 g
Milk	1 pt	500 mL
Vanilla	0.25 oz	8 mL
Heavy cream	1 pt	500 mL

### PROCEDURE

1. Soak the gelatin in the cold water.
2. *Prepare the crème anglaise.* Whip the egg yolks and sugar until thick and light. Scald the milk and slowly stir it into the egg yolk mixture, beating constantly. Cook over a hot-water bath, stirring constantly, until it thickens slightly. Temperature should not exceed 180°F (82°C). (Review p. 264 for a detailed discussion of making crème anglaise.)
3. Remove from heat and stir in the vanilla.
4. Stir the gelatin mixture into the hot custard sauce until it is dissolved.
5. Cool the custard sauce in the refrigerator or over crushed ice, stirring occasionally to keep the mixture smooth.
6. Whip the cream until it forms soft peaks. Do not overwhip.
7. When the custard is very thick but not yet set, fold in the whipped cream.
8. Pour the mixture into molds or serving dishes.
9. Chill until completely set. If prepared in molds, unmold for service.

### VARIATIONS

#### CHOCOLATE BAVARIAN CREAM

Add 6 oz (190 g) semisweet or bittersweet chocolate, chopped or grated, to the hot custard sauce. Stir until completely melted and blended in.

#### WHITE CHOCOLATE BAVARIAN CREAM

Add 8 oz (250 g) white chocolate, chopped or grated, to the hot custard sauce. Stir until completely melted and blended in.

#### COFFEE BAVARIAN CREAM

Add 1½ tbsp (6 g) instant coffee powder to the hot custard sauce.

#### STRAWBERRY BAVARIAN CREAM

Reduce the milk to 8 oz (250 mL) and the sugar to 3 oz (90 g). Mash 8 oz (250 g) strawberries with 3 oz sugar (90 g), or use 12 oz (375 g) frozen, sweetened strawberries. Stir this purée into the custard sauce before adding the whipped cream.

#### RASPBERRY BAVARIAN CREAM

Prepare like Strawberry Bavarian Cream, but use raspberries.

#### LIQUEUR BAVARIAN CREAM

Flavor to taste with a liqueur or spirit, such as orange, kirsch, maraschino, amaretto, or rum.

#### PRALINE BAVARIAN CREAM

Mix 3 oz (95 g) praline paste with the hot custard sauce.

#### DIPLOMAT BAVARIAN CREAM

Moisten diced sponge cake (about 4 oz/125 g) and diced candied fruit (about 4 oz/125 g) with kirsch (about 1½ oz/45 mL). Mix gently with vanilla Bavarian mixture.

#### ORANGE BAVARIAN CREAM

Proceed as in the basic recipe, except omit the vanilla and reduce the milk to 8 oz (250 mL). Flavor the custard sauce with the grated zest of 1 orange or with orange flavor. Before adding the whipped cream, stir 8 oz (250 mL) orange juice into the cold custard mixture.

#### CHARLOTTE RUSSE

Line the bottom and sides of a charlotte mold with ladyfingers (p. 411). For the bottom, cut the ladyfingers into triangles and fit them close together so the points meet in the center. (Note: The ladyfingers must fit tightly, with no space between them.) Fill the mold with Bavarian cream mixture and chill until set. Before unmolding, if necessary, trim the tops of the ladyfingers so they are level with the cream.

Another method for making Charlotte Russe, although not authentic, yields an attractive dessert. Mold some Bavarian cream mixture in an unlined charlotte mold. After unmolding, cover the top and sides with ladyfingers or Langues de Chat (p. 504), using a little melted Bavarian mixture to make them stick. Decorate with whipped cream.

#### CHARLOTTE ROYALE

Line a round mold with thin slices of a small jelly roll. Fit them close together so there is no space between them. Fill the mold with Bavarian mixture and chill until set. If desired, glaze the charlotte with Apricot Glaze (p. 198) after unmolding.

## FRUIT BAVARIAN

**Yield:** about 2½ pt (1.25 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Fruit purée (see <i>Note</i> )	8 oz	250 g	
Extra-fine granulated sugar	4 oz	125 g	
Lemon juice	1 oz	30 mL	
Gelatin	0.5 oz	15 g	
Water, cold	5 oz	150 mL	
Heavy cream	12 oz	375 mL	
<p><b>Note:</b> Use 8 oz (250 g) unsweetened or lightly sweetened fresh, frozen, or canned fruit, such as strawberries, raspberries, apricots, pineapple, peaches, or bananas. For heavily sweetened fruit, such as frozen, sweetened strawberries, use 10 oz (300 g) fruit and reduce the sugar to 2 oz (60 g).</p>			



## RICE IMPÉRATRICE

Yield: 1 qt (1 L)

Ingredients	U.S.	Metric
Rice, long-grain	3 oz	90 g
Milk	1 pt	0.5 L
Vanilla	0.25 oz	8 mL
Egg yolks	2 oz	60 g
Sugar	3 oz	90 g
Gelatin	0.25 oz	8 g
Water, cold	2 oz	60 mL
Candied fruits, diced	3 oz	90 g
Kirsch	1 oz	30 mL
Heavy cream	6 oz	180 mL

**Note:** A traditional way of preparing this dish is to line the bottoms of the molds with about ¼ in. (6 mm) red fruit gelatin. For the quantity in this recipe, you will need about ¼ pt (125 mL) gelatin mixture. Use either 1 oz (30 g) flavored gelatin mix dissolved in 4 oz (125 mL) water or ¼ oz (¾ tsp/2 g) plain gelatin dissolved in 4 oz (125 mL) sweetened red fruit juice. Pour it into molds and chill until set.

## PROCEDURE

1. Rinse and drain the rice. Simmer it slowly in the milk, covered, until tender. Add the vanilla.
2. Whip the egg yolks and sugar together. Stir in a little of the hot milk from the rice mixture. Then stir the egg yolk mixture into the rice mixture. Cook very slowly for a few minutes, stirring constantly, until it is lightly thickened.
3. Soften the gelatin in the water. Stir the gelatin mixture into the hot rice mixture until the gelatin is dissolved. (Note: For buffet service or in hot weather, increase the gelatin to 0.4 oz (11 g).
4. Stir in the candied fruits, which have been soaked in the kirsch at least one hour.
5. Chill the mixture until thick but not set.
6. Whip the heavy cream until it forms soft peaks. Fold it into the rice mixture.
7. Pour into molds (see Note). Chill until set. Unmold onto serving plates. Decorate with candied fruits and whipped cream, if desired. Serve with Melba Sauce (p. 276).

## CREAM CHEESE BAVARIAN

Yield: about 1½ qt (1.6 L)

For large-quantity measurements, see page 739.

Ingredients	U.S.	Metric
Cream cheese	12 oz	375 g
Sugar	4 oz	125 g
Salt	0.12 oz (½ tsp)	4 g
Lemon zest, grated	0.03 oz (¾ tsp)	1 g
Orange zest, grated	0.02 oz (¼ tsp)	0.5 g
Vanilla extract	0.06 oz (¾ tsp)	2 g
Lemon juice	1 oz	30 g
Gelatin	0.25 oz	8 g
Water, cold	2 oz	60 g
Heavy cream	1 pt	500 mL
<b>Total weight:</b>	<b>2 lb 3 oz</b>	<b>1105 g</b>

## PROCEDURE

1. Place the cream cheese in the bowl of a mixer and mix at low speed to soften it. Add the sugar, salt, and flavorings and blend until smooth. Scrape down the sides of the bowl to eliminate lumps.
2. Blend in the lemon juice.
3. Soften the gelatin in the water, then heat the water gently until the gelatin is dissolved.
4. Whip the cream until it forms soft, not stiff, peaks. Do not overwhip.
5. Blend the warm gelatin mixture into the cream cheese mixture. Scrape down the bowl to make sure the gelatin is mixed in well.
6. Immediately fold in the cream. Do not let the cheese mixture stand after adding the gelatin, as it will set very quickly.
7. Pour the mixture into prepared molds or serving dishes. Chill until set.

## VARIATIONS

## ICEBOX CHEESECAKE

Use one of the following methods:

- Line the bottoms of cake pans or springform pans with thin sheets of sponge cake or with a crumb-crust mixture. Pour in the cream cheese Bavarian mixture and chill until set. Unmold.
- Follow the procedure for Bavarian Cream Torte (p. 465), using the cream cheese Bavarian mixture.

One full recipe is enough for one 9-in. (23-cm) cake.

## THREE-CHOCOLATE BAVAROIS

**Yield:** three 7-in. (18-cm) Bavarians

Ingredients	U.S.	Metric
Chocolate Sponge layers (p. 414), 6 in. (15 cm) in diameter	3	3
Cocoa Vanilla Syrup (p. 259)	4 oz	125 g
<b>Crème anglaise</b>		
Milk	8 oz	250 g
Heavy cream	8 oz	250 g
Egg yolks	5.5 oz	160 g
Sugar	3 oz	85 g
Gelatin	0.4 oz	12 g
Semisweet chocolate, finely chopped	2.75 oz	80 g
Milk chocolate, finely chopped	2.75 oz	80 g
White chocolate, finely chopped	2.75 oz	80 g
Heavy cream	1 pt 5 oz	600 g
Cocoa Jelly (p. 432)	10 oz	300 g
White chocolate for piping (p. 645)	as needed	as needed

### PROCEDURE

1. Line three 7½-in. (18-cm) charlotte rings with an acetate strip.
2. Place the rings on cake cards. Place a sponge layer in the base of each ring. (The sponge layers should be slightly smaller than the rings so there is a gap between the ring and sponge all the way around. If necessary, trim the sponge.)
3. Brush the sponge layers with the cocoa vanilla syrup.
4. Prepare the crème anglaise according to the basic procedure on page 265.
5. Soften the gelatin in cold water (see pp. 83–84). Add the gelatin to the hot crème anglaise and stir until dissolved.
6. Divide the crème anglaise into 3 equal portions. Add the dark chocolate to one bowl, the milk chocolate to the second, and the white chocolate to the third. Mix each thoroughly to melt the chocolate.
7. Whip the cream into soft peaks. Divide the whipped cream into 3 equal portions.
8. Cool the dark chocolate Bavarian over a cold-water bath until it is beginning to set. Fold in one-third of the whipped cream. Divide the chocolate Bavarian mixture among the 3 prepared charlotte rings, filling each about one-third full. Level the surfaces with an offset palette knife. Place in the refrigerator or freezer to set, approximately 20 minutes. The Bavarian should be firmly set before adding the next layer, or the layers will not be level.
9. Repeat step 8 with the milk chocolate, then with the white chocolate.
10. Place the finished layers in the freezer at least 1 hour.
11. Remove the charlottes from the freezer. Apply the cocoa jelly to the tops, running a palette knife across the top to smooth the glaze. Allow to set.
12. Decorate with piped white chocolate.
13. The ring molds may be removed at any time, but do not remove the acetate strips until ready to serve.



## ALMOND CREAM

Ingredients	U.S.	Metric	PROCEDURE
<b>Crème anglaise</b>			<ol style="list-style-type: none"> <li>1. Make the crème anglaise: Heat the milk, vanilla bean, and half the sugar until simmering. Meanwhile, whip the egg yolks with the remaining sugar. Gradually beat in the hot milk, then return to the heat and cook until thickened just enough to coat a spoon.</li> <li>2. Stir in the marzipan in small pieces until smooth.</li> <li>3. Soften the gelatin in cold water (see pp. 83–84).</li> <li>4. Mix in the amaretto and the softened gelatin. Stir until the gelatin is dissolved.</li> <li>5. Cool the mixture over ice, stirring to make sure it stays smooth as it thickens.</li> <li>6. Before the mixture sets, whip the cream to soft peaks and fold in. Pour the mixture into molds and chill until set.</li> </ol>
Milk	10 oz	300 g	
Vanilla bean, split (see <i>Note</i> )	1	1	
Sugar	2.5 oz	75 g	
Egg yolks	2 oz	60 g	
Marzipan	1.67 oz	50 g	
Amaretto liqueur	1 oz	30 g	
Gelatin	0.4 oz	12 g	
Heavy cream	10 oz	300 g	
<b>Total weight:</b>	<b>1 lb 11 oz</b>	<b>827 g</b>	
<b>Note:</b> If vanilla beans are not available, instead add ½ tsp (2 mL) vanilla extract.			

## PASSION FRUIT BAVARIAN

Ingredients	U.S.	Metric	PROCEDURE
Milk	7 oz	200 g	<ol style="list-style-type: none"> <li>1. Heat the milk and the first quantity of sugar in a pan.</li> <li>2. Whip the yolks with the second quantity of sugar.</li> <li>3. When the milk mixture comes to a boil, temper the yolks with one-fourth of this mix and return all to the pan. Cook to 185°F (85°C), being careful not to exceed this temperature.</li> <li>4. Strain through a fine china cap.</li> <li>5. Soften the gelatin in cold water (see pp. 83–84).</li> <li>6. Bring the passion fruit pulp to a boil; add the gelatin and stir to dissolve. Stir over a cold-water bath until cooled to about 80°F (25°–28°C). Combine with the milk mixture.</li> <li>7. Whip the cream into soft peaks. Carefully fold in the whipped cream, working quickly before the gelatin sets.</li> <li>8. Pour into molds and chill.</li> </ol>
Sugar	3.5 oz	100 g	
Egg yolks	6	6	
Sugar	3.5 oz	100 g	
Gelatin	0.5 oz	14 g	
Passion fruit purée or juice	7 oz	200 g	
Heavy cream	14 oz	400 g	
<b>Total weight:</b>	<b>2 lb 10 oz</b>	<b>920 g</b>	

## CHARLOTTE AU CASSIS

**Yield:** one 7-in. (18-cm) round charlotte

Ingredients	U.S.	Metric
Plain Genoise sponge (p. 406)	Half-sheet pan, ¼ in. thick	Half-sheet pan, 0.5 cm thick
Raspberry jam	3.5 oz	100 g
Sugar	1.67 oz	50 g
Water	1.67 oz	50 g
Crème de cassis liqueur	1 oz	30 g
Mousse au Cassis (p. 542)	1 lb 4 oz	600 g
Fruit Glaçage (p. 433) made with blackcurrant (cassis) purée	2.5–3.5 oz	75–100 g
Berries and other soft fruits for decoration	as needed	as needed



### PROCEDURE

1. Prepare the sponge for lining the mold. Cut one 6-in. (15-cm) circle from one end of the sponge sheet and reserve. Trim the remaining sponge to make a square about 12 in. (30 cm) on a side. Cut this square into 4 small squares of equal size. Spread 3 of the squares with raspberry jam and layer them. Top with the fourth sponge square. Press down lightly. Chill. (This makes enough for 2 charlottes; reserve the extra for later use.)
2. Line a 7-in. (18-cm) charlotte ring. (This is the same procedure as for baumkuchen, illustrated on p. 455.) Cut the sponge square into strips whose width is two-thirds to three-fourths the height of the ring molds. The exact width is not important, as long as all the strips are the same width. Cut each of these strips crosswise into strips ¼ in. (5 mm) thick. Place the ring molds on cake cards. Arrange the strips of sponge around the inside of the ring molds, pressing them into place, so the stripes of raspberry jam are vertical. Continue until the ring is compactly lined with sponge.
3. Make a syrup by boiling the sugar and water until dissolved. Remove from the heat and add the liqueur. (This small amount of syrup is enough for at least 2 or 3 charlottes.)
4. Place the sponge circle inside the ring to make a base. Brush with the syrup.
5. Fill the ring to the top with the mousse aux cassis. Level with a palette knife. Chill until set.
6. Spread the warm glaçage over the tops and level with a palette knife. Chill until set.
7. Remove the rings by warming them slightly with a blowtorch to release them, then lifting off.
8. Decorate as desired.

### VARIATIONS

#### PASSION FRUIT CHARLOTTE

Make the following changes to the recipe:

Line the mold with yellow-striped Ribbon Sponge (p. 410), as illustrated on page 454.

In place of the cassis syrup for soaking the sponge, use a simple dessert syrup.

Substitute Passion Fruit Mousse (p. 542) for the Mousse au Cassis.

Use passion fruit purée for the glaçage. Add the seeds from one-half fresh passion fruit to the glaçage before applying to the charlotte.

The charlotte in the illustration is decorated with a bouquet of fruits and a free-form lattice made of piped choux pastry sprinkled with poppy seeds.



## MOUSSE AU CASSIS (BLACKCURRANT MOUSSE)

Ingredients	U.S.	Metric	PROCEDURE
Gelatin	0.33 oz	10 g	
Sugar	1.67 oz	50 g	
Water	1 oz	30 g	
Blackcurrant (cassis) purée	10 oz	300 g	
Heavy cream	8 oz	250 g	
<b>Total weight:</b>	<b>1 lb 5 oz</b>	<b>640 g</b>	
<b>VARIATIONS</b>			
<b>PASSION FRUIT MOUSSE</b>			
Substitute passion fruit purée for the blackcurrant purée in the main recipe. Omit the sugar and water syrup and instead use a syrup made of the following ingredients. Heat the water and sugar until dissolved. Remove from the heat and add the vodka.			
<b>Ingredients</b>	<b>U.S.</b>	<b>Metric</b>	
Sugar	1 oz	27 g	
Water	1 oz	27 g	
Vodka	0.5 oz	16 g	

## NOUGATINE CREAM

Ingredients	U.S.	Metric	PROCEDURE
Gelatin	0.25 oz	7.5 g	
Pastry Cream (p. 267)	11 oz	320 g	
Sugar	3 oz	85 g	
Nougatine (p. 666), crushed	8.5 oz	250 g	
Kirsch	1.25 oz	35 g	
Heavy cream	2 lb 6 oz	1100 g	
<b>Total weight:</b>	<b>3 lb 14 oz</b>	<b>1797 g</b>	

## PRALINE CREAM I

Ingredients	U.S.	Metric	PROCEDURE
Gelatin	0.12 oz	3 g	<ol style="list-style-type: none"> <li>1. Soften the gelatin in cold water (see pp. 83–84).</li> <li>2. Add the gelatin to the pastry cream and stir until dissolved.</li> <li>3. Add the praline paste and mix in.</li> <li>4. Cool the mixture to about 75°–80°F (25°C). Whip the cream into soft peaks and mix about one-fourth of it into the mixture.</li> <li>5. Fold in the remaining whipped cream.</li> <li>6. Pour into desired molds and chill.</li> </ol>
Pastry Cream (p. 267), freshly made and warm	10 oz	250 g	
Praline paste	2 oz	50 g	
Heavy cream	8 oz	200 g	
<b>Total weight:</b>	<b>1 lb 4 oz</b>	<b>503 g</b>	

## PRALINE CREAM II

Ingredients	U.S.	Metric	PROCEDURE
Pastry Cream (p. 267)	9 oz	225 g	<ol style="list-style-type: none"> <li>1. Whip the pastry cream until smooth. Beat in the praline paste until well mixed in.</li> <li>2. Soften the gelatin in cold water (see pp. 83–84).</li> <li>3. Heat the coffee liqueur. Add the gelatin and stir until dissolved, rewarming as necessary.</li> <li>4. Beat the gelatin mixture into the pastry cream. Chill.</li> <li>5. Beat in the crushed nougatine.</li> <li>6. Whip the cream until it forms soft peaks. Fold in.</li> </ol>
Praline paste	3.5 oz	90 g	
Gelatin	0.25 oz	6 g	
Coffee liqueur	0.75 oz	20 g	
Nougatine (p. 666), crushed	3 oz	75 g	
Heavy cream	8 oz	200 g	
<b>Total weight:</b>	<b>1 lb 8 oz</b>	<b>616 g</b>	

## BANANA MOUSSE

Ingredients	U.S.	Metric	PROCEDURE
Gelatin	0.33 oz	8 g	<ol style="list-style-type: none"> <li>1. Soften the gelatin in cold water (see pp. 83–84).</li> <li>2. Heat one-third of the banana pulp to 140°F (60°C). Add the gelatin and stir until dissolved.</li> <li>3. Mix in the lemon juice and sugar. Stir to dissolve the sugar.</li> <li>4. Add this mixture to the remaining banana pulp and mix in the rum.</li> <li>5. Once this mixture has cooled to about 75°F (25°F), fold in the whipped cream.</li> <li>6. Fill molds and chill.</li> </ol>
Banana pulp, fresh or frozen	12 oz	310 g	
Lemon juice	1 oz	25 g	
Sugar	1.33 oz	35 g	
White rum	1 oz	25 g	
Heavy cream	1 lb	420 g	
<b>Total weight:</b>	<b>1 lb 15 oz</b>	<b>823 g</b>	

## L'EXOTIQUE

Yield: one 6½-in. (16-cm) gâteau

Ingredients	U.S.	Metric
Ribbon Sponge (p. 410)	see step 1	see step 1
Hazelnut Coconut Sponge layers (p. 348) 6 in. (15 cm) in diameter	2	2
Coconut Mousse with Tropical Fruit (p. 545)	14 oz	400 g
Gelatin	0.13 oz	4 g
Mango pulp	4 oz	125 g
Sugar	0.4 oz (2¾ tsp)	12 g
Passion Fruit Ganache (p. 273), warm	6 oz	175 g

## Decoration

Chocolate for spraying	as needed	as needed
Mango wedges	as needed	as needed
Passion fruit seeds and pulp	as needed	as needed



## PROCEDURE

1. Line a 6½-in. (16-cm) charlotte ring with a strip of acetate. Prepare a multicolored sheet of ribbon sponge with an abstract pattern, as shown on p. 410. Cut a strip and line the charlotte ring as on p. 454, making the strip slightly narrower than the height of the ring so some of the filling shows above it.
2. Place the ring on a cake card and put one of the sponge layers in the bottom.
3. Fill about one-third full with the coconut mousse. Smooth the top and chill until set.
4. Soften the gelatin in cold water (see pp. 83–84).
5. Heat about one-quarter of the mango pulp to 140°F (60°C), then stir in the gelatin and sugar until they are dissolved. Add the remaining mango pulp and stir.
6. Once the mousse has set, spread the jellied mango pulp on top of the coconut mousse. Place in the freezer to set.
7. Spread a thin layer of the coconut mousse (about ½ in./1 cm thick) on top of the mango.
8. Cover with the second layer of the sponge.
9. Finish with a third layer of the mousse, filling the mold to the top and leveling it. Place in the freezer to set.
10. Spread a layer of warm ganache ½ in. (1 cm) thick over the frozen cake. (This depth is necessary because so much ganache is removed by the cake comb.) Before the ganache sets, quickly pass a cake comb over the top to make a design.
11. Return to the freezer for 15 minutes to set.
12. Spray the top with a chocolate sprayer (see p. 645) to leave a velvety finish.
13. Remove the ring. Decorate the top with a few wedges of mango and a few passion fruit seeds.

## COCONUT MOUSSE WITH TROPICAL FRUIT

**Yield:** about 1 lb 12 oz (800 g)

Ingredients	U.S.	Metric	PROCEDURE
Water	4 oz	120 g	
Coconut milk, unsweetened	4 oz	120 g	
Sugar	7 oz	200 g	
Mango, diced	5 oz	150 g	
Pineapple, diced	5 oz	150 g	
Gelatin	0.2 oz	6 g	
Milk	1.67 oz	50 g	
Sugar	1 oz	30 g	
Coconut, grated	1 oz	30 g	
Coconut milk, unsweetened, chilled	4.5 oz	140 g	
Coconut-flavored liqueur	4 tsp	20 g	
Heavy cream	8 oz	250 g	

## CHOCOLATE MOUSSE III

**Yield:** about 2½ pt (1.12 L)

Ingredients	U.S.	Metric	PROCEDURE
Bittersweet chocolate	10 oz	300 g	
Water	2.5 oz	75 g	
Egg yolks, pasteurized	3 oz	90 g	
Liqueur (see <i>Note</i> )	1 oz	30 g	
Egg whites, pasteurized	4.5 oz	135 g	
Sugar	2 oz	60 g	
Heavy cream	8 oz	250 mL	
<b>Total weight:</b>	<b>1 lb 15 oz</b>	<b>950 g</b>	
<p><b>Note:</b> Any appropriate liqueur or spirit, such as orange liqueur, amaretto, rum, or brandy, may be used. If you don't wish to use a liqueur, use 1 oz (30 mL) strong coffee or 1½ tsp (8 mL) vanilla plus 1½ tbsp (22 mL) water.</p>			



## CHOCOLATE MOUSSE IV

**Yield:** about 1¾ qt (1.75 L)

Ingredients	U.S.	Metric	PROCEDURE
Bittersweet chocolate	1 lb	500 g	<ol style="list-style-type: none"> <li>1. Melt the chocolate in a dry pan over a hot-water bath.</li> <li>2. Remove from the heat. Add the butter and stir until melted.</li> <li>3. Add the egg yolks, mixing well.</li> <li>4. Whip the egg whites with the sugar to form a soft meringue. Fold into the chocolate mixture.</li> <li>5. Whip the cream until it forms soft peaks. Fold it into the chocolate mixture.</li> <li>6. Transfer the mousse to serving bowls or individual dishes. Chill for several hours before serving.</li> </ol>
Butter	4 oz	125 g	
Egg yolks, pasteurized	6 oz	180 g	
Egg whites, pasteurized	8 oz	250 g	
Sugar	2.5 oz	75 g	
Heavy cream	8 oz	250 mL	
<b>Total weight:</b>	<b>2 lb 12 oz</b>	<b>1378 g</b>	

### VARIATIONS

The following variations are based on the above recipe. A few modifications are necessary to account for the different composition and handling properties of milk chocolate and white chocolate.

#### MILK CHOCOLATE MOUSSE

Substitute milk chocolate for the dark chocolate in the main recipe. Melt the chocolate with 4 oz (125 mL) water, stirring

until smooth. Remove from the heat and proceed with step 2 of the procedure. Reduce the quantity of yolks to 2 oz (60 g). Reduce the quantity of sugar to 2 oz (60 g).


#### WHITE CHOCOLATE MOUSSE

Substitute white chocolate for milk chocolate in the preceding variation.

## CHOCOLATE MOUSSE V (WITH GELATIN)

Ingredients	U.S.	Metric	PROCEDURE	
Gelatin	0.2 oz	6 g	<ol style="list-style-type: none"> <li>1. Soften the gelatin in cold water (see pp. 83–84).</li> <li>2. Combine the sugar, water, and glucose and bring to a boil to make a syrup. Cook to 245°F (119°C).</li> <li>3. Whip the egg yolks until thick and pale. Gradually beat in the hot syrup. Add the gelatin and beat until dissolved. Continue whipping until cold.</li> <li>4. Fold the melted chocolate into the egg yolk mixture.</li> <li>5. Whip the cream into soft peaks. Fold in.</li> <li>6. Fold in the Italian meringue. Pour into molds and chill until set.</li> </ol>	
Sugar	1.67 oz	50 g		
Water	1.67 oz	50 g		
Glucose	0.33 oz	10 g		
Egg yolks	2.67 oz (4 yolks)	80 g (4 yolks)		
Bittersweet chocolate couverture, melted	7.25 oz	225 g		
Heavy cream	1 lb	500 g		
Italian Meringue (p. 264)	6 oz	180 g		
<b>Total weight:</b>	<b>2 lb 3 oz</b>	<b>1100 g</b>		

## CHOCOLATE TERRINE

Ingredients	U.S.	Metric	PROCEDURE
Bittersweet chocolate	12 oz	375 g	<ol style="list-style-type: none"> <li>For each 12 oz (375 g) chocolate, prepare a 1-pt (500-mL) loaf pan by lining it with parchment. (For broader slices of the finished terrine, double the recipe and use a 1-qt/1-L loaf pan.)</li> <li>Chop the chocolate into small pieces, then melt it over warm water. Do not allow any water to get into the chocolate.</li> <li>Whip the egg whites until they form soft peaks. Set aside. (It is necessary to whip the egg whites before beginning to mix the chocolate because once you add the first liquid to the chocolate, you must continue the procedure without interruption.)</li> <li>Add the orange liqueur to the chocolate and beat in. The chocolate will become very thick.</li> <li>Beat the yolks into the chocolate, 1 or 2 at a time, until well blended.</li> <li>Using a stiff whip, beat the egg whites into the chocolate mixture. Do not try to fold them in gently, as the mixture is too stiff.</li> <li>To create the necessary smooth texture, force the mixture through a sieve to remove lumps of unblended chocolate or egg.</li> <li>Pour some of the chocolate into the prepared pan(s), filling them to about halfway. Rap the pans on the bench sharply to remove air bubbles. Fill with the remaining chocolate, and again remove air bubbles.</li> <li>Cover and refrigerate overnight.</li> <li>Unmold onto a platter. Dust the top and sides lightly with cocoa powder. Slice about ¼ in. (6 mm) thick using a sharp, thin-bladed knife dipped into hot water and wiped dry before each slice. Serve small portions, as this dessert is very rich.</li> </ol>
Eggs whites, pasteurized	6 oz (6 whites)	175 g (6 whites)	
Orange liqueur	2 oz	60 mL	
Egg yolks, pasteurized	4 oz (6 yolks)	120 g (6 yolks)	
Cocoa powder	as needed	as needed	
<b>Total weight:</b>	<b>1 lb 8 oz</b>	<b>730 g</b>	
<b>VARIATION</b>			
Substitute 3 oz (90 g) strong espresso for the orange liqueur.			
			

## CHOCOLATE INDULGENCE

**Yield:** 2 gâteaux, 7 in. (18 cm) in diameter

Ingredients	U.S.	Metric
<b>To line mold</b>		
Joconde Sponge Cake (p. 409)	1 half-sheet pan	1 half-sheet pan
Ganache I (p. 549)	as needed	as needed
Ganache II (p. 549)	as needed	as needed
<b>Syrup</b>		
Water	2 oz	60 g
Sugar	2 oz	60 g
Orange liqueur, such as Cointreau	2 oz	60 g
Chocolate Mousse V (p. 546)	about 2 lb	900–1000 g
Ganache Icing (p. 431)	7 oz	200 g
<b>Suggested decoration</b>		
Chocolate fans (p. 644)	as needed	as needed
Cocoa powder	as needed	as needed
Fresh berries	as needed	as needed
Chocolate cigarettes (p. 643)	as needed	as needed

### PROCEDURE

1. Prepare the joconde sponge cake for lining the mold. Cut two 6-in. (15-cm) circles from one end of the sponge sheet and reserve. Trim the remaining sponge to make a square about 12 in. (30 cm) on a side. Cut this square into 4 small squares of equal size. Spread one with a thin layer of Ganache I. Top with a second square and spread with a layer of Ganache II. Top with a third square and spread with a layer of Ganache I. Top with the fourth sponge square. Press down lightly. Chill. (To simplify production, omit the Ganache II and use Ganache I for all 3 layers.)
2. Line two 7-in. (18-cm) charlotte rings. (This is the same procedure as for baumkuchen, illustrated on p. 455.) Cut the sponge square into strips whose width is two-thirds to three-fourths the height of the ring molds. The exact width is not important, as long as all the strips are the same width. Cut each of these strips crosswise into strips  $\frac{1}{4}$  in. (5 mm) thick. Place the ring molds on cake cards. Arrange the strips of sponge around the inside of the ring molds, pressing them into place, so the stripes of ganache are vertical. Continue until both rings are compactly lined with sponge.
3. Make a syrup by boiling the sugar and water until dissolved. Remove from the heat and add the liqueur.
4. Place one of the sponge circles inside each ring to make a base. Brush with the syrup.
5. Prepare the chocolate mousse and fill the rings to the top with the mousse. Level with a palette knife. Chill until set.
6. Spread the warm ganache icing over the tops and level with a palette knife. Chill until set.
7. Remove the rings by warming them slightly with a blowtorch to release them, then lift off.
8. Decorate as desired.



## GANACHE I

Yield: 1 lb (450 g)

Ingredients	U.S.	Metric	PROCEDURE
Dark chocolate, chopped	7 oz	200 g	
Heavy cream	9 oz	250 g	<ol style="list-style-type: none"> <li>1. Melt the chocolate in a water bath.</li> <li>2. Heat the cream and mix into the chocolate.</li> <li>3. Chill.</li> </ol>

## GANACHE II

Yield: 1 lb 4 oz (575 g)

Ingredients	U.S.	Metric	PROCEDURE
White chocolate, chopped	1 lb	450 g	
Heavy cream	4.5 oz	125 g	<ol style="list-style-type: none"> <li>1. Melt the white chocolate in a water bath.</li> <li>2. Heat the cream and mix in. Add a little red color to give a pale pink color.</li> <li>3. Chill.</li> </ol>
Red coloring	few drops	few drops	

## SOUFFLÉS

*Soufflés* are lightened with beaten egg whites and then baked. Baking causes the soufflé to rise like a cake because the air in the egg foam expands when heated. Toward the end of the baking time the egg whites coagulate, or become firm. However, soufflés are not as stable as cakes; in fact, they fall shortly after they are removed from the oven. For this reason, they should be served immediately.

A standard soufflé consists of three elements:

- 1. Base.** Many kinds of bases are used for dessert soufflés; most are heavy, starch-thickened preparations, such as pastry creams or sweetened white sauces. If egg yolks are used, they are added to the base.
- 2. Flavoring ingredients.** These are added to the base and mixed in well. Popular flavorings include melted chocolate, lemon, and liqueurs. Small quantities of solid ingredients such as dried candied fruits or finely chopped nuts may also be added. The base and flavor mixture may be prepared ahead of time and kept refrigerated. Portions can then be scaled to order and mixed with egg whites.
- 3. Egg whites.** Whenever possible, egg whites should be whipped with some of the sugar. This makes dessert soufflés more stable.

Butter soufflé dishes well and coat them with sugar. Fill dishes to the rim and level off with a spatula. When baked, the soufflé should rise 1–1½ in. (2.5–4 cm) above the rim.



## KEY POINTS TO REVIEW

- What are the steps in the procedure for preparing Bavarian cream?
- What is a cold charlotte?
- What is a mousse? Which ingredient or ingredients give a mousse its light, airy texture?
- What are the three basic components of a hot dessert soufflé?

# VANILLA SOUFFLÉ

**Yield:** 10–12 portions

Ingredients	U.S.	Metric
Bread flour	3 oz	90 g
Butter	3 oz	90 g
Milk	1 pt	500 mL
Sugar	4 oz	120 g
Egg yolks	6 oz (8–9 yolks)	180 g (8–9 yolks)
Vanilla extract	0.33 oz (2 tsp)	10 mL
Egg whites	10 oz (10 whites)	300 g (10 whites)
Sugar	2 oz	60 g

## VARIATIONS

### CHOCOLATE SOUFFLÉ

Melt together 3 oz (90 g) unsweetened chocolate and 1 oz (30 g) semisweet chocolate. Add to the base after step 5.

### LEMON SOUFFLÉ

Instead of vanilla, use the grated zest of 2 lemons for flavoring.

### LIQUEUR SOUFFLÉ

Flavor with 2–3 oz (60–90 mL) desired liqueur, such as kirsch or orange liqueur, added after step 5.

### COFFEE SOUFFLÉ

Flavor with 2 tbsp (15 g) instant coffee powder, or to taste, added to the milk in step 2.

### PRALINE SOUFFLÉ

Blend 4–5 oz (125–150 g) praline paste with the base after step 5.

## PROCEDURE

1. Work the flour and butter together to form a paste.
2. Dissolve the sugar in the milk and bring to a boil. Remove from the heat.
3. With a wire whip, beat in the flour paste. Beat vigorously to remove all lumps.
4. Return the mixture to the heat and bring it to a boil, beating constantly. Simmer for several minutes until the mixture is very thick and no starchy taste remains (a).
5. Transfer the mixture to a mixing bowl. Cover and let cool 5–10 minutes.
6. Beat in the egg yolks and vanilla (b).
7. Soufflés may be prepared ahead of time up to this point. Chill the mixture and scale portions of the base to order. Proceed with the following steps.
8. Prepare soufflé dishes by buttering the insides well and then coating with granulated sugar. The butter and sugar coating should come all the way to the top and slightly over the rim (c). This recipe will fill 10–12 single-portion dishes or two 7-in. (18-cm) dishes.
9. Whip the egg whites until they form soft peaks. Add the sugar and whip until the mixture forms firm, moist peaks.
10. Fold the egg whites into the soufflé base (d).
11. Pour the mixture into the prepared baking dishes and smooth the tops.
12. Bake at 375°F (190°C). Approximate baking times are 30 minutes for large dishes, 15 minutes for single-portion dishes.
13. *Optional step:* 3–4 minutes before soufflés are done, dust the tops generously with confectioners' sugar.
14. Serve as soon as removed from the oven.



A



B



C



D



## TERMS FOR REVIEW

custard	cornstarch pudding	pot de crème	cold charlotte
stirred custard	cream pudding	Christmas pudding	rice impératrice
baked custard	panna cotta	Bavarian cream	mousse
crème anglaise	crémeux	Bavarois	soufflé
pastry cream			



## QUESTIONS FOR DISCUSSION

1. What is the internal temperature at which the eggs in custard mixtures become cooked or coagulated? What happens to stirred custards and baked custards if they are cooked beyond this point?
2. The basic techniques used to make crème anglaise and baked custard are also used for some of the following preparations. Identify which of the following desserts are made using a stirred custard (custard sauce) technique, which are made using a baked custard technique, and which are made without any custard.
 

Bread pudding	Apple cobbler
Christmas pudding	Charlotte russe
Chocolate Bavarian	Chocolate pots de crème
Baked cheesecake	Apple charlotte
3. What is the main difference between cornstarch pudding and cream pudding?
4. In the production of Bavarian creams and other desserts stabilized with gelatin, why is it important to measure the gelatin carefully?
5. When making a Bavarian or chiffon pie filling, what difficulty would you encounter if you chilled the gelatin mixture too long before folding in the whipped cream or egg whites?
6. When making dessert soufflés, what is the advantage of adding part of the sugar to the whipped egg whites?



# Frozen Desserts

# 21

## AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Judge the quality of commercial ice creams.
2. Prepare ice creams and sorbets.
3. Prepare ice cream and sorbet desserts using commercial or homemade ice creams and sorbets.
4. Prepare still-frozen desserts, including bombes, frozen mousses, and frozen soufflés.



**THE POPULARITY OF** ice cream needs no explanation. Whether it is a plain scoop of vanilla ice cream in a dish or an elaborate assemblage of fruits, syrups, toppings, and numerous flavors of ice cream and sherbet, a frozen dessert appeals to everyone.

Until recently, few establishments made their own ice cream because of the labor involved, the equipment required, and the sanitation regulations and health codes that had to be followed. Furthermore, the wide availability of high-quality commercially produced ice creams made it unnecessary for operations to prepare their own. But today, many restaurants find that offering their own homemade sorbets and ice creams is appealing to customers. In fact, in the finest restaurants, customers may expect the pastry chef to produce frozen desserts as well as pastries. Thus, learning to make ice cream has become an important skill.



You will find that much of this chapter seems familiar. The base for ice cream, for example, is the same *crème anglaise* you have used in many other preparations. Other techniques, too, in this chapter, such as preparing syrups and whipping meringues, are used in many areas of the bakeshop.

## CHURN-FROZEN DESSERTS

**ICE CREAM AND** sherbet are churn-frozen, meaning they are mixed constantly while being frozen. If they were not churned, they would freeze into solid blocks of ice. The churning keeps the ice crystals small and incorporates air into the dessert.

*Ice cream* is a smooth, frozen mixture of milk, cream, sugar, flavorings, and, sometimes, eggs. *Philadelphia-style* ice cream contains no eggs, and *French-style* ice cream contains egg yolks. The eggs add richness and help make a smoother product because of the emulsifying properties of the yolks.

*Ice milk* is like ice cream, but with a lower butterfat content. *Frozen yogurt* contains yogurt in addition to the normal ingredients for ice cream or ice milk.

*Sherbets* and *ices* are usually made from fruit juices, water, and sugar. American sherbets usually contain milk or cream and, sometimes, egg whites. The egg whites increase smoothness and volume. Ices, also called *water ices*, contain only fruit juice, water, sugar, and, sometimes, egg whites; they do not contain milk products. The French word *sorbet* (pronounced sor BAY) is sometimes used for these products. *Granité* (pronounced grah nee TAY) is coarse, crystalline ice, made without egg whites.

Italian versions of ice cream, sorbet, and granité are called *gelato* (plural, *gelati*), *sorbetto* (plural, *sorbetti*), and *granita* (plural in Italian, *granite*; or, in common English usage, *granitas*). Traditional Italian gelato (which means, basically, “frozen”) is usually lower in fat than other ice creams. Gelato flavors such as vanilla and chocolate are often made with milk only, and no cream. Fruit gelati often contain cream, but because they are mostly fruit purée, they are still low in fat. In addition, many gelati are made without egg yolks, and most are made without other emulsifiers and stabilizers. Thus, they melt quickly and have a light texture and flavor in the mouth. On the other hand, they are mixed less than ice creams and have low *overrun* (defined below), contributing to a rich *mouth feel* (also defined below).

### Production and Quality

A basic French- or custard-style ice cream mix is simply a *crème anglaise* or custard sauce mixed with 1 or 2 parts heavy cream for every 4 parts milk used in the sauce. This base is flavored, as desired, with vanilla, melted chocolate, instant coffee, sweetened crushed strawberries, and so on, chilled thoroughly, and then frozen according to the instructions for the particular equipment in use.

When the mix has frozen, it is transferred to containers and placed in a deep freeze at below 0°F (–18°C) to harden. (Soft-frozen or soft-serve ice creams and gelati are served directly as they come from the churn freezer, without being hardened.)

Whether you make ice cream or buy it, you should be aware of three quality factors:

1. **Smoothness** is related to the size of the ice crystals in the product. Ice cream should be frozen rapidly and churned well during freezing so large crystals don’t have a chance to form.

Rapid hardening helps keep crystals small, as do eggs and emulsifiers or stabilizers added to the mix.

Large crystals may form if ice cream is not stored at a low-enough temperature (below 0°F/–18°C).

2. **Overrun** is the increase in volume due to incorporation of air when freezing ice cream. It is expressed as a percentage of the original volume of the mix. For example, if the mixture doubles in volume, then the amount of increase is equal to the original volume, and the overrun is 100%.

Some overrun is necessary to give a smooth, light texture. If ice cream has too much overrun, it is airy and foamy and lacks flavor. It was once thought that ice cream should

have from 80 to 100% overrun, and that less would make it heavy and pasty. This may be true for ice creams containing gums and other stabilizers, but some high-quality manufacturers produce rich (and expensive) ice cream with as little as 20% overrun.

Overrun is affected by many factors, including the type of freezing equipment, the length of churning time, the fat content of the mix, the percentage of solids in the mix, and how full the freezer is.

- 3. Mouth feel,** or body, depends, in part, on smoothness and overrun, as well as other qualities. Good ice cream melts in the mouth to a smooth, not too heavy liquid. Some ice creams have so many stabilizers they never melt to a liquid. Unfortunately, many people are so accustomed to these products that an ice cream that actually does melt in the mouth strikes them as “not rich enough.”

Butterfat from cream contributes to a rich mouth feel. However, too high a fat content can detract from the texture. This is because, when fat content is especially high, some of the fat may congeal into tiny lumps of butter during churn-freezing, producing a grainy texture.

A good gelato has a light, smooth mouth feel, attributable to low fat content and lack of emulsifiers, combined with low overrun.

## Storage and Service

Five guidelines are essential to the proper storage and service of churn-frozen desserts:

1. Store ice creams and sherbets below 0°F (−18°C). This low temperature helps prevent the formation of large ice crystals.
2. To prepare for serving, temper frozen desserts at 8° to 15°F (−13° to −9°C) for 24 hours so they will be soft enough to serve.
3. When serving, avoid packing the ice cream. The best method is to draw the scoop across the surface of the product so the product rolls into a ball in the scoop.
4. Use standard scoops for portioning ice cream. Normal portions for popular desserts are as follows:

Parfait	Three No. 30 scoops
Banana split	Three No. 30 scoops
À la mode topping for pie or cake	One No. 20 scoop
Sundae	Two No. 20 scoops
Plain dish of ice cream	One No. 10, 12, or 16 scoop

5. Measure syrups, toppings, and garnishes for portion control. For syrups, use pumps that dispense measured quantities, or use standard ladles.

## Popular Ice Cream Desserts

Parfaits are made by alternating layers of ice cream and fruit or syrup in tall, narrow glasses. They are usually named after the syrup or topping. For example, a chocolate parfait has three scoops of vanilla or chocolate ice cream alternating with layers of chocolate syrup, and topped with whipped cream and shaved chocolate. (This is the most common meaning of the term *parfait* in North America. See page 566 for the original parfait.)

*Sundaes* or *coupes* consist of one or two scoops of ice cream or sherbet placed in a dish or glass and topped with any of a number of syrups, fruits, toppings, and garnishes. They are quick to prepare, unlimited in variety, and as simple or as elegant as you wish—served in an ordinary soda fountain glass or in a silver cup or crystal champagne glass.

Coupes are often elegant, attractively decorated desserts. Many types have been handed down from the classic cuisine of years ago. The following are classic coupes and similar desserts that still may be made today, but often with different names (the classical names are given as a point of interest, but with the exception of Peach Melba, Pear Belle Hélène, and Coupe au Marrons, they aren't often used today).

## ICE CREAM STABILIZERS

Recall from earlier discussions of emulsions (pp. 69, 378) that fat and water, normally unmixable, can be combined into a stable mixture called an emulsion. Emulsions are essential for the smooth texture of ice cream, which contain water and butterfat.

A problem faced by commercially produced ice creams is that as temperatures change during shipping and storage, some of the water in ice cream can melt and refreeze, damaging the emulsion and, therefore, the texture of the product.

Ice cream manufacturers minimize this problem by adding a variety of stabilizers not generally found in high-quality homemade or artisan ice creams. Commonly used stabilizers include agar, carrageenan, guar gum, gelatin, pectin, and sodium alginate. These ingredients, when used in tiny quantities (from 0.15 to 0.5% of the mix), help prevent ice crystal formation when storage temperature fluctuates.

**Coupe Arlesienne.** In the bottom of the cup, place a spoonful of diced candied fruits that have been soaked in kirsch. Add a scoop of vanilla ice cream, top with a poached pear half, and coat with apricot sauce.

**Coupe Black Forest.** Place a scoop of chocolate ice cream in the cup and add sweet, dark cherries flavored with a little cherry brandy. Decorate with rosettes of whipped cream and shaved chocolate.

**Coupe Edna May.** Top vanilla ice cream with sweet cherries. Decorate with whipped cream mixed with enough raspberry purée to color it pink.

**Coupe Gressac.** Top vanilla ice cream with three small almond macaroons moistened with kirsch. Top with a small poached peach half, cut side up, and fill the center of the peach with red currant jelly. Decorate with a border of whipped cream.

**Coupe Jacques.** Place a scoop each of lemon sherbet and strawberry ice cream in a cup. Top with a mixture of diced, fresh fruit flavored with kirsch.

**Coupe aux Marrons.** Top vanilla ice cream with candied chestnuts (marrons glacés) and whipped cream.

**Coupe Orientale.** Place diced pineapple in the bottom of the cup and add pineapple sherbet. Top with apricot sauce and toasted almonds.

**Peach Melba.** Top vanilla ice cream with a poached peach half covered with Melba Sauce (p. 276) and topped with slivered almonds.

**Pear Belle Hélène.** Top vanilla ice cream with a poached pear half covered with chocolate sauce and garnished with toasted, sliced almonds.

Among other popular ice cream desserts mentioned earlier in this book are Meringues Glacées (p. 350) and Frozen Éclairs and Profiteroles (p. 335). The popular festive dessert called *baked Alaska* is discussed in the Procedure for Making Baked Alaska. Although no one is surprised by it anymore, one of the classic names for this dessert is Soufflé Surprise, so called because it looks like baked whipped eggs on the outside but is frozen inside.

## PROCEDURE: Making Baked Alaska

1. Pack softened ice cream into a dome-shaped mold of the desired size. Freeze solid.
2. Prepare a layer of sponge cake the same size as the flat side of the mold and about ½ in. (12 mm) thick.
3. Unmold the frozen ice cream onto the cake layer so the cake forms the base for the ice cream.
4. With a spatula, cover the entire dessert with a thick layer of meringue. If desired, decorate with more meringue forced from a pastry bag.
5. Bake at 450°F (230°C) until the raised edges of the meringue decorations turn golden brown.
6. Serve immediately.



### KEY POINTS TO REVIEW

- What do the following terms mean as related to frozen desserts: Smoothness? Overrun? Mouth feel?
- How should frozen desserts be stored and served?
- What are sundaes? How are they prepared?
- What is baked Alaska? How is it prepared?

## Homemade Ice Creams and Sorbets

The same quality factors that apply to commercially made frozen desserts, described above, apply to those you make yourself.

The first two recipes that follow illustrate the basic procedures for making ice cream and sorbet. Using the procedures in these two recipes, you can make an unlimited variety of frozen desserts, as exemplified by the many variations that follow each main recipe. Following these basic recipes are additional recipes for specialty ice creams and sorbets.

### Ice Cream Production

As in other areas in the bakeshop, accurate measurement of ingredients is important. In the case of frozen desserts, proper measurement is important to ensure the mix freezes properly. This is because the ratio of sugar weight to total weight has a strong effect on freezing. If an ice cream or sorbet mix contains too much sugar, it will not freeze enough to become firm. On the other hand, an ice cream with too little sugar will not be as smooth as one with the correct amount.

For a basic vanilla ice cream, the weight of the sugar is usually 16 to 20% of the total weight. Adding other ingredients makes the calculation more complicated because many ingredients, such as fruits, contain sugar. When you are developing new recipes, test a small batch of the mixture to see how hard it freezes, and increase or decrease the quantity of sugar as necessary.

Ice creams have a better texture when the finished mix is refrigerated for about 12 hours before freezing. This maturing time enables the proteins of the eggs and milk to bond with more of the water molecules in the mixture. This bonding leaves fewer water molecules available to form ice crystals, which can give ice cream a grainy texture.

Careful sanitation procedures are critical to ice cream production because the ice cream mix is a good breeding ground for bacteria. Use equipment made of stainless steel or other nonporous and noncorrosive material, and properly clean and sanitize it after every use.

### Sorbet Production

A basic sorbet mixture is simply a sugar syrup mixed with flavoring ingredients. For sorbets, the proportion of sugar in the mix is even more crucial to the texture of the final product than it is for ice cream, because sorbets do not contain the cream or egg yolks that contribute to the smooth texture of ice cream. Rather, the size of the ice crystals is the most important factor in texture.

The sugar content of fruit varies with its ripeness and other factors. Therefore, testing the sugar concentration of sorbet mix is the surest way to achieve proper texture. Sugar concentration can be measured with a hydrometer, also called a *saccharometer* (see photo, top right). Basic measurement of sugar concentration, using the Brix and Baumé scales, is discussed on page 256. For best freezing, sorbet mixtures should be at a concentration of 30° to 32.5° Brix or 16° to 18° Baumé (see photo, lower right). If the sugar density is too high, dilute with a little water. If it is too low, add a little sugar syrup to increase the sugar content.

Rapid freezing produces smaller ice crystals, and thus smoother texture, than slow freezing. For sorbets as well as for ice creams, chill the mixture well before freezing so it freezes in the shortest possible time.

Using a little corn syrup in place of some of the sugar for the syrup may also contribute slightly to smoothness in some sorbets. Classic sorbets, however, are based on a syrup made only with regular granulated sugar. Using corn syrup in a syrup for sorbets darkens it somewhat, because of increased browning of the sugars and starches in the corn syrup. This may be a disadvantage for some white or light-colored sorbets.

For granitas, unlike for sorbets, large crystals are characteristic of the product and are desirable. Classic granitas are made with sorbetlike mixes, but with two differences: First, the sugar content is slightly lower, so the ice crystals are larger. Second, rather than being churn-frozen, the mixture is still-frozen in a pan and stirred periodically as it freezes. This freezing method gives granitas their typical icy texture.



Hydrometer.



Testing a sorbet mix with a hydrometer.

# VANILLA ICE CREAM

**Yield:** about 2 qt (2 L), depending on overrun

Ingredients	U.S.	Metric
Egg yolks	8 oz (12 yolks)	250 g (12 yolks)
Sugar	12 oz	375 g
Milk	2 pt	1 L
Heavy cream	1 pt	500 mL
Vanilla extract	2 tsp	10 mL
Salt	pinch	pinch

## PROCEDURE

1. Vanilla ice cream mix is basically a custard sauce or *crème anglaise* with the addition of heavy cream. Review the guidelines for preparing *crème anglaise* on page 264.
2. Combine the egg yolks and sugar in a bowl. Whip until thick and light.
3. Scald the milk and gradually beat it into the egg mixture.
4. Heat the mixture over a hot-water bath or in a double boiler, stirring constantly, until it thickens enough to coat the back of a spoon. Immediately remove from the heat.
5. Stir in the cold cream to stop the cooking. Add the vanilla and salt. (Note: If you are not using freshly opened, pasteurized cream, it is best to scald and cool the cream, or else to heat it with the milk in step 3. In this case, set the cooked custard in an ice-water bath as soon as it is cooked, to stop the cooking.)
6. Chill the mixture thoroughly. Refrigerate overnight to mature the mix (see p. 557).
7. Freeze in an ice cream freezer according to the manufacturer's directions.

## VARIATIONS

For a less rich ice cream, substitute milk for part of the cream. In addition, the quantity of egg yolks may be decreased to 4 oz (125 g).

### VANILLA BEAN ICE CREAM

Split 1 or 2 vanilla beans, scrape out the seeds, and simmer the seeds and pods with the cream. Cool. Remove and discard the pods. Omit the vanilla extract from the basic recipe.

### CHOCOLATE ICE CREAM

Reduce the sugar to 9 oz (280 g). Melt together 4 oz (125 g) unsweetened chocolate and 4 oz (125 g) bittersweet chocolate. When the custard has cooled to tepid, carefully stir it into the melted chocolate. Reduce the cream to 12 oz (375 mL).

### CINNAMON ICE CREAM

Add 1 tbsp (5 g) cinnamon to the egg mixture before cooking.

### COFFEE ICE CREAM

Flavor the hot custard mix to taste with instant coffee powder or instant espresso powder.

### CAROB ICE CREAM

After adding the scalded milk to the egg mixture, beat in 3 oz (90 g) roasted carob powder. Proceed as in basic recipe.

### COCONUT ICE CREAM

Reduce the number of egg yolks to 4 oz (125 g). Reduce the sugar to 4 oz (125 g). Add 12 fl oz (375 mL) canned, sweetened coconut cream to the yolks and sugar. Omit the heavy cream and vanilla. Stir the cooked mix over ice until cold, to prevent the coconut fat from separating.

### CARAMEL ICE CREAM

Omit the vanilla. Caramelize the sugar, following the procedure in the recipe for Caramel Sauce (p. 276) but omitting the lemon. Add the 1 pt (500 mL) heavy cream from the basic recipe and simmer until the caramel is dissolved, again following the procedure in the caramel sauce recipe, steps 2–4. Beat the eggs, add the hot milk and caramel cream, make the custard, and finish the ice cream as in the basic recipe.

### ALMOND, HAZELNUT, OR MACADAMIA PRALINE ICE CREAM

Make a praline with any of these nuts, following the recipe for Nougatine (p. 666). Crush 6 oz (185 g) praline and add it to chilled vanilla or caramel ice cream mix before freezing.

### CHEESECAKE ICE CREAM

Prepare the basic vanilla ice cream mix, but use only 4 oz (125 g) egg yolks, and substitute milk for half of the cream. In a mixer with the paddle attachment, blend 2 lb (1 kg) cream cheese, 7 oz (200 g) sugar, 1 tsp (3 g) each grated lemon zest and orange zest, and 1½ oz (50 mL) lemon juice until light and free of lumps. Gradually add the chilled custard and mix until smooth. Chill well. Freeze.

### STRAWBERRY ICE CREAM

Reduce the number of yolks to 4 oz (125 g). Mash 1½ lb (750 g) fresh or frozen (unsweetened) strawberries with 6 oz (185 g) sugar and refrigerate at least 2 hours. Mix the strawberries with the cold ice cream mix before freezing.

(continues)

## VARIATIONS CONTINUED

**RASPBERRY SWIRL ICE CREAM**

Reduce the number of yolks to 4 oz (125 g). Mash 1 lb (500 g) fresh or frozen (unsweetened) raspberries with 4 oz (125 g) sugar. Refrigerate at least 2 hours. Make vanilla ice cream and freeze in an ice cream freezer. After the churn-freezing is finished but before hardening the ice cream, fold in the raspberries, but do not mix in completely; leave it in swirls.

**MANGO ICE CREAM**

Reduce the number of yolks to 4 oz (125 g). Combine 1½ lb (750 g) sieved mango purée, 3 oz (90 mL) lime juice, and 3 oz (90 g) sugar. Refrigerate at least 2 hours. Combine with cold custard mix and freeze.

**PEACH ICE CREAM**

Mash 2 lb (1 kg) sliced fresh peaches, 4 oz (125 g) sugar, and 1 oz (30 mL) lemon juice. Reduce the number of egg yolks to 4 oz (125 g). Omit the milk, increase the cream to 2 pt (1 L), and make the custard with the cream. Mix the peaches with the cold custard and freeze.

**GINGERBREAD-SPICE ICE CREAM**

Ingredients	U.S.	Metric
Ginger	1½ tsp	2.8 g (7 mL)
Cinnamon	1 tsp	1.7 g (5 mL)
Cloves, ground	½ tsp	1 g (2 mL)
Nutmeg	¼ tsp	0.5 g (1 mL)
Molasses	2 oz	60 g

Add the spices to the egg mixture before cooking. Add the molasses to the mixture after cooking.

**LEMON ICE CREAM**

Reduce the quantity of milk to 1 pt (500 mL) and the sugar to 8 oz (250 g). Scald the milk and cream together. Omit the vanilla. With these exceptions, make the ice cream mix as in the basic recipe.

Separately, combine 2 tbsp (15 g) grated lemon zest and 1 oz (30 g) sugar. Work the zest and sugar together with the back of a spoon or with a mortar and pestle to make a coarse paste. Beat this lemon sugar with 3 egg yolks (2 oz/60 g). Add 12 oz (375 mL) lemon juice and beat over hot water until thick and creamy, as for making *crème anglaise*. Cool over ice. Refrigerate the lemon mixture and the custard mixture separately until ready to freeze. Combine the mixtures and freeze.

**LIME ICE CREAM**

Substitute lime zest and juice for the lemon in the preceding recipe.

**ICE CREAM FREEZERS**

Modern commercial ice cream freezers operate on the same principle as old-fashioned hand-cranked freezers. In those home devices, refrigeration is provided by a mixture of ice, water, and salt. The salt lowers the temperature of the melting ice below the freezing point of water to enable it to freeze the ice cream mix. The ice cream mix is placed in a cylinder surrounded by the ice and salt. A paddle, or *dasher*, continuously scrapes the freezing ice cream mixture off the walls of the cylinder, and at the same time incorporates air into the mix.

Modern batch freezers work the same way, except an electric refrigeration unit does the freezing, instead of salt and ice. In vertical batch freezers, the cylinder is upright, just as in the old-style hand-cranked machines. This type of freezer incorporates the least amount of air into the mix, resulting in low overrun. Horizontal batch freezers, with a horizontal cylinder, incorporate more air and produce ice cream with overrun up to 100%. Depending on the model, horizontal machines freeze ice cream quickly, finishing a batch of 6 quarts (6 L) or more in about five minutes.

Continuous ice cream freezers are used by high-volume operations. Instead of producing one batch at a time, the mix flows continuously into one end of the cylinder, while the frozen product is extruded at the other end. Such machines can produce 150 to as much as 3000 quarts (liters) or more of ice cream in an hour. Continuous ice cream freezers also incorporate the most air, resulting in ice cream with overrun from 60 to 140%.

## SORBET

Yield: variable

Ingredients	U.S.	Metric
Sugar (see Note)	12 oz	375 g
Water	8 fl oz	250 mL
Fruit juice or pulp or other flavor ingredients	(see variations)	(see variations)
Water	(see variations)	(see variations)

**NOTE:** Including corn syrup as part of the sugar may slightly increase smoothness in some sorbets, although traditional sorbets are made with only granulated sugar. To include corn syrup, decrease the sugar to 11.5 oz (360 g) and add 2 oz (60 g) corn syrup to the syrup ingredients.

## VARIATIONS

The following sorbet variations indicate the quantities of flavor ingredients and additional water to be used in the basic recipe. If the ingredients require special preparation instructions, they are indicated. If no special directions are given, simply follow the basic procedure above. Note that most fruit sorbets require strained fruit purée for the smoothest texture. This means fruit pulp that has been puréed and then forced through a sieve.

## LEMON OR LIME SORBET

Ingredients	U.S.	Metric
Lemon or lime zest, grated	1 tbsp	8 g
Lemon or lime juice	8 fl oz	250 mL
Water	12 fl oz	375 mL

Boil the zest with the syrup. Cool and strain.

## ORANGE OR TANGERINE SORBET

Ingredients	U.S.	Metric
Orange or tangerine juice	20 fl oz	625 mL
Water	4 fl oz	125 mL

RASPBERRY, STRAWBERRY, MELON,  
OR KIWI SORBET

Ingredients	U.S.	Metric
Strained fruit purée	1 lb 12 oz	875 g
Water	none	none

Taste the mix before freezing. Some fruit is low in acidity, so a little lemon juice may improve the flavor of the mix.

## MANGO SORBET

Ingredients	U.S.	Metric
Strained mango purée	1 lb 12 oz	875 g
Lemon juice	1.5 fl oz	60 mL
Water	8 fl oz	250 mL

## PROCEDURE

1. Make a syrup by heating the sugar and first quantity of water to dissolve the sugar. Cool.
2. Prepare the desired flavor ingredients as indicated in the variations that follow. If additional water is required, mix it with the flavor ingredient.
3. Mix the syrup with the remaining ingredients.
4. If possible, test the sugar concentration with a hydrometer (saccharometer). The mixture should be between 16° and 18° Baumé, or between 30° and 32.5° Brix. If the concentration is too low, add a little more syrup. If it is high, dilute with a little water.
5. Chill the mixture well, then freeze in an ice cream freezer according to the manufacturer's instructions.

## PINEAPPLE SORBET

Ingredients	U.S.	Metric
Fresh pineapple chunks	1 lb 8 oz	750 g
Water	12 fl oz	375 mL

Poach the pineapple in the syrup. Cool. Purée and force through a sieve. Add the water. Freeze.

## BLUEBERRY SORBET

Ingredients	U.S.	Metric
Blueberries	2 lb 4 oz	1125.0 g
Lemon juice	2 fl oz	60.0 mL
Cinnamon	¼ tsp	0.4 g (1 mL)
Water	none	none

Simmer the blueberries, lemon juice, and cinnamon in the syrup until the berries are tender. Strain through a fine sieve.

## BANANA PASSION FRUIT SORBET

Ingredients	U.S.	Metric
Banana pulp, strained	12 oz	375 g
Passion fruit pulp or juice, strained	1 lb	500 g
Water	none	none

(continues)

## VARIATIONS CONTINUED

## RHUBARB SORBET

Ingredients	U.S.	Metric
Rhubarb	2 lb	1000 g
Water	1 pt	500 mL

Cut the rhubarb into 1-in. (2.5-cm) slices. Combine the syrup, rhubarb, and water in a stainless steel saucepan. Bring to a simmer and cook until the rhubarb is tender, about 10 minutes. Let the mixture cool, then strain through a fine strainer. Do not press down on the rhubarb solids, but let the rhubarb stand in the strainer about 30 minutes to let all the flavored syrup drain off. This will keep the syrup clear. Measure the syrup and add enough cold water to bring the volume to 20 oz (625 mL). Freeze the syrup. Reserve the rhubarb for another use (for example, add sugar to taste to make a simple rhubarb compote).

## WHITE WINE OR CHAMPAGNE SORBET

Ingredients	U.S.	Metric
White wine or champagne	2.5 pt	1.25 L
Water	4 fl oz	125 mL

## CHOCOLATE SORBET

Ingredients	U.S.	Metric
Cocoa powder	1 oz	30 g
Bittersweet or semisweet chocolate	6 oz	185 g

Reduce the quantity of sugar in the syrup to 6 oz (185 g). Increase the water in the syrup to 1 pt (500 mL). Add the cocoa powder to the syrup ingredients. When the sugar has dissolved, remove the syrup from the heat and let it cool slightly. Melt the chocolate. Carefully stir the syrup into the melted chocolate. Bring to a simmer, stirring constantly, and simmer 1–2 minutes, until slightly thickened. Chill and freeze.

## MASCARPONE SORBET

Ingredients	U.S.	Metric
Mascarpone (soft Italian cream cheese)	1 lb 8 oz	750 g
Lemon juice	1.5 fl oz	45 mL
Water	10 fl oz	300 mL

Be sure to chill the mixture thoroughly, and do not leave in the ice cream freezer too long. Overmixing in the churn-freezer may cause some milk fat to separate and form chunks of butter.

## HONEY ICE CREAM

**Yield:** about 1 qt (1 L), depending on overrun

Ingredients	U.S.	Metric	PROCEDURE
Milk	8 oz	250 g	
Vanilla bean, split	1	1	
Honey	4.33 oz	130 g	
Egg yolks	4 oz (6 yolks)	120 g (6 yolks)	
Heavy cream	8 oz	250 g	



## DULCE DE LECHE ICE CREAM

**Yield:** about 3½ pt (1750 mL), depending on overrun

Ingredients	U.S.	Metric	PROCEDURE
Milk	1 pt 8 fl oz	750 g	
Dulce de Leche (p. 279)	1 lb 2 oz (about 14 fl oz)	560 g (about 425 mL)	
Heavy cream	6 oz	185 g	
Vanilla extract	¼ tsp	1 g	
Salt	pinch	pinch	

## BITTER CHOCOLATE ICE CREAM

**Yield:** about 3 qt (3 L), depending on overrun

Ingredients	U.S.	Metric	PROCEDURE
Egg yolks	8 oz (12 yolks)	250 g (12 yolks)	
Sugar	6 oz	190 g	
Milk	2 pt 8 oz	1250 mL	
Sugar	12 oz	375 g	
Bittersweet chocolate	8 oz	250 g	
Cocoa powder, sifted	8 oz	250 g	
Heavy cream	1 pt	500 mL	

## RASPBERRY FROZEN YOGURT

**Yield:** about 3 pt (1.5 L), depending on overrun

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Raspberries, fresh or frozen, unsweetened	1 lb	500 g	
Granulated sugar	8 oz	250 g	
Water	4 oz	125 g	
Plain low-fat or whole milk yogurt	12 oz	375 g	


1. Combine the raspberries, sugar, and water in a food processor. Process until the raspberries are puréed and the sugar is dissolved.
2. Force the mixture through a fine sieve to remove the seeds.
3. Combine with the yogurt and mix until evenly blended.
4. Chill the mixture well.
5. Freeze in an ice cream freezer.

## PISTACHIO GELATO


**Yield:** about 2½ pt (1250 mL), depending on overrun.

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Shelled, unsalted pistachios	8 oz	250 g	
Whole milk	2 pt	1 L	
Sugar	7 oz	220 g	


1. Grind the pistachios in a food processor until fine. Transfer to a bowl.
2. Combine the milk and sugar in a saucepan. Bring to a boil. Stir to dissolve the sugar.
3. Pour the milk over the ground pistachios and stir.
4. Cover and refrigerate overnight.
5. Strain the pistachio mixture in a chinois or other fine strainer lined with several layers of cheesecloth (a). Gather up the corners of the cheesecloth, to make a bag, and squeeze gently to force the remaining liquid from the ground nuts (b).
6. Chill the liquid again, if necessary, and then freeze in an ice cream freezer (c).



**A**



**B**



**C**

## COCONUT SORBET

**Yield:** about 1¾ pt (850 mL), depending on overrun

Ingredients	U.S.	Metric	PROCEDURE
Frozen coconut purée, thawed (see variation)	1 lb	480 g	
Confectioners' sugar	3.5 oz	100 g	
Lime juice, fresh	1.75 oz	50 g	
Coconut-flavored rum	2 oz	60 g	
VARIATION			
The coconut purée used in this recipe contains 20% sugar. If this product is not available, use canned, unsweetened coconut milk and adjust the quantities as follows:			
Ingredients	U.S.	Metric	
Canned, unsweetened coconut milk	14 oz	400 g	
Confectioners' sugar	6 oz	180 g	
Lime juice	1.75 oz	50 g	
Coconut-flavored rum	2 oz	60 g	

## CIDER APPLE SORBET

**Yield:** about 1½ pt (700 mL)

Ingredients	U.S.	Metric	PROCEDURE
Sugar	4.5 oz	135 g	
Water	4 oz	120 g	
Cooking apples	7 oz	200 g	
Fermented cider	5.5 oz	165 g	

## COFFEE OR ESPRESSO GRANITA

**Yield:** about 2 pt 4 fl oz (1125 mL)

Ingredients	U.S.	Metric	PROCEDURE
Sugar	4 oz	125 g	
Very strong coffee or espresso, freshly brewed	2 pt	1 L	

## CASSATA ITALIENNE

Ingredients	U.S.	Metric	PROCEDURE
Common Meringue (p. 263)	3 oz	90 g	
Vanilla Ice Cream (p. 558), softened	7 oz	200 g	
Raspberry jam	1.5–2 oz	50 g	
Raspberry Sorbet (p. 560), softened	7 oz	200 g	
<b>Total weight:</b>	<b>1 lb 2 oz</b>	<b>540 g</b>	
<p><b>Note:</b> This procedure is for rectangular (loaf) molds approximately 6½ × 3½ in. (17 × 9 cm). It can be modified for any size or shape mold.</p>			



## STILL-FROZEN DESSERTS

**THE AIR MIXED** into ice cream by churn-freezing is important to its texture. Without this air, the ice cream would be hard and heavy rather than smooth and creamy. Desserts that are still-frozen—that is, frozen in a container without mixing—also must have air mixed into them in order to be soft enough to eat. In this case, the air is incorporated before freezing, by mixing in whipped cream, whipped egg whites, or both.

Thus, still-frozen desserts are closely related to products such as Bavarians, mousses, and hot soufflés. These products are all given lightness and volume by adding whipped cream or an egg foam. In fact, many of the same mixtures used for these products are also used for frozen desserts. However, because freezing serves to stabilize or solidify frozen desserts, they don't depend as much on gelatin or other stabilizers.

Still-frozen desserts include bombes, frozen soufflés, and frozen mousses. In classical theory, each type is made with a different mix; but in actual practice today, many of these mixes are interchangeable.

A note on the use of alcohol in frozen desserts: Liqueurs and spirits are often used to flavor these items. However, even a small amount of alcohol lowers the freezing point considerably. If you find that liqueur-flavored parfaits, bombes, and mousses aren't freezing hard enough, add more whipped cream. This will raise the freezing point. In future batches, you might try using less alcohol.

A high sugar concentration also inhibits freezing. It is important to avoid using too much sugar in these items to ensure they freeze properly.

### Parfaits and Bombes

As noted earlier in the chapter, in North America, the term *parfait* usually refers to an ice cream dessert consisting of layers of ice cream and topping in a tall, thin glass. The original parfait, however, is a dessert still-frozen in a tall, thin mold and unmolded for service. (No doubt the ice cream parfait is so named because the glass it is served in is similar in shape to a parfait mold.)

The mixture for parfaits consists of three elements: a thick, sweet egg yolk foam, an equal volume of whipped cream, and flavorings. The parfait mixture is also called a *bombe mixture* because it is used in the production of a dessert called a *bombe*. The bombe is one of the most elegant frozen desserts, often elaborately decorated with fruits, whipped cream, petits fours secs, and other items after unmolding. It is made by lining a chilled mold (usually spherical or dome-shaped) with a layer of ice cream or sherbet and freezing it hard. The center is filled with a bombe mixture of compatible flavor and then frozen again. Mixtures for frozen mousses can also be used to fill bombes, as can regular ice cream or sherbet, but a special bombe mixture is the most common choice.

Two recipes are given below for bombe mixtures. The ingredients and final results are nearly the same, but the techniques differ. Note that the technique for the first mixture is the same as that used to make French Buttercream (p. 425). The second recipe requires a sugar syrup of a specific strength; the recipe for this syrup is also provided.

A procedure for assembling bombes is given, followed by descriptions of a number of classic bombes.

## BASIC BOMBE MIXTURE I

**Yield:** 1½ qt (1.4 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Sugar	6 oz	1800 g	
Water	2 oz	60 g	
Egg yolks	4 oz (6 yolks)	120 g (6 yolks)	
Flavoring (see variations following recipe for Basic Bombe Mixture II)			
Heavy cream	1 pt	480 mL	

## SYRUP FOR BOMBES

**Yield:** about 1½ qt (1.5 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Sugar	3 lb	1.5 kg	
Water	2 lb	1 kg	
<p><b>Note:</b> Simple syrup of this concentration is used in the Basic Bombe Mixture II (p. 568) and Frozen Mousse II (p. 571).</p>			

## BASIC BOMBE MIXTURE II

**Yield:** 1½ qt (1.4 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Egg yolks	6 oz (9 yolks)	180 g (9 yolks)	
Syrup for Bombes (see p. 567)	6 fl oz	180 mL	
Flavoring (see variations below)			<ol style="list-style-type: none"> <li>1. Whip the egg yolks lightly in a stainless steel bowl, then gradually beat in the syrup.</li> <li>2. Set the bowl over hot water and whip the mixture with a wire whip until it is thick and creamy, about the consistency of a thick hollandaise sauce.</li> <li>3. Remove the mixture from the heat, set it over ice, and continue whipping until it is cold.</li> <li>4. Add the desired flavoring.</li> <li>5. Whip the cream until it forms soft peaks. Do not overwhip. Fold it into the egg yolk mixture.</li> <li>6. Pour the mixture into molds or other containers. Freeze until firm.</li> </ol>
Heavy cream	12 fl oz	360 mL	

### VARIATIONS

To create bombes of different flavors, add the suggested flavorings to either of the egg yolk mixtures in the two preceding recipes before folding in the whipped cream.

#### VANILLA

Add ½–¾ oz (15–22 mL) vanilla extract.

#### CHOCOLATE

Melt 2 oz (60 g) unsweetened chocolate. Stir in a little simple syrup to make a thick sauce. Then fold this into the yolk mixture. (For a stronger chocolate flavor, melt 1–1½ oz (30–45 g) semisweet chocolate with the 2 oz (60 g) unsweetened chocolate.)

#### LIQUEUR

Add 1–1½ oz (30–45 mL), or to taste, desired liqueur or spirit, such as orange liqueur, kirsch, or rum.

#### COFFEE

Add ¼ oz (8 g) instant coffee dissolved in ½ oz (15 mL) water.

#### PRALINE

Add 2½ oz (75 g) praline paste, softened with a little water, to the yolk mixture.

#### FRUIT (RASPBERRY, STRAWBERRY, APRICOT, PEACH, ETC.)

Add up to 8 oz (250 g) fruit purée.

#### BOMBE OR PARFAIT WITH FRUIT

Instead of flavoring the bombe mixture with a fruit purée, add solid fruits cut in small dice to plain or liqueur-flavored bombe mixture.

#### BOMBE OR PARFAIT WITH NUTS, SPONGE CAKE, OR OTHER INGREDIENTS

Solid ingredients besides fruit may be mixed with a plain or flavored bombe mixture, including chopped nuts, crumbled almond macaroons, marrons glacés (candied chestnuts), and diced sponge cake or ladyfingers moistened with liqueur.

## PROCEDURE: Making Bombes

1. Place the bombe mold in the freezer until very cold.
2. Line the mold with a layer of slightly softened ice cream, using your hand to press it against the sides and smooth it. The ice cream layer should be about 1 in. (2 cm) thick for small molds and up to 1½ in. (4 cm) for large molds.  
If the ice cream becomes too soft to stick to the sides, place it in the freezer to harden it, then try again.
3. Freeze the mold until the ice cream layer is hard.
4. Fill the mold with bombe mixture, cover, and freeze until firm.
5. To unmold, dip the mold in warm water for a second, wipe the water from the outside of the mold, and turn out the bombe onto a cold serving plate. (Note: To keep the bombe from sliding around on the plate, turn it out onto a thin sheet of genoise, which acts as a base.)
6. Decorate with whipped cream and appropriate fruits or other items.
7. Serve immediately. Cut into wedges or slices so all portions are uniform.

## A Selection of Classic Bombes

### BOMBE AFRICAINE

Coating: chocolate ice cream

Filling: apricot bombe mixture

### BOMBE AIDA

Coating: strawberry ice cream

Filling: kirsch-flavored bombe mixture

### BOMBE BRESILIENNE

Coating: pineapple sherbet

Filling: bombe mixture flavored with vanilla and rum and mixed with diced pineapple

### BOMBE CARDINALE

Coating: raspberry sherbet

Filling: praline vanilla bombe mixture

### BOMBE CEYLON

Coating: coffee ice cream

Filling: rum-flavored bombe mixture

### BOMBE COPPELIA

Coating: coffee ice cream

Filling: praline bombe mixture

### BOMBE DIPLOMAT

Coating: vanilla ice cream

Filling: bombe mixture flavored with maraschino liqueur and mixed with candied fruit

### BOMBE FLORENTINE

Coating: raspberry sherbet

Filling: praline bombe mixture

### BOMBE FORMOSA

Coating: vanilla ice cream

Filling: bombe mixture flavored with strawberry purée and mixed with whole strawberries

### BOMBE MOLDAVE

Coating: pineapple sherbet

Filling: bombe mixture flavored with orange liqueur

### BOMBE SULTANE

Coating: chocolate ice cream

Filling: praline bombe mixture

### BOMBE TUTTI-FRUTTI

Coating: strawberry ice cream or sherbet

Filling: lemon bombe mixture mixed with candied fruits

### CASSATA NAPOLETANA

Cassatas are Italian-style bombes lined with three layers of different ice creams and filled with Italian meringue mixed with various ingredients. The most popular, Cassata Napoletana, is made as follows:

1. Line the mold first with vanilla, then with chocolate, and finally with strawberry ice cream.
2. Fill with Italian Meringue (p. 264) flavored with vanilla, kirsch, or maraschino and mixed with an equal weight of diced candied fruits. A little whipped cream may be added to the meringue, if desired.



## Frozen Mousses and Frozen Soufflés

*Frozen mousses* are light frozen desserts containing whipped cream. Although they are all similar in character because of their whipped cream content, the bases for them are made in several ways. Three types of preparation are included here:

- Mousse with Italian meringue base.
- Mousse with syrup and fruit base.
- Mousse with custard base.

The mixture for bombes and parfaits can also be used for mousses.

The simplest method for serving mousse is to pour the mixture into individual serving dishes and freeze them. The mixture can also be poured into larger molds of various shapes. After unmolding, cut the mousse into portions and decorate it with whipped cream and appropriate fruits, cookies, or other items.

*Frozen soufflés* are simply mousse or bombe mixtures frozen in soufflé dishes or other straight-sided dishes. A band of heavy paper or foil, called a collar, is tied around the mold so it extends 2 inches (5 cm) or more above the rim of the dish. The mousse or bombe mixture is poured in until it reaches within ½ inch (12 mm) of the top of this band. After the dessert is frozen, the band is removed. The dessert thus looks like a hot soufflé that has risen above its baking dish.

Other items may be incorporated in the frozen soufflé, such as sponge cake, ladyfingers, baked meringue, fruits, and so forth. For example, you might pour one-third of the mousse mixture into the prepared dish, place a japonaise disk (p. 346) on top, pour in another layer of mousse, add a second japonaise disk, then fill with the mousse mixture. This technique can also be used with thin sponge cake layers. For further variety, arrange a layer of fruit on top of each genoise layer before adding more mousse.



### KEY POINTS TO REVIEW

- How is a basic (French-style) vanilla ice cream made?
- How is sorbet made?
- What are still-frozen desserts? Give examples and explain in general terms how they are made.
- What is a bombe? How is it made?

## FROZEN MOUSSE I (MERINGUE BASE)

**Yield:** 1½ qt (1.5 L)

Ingredients	U.S.	Metric	PROCEDURE
<b>Italian meringue</b>			<ol style="list-style-type: none"> <li>1. For the Italian meringue: In a saucepan, dissolve the sugar in the water and boil the syrup until it reaches 250°F (120°C). Meanwhile, whip the egg whites until they form soft peaks. Whipping constantly, slowly pour the hot syrup into the egg whites. Continue to whip the meringue until it is completely cool (unless you are flavoring it with liqueur—see next step).</li> <li>2. Stir or fold in flavoring ingredients. If you are using melted chocolate or a thick fruit purée, stir a little of the meringue into the flavoring, then fold this into the rest of the meringue. If you are using a liqueur or spirit, add it while the meringue is still warm so most of the alcohol evaporates.</li> <li>3. Whip the cream until it forms soft peaks. Fold it into the meringue mixture. Freeze.</li> </ol>
Sugar	8 oz	250 g	
Water	2 oz	60 mL	
Egg whites	4 oz	125 g	
Flavoring (see <i>Note</i> )			
Heavy cream	12 oz	375 mL	
<p><b>Note:</b> Possible flavorings include fruit purées, liqueurs, and chocolate. Use up to 3 oz (90 mL) strong spirits (brandy or dark rum, for example) or 4 oz (125 mL) sweet liqueur. Use 4 oz (125 g) melted unsweetened chocolate or up to 8 oz (250 g) thick fruit purée. Specific flavors are suggested in the variations following the basic procedure.</p>			
<b>VARIATIONS</b>			
<p>The following are a few of many possible flavors for frozen mousse.</p>			
<b>LIQUEUR MOUSSE</b>			
<p>Flavor with 3 oz (90 mL) brandy, dark rum, or Calvados, or with 4 oz (125 mL) sweet liqueur.</p>			
<b>CHOCOLATE MOUSSE</b>			
<p>Melt 4 oz (125 g) unsweetened chocolate. Stir in a little Syrup for Bombes (p. 567) to make a thick sauce. Stir some of the meringue into this mixture, then fold the chocolate mixture into the rest of the meringue. (continues)</p>			

## VARIATIONS CONTINUED

**APRICOT MOUSSE**

Soak 6 oz (188 g) dried apricots in water overnight, then simmer until tender. Drain and purée in a food mill. Fold into the meringue. If desired, add ½ oz (15 mL) rum or kirsch.

**BANANA MOUSSE**

Purée 8 oz (250 g) very ripe bananas with ½ oz (15 mL) lemon juice. Add to meringue.

**LEMON MOUSSE**

Add 3 oz (90 mL) lemon juice and the grated zest of 1 lemon to the meringue.

**CHESTNUT MOUSSE**

Soften 7 oz (220 g) chestnut purée by blending it with 1 oz (30 mL) dark rum until smooth. Add it to the meringue.

**RASPBERRY OR STRAWBERRY MOUSSE**

Force 8 oz (250 g) fresh or frozen (unsweetened) raspberries or strawberries through a sieve. Add to the meringue.

## FROZEN MOUSSE II (SYRUP AND FRUIT BASE)

**Yield:** about 2½ pt (1.25 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Syrup for Bombes (p. 567)	8 oz	250 mL	
Fruit purée	8 oz	250 mL	
Heavy cream	1 pt	500 mL	

1. Mix the syrup and fruit purée until uniformly blended.
2. Whip the cream until it forms soft peaks.
3. Fold the cream into the syrup mixture.
4. Pour the mixture into molds or dishes and freeze.

## FROZEN MOUSSE III (CUSTARD BASE)

**Yield:** about 1½ qt (1.5 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Egg yolks	5 oz (7–8 yolks)	150 g (7–8 yolks)	
Sugar	8 oz	250 g	
Milk	8 oz	250 mL	
Flavoring (see step 6)			
Heavy cream	1 pt	500 mL	

1. Whip the egg yolks with half the sugar until they are light and foamy.
2. Meanwhile, bring the milk to a boil with the rest of the sugar.
3. Pour the milk over the yolks, whipping constantly.
4. Set the milk and egg mixture over a hot-water bath and cook, stirring constantly, until the mixture thickens like crème anglaise (p. 265). Do not overcook, or the custard will curdle.
5. Cool the mixture, then chill it in the refrigerator or over ice.
6. Add the desired flavoring. The same flavorings and quantities may be used as in Frozen Mousse I (p. 570).
7. Whip the cream and fold it into the custard mixture.
8. Pour the mousse into molds or dishes and freeze.

# WHITE CHOCOLATE PARFAIT WITH FLAMBÉED CHERRIES

**Yield:** 10 parfaits, 3 oz (95 g) each

Ingredients	U.S.	Metric
<b>Flambéed cherries</b>		
Fresh cherries (see <i>Note</i> )	10 oz	300 g
Sugar	2 oz	60 g
Vanilla extract	½ tsp	2 g
Port wine	5 oz	150 g
Baked disks of Chocolate Meringue (p. 345), 2½ in. (6 cm) in diameter	10	10
<b>Sabayon</b>		
Sugar	3.67 oz	110 g
Water	2.5 oz	75 g
Egg yolks	4 oz	120 g
White chocolate, chopped	5 oz	150 g
Heavy cream	12 oz	375 g
<b>Decoration</b>		
Chocolate curls	as needed	as needed
Pistachios	as needed	as needed
<b>Total weight of parfait mix:</b>	<b>1 lb 9 oz</b>	<b>775 g</b>

**Note:** Cherries packed in syrup may also be used. Morello cherries (griottes) are especially good in this preparation. Drain the cherries and proceed as in the basic recipe.



## PROCEDURE

1. Prepare the cherries: Pit the cherries and place them and the sugar in a saucepan. Heat gently until liquid begins to cook out of the cherries. Continue to heat until the liquid is almost evaporated. Add the vanilla and the port. Place over high heat and flambé to burn off the alcohol. Continue to cook, lightly covered, over low heat until the juices are thick and syrupy. Drain the cherries for use in step 7. Reserve the syrup.
2. Set 2¾-in. (7-cm) ring molds on a tray. Place a disk of baked chocolate meringue in the base of each.
3. For the parfait, dissolve the sugar in the water and bring to a boil.
4. Whip the egg yolks until light and then gradually whip in the hot syrup. Continue whipping until cool.
5. Melt the white chocolate over a hot-water bath.
6. Quickly mix the chocolate into the egg yolk sabayon. Do not overmix, or the sabayon may fall.
7. Whip the cream and quickly fold it in.
8. Without delay, fill the molds about two-thirds full. Place 6–8 cherries in each one, pushing some of them down into the mix. (Reserve the remaining cherries and syrup to serve with the parfaits.) Fill to the top with parfait mix and level the tops. Freeze for at least 1 hour or until firm.
9. To serve, unmold by lightly warming the mold and lifting it off. Top with chocolate curls and pistachios and a few cherries. Spoon some of the cherry syrup and a few more cherries onto the plate.

## ICED LOW-FAT RASPBERRY PARFAIT

**Yield:** about 3 pt (1.5 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
<b>Italian Meringue</b>			
Sugar	3.5 oz	100 g	<ol style="list-style-type: none"> <li>1. Make an Italian meringue: Dissolve the sugar in the water and boil to 250°F (120°C). Whip the egg whites to soft peaks. While whipping constantly, slowly pour in the hot syrup. Continue whipping until the meringue is cool.</li> <li>2. Purée the raspberries and force the purée through a sieve to remove the seeds.</li> <li>3. Whip the yogurt until smooth and mix in the raspberry purée.</li> <li>4. Fold the cold meringue, one-third at a time, into the yogurt mixture.</li> <li>5. Pour into molds and freeze.</li> </ol>
Water	2.25 oz	65 g	
Egg whites	3 oz	90 g	
Raspberries, fresh or frozen	7 oz	200 g	
Plain low-fat yogurt	7 oz	200 g	
<b>VARIATIONS</b>			
Other fruit purées may be substituted for the raspberries. See page 620 for a serving suggestion.			

## TERMS FOR REVIEW

ice cream	sherbet	granita	parfait
Philadelphia-style ice cream	ice	overrun	bombe
French-style ice cream	granité	sundae	frozen mousse
ice milk	gelato	coupe	frozen soufflé
frozen yogurt	sorbetto	baked Alaska	



## QUESTIONS FOR DISCUSSION

1. Why do ice cream and sherbet have to be frozen in a special freezer that mixes the product while it is being frozen? Why is it possible to freeze frozen mousses and similar desserts without this kind of freezer?
2. How does sugar affect the freezing properties of frozen desserts?
3. How does alcohol affect the freezing properties of frozen desserts?
4. How are still-frozen desserts similar to Bavarians?
5. Describe the procedure for making a baked Alaska or Soufflé Surprise.
6. Describe the basic procedure for making bombes.



# Fruit Desserts

# 22

## AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Select good-quality fresh fruits and prepare them for use in desserts.
2. Calculate fresh fruit yields based on trimming losses.
3. Prepare various fruit desserts, including poached fruits and fruit compotes.



**INTEREST IN DESSERTS** with less fat and fewer calories has stimulated interest in fruit desserts as alternatives to richer pastries and cakes. Fruits are, of course, important components of many pastries, cakes, and sauces, and many fruit desserts contain significant amounts of fat and sugar, including some in this chapter. Nevertheless, customers often perceive such desserts as more healthful, and this may account, in part, for their popularity. Another factor is the fresh, stimulating flavors of many fruit desserts.

In earlier chapters, we discussed fruit pies, fritters, pastries, tarts, cakes, and sauces. Many other types of fruit-based desserts, however, do not fit neatly into these categories. A representative sampling of recipes is included here, although, of course, they are only a small fraction of the many hundreds of recipes to be found elsewhere.

## HANDLING FRESH FRUITS

**ADVANCES IN TRANSPORTATION** and refrigeration have made fresh fruits widely available year-round. Even exotic tropical fruits are increasingly common in the market. Not long ago, most fresh fruits were available during limited seasons only. For example, strawberries were usually available for a short time in the spring, when they were in season. Now, however, almost every-

thing is in season somewhere in the world, and it is easy to ship that crop to any market.

Unlimited availability is a mixed blessing, however. Shipped-in, out-of-season fruits may not be at the peak of quality. Many fruit varieties, in addition, are bred for shipping rather than for flavor. Thus it is important to be able to evaluate the quality of fresh fruit.

### FRUIT VERSUS VEGETABLE

In culinary terms, a vegetable is a plant part used primarily in savory dishes. Plant parts include roots, tubers, stems, leaves, and fruits. Yes, fruits. A fruit is, in botanical terms, the part of the plant that bears the seeds. Cucumbers, squash, green beans, eggplant, okra, pea pods, tree nuts such as walnuts, avocado, and chiles are all fruits. And they are all vegetables. There is no contradiction in this statement any more than in saying that carrots, parsnips, and turnips are all roots and all vegetables.

In culinary terms, a fruit is the part of a plant that bears the seeds and is used primarily in sweet dishes. In most cases, the fruits used are those high in natural sugar content. In nature, however, most fruits are not sweet—think of milkweed pods and prickly burdock, for example. Similarly, many fruits used in the kitchen are not sweet—that is, they are vegetables.

### Ripening

Part of evaluating the quality of fruits is judging their ripeness. As explained in the Maturity and Ripeness sidebar, some fruits continue to ripen after they are harvested, and the chef must be able to judge their degree of ripeness. Other fruits are harvested ripe and must be used quickly, before they deteriorate.

Ripening is a complex phenomenon. Some fruits change more than others. There are four main kinds of changes:

- **Aroma.** Bitter or unpleasant aromas fade, and attractive aromas develop. With few exceptions, this happens only before harvest.
- **Sweetness.** Sugar content increases. Some sugar comes from the plant before harvest, and some results as stored starches in the fruit break down.
- **Juiciness and texture.** Cell walls break down. This releases juices and makes the fruit softer.
- **Color.** Many fruits are green when immature, and then turn red, orange, purple, or another color when they ripen.

In general, do not refrigerate fruits until they have ripened. The exception is pears, which can be refrigerated before they ripen completely, to avoid mushiness. After fruits have ripened, refrigerate them to slow deterioration. Fruits that are picked fully ripe should be refrigerated upon receipt.

Familiarize yourself with the information in the following table, which specifies the changes undergone by common fruits.

### MATURITY AND RIPENESS

A mature fruit is one that has completed its development and is physiologically capable of continuing the ripening process. A ripe fruit is one that is at its peak for texture and flavor and is ready to be consumed. In other words, maturity refers to biological development and ripeness refers to eating quality. Fruit that is harvested before it is mature will not soften and develop good eating quality. On the other hand, the riper a fruit is at harvest, the shorter its potential storage life. Therefore, growers, when possible, harvest fruit that is mature but not yet ripe. As indicated in the table, however, not all fruits are capable of ripening after they have been picked.

These fruits undergo changes in aroma, sweetness, juiciness and texture, and color when they ripen after picking.	Avocado (usually used as a vegetable, not in the bakeshop) Banana
These fruits become sweeter, juicier, and softer, and their color changes when they ripen after picking.	Apple (still crisp, unless overripe, but not as hard as unripe apples) Kiwi Mango Papaya Pear
These fruits do not become sweeter, but they do become juicier and softer, and their color changes when they ripen after picking.	Apricot Blueberry Fig Melon (hollow types) Nectarine Passion fruit Peach Persimmon Plum
These fruits are harvested fully ripe and do not ripen further after picking.	Berries (except blueberries) Citrus fruits (grapefruit, orange, tangerine, lemon, lime, kumquat) Cherries Grapes Pineapple Watermelon

## Trimming Loss: Calculating Yields and Amounts Needed

All fresh fruits must be washed before being used. Following washing, nearly all fruits require further preparation and trimming. Sometimes prep is simple—pulling grapes from their stems or picking over blueberries to remove bits of stem and leaf. In other cases, further trimming, peeling, and cutting may be required. The next section describes basic preparation for individual fruits.

Because parts of a fruit may be removed and discarded, the amount purchased is not the same as the amount served. The percentage yield of a fruit indicates, on the average, how much of the *AP weight* (as-purchased weight) is left after prep to produce the ready-to-cook item, or *EP weight* (edible portion weight). You can use this figure to do two basic calculations.

- 1. Calculating yield.** Example: You have 10 lb AP kiwi fruit. Yield after trimming is 80 percent. What will your EP weight be?

First, change the percentage to a decimal number by moving the decimal point two places to the left.

$$80\% = 0.80$$

Multiply the decimal by your AP weight to get EP yield.

$$10 \text{ lb} \times 0.80 = 8 \text{ lb}$$

- 2. Calculating amount needed.** Example: You need 10 lb EP kiwi fruit. What amount of untrimmed fruit do you need?

Change the percentage to a decimal number.

$$80\% = 0.80$$

Divide the EP weight needed by this number to get the AP weight.

$$\frac{10 \text{ lb}}{0.80} = 12.5 \text{ lb}$$



## Evaluating and Preparing

This section summarizes the most commonly available fresh fruits. Emphasis is on which qualities to look for when purchasing them, and on how to trim and prepare them for use. In addition, identification information is included for certain exotic items. Nearly everyone knows what apples, bananas, and strawberries are, but not everyone can identify a persimmon or a passion fruit. Trimming yields are also given.



Granny Smith apple.



Rome apple.



Golden Delicious apple.



Gala apple.



Macintosh apple.



Bananas.



Blackberries.



Blueberries.



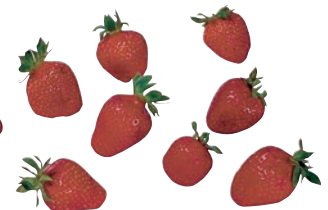
Cranberries.



White currants.



Raspberries.



Strawberries.

### Apples

Mature apples have a fruity aroma, brown seeds, and a slightly softer texture than unripe fruit. Overripe or old apples are soft and sometimes shriveled. Avoid apples with bruises, blemishes, decay, or mealy texture. Summer varieties (sold until fall) do not keep well. Fall and winter varieties keep well and are available for a longer period. Apples with a good acid content are usually better for cooking than bland eating varieties like Red Delicious. Granny Smith and Golden Delicious are widely used for cooking. See also the Apples for Pies sidebar on page 298.

To prepare, wash; pare if desired. Quarter and remove the core, or leave whole and core with a special coring tool. Use a stainless steel knife for cutting, to avoid discoloring the fruit. After paring, dip in a solution of lemon juice (or other tart fruit juice) or ascorbic acid to prevent browning.

Percentage yield: 75%

### Apricots

Only tree-ripened apricots have sufficient flavor, and they keep for only a week or less under refrigeration. They should be golden yellow, firm, and plump, not mushy. Avoid fruit that is too soft, blemished, or decayed.

To prepare, wash, split in half, and remove pit. Peeling is not necessary for most purposes.

Percentage yield: 94%



Apricots.

*Courtesy iStockphoto.com.*

### Bananas

Look for plump, smooth bananas without bruises or signs of spoilage. All bananas are picked green, so you don't need to avoid unripe fruit. Avoid overripe fruit, however.

Ripen at room temperature for three to five days; fully ripe fruit is all yellow with small brown flecks and no green. Refrigerating the ripe fruit will darken the skin but not the flesh. Peel and dip in fruit juice to prevent browning.

Percentage yield: 70%

### Berries

This category includes blackberries, blueberries, cranberries, blackcurrants (cassis), red currants, white currants, lingonberries, raspberries, and strawberries. Berries should be full, plump, and clean, with bright, fully ripe color. Watch for moldy or spoiled fruits. Wet spots on the carton indicate damaged fruit.

Refrigerate in the original container until ready to use in order to reduce handling. Except for cranberries, berries do not keep well. Sort out spoiled berries and foreign materials. Wash with gentle spray and drain well. Remove the stems and hulls from strawberries. Red currants for garnishing are often left on the stem. Handle berries carefully to avoid bruising.

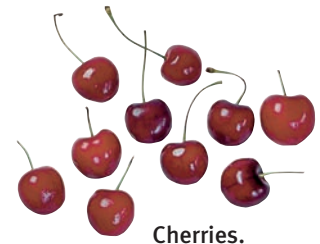
Percentage yield: 92–95%

## Cherries

Look for plump, firm, sweet, juicy cherries. Bing or black cherries should be uniform dark red to almost black.

Refrigerate in the original container until ready to use. Just before use, remove stems and sort out damaged fruit. Rinse and drain well. Pit with a special pitting tool.

Percentage yield: 82% (pitted)



Cherries.

## Coconut

Shake to hear liquid inside; fruits with no liquid are dried out. Avoid cracked fruits and fruits with wet “eyes.”

To prepare, pierce an eye with an ice pick or nail and drain the liquid. Crack the coconut with a hammer and remove the meat from the shell (this job is easier if the shell is placed in a 350°F/175°C oven 10–15 minutes). Peel the brown skin with a paring knife or vegetable peeler.

Percentage yield: 50%



Coconut.

## Figs

Calimyrna figs, also called Smyrna figs, are light green; Black Mission figs and Black Spanish figs (also called Brown Turkey) are purple. All figs are sweet when ripe, and soft and delicate in texture. They should be plump and soft, without signs of spoilage or sour odor.

Keep refrigerated (although firm, unripe figs can be left at room temperature, spread in one layer, for a few days to ripen slightly). Rinse and drain, handling carefully. Trim off hard stem ends.

Percentage yield: 95% (80–85% when peeled)



Calimyrna figs.



Black Mission figs.

## Grapefruit

Select fruit that is heavy for its size and has a firm, smooth skin. Avoid puffy, soft fruits and those with pointed ends, which have low yield and a lot of rind. Cut and taste for sweetness.

For sections and slices, peel with a chef's knife, removing all white pith. Separate sections from membrane with a small knife.

Percentage yield: 45–50% (flesh without membrane); 40–45% (juiced)



Grapefruit.

### Peeling a grapefruit.



a. Cut off the ends of the grapefruit and turn it on a flat end so it is stable. Slice off a section of the peel, following the contour of the grapefruit.



b. Make sure the cut is deep enough to remove the peel but not so deep as to waste the product.



c. Continue making slices around the grapefruit until all the peel is removed.



d. Slice or section the fruit. (Squeeze the remaining pulp for juice.)



Grapes.

## Grapes

Look for firm, ripe, good-colored fruits in full bunches. Grapes should be firmly attached to stems and should not fall off when shaken. Watch for rotting or shriveling at stem ends.

Refrigerate in the original container. Wash and drain. Except for seedless varieties, cut in half and remove seeds with the point of a paring knife.

Percentage yield: 90%



Guava.

## Guava

There are many varieties of these small, tropical fruits. They may be round, oval, or pear-shaped, with aromatic flesh that may be green, pink, yellow, red, or white. Some are full of seeds and others are nearly seedless. The flavor is complex, ranging from sweet to sour. Select tender fruits with a full aroma.

To prepare, cut in half and scoop out the flesh. For many uses the flesh is puréed in a food processor or blender, seeds and all. Alternatively, cut into dice or other shapes, as desired.

Percentage Yield: 80%



Kiwi fruit.

## Kiwi Fruit

Kiwis are firm when unripe; they become slightly softer when ripe but do not change color significantly. Allow them to ripen at room temperature. Avoid fruits with bruises or soft spots.

To prepare, pare the thin outer skin. Cut crosswise into slices. Alternative method for slices with smooth, round edges: Cut off ends. Insert spoon into end, sliding it just beneath the skin; twist the spoon to completely free the flesh from the skin.

Percentage yield: 80%



Kumquats.

## Kumquats

These look like tiny, elongated oranges, about the size of a medium olive. The skin and even the seeds can be eaten. The skin is sweet, while the flesh and juice are tart. Avoid soft or shriveled fruit. Kumquats keep well and are usually in good condition in the market.

To prepare, wash, drain well, and cut as desired.

Percentage yield: 95–100%



Lemons.

## Lemons and Limes

Look for firm, smooth skins. Colors may vary: Limes may be yellow and lemons may have some green on skin. The most commonly used limes are called Persian limes, usually with a deep green rind. Key limes are much smaller and may be green or yellow. A special variety of lemon, called Meyer lemon, has a higher sugar concentration than regular lemons and thus has a sweeter taste. Once rare, Meyer lemons have become more widely available.

To prepare, cut in wedges, slices, or other shapes for garnish, or cut in half crosswise for juicing.

Percentage yield: 40–45% (juiced)



Limes.

## Lychees (or Litchis)

This Chinese fruit is about the size of a walnut or ping-pong ball. Its rough, leathery outer skin, which ranges from reddish to brown, is easily peeled away to reveal aromatic, juicy white flesh that surrounds an inedible pit. Look for heavy, plump fruit with good color.

To prepare, peel, cut in half, and remove the seed.

Percentage yield: 50%



Lychees.

## Mangoes

There are two main types of this tropical fruit: oval, with a skin that ranges from green to orange to red, and kidney-shaped, with skin that is a more uniform yellow when ripe. Mangoes have a thin but tough skin and yellow to yellow-orange flesh that is juicy and aromatic. Fruit should be plump and firm, with clear color and no blemishes. Avoid rock-hard fruit, which may not ripen properly.



Mangoes.

Let ripen at room temperature until slightly soft. Peel and cut away the flesh from the center stone; or cut in half before peeling, working a thin-bladed knife around both sides of the flat stone.

Percentage yield: 75%

## Melons

Look for the following characteristics when selecting melons:

**Cantaloupes.** Smooth scar on stem end, with no trace of stem (called *full slip*, meaning the melon was picked ripe). Yellow rind, with little or no green. Heavy, with good aroma.

**Honeydew.** Good aroma; slightly soft, heavy, creamy white to yellowish rind, not too green. Large sizes have best quality.

**Crenshaw, Casaba, Persian, Canary, Santa Claus.** Heavy, with a rich aroma and slightly soft blossom end.

**Watermelon.** Yellow underside; not white. Firm and symmetrical. Large sizes have best yield. Velvety surface; not too shiny. When cut, look for hard dark brown seeds and no white heart (hard white streak running through center).



Cantaloupe.



Honeydew.



Crenshaw melon.



Canary melon.



Piel de sapo melon.



Watermelon.

To prepare hollow melons, wash, cut in half, and remove seeds and fibers. Cut into wedges and cut flesh from rind, or cut balls with ball cutter. Alternatively, cut the rind from the whole melon with a heavy knife, using same technique as illustrated for grapefruit, above. Then cut in half, remove the seeds, and cut the flesh as desired. To prepare watermelon, wash, cut in half or into pieces, and cut balls with ball cutter, or cut flesh from rind and remove seeds.

Percentage yield: Watermelons, 45%; others, 50–55%

## Nectarines

See peaches and nectarines.



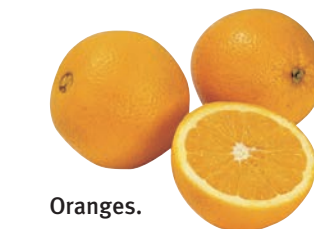
Nectarines.

## Oranges and Mandarins (including Tangerines)

To select high-quality oranges, use the same guidelines as for grapefruit. Mandarins may feel puffy, but they should be heavy for their size. Unusual varieties include blood oranges, with dark red flesh and juice and intense flavor, and Seville oranges, with tart rather than sweet flesh. Seville oranges are prized for making marmalade.

Peel mandarins by hand and separate the sections. For juicing, cut oranges in half crosswise; for sections, see grapefruit.

Percentage yield: 60–65% (sections with no membranes); 50% (juiced)



Oranges.



Tangerines.



Blood oranges.



Mandarins.

Courtesy iStockphoto.com.



Papaya.

## Papayas

Papayas are pear-shaped tropical fruits with a mild, sweet flavor and slightly floral aroma. The flesh is yellow or pinkish, depending on the variety, and the center cavity holds a mass of round, black seeds. Papayas may weigh from less than 1 pound to several pounds (less than 500 g to more than 1 kg) each. Their skin is green when unripe, becoming yellow as they ripen. For best quality, select fruits that are firm and symmetrical, without bruises or rotten spots. Avoid dark green papayas, which may not ripen properly.

Let ripen at room temperature until slightly soft and nearly all yellow, with only a little green. Wash. Cut in half lengthwise and scrape out the seeds. Peel, if desired, or serve the seeded halves as they are, like small melon halves.

Percentage yield: 65%



Passion fruit.

## Passion Fruit

These are tropical fruits about the size of eggs, with a brownish purple skin that becomes wrinkled when ripe. (There is also a yellow-skinned variety.) They are mostly hollow when ripe, with juice, seeds, and a little flesh inside. The tart juice has an intense, exotic flavor and an aroma that is greatly prized by pastry chefs. Select fruits that are large and heavy for their size. If they are smooth, let ripen at room temperature until the skin is wrinkled.

To use, cut in half, taking care not to lose any juice. Scrape out the seeds, juice, and pulp. The seeds can be eaten, so do not discard them. If you need only the juice, it is much more economical to buy the frozen juice, as fresh fruits are expensive.

Percentage yield: 40–45%



Peaches.

## Peaches and Nectarines

Peaches should be plump and firm, without bruises or blemishes. Avoid dark green fruits, which are immature and will not ripen well. Avoid fruits that have been refrigerated before ripening, as they may be mealy. Select freestone varieties of peaches. Clingstone varieties require too much labor (they are used primarily for canning).

Let ripen at room temperature, then refrigerate. Peel peaches by blanching in boiling water 10 to 20 seconds, until the skin slips off easily, and cool in ice water. (Nectarines do not need to be peeled unless desired.) Cut in half, remove the pit, and drop into fruit juice, sugar syrup, or ascorbic acid solution to prevent darkening.

Percentage yield: 75%



Pears.

## Pears

Pears should be clean, firm, and bright, with no blemishes or bruises. Pears for eating raw should be fully ripe and aromatic. However, once they have ripened, pears are likely to become mushy within a day, so refrigerate immediately upon ripening. For cooking, they are better if slightly underripe, as fully ripe pears are too soft when cooked.

To prepare, wash, pare, cut in halves or quarters, and remove core. To prevent browning, dip in fruit juice.

Percentage yield: 75% (peeled and cored)



Butter French pear.

*Courtesy of the California Pear Advisory Board.*



Forelle pear.

*Courtesy of the California Pear Advisory Board.*



Starcrimson pear.

*Courtesy of the California Pear Advisory Board.*



Comice pear.

*Courtesy of the California Pear Advisory Board.*



Seckel pear.

*Courtesy of the California Pear Advisory Board.*



Taylor gold pear.

*Courtesy of the California Pear Advisory Board.*

## Persimmons

Persimmons are orange-red fruits available in two varieties. The most common is Hachiya, which is shaped somewhat like a large acorn (about 8 oz/250 g each). It is extremely tannic when unripe, nearly inedible, but it ripens to a soft, jellylike mass. Ripe persimmons are sweet, juicy, and mild, but rich in flavor. The other variety, Fuyu, is smaller and more squat in shape. It lacks the tannin content of Hachiya persimmons and can be eaten even when not fully ripe. Select plump persimmons with a good red color and stem cap attached.

Ripen at room temperature until very soft, then refrigerate. Remove stem cap, cut as desired, and remove seeds, if there are any.

Percentage yield: 80%



Persimmons.

## Pineapple

Pineapples should be plump and fresh-looking, with an orange-yellow color and abundant fragrance. Avoid soft spots, bruises, and dark, watery spots.

Store at room temperature for a day or two to allow some tartness to disappear, then refrigerate. Pineapples may be cut in many ways. For slices, chunks, and dice, cut off the top and bottom and pare the rough skin from the sides, using a stainless steel knife. Remove all “eyes.” Cut into quarters lengthwise and cut out the hard center core. Slice or cut as desired.

Percentage yield: 50%



Pineapple.

## Plums

Look for plump, firm, but not hard plums, with no bruises or blemishes.

To prepare, wash, cut in half, and remove pits.

Percentage yield: 95% (pitted only)



Prune plums.



Red plums.

## Pomegranates

The pomegranate is a subtropical fruit about the size of a large apple. It has a dry red skin or shell enclosing a mass of seeds. Each seed is surrounded by a small sphere of juicy, bright red pulp. Pomegranates are used mostly for their red, tart-sweet juice. The seeds with their surrounding pulp can also be used as an attractive garnish for desserts and even meat dishes. Look for heavy fruits without bruises. When squeezed, they should yield to gentle pressure; if they are too hard, they may be dried out.

To prepare, lightly score the skin without cutting into the seeds and carefully break the fruit into sections. Separate the seeds from the membranes. Juicing is difficult. Some methods crush the seeds, which makes the juice bitter. To make a better juice, use this method: Roll the whole pomegranate on the countertop under the palm of the hand, to break the juice sacs. Then pierce a hole in the side of the fruit and squeeze out the juice.

Percentage yield: 55%



Black freestone plums.



Santa Rosa plums.



Pomegranate.

## Prickly Pears or Cactus Pears

These are barrel-shaped fruits about the size of a large egg. Their skin color ranges from magenta to greenish red, and they have a bright pinkish-red, spongy interior with black seeds. The pulp is sweet and aromatic, but with a mild flavor. Good-quality fruits are tender but not mushy, with a good skin color, not faded. Avoid fruits with rotten spots.

If the fruit is firm, allow to ripen at room temperature, then refrigerate. Keep in mind these are the fruits of cacti, and thorns grow on the skin. These are removed before shipping, but small, hard-to-see thorns may remain. To avoid getting stung, hold the fruit with a fork while you slice off the top and bottom. Still holding it with a fork, pare the sides with a knife and discard the peels without touching them. Cut or slice the pulp as desired, or force it through a sieve to purée it and remove the seeds.

Percentage yield: 70%



Prickly pears.



Quince.

### Quinces

Quinces grow in temperate climates and were once very popular in Europe and North America. Many old, neglected quince trees remain in New England and elsewhere. The fruit resembles a large, yellow, lumpy pear, with either a smooth or slightly downy skin. The raw fruit is never eaten, as it is dry and hard. When cooked (usually stewed or poached in a sugar syrup), it becomes aromatic, flavorful, and sweet, and the flesh turns slightly pink. The fruit keeps well. Select fruit with good color and free of bruises or blemishes.

Cut, pare, and core like apples or pears, then cook.

Percentage yield: 75%

### Rhubarb

Rhubarb is a stem, not a fruit, but it is used like a fruit. Buy firm, crisp, tender rhubarb with thick stalks, not thin and shriveled.

To prepare, cut off all traces of leaf, which is poisonous. Trim the root end, if necessary. Peel with a vegetable peeler, if desired; you can omit this step if the skin is tender. Cut into desired lengths.

Percentage yield: 85–90% (if purchased without leaves)



Rhubarb.



Star fruit.

### Star Fruit, or Carambola

The star fruit is a shiny, yellow, oblong fruit with five ridges running its length, so it forms stars when sliced crosswise. It is fragrant, ranging from tart to sweet, with a crisp texture. Look for full, firm fruits. Avoid fruits with ribs that have browned and shrunk.

Wash and slice crosswise.

Percentage yield: 99%

## FRUIT LIQUEURS AND ALCOHOLS

A variety of alcoholic beverages are distilled from or flavored with fruits. Many of these are useful as flavoring ingredients in the bakeshop. Most of the alcohols we use in the bakeshop fall into two categories: white alcohols and liqueurs.

White alcohols, also known as *eaux-de-vie* (oh duh VEE; singular, *eau-de-vie*), French for “water of life,” are true brandies, meaning they are distilled from fruit. They are not aged in wood barrels, so they are clear and colorless. White alcohols have no sweetness and have a fresh, fruity aroma. The most common of this type found in the bakeshop is kirsch (made from cherries). Other white alcohols include poire (pear), mirabelle (yellow plum), and framboise (raspberry).

Liqueurs, also called *cordials*, are sweet alcoholic beverages flavored with fruit, herbs, or other ingredients. Orange-flavored liqueurs, such as curaao, Cointreau, and Grand Marnier, are the most commonly used in the bakeshop.

## FRUIT DESSERTS

### Simple Fruit Salads and Cooked Fruits

After a rich meal, a piece of fresh fruit can be a light and refreshing dessert. Most diners, however, are happier with something that requires a little more effort from the kitchen. Serving fresh fruit, such as berries, with cream or a sauce such as sabayon, crme anglaise, or coulis often satisfies these desires. (See Chapter 12 for a selection of dessert sauces.) A simple fruit salad can be an attractive alternative. Marinating fresh fruit in a flavored syrup adds a new

dimension to the fruit and also allows the pastry chef to make an attractive mixture of colorful, carefully cut seasonal items.

A simple and versatile category of fruit dessert is the *compote*, which may be defined as cooked fruit, usually small fruits or cut fruit, served in its cooking liquid. Mixed-fruit compotes are versatile because they can be seasoned and sweetened as desired, and the combination of fruits is infinitely variable. Cooking media range from light syrups to concentrated spiced caramel, honey, or liqueur mixtures.

There is no clear dividing line between fresh fruit salads and lightly cooked fruit compotes. If a boiling syrup is poured over a mixture of fruit, and the fruit is marinated without additional cooking, it could be called either a compote or a fresh fruit salad.

Hard fruits and mixtures of dried fruits are usually cooked longer, until they are tender. Larger, whole fruits cooked in syrup are not usually called compotes, though the cooking procedure is the same. A pear poached in wine is a classic dessert that remains popular.

This chapter presents two types of compotes. The first part of the recipe section includes light mixtures of fresh fruit in syrup that are served as desserts. Later in the chapter you will find sweeter, more intensely flavored compotes that are not served by themselves but are used as sauces, condiments, and ingredients in pastries and other preparations.

Many fruits can also be sautéed for serving as desserts. This procedure is similar to sautéing vegetables, except that sugar is added to the fruit and butter in the pan. The sugar caramelizes and forms a rich sauce as it combines with the juices that are drawn out of the fruit. Apples, apricots, bananas, pears, peaches, pineapples, plums, and cherries are especially suited to this style of preparation. For examples of this type of preparation, see the recipe for Caramelized Pears (p. 589) and the variations that follow.

## Traditional and Specialty Fruit Desserts

This chapter also includes a selection of recipes ranging from the old-fashioned and rustic to the stylishly modern. Traditional North American favorites include the *cobbler*, which is like a fruit pie made in large baking pans, but without a bottom crust; the *crisp*, which is like a cobbler but with streusel topping instead of a pastry crust; and the *betty*, which has alternating layers of rich cake crumbs and fruit. These homey desserts are, for the most part, easy to prepare.

More difficult to prepare is the Caramelized Pear Charlotte (p. 596), perhaps the most complex recipe in this chapter. Before attempting this dessert, you may need to review the information on Bavarians, mousses, and charlottes in Chapter 20.

## Fruit Preserves, Condiments, and Garnishes

Finally, at the end of the chapter you will find a variety of preparations that are not served as desserts, but rather used as elements or ingredients in other dishes. These include jams and marmalades, sweet compotes used as sauces or garnishes, and specialty items such as fruit crisps, pâte de fruits, and candied citrus zests that add appeal to plated desserts and petit four trays.



### KEY POINTS TO REVIEW

- What changes in aroma, sweetness, juiciness and texture, and color take place as a fruit ripens?
- Which of these changes can occur after fruit is picked? How does your answer depend on the particular fruit?
- If you know the percentage yield of a fruit, how do you perform calculations of yield and amount needed (EP and AP weights)?
- What is a compote?
- What are the following traditional North American fruit desserts: cobbler, crisp, and betty?



## POACHED FRUIT (FRUIT COMPOTE)

**Yield:** about 3 lb (1.5 kg), plus syrup

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Water	1 qt	1 L	
Sugar (see <i>Note</i> )	1–2 lb	0.5–0.75 kg	
Vanilla extract (see <i>Note</i> )	2 tsp	10 mL	
Prepared fruit (see individual variations)	3 lb	1.5 kg	
<p><b>NOTE:</b> The amount of sugar used depends on the desired sweetness of the dessert and the natural sweetness of the fruit. Other flavoring may be used in place of the vanilla. A popular alternative is to add 2 or 3 strips lemon peel and 1 oz (30 mL) lemon juice to the syrup.</p>			<ol style="list-style-type: none"> <li>1. Combine the water and sugar in a saucepan. Bring to a boil, stirring until the sugar is dissolved.</li> <li>2. Add the vanilla.</li> <li>3. Add the prepared fruit to the syrup or, if using tender fruit, place the fruit in a shallow pan and pour the syrup over it.</li> <li>4. Cook very slowly, just below a simmer, until the fruit is just tender.</li> <li>5. Let the fruit cool in the syrup. When cool, refrigerate in the syrup until needed.</li> </ol>

### VARIATIONS

#### POACHED APPLES, PEARS, OR PINEAPPLE

Peel, quarter, and core the fruit. For pineapple, cut into small wedges. Poach as in basic recipe.

#### PEARS IN WINE

Substitute red or white table wine for the water. Omit the vanilla. Add ½ sliced lemon to the syrup. Peel the pears, but leave them whole.

#### POACHED PEACHES

Peel the peaches by blanching them in boiling water for a few seconds and slipping off the skins. Cut in half and remove the stones. Poach as in the basic recipe.

#### PEACHES IN WINE

Prepare the peaches as above. Poach as for Pears in Wine, flavoring the syrup with lemon.

#### POACHED APRICOTS, PLUMS, OR NECTARINES

Cut the fruits in half and remove the stones. (Nectarines may be peeled like peaches, if desired.) Poach as in the basic recipe.

#### POACHED CHERRIES

Pit the cherries with a cherry pitter. Poach as in the basic recipe.

#### POACHED DRIED FRUIT

Soak dried fruit in water overnight. Use the soaking liquid for making the syrup. Poach as in the basic recipe, adding 1 oz (30 mL) lemon juice to the syrup.

#### TROPICAL FRUIT COMPOTE

Prepare the syrup as in the basic recipe, flavoring it with lemon and orange zest in addition to the vanilla and substituting white wine for half the water. Prepare a mixture of kiwi fruit, peeled and sliced crosswise; papayas, peeled, seeded, and cut into thin wedges or slices; mangoes, peeled, pitted, and sliced; orange wedges; and strawberries, trimmed and halved. While the syrup is still hot, pour it over the fruit. Cool, cover, and refrigerate overnight. If desired, top each portion with toasted or untoasted shredded coconut.

#### FRESH FRUIT SALAD

This is an uncooked version of fruit compote. Prepare the syrup as in the basic recipe. Cool it completely. Prepare a mixture of fresh fruits; dice large fruits or cut them into bite-size pieces. Combine the fruits and cold syrup and let them stand several hours or overnight in the refrigerator.

## FRUIT SALAD

**Yield:** about 2 lb 8 oz (1100 g), including syrup

Ingredients	U.S.	Metric	PROCEDURE
Apple	1	1	<ol style="list-style-type: none"> <li>1. Prepare all the fruit as necessary (wash, peel, pit, core, and so on, depending on the fruit). Cut all the fruit, except the passion fruit, into large bite-size pieces and place in a bowl. Add the pulp, juice, and seeds from the passion fruit to the bowl.</li> <li>2. Heat the sugar, water, cinnamon sticks, vanilla bean, and bay leaves gently until the sugar has dissolved. Bring to a boil. Remove from the heat and pour over the prepared fruit.</li> <li>3. Let the mixture steep and infuse 2–3 hours.</li> <li>4. Drain or serve with a slotted spoon. Reserve the syrup for other uses, if desired.</li> </ol>
Pear	1	1	
Orange	1	1	
Peach	1	1	
Strawberries	10	10	
Raspberries	10	10	
Red plum	1	1	
Passion fruit	1	1	
Sugar	11 oz	300 g	
Water	14 oz	400 g	
Cinnamon sticks	2	2	
Vanilla bean	1	1	
Bay leaves	2	2	

## MARINATED TROPICAL FRUITS

**Yield:** about 4 lb (2 kg), including syrup

Ingredients	U.S.	Metric	PROCEDURE
Mangoes	3	3	<ol style="list-style-type: none"> <li>1. Peel the fruit. Core the pineapple and remove the pit from the mangoes. Cut into large cubes (about 1 in./2.5 cm). Place the fruit in a saucepan.</li> <li>2. Combine the remaining ingredients, stirring to dissolve the sugar. (If desired, tie the spices in a cheesecloth bag so they can be removed easily before serving.)</li> <li>3. Pour the boiling syrup over the fruit, cover with a round of parchment, and simmer 5 minutes. Cool and then chill the fruit in the syrup.</li> </ol>
Large pineapple	1	1	
Kiwi fruits	5	5	
Water	7 oz	200 g	
Sugar	7 oz	200 g	
Cinnamon stick	1	1	
Orange rind, in strips	0.3 oz	8 g	
Lemon	½	½	
Cloves, whole	4	4	
Mint sprig	1	1	
Vanilla bean	1	1	

## CHILLED SUMMER FRUIT SOUP

**Yield:** approximately 3 pt (1.5 L)

Ingredients	U.S.	Metric
Water	2 pt 8 oz	1250 mL
Sugar	1 lb 8 oz	750 g
Lime juice	5 oz	150 mL
Lime zest, grated	0.25 oz	8 g
Strawberries, sliced	8 oz	250 g
Bananas, sliced	12 oz	375 g
Gelatin	0.25 oz	8 g
Cold water	4 oz	125 g
Garnish: assorted fresh fruit, such as strawberries, raspberries, blackberries, plums, red currants, blueberries, kiwi fruit	as desired	as desired

### PROCEDURE

1. Combine the sugar and water in a saucepan. Bring to a boil and stir to dissolve the sugar.
2. Add the lime juice and zest, the strawberries, and the bananas. Remove from the heat, cover, and let stand until cooled to room temperature.
3. Pass the soup through a fine sieve. Let the liquid drain, but do not press down on the solids, which would make the soup cloudy.
4. Soften the gelatin in the cold water. Reheat the soup until just below the simmering point and add the gelatin. Stir until dissolved.
5. Cool and then chill the soup. The quantity of gelatin is just enough to give the soup a little body without gelling it.
6. Prepare the desired fruit for garnish. Leave small berries whole, and cut larger fruit as desired.
7. To serve, ladle the soup into soup plates and add the desired garnish.



## CARAMELIZED PEARS

**Yield:** 8 portions

Ingredients	U.S.	Metric
Pears, ripe	8	8
Butter	2 oz	60 g
Granulated sugar	4 oz	125 g

### VARIATIONS

Cut the pears into halves instead of quarters. To serve, place them cut side down on a plate, slice crosswise, and fan the slices. For a more caramelized surface, sprinkle the top of the fruit with sugar and then caramelize under a salamander or broiler, being careful not to let the sugar scorch.

The following fruits can be prepared using the same basic method. Adjust the quantities of butter and sugar according to taste and the sweetness of the fruit.

#### CARAMELIZED APPLES

Peel, core, and slice the apples. Use white or brown sugar, depending on the desired flavor. If desired, season with cinnamon and nutmeg, vanilla, or lemon zest.

#### CARAMELIZED PEACHES

Blanch and skin the peaches. Cut in half and remove the pits. Slice or cut into wedges.

#### CARAMELIZED PINEAPPLE

Peel, slice crosswise, and remove the core from each slice using a small, round cutter. Use white or brown sugar, as desired.

#### CARAMELIZED BANANAS

Peel; quarter by cutting in half crosswise and then lengthwise. Use brown sugar. Because bananas release little juice, you may add a little orange juice or pineapple juice. Flavor with cinnamon and nutmeg or mace.

### PROCEDURE

1. Peel, core, and quarter the pears.
2. Heat the butter in a sauté pan. Add the pears and sugar. Cook over moderately high heat. The pears will give off juice, which will combine with the sugar to form a syrup. Continue to cook, turning and basting the pears, until the syrup reduces and thickens and the pears are lightly caramelized. The syrup will become light brown; do not try for a dark brown color or the fruit will overcook.
3. Serve warm. A small scoop of vanilla ice cream is a good accompaniment. Caramelized fruits are most often used as components of other desserts, and are also used as garnish for savory items such as pork and duck.



## APPLE CRISP

**Yield:** 1 pan, 12 × 20 in. (30 × 50 cm); 48 portions, 4 oz (120 g) each

Ingredients	U.S.	Metric
Peeled, sliced apples	8 lb	4000 g
Sugar	4 oz	125 g
Lemon juice	2 oz	60 mL
Butter	1 lb	500 g
Brown sugar	1 lb 8 oz	750 g
Cinnamon	0.12 oz (2 tsp)	4 g
Pastry flour	1 lb 8 oz	750 g

### PROCEDURE

1. Toss the apples gently with the sugar and lemon juice. Spread evenly in a 12 × 20-in. (30 × 50 cm) baking pan.
2. Rub the butter, sugar, cinnamon, and flour together until well blended and crumbly.
3. Sprinkle evenly over the apples.
4. Bake at 350°F (175°C) for about 45 minutes, until the top is browned and the apples are tender.

### VARIATIONS

#### PEACH, CHERRY, OR RHUBARB CRISP

Substitute peaches, cherries, or rhubarb for the apples. If rhubarb is used, increase the sugar in step 1 to 12 oz (375 g).



## FRUIT COBLER

**Yield:** 1 pan, 12 × 20 in. (30 × 50 cm); 48 portions, 5 oz (150 g) each

Ingredients	U.S.	Metric
Fruit pie filling	12–15 lb	5.5–7 kg
Flaky Pie Dough (p. 287)	2 lb	1 kg

### PROCEDURE

1. Place the fruit filling in a 12 × 20-in. (30 × 50 cm) baking pan.
2. Roll out the pastry to fit the top of the pan. Place on top of the filling and seal the edges to the pan. Pierce small holes in the pastry to allow steam to escape.
3. Bake at 425°F (220°C) for about 30 minutes, until the top is browned.
4. Cut the dessert in 6 rows of 8, or 48 portions. Serve warm or cold.

### VARIATIONS

In place of the pie pastry, use biscuit dough (p. 220). Roll out the dough  $\frac{1}{4}$  in. (6 mm) thick and cut it into 1½-in. (4-cm) rounds. Place the rounds on top of the fruit filling.

## APPLE BETTY

**Yield:** 1 pan, 12 × 20 in. (30 × 50 cm); 48 portions, 4 oz (120 g) each

Ingredients	U.S.	Metric	PROCEDURE
Peeled, sliced apples	8 lb	4000 g	
Sugar	1 lb 8 oz	750 g	
Salt	0.25 oz (1 tsp)	7 g	
Nutmeg	0.08 oz (1 tsp)	2 g	
Lemon zest, grated	0.12 oz (1½ tsp)	3 g	
Lemon juice	2 oz	60 mL	
Yellow or white cake crumbs	2 lb	1000 g	
Butter, melted	8 oz	250 g	

## APPLE CHARLOTTE

**Yield:** one 1-qt (1-L) mold

Ingredients	U.S.	Metric	PROCEDURE
Tart cooking apples	2 lb	900 g	
Butter	1 oz	30 g	
Lemon zest, grated	0.08 oz (1 tsp)	2 g	
Cinnamon	0.01 oz (¼ tsp)	0.4 g	
Puréed apricot jam	2 oz	60 g	
Sugar	1–2 oz	30–60 g	
Firm white bread, trimmed of crusts	12 slices	12 slices	
Butter, melted	4 oz	110 g	

**Note:** Apple charlottes should normally not be made in sizes larger than 1 qt (1 L), or they are likely to collapse after unmolding. To help avoid collapse, cook the apple mixture until it is quite thick. Make sure the bread is firm; and bake the charlotte long enough to brown the bread well. (See the Charlotte sidebar on p. 533 for a history of the *apple charlotte*.)

## STRAWBERRIES ROMANOFF

**Yield:** 8–12 portions

Ingredients	U.S.	Metric	PROCEDURE
Strawberries, fresh	2 qt	2 L	
Orange juice	4 oz	125 mL	
Confectioners' sugar	2 oz	60 g	
Orange liqueur, such as curaçao	2 oz	60 mL	
Heavy cream	12 oz	400 mL	
Confectioners' sugar	0.75 oz (3 tbsp)	20 g	
Orange liqueur, such as curaçao	0.75 oz (1½ tbsp)	20 mL	
<b>VARIATIONS</b>			
Place a small scoop of orange sorbet in each dessert dish and cover it with the marinated berries. Cover with whipped cream as in the basic recipe.			

## GRATIN DE FRUITS ROUGES (BERRY GRATIN)

**Yield:** 5 portions, 5 oz (150 g) each

Ingredients	U.S.	Metric	PROCEDURE
Sponge layers (see step 1)	5	5	
Dessert syrup flavored with kirsch (p. 258)	as needed	as needed	
Strawberries	7 oz	200 g	
Blackberries	3.5 oz	100 g	
Raspberries	3.5 oz	100 g	
Red currants	2.5 oz	75 g	
Sabayon I (p. 277)	5 oz (about 15 fl oz)	150 g (about 450 mL)	
Raspberry Sauce (p. 276)	3.5 oz	100 g	
Additional fruit for garnish	as needed	as needed	

## RASPBERRY OR CHERRY GRATIN

Ingredients per Portion	U.S.	Metric	PROCEDURE
Genoise layer (p. 406; see step 2)			
Raspberries or sweet, pitted cherries	3 oz	90 g	
Pastry Cream (p. 267)	2 oz	60 g	
Whipped cream	1 oz	30 g	
Kirsch, orange liqueur, or raspberry or cherry brandy	to taste	to taste	
Sliced almonds	0.25 oz	7 g	
Butter, melted	0.25 oz	7 g	
Confectioners' sugar			





## BAKED APPLES TATIN-STYLE

**Yield:** 6 apples, about 4½ oz (130 g) each

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Puff pastry	6 oz	150 g	
<b>Stuffing</b>			
Brown sugar	2 oz	50 g	
Butter	2 oz	50 g	
Almonds, chopped	2 oz	50 g	
Pecans, chopped	1 oz	25 g	
Raisins	2 oz	50 g	
Prunes, chopped	2 oz	50 g	
Armagnac or brandy	0.5 oz	15 g	
Cinnamon	1 tsp	2 g	
<b>Topping</b>			
Sugar	5 oz	150 g	
Vanilla bean (see <i>Note</i> )	½	½	
Butter	3 oz	70 g	
Sliced almonds, toasted	0.75 oz	20 g	
Pecans, chopped	0.75 oz	20 g	
Pine nuts	0.75 oz	20 g	
Raisins	0.75 oz	20 g	
Pistachios	0.75 oz	20 g	
Granny Smith apples	6	6	
Butter, melted	2 oz	50 g	
Crème Anglaise (p. 265)	12 oz	300 g	
Calvados	2 oz	50 g	
<p><b>NOTE:</b> If vanilla beans are not available, add ¼ tsp (1 g) vanilla extract to the caramel in step 4.</p>			

## CRÈME BRÛLÉE SOPHIA

**Yield:** 6 portions

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Grapefruits	2	2	
Peaches, fresh or canned, drained and chopped	8 oz	250 g	
Sugar	1.75 oz	50 g	
Milk	9 oz	280 g	
Heavy cream	3 oz	90 g	
Whole eggs	5 oz	150 g	
Egg yolks	1.33 oz	40 g	
Sugar	3.5 oz	100 g	
Vanilla extract	½ tsp	2 g	
Peach schnapps	2 oz	60 g	
Extra-fine granulated sugar	3.5 oz	100 g	

## FIGS IN PORT WINE

**Yield:** about 1 lb 4 oz (600 g) figs in sauce, depending on size of figs

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Sugar	3.75 oz	100 g	
Butter	1.5 oz	40 g	
Red wine	3 oz	80 g	
Port wine	3 oz	80 g	
Vanilla extract	½ tsp	2 g	
Blackcurrant purée	2 oz	50 g	
Figs, fresh, whole	8	8	

## CARMELIZED PEAR CHARLOTTE

**Yield:** 3 cakes, 7 in. (18 cm) each

Ingredients	U.S.	Metric
<b>Caramelized pears</b>		
Sugar	10 oz	270 g
Water	4 oz	110 g
Heavy cream	11 oz	310 g
Vanilla bean, split (see <i>Note</i> )	1	1
Pears, peeled, cored, and quartered	6	6
<b>Syrup</b>		
Sugar	2 oz	60 g
Water	2 oz	60 g
Poire Williams	3.33 oz	100 g
<b>Assembly</b>		
Baumkuchen (p. 413)	see step 3	see step 3
Genoise layer (p. 406)	see step 3	see step 3
<b>Mousse</b>		
Milk	7.5 oz	220 g
Egg yolks	3 oz	90 g
Sugar	4 tsp	20 g
Gelatin, softened in water	0.5 oz	14 g
Caramel from the pears	8 oz	240 g
Heavy cream	1 lb 7 oz	650 g
<b>Glaçage</b>		
Gelatin	0.25 oz	6 g
Caramel from the pears	4 oz	120 g
Glucose	1 oz	30 g
Poire Williams	1 oz	30 g
<b>Decoration</b>		
Italian Meringue (p. 264)	as needed	as needed
Chocolate cigarettes (p. 643)	as needed	as needed
Red currants or other berries	as needed	as needed
Mint leaves	as needed	as needed

**Note:** If vanilla beans are not available, add ½ tsp (2 g) vanilla extract to the caramel in step 1.



### PROCEDURE

1. For the pears: Make a syrup with the sugar and water and cook to a golden caramel. Carefully add the cream and vanilla bean. Stir and simmer until the caramel is dissolved. Add the pears. Cover with a round of parchment and simmer until tender. Drain and reserve both the caramel and the pears. Scrape the seeds from the vanilla bean and add them to the caramel. There should be about 7 oz (200 g) caramel.
2. For the syrup: Heat the water and sugar until the sugar is dissolved. Remove from the heat and add the Poire Williams.
3. Line three 7-in. (18-cm) charlotte rings with baumkuchen, as shown on page 455. Place the rings on cake cards. Cut 6 thin layers from the genoise and place one in the bottom of each ring. (Reserve the other 3 layers for step 8.) Brush the genoise with the syrup.
4. Reserve 3 pear quarters for decorating the charlottes and chop the remaining pears into bite-size pieces, retaining any juices they release when cut. Add these juices to the caramel. Place the chopped pears on top of the genoise layers.
5. For the mousse: Heat the milk to scalding point. Whip the egg yolks and sugar until light, then whip in half the milk. Return this mixture to the pan with the remaining milk and heat until thick enough to coat the back of a spoon.
6. Add the gelatin and two-thirds of the reserved caramel from the pears. Stir until the gelatin is dissolved.
7. Cool the mixture by stirring over ice. Before it sets, whip the cream to soft peaks and fold in.
8. Fill the rings three-fourths full with the mousse mixture and level the tops. Place a layer of genoise on top and press down gently. Brush with syrup.
9. Fill the rings to the top with the remaining mousse and level the tops with a palette knife. Chill until set.
10. For the glaçage: Soften the gelatin in cold water (see pp. 83–84). Heat the remaining caramel with the glucose. Stir in the gelatin until dissolved. Add the Poire Williams. Cool slightly.
11. Spoon the glaçage over the mousse. Smooth with a palette knife and chill.
12. Remove the charlotte rings by warming them slightly with a blowtorch and lifting them off.
13. Decorate the tops with a few scrolls of Italian meringue, piped with a star or plain tip, a fanned quartered pear, some chocolate cigarettes, berries, and mint leaves.

## SPICED PINEAPPLE

**Yield:** about 2 lb (950 g) pineapple and sauce

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Baby pineapples (see <i>Note</i> )	4	4	
Sugar	7 oz	200 g	
Butter	3.5 oz	100 g	
Star anise, whole	2	2	
Cloves, whole	2	2	
Cinnamon sticks	2	2	
Rum	1.5 oz	40 g	
Vanilla extract	½ tsp	2 g	
Heavy cream	3.5 oz	100 g	
<p><b>Note:</b> Baby pineapples weigh about 8 oz (250 g) each and yield about 5 oz (150 g) flesh. If they are not available, substitute 20 oz (600 g) peeled, cored fresh pineapple, in large pieces.</p>			

## RASPBERRY JAM

**Yield:** 15 oz (480 g)

*For large-quantity measurements, see page 739.*

Ingredients	U.S.	Metric	Fruit at 100% %	<b>PROCEDURE</b>
Sugar	6 oz	188 g	75	
Water	2 oz	60 g	25	
Raspberries, fresh	8 oz	250 g	100	
Glucose	0.8 oz	24 g	10	
Sugar	1.2 oz	36 g	15	
Pectin	0.67 oz	20 g	8	
<b>VARIATIONS</b>				
Other soft fruits may be prepared in the same way.				

## APPLE MARMALADE

**Yield:** 2 lb 2 oz (1060 g)

*For large-quantity measurements, see page 739.*

Ingredients	U.S.	Metric	Fruit at 100% %	<b>PROCEDURE</b>
Apples, peeled and cored	2 lb	1000 g	100	
Water	4 oz	125 g	12.5	
Sugar	10 oz	300 g	30	

## STRAWBERRY MARMALADE

**Yield:** 13 oz (400 g)

*For large-quantity measurements, see page 739.*

Ingredients	U.S.	Metric	Fruit at 100%	<b>PROCEDURE</b>
			%	
Strawberries	8 oz	250 g	100	<ol style="list-style-type: none"> <li>1. If the strawberries are large, cut them into halves or quarters. Otherwise, leave them whole.</li> <li>2. Mix the berries with the sugar. Refrigerate overnight.</li> <li>3. Bring the sugared fruit to a simmer and cook until at a purée consistency.</li> <li>4. Remove from the heat. Sprinkle the pectin over the fruit and stir in. Return to the heat and cook 3–4 minutes.</li> <li>5. Add the lemon juice and mix in.</li> <li>6. Pour into clean glass jars and seal. Refrigerate.</li> </ol>
Sugar	8 oz	250 g	100	
Pectin	0.17 oz	5 g	2	
Lemon juice	0.5 oz	15 g	3	

## CARAMELIZED APRICOTS

**Yield:** 12 oz (300 g)

*For large-quantity measurements, see page 740.*

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Sugar	4 oz	100 g	<ol style="list-style-type: none"> <li>1. Combine the sugar, water, and honey, and cook to the caramel stage.</li> <li>2. Keeping the pan over moderate heat, add the butter and stir constantly until the butter is incorporated into the caramel (see p. 277 for information on butter caramel).</li> <li>3. Add the apricots to the caramel mixture. Heat until the apricots are well coated with the caramel.</li> <li>4. Remove the apricots from the caramel mixture and place on a tray or sheet pan. Cover with plastic film and cool.</li> </ol>
Water	1 oz	25 g	
Honey	2 oz	50 g	
Butter	1 oz	25 g	
Canned apricots, drained	12 oz	300 g	

## PLUM COMPOTE

**Yield:** 2 lb 4 oz (1000 g)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Sugar	7 oz	200 g	
Butter	2 oz	50 g	
Star anise, whole	2	2	
Vanilla bean (see <i>Note</i> )	1	1	
Red or black plums, stoned and diced or quartered	2 lb 4 oz	1000 g	
Lemon juice	1 oz	30 g	
Lemon zest, grated	1 tsp	2 g	
Port wine, warmed	2 oz	50 g	

**Note:** If desired, omit the vanilla bean and add 1 tsp (5 mL) vanilla extract to the simmering fruit in step 4.



## APRICOT COMPOTE

**Yield:** 9.5 oz (240 g)

*For large-quantity measurements, see page 740.*

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Sugar	4.5 oz	112 g	
Water	0.6 oz	15 g	
Apricots, fresh or canned, halved and pitted	5 oz	125 g	
Pectin	0.4 oz	10 g	
Glucose	0.5 oz	12 g	

**VARIATIONS**

**APRICOT AND ALMOND COMPOTE**

*For large-quantity measurements, see page 740.*

Ingredients	U.S.	Metric
Whole blanched almonds	2 oz	50 g

Add the almonds to the apricots at the same time as the pectin and glucose.

- Combine the sugar and water in a saucepan and bring to a boil to dissolve the sugar and make a syrup. Cook to 221°F (105°C).
- Cut the apricot halves into halves or thirds, depending on size. Add to the syrup. Cook an additional 15–17 minutes if the apricots are fresh, about 3 minutes if canned.
- Add the pectin and glucose and mix in well. Cook an additional 3 minutes.

## PINEAPPLE KUMQUAT COMPOTE

**Yield:** 11 oz (270 g)

*For large-quantity measurements, see page 740.*

Ingredients	U.S.	Metric
Sugar	4.5 oz	112 g
Water	0.6 oz	15
Vanilla bean (see <i>Note</i> )	½	½
Glucose	0.5 oz	12 g
Canned pineapple, drained and diced	5 oz	125 g
Kumquats, sliced and blanched	2 oz	50 g
Pistachios	0.4 oz	10 g

**Note:** If vanilla beans are not available, flavor the finished compote with vanilla extract to taste.

### VARIATIONS

#### KUMQUAT COMPOTE

*For large-quantity measurements, see page 740.*

Ingredients	U.S.	Metric
Sugar	4.5 oz	112 g
Water	0.6 oz	15 g
Glucose	0.5 oz	12 g
Kumquats, halved or sliced, blanched	5 oz	125 g
Pistachios	0.75 oz	20 g

Follow the procedure in the basic recipe, but omit the pineapple and vanilla and adjust the quantities as listed above.

### PROCEDURE

1. Place the sugar, water, and vanilla bean in a saucepan. Bring to a boil. Cook to 238°F (120°C).
2. Add the fruit and nuts to the syrup.
3. Cook over high heat 2–3 minutes. Remove the vanilla bean.
4. Pour into clean glass jars and seal. Refrigerate.

## CANDIED ORANGE OR LEMON ZEST

**Yield:** variable

Ingredients	U.S.	Metric
Oranges or lemons	4	4
Water	as needed	as needed
Sugar	7 oz	200 g
Water	7 oz	200 g

### PROCEDURE

1. Peel the zest from the oranges in strips, using a vegetable peeler. Using a small, sharp knife, remove the white pith. Square off the strips and then cut them into julienne.
2. Boil the zest in a generous quantity of water until tender. Drain and discard the water.
3. Boil the sugar and water to make a syrup.
4. Poach the zest in the syrup until tender and translucent. Cool.
5. The zest may be stored in the syrup and drained as needed. Alternatively, drain and pat off excess syrup with absorbent paper. Then roll in extra-fine granulated sugar and shake in a sieve to remove excess sugar.

## APPLE CRISPS

**Yield:** variable, depending on size of apple and thickness of cuts

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Sugar	7 oz	200 g	
Water	7 oz	200 g	
Green apple, peeled	2	2	
<b>VARIATIONS</b>			
<p>Other fruits, such as oranges, pineapple, pears, and large strawberries, may be prepared in the same way.</p>			

## APPLESAUCE

**Yield:** about 1 qt (1 L)

Ingredients	U.S.	Metric	<b>PROCEDURE</b>
Apples	4 lb	2 kg	
Sugar	as needed	as needed	
Flavoring (see step 5)			
Lemon juice	to taste	to taste	



## APRICOT JELLIES (PÂTE DE FRUITS)

**Yield:** about 1 lb 8 oz (720 g)

Ingredients	U.S.	Metric
Apricot purée	1 lb	480 g
Sugar	2 oz	60 g
Pectin	0.4 oz	12 g
Sugar	1 lb	480 g
Glucose syrup	3 oz	90 g
Lemon juice	0.33 oz	10 g
Sugar for coating	as needed	as needed

### PROCEDURE

1. Line a half sheet pan with a silicone mat or parchment paper.
2. Bring the apricot purée to a boil in a heavy saucepan.
3. Mix the pectin with the first quantity of sugar. Add to the fruit purée.
4. Bring to a boil, stirring frequently.
5. Add *half* the remaining sugar. Return to a boil, stirring constantly.
6. Add the remaining sugar and the glucose. Return to a boil. Continue to boil, stirring constantly, until a candy thermometer inserted in the mixture reads 225°F (107°C). (Note: Wearing gloves while stirring helps protect your hand from hot spatters.)
7. Stir in the lemon juice. Remove the pan from the heat and let stand until the bubbling stops.
8. Pour the mixture into the prepared half sheet pan.
9. Set stand overnight, until firm.
10. Sprinkle the top with sugar and turn the jelly out onto a cutting surface. Cut into 1-in. (2.5-cm) squares, or whatever size is desired.
11. Roll the cut pieces in sugar.

### VARIATIONS

Other fruits, or mixtures of fruits, may be substituted for the apricot.



## TERMS FOR REVIEW

compote

crisp

apple charlotte

cobbler

betty



## QUESTIONS FOR DISCUSSION

1. Briefly describe each of the following fruits:

kumquat

persimmon

lychee

pomegranate

mango

prickly pear

papaya

quince

passion fruit

2. True or false: Berries should be removed from their containers and washed as soon as possible after delivery or purchase. Explain.

3. For the following fruits, describe how to select produce of good quality.

apples

grapefruit

apricots

grapes

bananas

peaches

coconuts

pineapples

4. Describe in general terms how to sauté a fruit for a dessert.

5. Describe the procedure for preparing pears poached in red wine.



# Dessert Presentation

# 23

## AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Understand the importance of good basic baking and pastry skills and professional work habits to the art of plating desserts.
2. Understand why it is important to consider the convenience and expectations of the customer when planning dessert presentations.
3. Match main dessert items, secondary items, and sauces to create an appealing balance of flavor, texture, temperature, color, and shape in plated desserts.
4. List secondary items and garnishes commonly used to enhance plated desserts.
5. Apply sauces to dessert plates in attractive and appropriate ways.
6. Plate desserts attractively and appropriately for a variety of food service venues.



**IN RECENT YEARS**, chefs have devoted more of their creativity to the arrangement of food on the plate. This is something of a change from earlier decades, when much of the plating of foods in elegant restaurants was done by the dining room staff at table-side. This trend has extended to the service of desserts as well. A piece of pastry or a wedge of cake that was at one time served by itself on a small dessert plate is now likely to be served on a large plate with a sauce and one or more items of garnish.

A pastry chef may devote as much attention to the appearance of a plated dessert as he or she gives to the decoration of a cake or the assembly of a large pastry for the display case or retail counter. The purpose of this chapter is to present guidelines and general suggestions for the presentation of individual desserts. The discussion concludes with a list of specific suggestions that employ recipes from throughout this book.

## OVERVIEW OF DESSERT PLATING

**THE ART OF** the plated dessert is a fairly new aspect of the pastry chef's craft. As noted in the introduction, until recently, desserts in fine restaurants were presented on a pastry cart and plated by the dining room staff, or else they were plated very simply in the kitchen, again by the dining room staff or, sometimes, a pantry cook. Hot desserts such as soufflés may have been prepared by a line cook. The head chef or one of the cooks, perhaps a pantry cook, often prepared the other desserts, or they were purchased from an outside vendor. If the restaurant employed a pastry chef, she or he was simply an anonymous member of the cooking staff.

Today, the situation is very different. Many restaurants—not just the finest establishments, but even casual neighborhood spots—proudly display the names of their pastry chefs on their menus. Dessert menus are likely to be printed separately, as opposed to appearing at the bottom of the main menus. Desserts, prepared by a high-profile pastry chef, are seen as products that not only will increase the check average but also draw public attention to the restaurant and to the creativity of the kitchen, thus bringing in more customers.

Plating styles have changed noticeably in a few short years. Many of the pastry chefs who were pioneers in this area created complex architectural assemblies that were impressive and beautiful to look at but difficult to eat. Diners were fascinated but found they had to take the construction apart in order to begin to eat it. Often, chefs added to the complexity by decorating the rims of the plates with squirts of sauce or sprinklings of cocoa powder or 10X sugar, which was likely to end up on the sleeves of diners' clothing. Gradually, pastry chefs began to shift their focus back to flavor, discovering that they could make great-looking and great-tasting desserts without building towering constructions.

An important factor in the development of plating styles is the way pastry chefs and kitchen chefs work together as a team to shape the culinary identity of the restaurant. Dessert menus are treated as continuations of the dining experience, not simply as an unrelated sweet course tacked on at the end. The pastry chef's work complements and harmonizes with the hot food in plating styles as well as in ingredients and flavors.

Dessert plating styles are constantly changing and evolving, thanks to today's creative pastry chefs. There are many opinions on what makes a successful presentation, and chefs have thought and discussed and written a great deal about this subject. There is much disagreement, of course. When chefs try to develop an individual style to showcase their talents, the result is more variety to attract and satisfy customers.

Because pastry chefs do not always agree on how best to present a dessert, it is impossible to set down a list of hard-and-fast rules to follow. But we can discuss a number of ideas that influence chefs in their decisions and some of the factors pastry chefs consider when planning a dessert menu.

### Three Essentials of Dessert Presentation

Making desserts look good requires that the pastry chef pay careful attention to all of his or her tasks. To create attractive plated desserts, the chef should observe three basic principles. Note that only the third one concerns the actual design of the plating.

- 1. Good basic baking and pastry skills.** A pastry chef cannot make superior plated desserts without having mastered basic skills and techniques. Individual components must be properly prepared. If puff pastry doesn't rise evenly and well because the chef hasn't mastered correct rolling-in techniques, if cake layers have poor texture because of incorrect mixing methods, if a slice of cake is poorly cut, if sauces have poor texture, or if whipped cream is overwhipped and curdled, then no fancy plate design will correct those faults.
- 2. Professional work habits.** Plating attractive and appealing desserts is partly a matter of being neat and careful and using common sense. Professionals take pride in their work and in the food they serve. Pride in workmanship means that chefs care about the quality of their work, and do not serve a dessert they aren't proud of.
- 3. Visual sense.** Beyond being neat, effective dessert presentation depends on a thorough understanding of the techniques involving balance of colors, shapes, textures, and flavors, and learning how to arrange the dessert, garnish, and sauce on a plate to achieve this balance. This is the subject of the next sections.

## Flavor First

“Too much presentation and not enough flavor.” That is an often-expressed opinion of some of the complicated towering constructions that were common on dessert plates not long ago. It is true that you can be more structural with dessert presentations than with hot food. It is also true, as the saying goes, that “the eye eats first.” But it is important to remember that food is still food. After the customers have dismantled the structure on the plate and finished eating the dessert, it is the flavor—or lack of it—they will remember. The presentation should enhance the flavor experience, not cover up a lack of flavor.

Flavor, as you know, begins with ingredients. In baking as well as in cooking, there is no substitute for using the best ingredients available. To get maximum flavor from fruits and other perishable ingredients, look for the freshest, locally grown products in season. This means the dessert menu changes as certain high-quality items go out of season and become unavailable. Chefs take their inspiration from the best in the market. A new crop of fresh summer berries, for example, gets chefs thinking about how best to feature them on the menu. In the fall, local apples and pears show up on menus in many forms.

## Simplicity and Complexity

Offering the best and freshest flavors on the plate frequently means knowing when to stop. It is often harder to leave a presentation alone than to keep adding to it. One pastry expert has written that a good chef can take a great peach and make something original and inventive out of it, but a great chef will know when to let the peach speak for itself. When you are using the best ingredients, often a simple presentation is the best, and the more complexity you add, the more it distracts from the flavors.

This doesn't mean there is no place for complex presentations on dessert menus. It is good practice to offer customers variety. Furthermore, elaborate presentations often draw attention in the dining room and stimulate additional sales and so raise check averages. But you should always consider the function and importance of each additional element you place on a plate. Does it harmonize with the rest of the presentation? Does it serve a purpose, or did you add it just because you could? Even a simple garnish, such as the mint sprigs that seem to appear on every dessert plate in some restaurants, should not be added without thought. What is the mint for? If only to add color, is the color necessary? Some chefs argue that nothing should be put on the plate that isn't intended to be eaten. You may or may not agree, but at least have a reason for what you include on your dessert presentations.

One argument for elaborate dessert presentations is that customers should be offered desserts they can't, or probably wouldn't, prepare at home. For some people this may be true, but many others are attracted most of all to familiar comfort foods. The creative pastry chef can find ways to satisfy both types of customers with a varied dessert menu. Even when presenting home-style desserts, chefs can add a distinctive touch in the form of garnish or sauces, while keeping the base of the dessert recognizable. Even more important, they can make the base dessert so well that even the familiar is lifted to a new level of excellence.

Which dessert do you think is more successful: one the customer thinks is too beautiful to eat, or one the customer can't wait to start eating?

Another factor to consider when designing your presentations concerns kitchen capabilities. A pastry chef's hours vary from establishment to establishment, but in many cases he or she starts early, finishes all the baking, and goes home before dinner service begins. Desserts are then plated by the kitchen staff, or even the dining room staff. If the pastry chef's artful designs are too complex for these other staff members to construct properly, simpler presentations are probably advisable.

## Plating for the Customer

Customers love desserts. However, not all customers order them. What should the pastry chef do to create and present desserts that more customers will order? Variety is the key—offering something for everyone.

A sizable number of diners are simply too full after a satisfying restaurant meal to order a large, rich dessert; but they would welcome a little sweet. In the average restaurant, perhaps two-thirds, at most, of the diners order dessert. Of the remaining third, some undoubtedly

would order dessert if something light and refreshing were on the menu. Therefore, when planning for variety, don't neglect to include lighter, simpler presentations to appeal to diners with smaller appetites.

Here are other guidelines to keep in mind:

- If most of your dessert presentations are elaborate or complex, include at least one or two simple comfort foods.
- Think of the convenience of the diner. Don't make the dessert into a presentation that is difficult or awkward to eat.
- For each presentation, select plates large enough to hold the arrangement without overcrowding (but not so large that the dessert looks sparse on the plate). Besides looking sloppy and unprofessional, desserts falling over the rims of plates risk spilling onto the customer.

## Meeting Expectations

Pastry chefs designing dessert menus must face the fact that their ideas may be more creative than their customers are ready for. Chefs love to experiment and to showcase their new ideas, while customers are often less fond of experimentation and happier with familiar foods. Classic, familiar desserts sell well, but chefs sometimes get bored making their best sellers over and over again. On the other hand, ultra-modern dessert styles appeal to chefs but may be less well received by some customers.

You can avoid some of these problems by serving what customers expect but personalizing the desserts in your own style, with a special plate arrangement, an unusual sauce, or signature garnishes and accompaniments.

Be honest on the menu so people know what to expect. Don't take such liberties with menu terminology in an effort to be creative that you confuse or disappoint your customers. For example, a chef might like to reinvent the classic Tarte Tatin (p. 360), by presenting the basic flavors—crisp pastry and caramelized apples—in a modern way, perhaps by topping a rectangle of crisp short pastry with a rectangle of a gelée of caramelized apples, topped in turn by a rectangle of green apple sorbet, the plate accented with an artful brush stroke of caramel sauce and a sprinkling of diced raw apples. This may be a wonderful dessert, but it's not Tarte Tatin. If you call it that on the menu, some of your customers are sure to be unhappy, no matter how good it is.



### KEY POINTS TO REVIEW

- What are the three essentials of dessert presentation?
- What is the role of flavor in plate design?
- When designing a dessert, what factors should be kept in mind to enhance the comfort and meet the expectations of the customer?

## PRACTICAL PLATING GUIDELINES

**THE BAKER'S ART** consists of two stages: first, cooking and baking doughs, batters, fillings, creams, and sauces; and second, assembling these components into finished desserts and pastries. In Chapter 18, for example, you learned how to take an assortment of baked cake and pastry layers, icings, mousses, fruits, and fillings, and build them into attractive and sometimes complex cakes and tortes.

The same principle is applied to plating dessert presentations. A plated dessert is an arrangement of one or more components. For most desserts, all the components are prepared well in advance. The plated dessert itself, however, is assembled at the last minute. All the components discussed throughout this book—including meringues, mousses, ice creams and sorbets, cookies, puff pastry, sponge and other cake layers, pastry cream, and dessert sauces—are used to make a presentation that is more than the sum of its parts. Of course, this means that in order to make successful plated desserts, you first have to learn how to prepare the components.

## Balancing Dessert Components

The basic elements of a plated dessert are the following:

- Main item
- Secondary items and décor
- Sauce

In classical cuisine, secondary items or supporting items are called *garnish*. Many of today's pastry chefs, however, avoid that term because it suggests simple add-ons, like mint sprigs. In modern platings, the supporting items serve more important roles.

The term *décor* is used to refer to small food items whose main purpose is decoration. However, carefully selected *décor* items have other functions as well: They add important flavor and texture accents to the dessert plating.

In its simplest form, a dessert can be a portion of a single main item, such as a slice of cake or a wedge of pie, served unadorned on a plate. More often, other items are added to enhance flavor, texture, and eye appeal. In some cases, a presentation may have two or more main items. Secondary items enhance and add contrast to the main item (or items).

When deciding what to put on the plate, you should consider five characteristics of each component of the dessert. The first three of these characteristics are related to taste and mouth feel and are the most important:

- Flavor
- Texture
- Temperature

The other two are visual elements:

- Color
- Shape

Flavors should enhance or complement each other, such as a caramel sauce with a caramelized fruit gratin, or offer a pleasing contrast, such as a soothing *crème anglaise* with a slightly tart fruit. To ensure you achieve this, taste the components alone and then together to evaluate the flavors and make sure they work as a combination.

Look for pleasing varieties of texture and temperature. If the main item is soft, such as a mousse or ice cream, add a crisp or crunchy item such as small cookies or caramelized nuts, for texture contrast. Temperature contrasts are also pleasing, such as a spoonful of ice cream with a warm fruit tart.

Visually, a variety of colors and shapes can be attractive, but be careful not to include too much, or the result will come across as a jumble. And don't feel compelled to add color to every plate. Brown is a good color, too, and a well-prepared dessert in a few shades of brown can look very appetizing. A lusciously caramelized *tarte tatin*, for example, needs little or no garnish to make it appealing.

Shapes, too, can be varied in many ways, such as by using different shapes of molds for molded desserts, different cutters for cakes and similar items, and a variety of stencils for tuile garnishes. In addition, plates in various shapes can enhance the overall presentation of your desserts.

## Secondary Items and Décor

Many if not most dessert presentations are improved with one or more items added to enhance them. But before you add anything, take a moment to consider whether serving the dessert alone wouldn't be effective. A simple, unadorned plating is usually all that's needed for home-style desserts and, at the opposite extreme, for elegant pastries or *gâteaux* that are beautiful on their own and need no added elements.

*Fruit* is a good complement for many pastries, cakes, and other desserts. Nearly any fresh or cooked fruit can be used. Depending on size and shape, they can be used whole (such as berries) or cut into slices, wedges, or other shapes (such as apples, pears, pineapple, mango, kiwi, and peaches).

*Ice creams* and *sorbets* can provide both temperature and texture contrasts in a dessert presentation. For home-style desserts such as pies, the ice cream is usually served with a standard scoop. For more elegant presentations, the ice cream is often shaped into a small, oval *quenelle*. To shape a *quenelle*, first make sure the ice cream or sorbet is tempered to a soft, workable consistency. With a tablespoon dipped in water, scoop a portion of the frozen dessert. With a second spoon, scoop the ice cream out of the first spoon. This forms the ice cream into a neat, oval shape about the size of the bowl of the spoon. Repeat the scooping action with the first spoon, if necessary, to make the oval neater. Alternatively, using an oval scoop or spoon, simply draw the scoop across the surface of the ice cream. If the ice cream is at the proper serving temperature, it should curl into a perfect *quenelle*.



*Whipped cream*, applied with a pastry bag or spoon, is a classic garnish for many desserts. (Whipped cream could also be considered a sauce rather than a garnish.)

A small *cookie (petit four sec)* or two gives textural contrast to soft desserts such as mousses, Bavarians, and ice creams.

*Fruit crisps* or *chips* (p. 601) are used to decorate fruit desserts of a corresponding flavor. Not only do they give a textural contrast but they also add flavor interest by providing a variation on the flavor of the main item. For example, one or more apple crisps can enhance a plating of baked apple with apple sorbet.

*Chocolate decorations* of many types, including curls, cigarettes, cutouts, and piped lacework, go well with many kinds of dessert, not only chocolate desserts. (Decorative chocolate work is discussed in Chapter 24.)

A *choux lattice* is used in the photo of a decorated slice of Passion Fruit Charlotte (p. 631). This decoration is made as follows: Draw lattice designs on a sheet of parchment, then turn the parchment over (the drawing should show through). Using a paper cone (p. 440), pipe *pâte à choux* over the design outlines. Use the point of a small knife to make the joints neat, as necessary. Sprinkle with poppy seeds, if you like, and bake at 375°F (190°C) until golden. Choux paste can be used to make décor not just in lattice shapes but in many others as well.

*Stencil paste* or *tuile batter* (pp. 410 and 510) can be piped in design forms the same way choux paste is, then baked until crisp. Alternatively, use the stencil method of cookie makeup (p. 490) to make wafers in decorative shapes for dressing up dessert presentations. Remember that tuile batter items can be bent into decorative curves while they are still hot.

Sugar spirals, spun sugar, and other forms of decorative *sugar work*, as well as caramelized or toasted nuts, are other items used to garnish appropriate desserts. Sugar work is discussed in Chapter 26.

These are only some of the simplest and most commonly used décor items. For more ambitious plating styles, you can also add to the plate small portions of pastries and confections that, in a larger portion size, could stand on their own as main items—for example, a frozen pineapple mousse cake garnished with pineapple fritters, or a chocolate tart accompanied by a small raspberry *crème brûlée*. In such presentation it can be difficult to determine which is the main item and which are the secondary items. Usually, however, one of the items dominates and the others play supporting roles. The possible combinations are limitless.

In summary, always keep in mind these general concepts when planning dessert presentations:

- Every component should have a purpose. Don't add elements merely to make the plate fuller. Limit the items added primarily for decoration.
- Components or elements can work together by complementing or by contrasting.
- When elements contrast, be sure they balance. For example, when you balance a rich mousse with a tart fruit sauce, be sure the sauce isn't so tart or strong-flavored that it overwhelms the mousse.

One final point: It is possible to get carried away with the concept of balance. It is not necessary to garnish every soft dessert with something crisp or every hot dessert with something cold. Sometimes customers prefer just a plain, unadorned dish of ice cream or a simple slice of warm apple pie.

## Sauce

Dessert sauces enhance desserts both by their flavor and their appearance, just as savory sauces enhance meats, fish, and vegetables. The most popular and useful dessert sauces are discussed in Chapter 12. *Crème anglaise* variations, chocolate sauce, caramel sauce, and the many fruit sauces or sweetened fruit purées are the most versatile. One or another of these complements nearly every dessert.

Except in the case of some home-style desserts and frozen desserts, sauces are usually not ladled over a dessert because this would mar its appearance by covering it up. Decorative lines of sauce can be applied to the top of a dessert with a pastry bag or squeeze bottle without covering it up. In most cases, however, the sauce is applied in a decorative fashion to the plate rather than the dessert. Many different styles of plate saucing are available.

Pouring a pool of sauce onto plate is known as *flooding*. Although plate flooding often looks old-fashioned today, it can still be a useful technique for some traditional desserts.

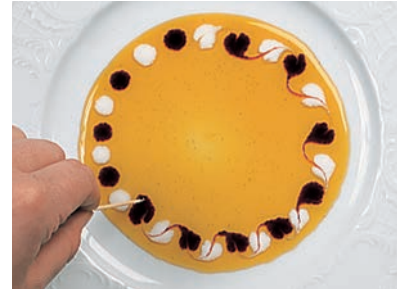
Flooded plates can be made more attractive by applying a contrasting sauce and then blending or feathering the two sauces decoratively with a pick or the point of a knife. For this technique to work, the two sauces should be of about the same weight and consistency.

Rather than flooding the entire plate, it's more appropriate for many desserts to apply a smaller pool of sauce to the plate, as this avoids overwhelming the dessert with too much sauce.

A variation on the flooding technique is *outlining*, whereby a design is piped onto the plate in chocolate and allowed to set. The spaces can then be flooded with colorful sauces.

A squeeze bottle is useful for making dots, lines, curves, and streaks of sauce in many patterns. A pastry bag can be used in the same way, but the squeeze bottle works better with more liquid sauces. Nothing more than a spoon is needed to drizzle random patterns of sauce onto a plate. Other techniques for saucing a plate include applying a small amount of sauce and streaking it with a brush, an offset spatula, or the back of a spoon.

In addition to the illustrations here, you will see other saucing techniques in the photos of individual desserts in the next section.



## Adapting Plating Styles

By carefully designing a plate arrangement, the chef can adapt nearly any dessert idea to a range of plating styles suitable to almost any restaurant and to the expectations of its customers. Guests at a casual neighborhood restaurant are most likely to expect casual or even homey desserts, while at high-end restaurants noted for their creative, modern cuisine, guests will expect more creative and refined presentations.

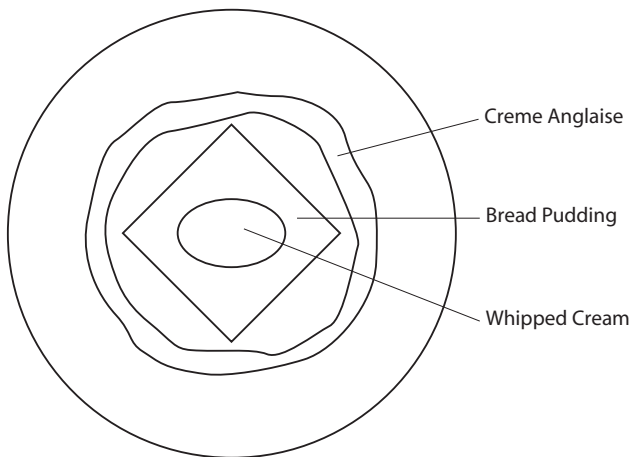
Let's look at an example of how the same item can be presented in different styles.

### One Dessert, Four Plate Designs

Bread pudding is a normally casual dessert that is popular in many restaurants. Adding chocolate to bread pudding, as in the recipe on page 527, adds richness and another flavor dimension to this classic item. A series of "plating maps" or diagrams shows how this item can be designed for different venues. In addition, photos show the actual platings created with the help of the plating maps

#### CHOCOLATE BREAD PUDDING, VERSION 1

If you made this dish at home, you might simply scoop out a portion with a spoon, place it in a bowl, and serve it as is. Even in the most casual diner, however, a little more thought to presentation enhances the dessert. One suggestion is to cut a square of the pudding, place it in the middle of a small dessert plate or shallow bowl, top it with a dollop of whipped cream or a small scoop of ice cream, and spoon a little cr me anglaise or chocolate sauce around the base (see the illustration).



Chocolate bread pudding, version 1.

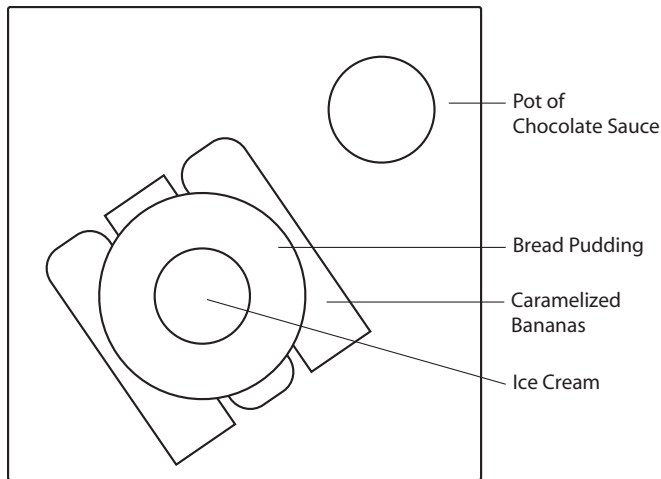


Note that there is little textural contrast in this plating. Similarly, because all the flavors are either chocolaty or creamy, there is not much flavor contrast, either. Nevertheless, such a presentation is well suited to many casual restaurants and is likely to be appealing to customers, and it is simple enough to be within the capabilities of less-experienced kitchen staff.

#### CHOCOLATE BREAD PUDDING, VERSION 2

Today's restaurants include a growing number that are both casual and somewhat more upscale. Typical of these is the high-end specialty hamburger restaurant, appealing to customers looking for hearty portions and top quality. In such a restaurant, we might want to increase the portion size of the pudding and add some interesting secondary items to it, while keeping it casual.

For example, caramelize three banana quarters in butter and brown sugar and arrange them on a square plate (see the illustration). To contrast with the square plate, cut a generous portion of pudding with a round cutter and set it on top of the bananas. Top the pudding with a scoop of vanilla or cinnamon ice cream. Send the dessert to the table with a small pitcher of chocolate sauce or cr me anglaise (or a pitcher of each), to be poured around the pudding by the customer or the server.



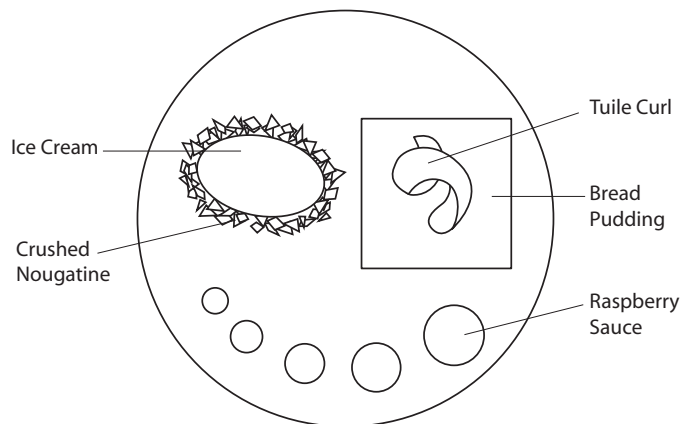
Chocolate bread pudding, version 2.



A hearty presentation like this may not be suitable for an elegant restaurant, but it has great appeal in the kind of restaurant described here.

### CHOCOLATE BREAD PUDDING, VERSION 3

A chef can take the same ingredients and give them a more elegant yet still somewhat traditional presentation. Place a square of the chocolate bread pudding slightly off-center on a round plate. Top the pudding with a crisp spiral of baked tuile batter (made by piping the batter in lines, baking them, and twisting them into curls while still hot). Next to the pudding, arrange a small mound of crushed nougatine, and then place a quenelle of vanilla ice cream on the crumbs, as in the illustration. The nougatine gives textural contrast while also anchoring the ice cream so that it doesn't slide around on the plate. In the remaining space, place a decorative series of dots of raspberry coulis. Raspberry sauce is chosen, rather than a chocolate sauce or crème anglaise, to lighten the dish and provide tartness, for a pleasing contrast to the rich chocolate.



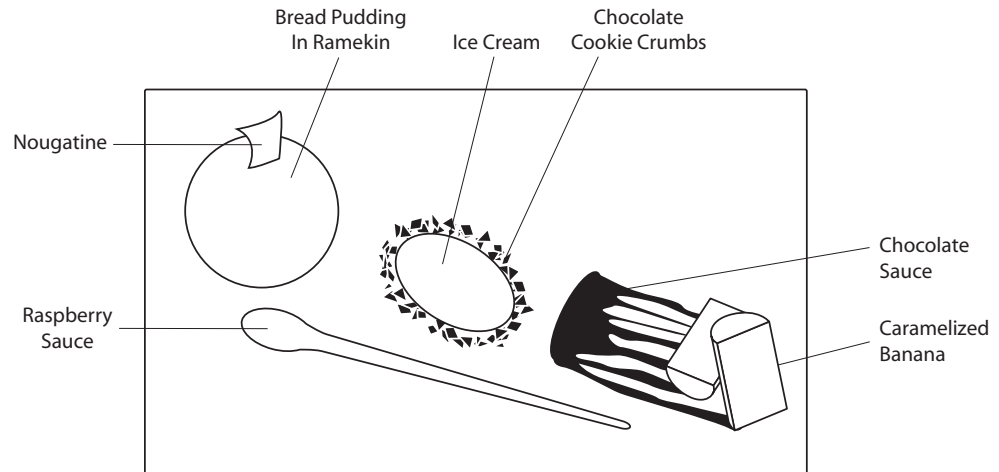
Chocolate bread pudding, version 3.



### CHOCOLATE BREAD PUDDING, VERSION 4

The components can be given a more modern flair in the fourth version. Bake individual portions of chocolate bread pudding in attractive ramekins. Choose a rectangular plate and arrange the basic components in a diagonal line across the plate (see the illustration). Toward one corner, place a ramekin of the pudding. Top the pudding with a small piece of nougatine. In the center of the plate, place a mound of chocolate cookie crumbs and a quenelle of vanilla ice cream. In the opposite corner apply a streak of chocolate sauce with a pastry brush or an

offset spatula. Place two quarters of caramelized banana, one diagonally across the other, on the chocolate sauce. Alongside the line of these three components, pipe a narrow streak of raspberry sauce, using a squeeze bottle.



Chocolate bread pudding, version 4.



### KEY POINTS TO REVIEW

- What are the three main components of a plated dessert?
- Which five characteristics of each of these components should you consider to achieve a balanced dessert presentation?
- What are the foods most commonly used as secondary items or decorative items on dessert plates?
- What methods are used to apply sauce to a dessert plate?

## Additional Examples of Dessert Presentations

As the preceding examples show, plating styles can be adapted in countless ways. Moreover, styles continue to change, as inventive chefs look for new ways to display their creativity. Some styles that are modern and cutting-edge this year may appear dated the next. But if you have mastered the basic skills of your trade, you should be able to adapt easily as styles evolve.

The techniques and recipes presented in other chapters of this book and in the first part of this chapter give you the tools you need to prepare an unlimited variety of desserts for many styles of service.

This section follows a format similar to the one used to explain the procedures for preparing gâteaux and torten (beginning on p. 458). In other words, no new recipes are required; individual components—as prepared from recipes elsewhere in this book—are assembled and arranged as indicated.

The presentations described here are intended merely as suggestions, selected to provide a sampling of ideas using different types of desserts and a variety of arrangement styles. Presentations include traditional styles, simple, casual platings, and more complex, modern designs. Each procedure begins with a list of the components required for the presentation. Page numbers refer to recipes or procedures elsewhere in this book. Where no page number is given, there may be two or more recipes, any of which is suitable; refer to the index for page numbers. Photos or plating diagrams help you visualize the suggested arrangements.

## CHOCOLATE CRÉMEUX AND RASPBERRIES

### Components

Fresh raspberries  
 Chocolate Crèmeux  
 (p. 522)  
 Raspberry Coulis (p. 274)  
 Whipped cream  
 Chocolate cigarette  
 (p. 643) and shavings  
 Streusel (p. 198), baked  
 on a sheet pan and  
 cooled  
 Raspberry Sorbet (p. 560)

### PROCEDURE

1. Place 3 raspberries in a small glass.
2. Prepare the crèmeux and fill the glass about two-thirds full. Chill until set.
3. Add about 1/8 in. (3 mm) raspberry coulis to the glass on top of the crèmeux. Top with a rosette of whipped cream and a raspberry and decorate with chocolate décor.
4. Place the glass on the left side of a rectangular plate.
5. On the right side of the plate, sprinkle streusel in a line from left to right.
6. Place a quenelle or a small scoop of sorbet on top of the streusel.



## PEACH NAPOLEON

### Components

3 phyllo layers for napoleons, one of which is caramelized (p. 342)  
 Pastry Cream (p. 267) flavored with amaretto  
 Caramelized peach slices (p. 589)  
 Clear Caramel Sauce (p. 276)  
 Peach Ice Cream (p. 559)

### PROCEDURE

1. Place a plain phyllo layer just to one side of the center of a plate. Cover with caramelized peach slices.
2. With a pastry bag filled with a star tube, pipe pastry cream over the peaches. Alternatively, place a small spoonful of pastry cream on the peaches and spread gently over the center with the back of a spoon.
3. Top with another phyllo layer and additional peaches and pastry cream.
4. Top with the caramelized phyllo layer.
5. Drizzle caramel sauce onto the plate around the napoleon.
6. Place a quenelle (see p. 610) of ice cream next to the napoleon. Serve at once.

### VARIATIONS

Instead of the peach ice cream, use Caramel Ice Cream (p. 558), Cinnamon Ice Cream (p. 558), or whipped cream flavored with amaretto.



## CRÈME BRÛLÉE WITH MELON

### Components

Crème Brûlée (p. 525), made in a shallow square dish  
 Langues de Chat (p. 504), or similar long, thin, crisp cookies  
 Assorted tiny melon balls

### PROCEDURE

1. Place the dish of crème brûlée on a plate, setting it at a 45-degree angle.
2. Set 2 cookies in the crème brûlée dish resting against the back corner.
3. Arrange a few melon balls in front of the cookies.



## APPLE-FILLED BRIOCHE WITH BERRIES

### Components

Brioche (p. 192)  
 Applesauce (p. 601; see procedure)  
 Pastry Cream Mousseline (p. 267)  
 Crème Anglaise (p. 265)  
 Assorted fresh berries  
 Candied Orange Zest (p. 600)

### PROCEDURE

1. Slice off the top of the brioche. Hollow out the brioche and toast the resulting case lightly in the oven.
2. Prepare an applesauce that is sweet, not too tart, and well flavored with vanilla. Leave it slightly chunky; do not force it through a food mill.
3. Spoon a little pastry cream mousseline into the bottom of the brioche case. Fill almost to the top with the applesauce. Place a little more pastry cream on top, using a pastry bag with a star tip, and replace the top of the brioche.
4. Place the filled brioche on the left side of a square or round plate.
5. Arrange fresh berries on the right side of the brioche.
6. Spoon a small pool of crème anglaise in front of the berries and brioche.
7. Drape a few thin strips of candied orange zest over the brioche.





## CHILLED SUMMER FRUIT SOUP WITH STRAWBERRY SORBET

### Components

Tuile batter (p. 510)  
Chilled Summer Fruit Soup  
(p. 588)  
Grated lime zest  
Strawberry Sorbet (p. 560)

### PROCEDURE

1. With the tuile batter, make wafers about 1 in. (2.5 cm) wide and long enough to place across the rim of the soup plates in which you intend to serve the soup.
2. Plate the soup in shallow soup plates.
3. Sprinkle the soup lightly with grated lime zest.
4. Lay a wafer across the top of the plate with the ends resting on opposite rims.
5. Place a small scoop or quenelle of sorbet on the center of the wafer, above the soup.
6. Serve immediately.

### VARIATIONS

In place of the strawberry sorbet, use another sorbet appropriate to the fruit used in the soup garnish, such as raspberry, mango, or pineapple.



## RUSSIAN CAKE WITH HONEY ICE CREAM

### Components

Russian Cake (p. 470),  
without décor  
Chocolate sauce  
Honey Ice Cream (p. 561)  
Curled strip of baked tuile  
batter (p. 510)  
Toasted sliced almonds  
Confectioners' sugar

### PROCEDURE

1. Prepare Russian cake without the piped buttercream and almonds on top. Cut a strip of the cake  $\frac{3}{4}$  in. (2 cm) wide and 6 in. (15 cm) long.
2. Place two streaks of chocolate sauce diagonally from front to rear on a square plate.
3. Place the slice of cake across the lines of chocolate sauce just to the rear of center on the plate.
4. Place a quenelle of ice cream on the cake at the left. Lean the tuile strip against the ice cream.
5. Arrange some toasted almonds on the front of the plate at the right and dredge lightly with confectioners' sugar.



## PASSION FRUIT CHARLOTTE

### Components

Passion Fruit Charlotte  
(p. 541)  
Kumquat Compote  
(p. 600)  
Red currants  
Choux Pastry Lattice  
(p. 336)  
Crème Anglaise (p. 265)  
Confectioners' sugar

### PROCEDURE

1. Place a wedge of the charlotte toward the back of a plate.
2. Place a spoonful of kumquat compote in front of the charlotte wedge and garnish with a few red currants or other small red berries to add color.
3. Prop a piece of choux pastry lattice in front of the compote so it leans against the wedge of charlotte.
4. Spoon a little crème anglaise on the plate in a decorative fashion.
5. Dust the pastry lattice lightly with confectioners' sugar.



## SPICE CAKE WITH CARAMELIZED APPLES

### Components

Brown Sugar Spice Cake (p. 397), baked as a sheet cake

Caramelized Apples (p. 589), apples cut into medium dice before caramelizing

Crème Anglaise (p. 265), made with half milk and half heavy cream

Apple Crisps (p. 601)

### PROCEDURE

1. Place a square of spice cake in the center of a dessert plate.
2. Top with caramelized apples.
3. Ladle a generous pool of crème anglaise around the cake. If desired, drizzle a little over the cake as well.
4. Dot the pool of sauce with a few additional dice of caramelized apple.
5. Insert an apple crisp into the mound of apples on top of the cake so it stands upright.



## ICED LOW-FAT RASPBERRY PARFAIT WITH ALMOND MACAROONS

### Components

Iced Low-Fat Raspberry Parfait (p. 573)

Italian Meringue (p. 264)

Raspberry Sauce (p. 276)

Fresh raspberries and other berries

Macarons (p. 507)

### PROCEDURE

1. Freeze the parfait in a gutter mold (see photo for shape) lined with plastic film.
2. Unmold the parfait onto a tray and remove the plastic film. Using a pastry bag fitted with a star tip, coat the top and sides of the parfait with Italian meringue. Brown lightly with a blowtorch.
3. For each portion, cut a slice of the parfait 1¼–1½ in. (3–4 cm) thick and stand it on one side of a plate. Spoon a crescent of raspberry sauce on the other side of the plate. Top the pool of sauce with a bouquet of fruit and 2 or 3 macarons.



## SAVARIN WITH BERRIES

### Components

Savarin (p. 190), small,  
single-portion size  
Fresh berries  
Sabayon (p. 277)  
Pistachios  
Florentine (p. 515; use  
variation made with  
chopped almonds only)

### PROCEDURE

1. Place a savarin on the left side of a round plate.
2. Spoon sabayon in a small pool to the right of the savarin.
3. Fill the center of the savarin with berries.
4. Place additional berries on the right side of the plate and sprinkle with pistachios.
5. Break the florentine into a wedge and insert it in the savarin.



## BROWNIE CHERRY CHEESECAKE ICE CREAM SANDWICH

### Components

Two 2-in. (5-cm) Cream  
Cheese Brownies  
(p. 514)  
1½–2 oz (45–60 g)  
Cheesecake Ice Cream  
(p. 558)  
1 oz (30 g) Cherry Pie  
Filling (p. 296)  
Whipped cream  
Chocolate shavings  
or other chocolate  
decorations

### PROCEDURE

1. Place one brownie slightly off-center on a plate. Top with the ice cream, which has been flattened slightly.
2. Place the second brownie on top.
3. Spoon the cherry pie filling onto the plate next to the brownie sandwich.
4. Decorate with whipped cream and chocolate decorations.



## STEAMED CHOCOLATE ALMOND PUDDING WITH PRALINE ICE CREAM

### Components

Steamed Chocolate  
Almond Pudding (p. 532)  
Chocolate sauce  
Crushed Nougatine  
(p. 666)  
Praline Ice Cream (p. 558)

### PROCEDURE

1. Unmold the pudding and place it just to the right of center on a round plate.
2. Place chocolate sauce in a decorative curve across the front of the plate.
3. Place a small mound of crushed nougatine to the left of the pudding. Top the nougatine with a quenelle of ice cream.



## TRIO OF FRUIT SORBETS

### Components

Three fruit purée sauces (p. 274) of contrasting colors, such as raspberry, kiwi, and mango

Tuile batter (p. 510), baked in long, thin strips

Three fruit sorbets (p. 560) of contrasting colors, such as blueberry, lemon, and raspberry

### PROCEDURE

1. Place a small pool of one of the sauces on the left side of a rectangular plate. Using a brush or a small offset spatula, spread it in a streak to the opposite side of the plate.
2. Place two narrow strips of tuile on top of the sauce, about ½ in. (1 cm) apart and slightly offset.
3. With a squeeze bottle, pipe a row of dots of a second sauce on the front, right of the plate, parallel to the tuiles.
4. Pipe dots of the third sauce on the rear, left of the plate in the same way.
5. Arrange 1 quenelle of each of the three sorbets on top of the tuiles.



## APPLE FRITTERS WITH MASCARPONE SORBET

### Components

Apple Fritters (p. 239),  
made with halved apple  
slices

Raspberry Sauce (p. 276)

Apple Crisp (p. 601)

Mascarpone Sorbet  
(p. 561)

Raw green apple, in small  
dice, dipped in water  
mixed with lemon juice  
and drained (to prevent  
browning)

### PROCEDURE

1. Place a small pool of raspberry sauce on the right side of a rectangular plate. With the back of a spoon, streak the sauce slightly to the left, leaving most of the pool in place.
2. Place four fritters on top of the pool of sauce.
3. On the left side of the plate, place one apple crisp and top it with a scoop of sorbet.
4. Sprinkle diced apple in a line in front of the sorbet and fritters.



## ANGEL FOOD CAKE WITH PLUM COMPOTE AND MASCARPONE SORBET

### Components

Angel Food Cake batter  
(p. 408)  
Plum Compote (p. 599)  
Florentines (p. 515)  
without chocolate, or  
Almond Tuiles (p. 510),  
made in 2½-in. (6-cm)  
rounds and left flat  
Mascarpone Sorbet  
(p. 561)

### PROCEDURE

1. Bake the cake batter in 2½-in. (6-cm) ring molds. Cool and remove from the molds.
2. Spoon the plum compote onto a dessert plate.
3. Place a cake round on top of the plums in the center of the plate.
4. Top with a florentine or almond tuile.
5. Place a small scoop of sorbet on top of the cookie.



## PANNA COTTA WITH CARAMEL AND FRESH BERRIES

### Components

Caramel for Cages (p. 674)  
Panna Cotta (p. 522)  
Clear Caramel Sauce  
(p. 276)  
Assorted fresh berries

### PROCEDURE

1. Prepare the caramel decorations: Drizzle the caramel onto a silicone mat or an oiled sheet pan into desired shapes or patterns. Allow to cool and harden.
2. Unmold a portion of panna cotta onto a broad soup plate or other suitable plate.
3. Ladle a little caramel sauce around the panna cotta.
4. Distribute the mixed berries around the panna cotta on top of the caramel sauce.
5. Top with the caramel decoration immediately before serving. Do not let it stand, or the caramel decoration may begin to dissolve in the moisture from the dessert.





## RASPBERRY MILLEFEUILLE

### Components

Almond Tuile batter  
(p. 510)  
Fresh raspberries  
Whipped cream  
flavored with orange  
liqueur  
Confectioners' sugar  
(optional)  
Raspberry Sauce  
(p. 276)  
Cream Sauce for Piping  
(p. 280) (optional)

### PROCEDURE

1. Bake tuile wafers about 3 in. (7 cm) in diameter, but leave them flat; do not bend or mold them.
2. Place 1 wafer in the center of a plate. Arrange a ring of berries on the wafer lining the outside edge. Using a pastry bag, fill the space in the center of the berry ring with the flavored whipped cream.
3. Top with a second wafer and repeat with the berries and cream.
4. Dredge a third wafer generously with confectioners' sugar, if desired. Carefully place it on top of the dessert.
5. Spoon a ring of raspberry sauce onto the plate around the pastry. If desired, marble the raspberry sauce with the cream sauce for piping. Serve at once, while the wafers are crisp.

### VARIATIONS

Garnish with a spoonful of Raspberry or Orange Sorbet (p. 560)



## FRENCH DOUGHNUTS WITH PINEAPPLE

### Components

2 French Doughnuts,  
fried by method 2  
(p. 240)  
Confectioners' sugar  
2 oz (60 g) Coconut  
Sorbet (p. 564)  
Toasted coconut  
Blanched pineapple  
leaves (optional)  
2½–3 oz (80 g)  
Pineapple Kumquat  
Compote (p. 600)  
Pistachios  
Red currants

### PROCEDURE

1. Dust the doughnuts lightly with confectioners' sugar.
2. Place 1 doughnut on one side of a plate. Top with a scoop of sorbet and then with the second doughnut.
3. Sprinkle a little toasted coconut around the doughnuts and, if desired, decorate with 3 blanched pineapple leaves.
4. Place the pineapple kumquat compote on the other side of the plate and decorate with a few pistachios and red currants.



## FRENCH-TOASTED CHALLAH WITH CHEESECAKE ICE CREAM

### Components

Challah (p. 150), baked in a loaf pan rather than braided

Batter for French toast (mixture of beaten eggs, milk, a little sugar, cinnamon)

Whipped cream

Melba Sauce (p. 276)

Cheesecake Ice Cream (p. 558)

Chopped, toasted almonds

### PROCEDURE

1. Slice the bread. Soak it in the egg batter and pan-fry it in butter to make French toast. Cut into neat triangles.
2. On the front right corner of a square plate, place a small pool of melba sauce. With a brush or small offset spatula, streak the sauce toward opposite corner.
3. Stand three triangles of French toast along the back of the plate.
4. Using a pastry bag with a star tip, pipe a row of whipped cream behind the French toast.
5. Sprinkle a few chopped, toasted almonds onto the melba sauce at the bottom right of the plate (to anchor the ice cream in place), and place a scoop of ice cream on top of them.
6. Sprinkle a line of chopped, toasted almonds in a line across the bottom left quadrant of the plate, parallel to the line of sauce.



## SPICED PINEAPPLE WITH COCONUT SORBET

### Components

Tuile batter (p. 510)  
 Fine coconut  
 Spiced Pineapple (p. 597)  
 Coconut Sorbet (p. 564)  
 Pistachios  
 Pine nuts  
 Pomegranate seeds  
 Toasted coconut

### PROCEDURE

1. Bake tuiles in the shape of long, narrow triangles. Sprinkle the batter with coconut before baking. After baking, bend into a curve.
2. Rewarm the pineapple if it was prepared in advance, and finish the sauce with the cream as in the basic recipe. Strain it, reserving the spices. Slice the pineapple and cut into quarters.
3. On the left side of a round plate, spoon a rectangular pool of the sauce from front to back.
4. Overlap five slices of pineapple in a mound on top of the sauce.
5. Place a coconut tuile on the right side of the plate, resting on its broad end. (If necessary, place a dab of sauce under the base of the tuile to keep it from sliding.)
6. Place a quenelle of sorbet on top of the base of the tuile.
7. Sprinkle a few pistachios, pine nuts, and pomegranate seeds on the plate.
8. Finish the plate by sprinkling with a little toasted coconut.



## FINANCIERS WITH CHOCOLATE SAUCE AND FROZEN “CAPPUCCINO”

### Components

Coffee Bombe Mixture  
(p. 568)  
Whipped cream  
Cinnamon  
Chocolate sauce  
Financiers au Café (p. 372)

### PROCEDURE

1. Prepare the bombe mixture and freeze in a small glass cup, filling the cup to within ½ in. (12 mm) of the top.
2. At service time, fill the cup to the top with whipped cream and dust the top with a light dash of cinnamon.
3. On a square plate, place a small pool of chocolate sauce on the front left corner and, with the back of a spoon, spread it in an arc across the front of the plate.
4. Arrange three financiers on the right side of the plate.
5. Place the cup of frozen coffee bombe on the left side of the plate behind the chocolate sauce.



## CHARLOTTE AU CASSIS

### Components

Charlotte au Cassis  
(p. 541)  
Chocolate fan (p. 644)  
Fresh berries  
Candied Orange Zest  
(p. 600)  
Mint  
Crème Chantilly (p. 261)  
Sauces (see step 4)

### PROCEDURE

1. Place a wedge of charlotte toward the back of a plate.
2. In front of the charlotte, place a chocolate fan and fill it with berries. Garnish with a few pieces of candied orange zest and a sprig of mint.
3. Make a quenelle of crème chantilly and place it next to the chocolate fan. Alternatively, pipe a rosette of the cream using a star tip.
4. Spoon a band of sauce around the plate and marble it with a sauce of a contrasting color. (The sauces in the photograph are syrup from kumquat compote and raspberry coulis.)



## LINZER “SHORTCAKE” WITH BERRIES

### Components

Linzer Dough (p. 319)  
 Fresh raspberries or a mixture of raspberries, blackberries, and strawberries  
 Simple syrup  
 Confectioners' sugar  
 Crème Chantilly (p. 261)  
 Grated lime zest  
 Crushed Nougatine (p. 666)

### PROCEDURE

1. Make small shortbread cookies with the Linzer dough. Roll it out thin, cut into squares 1½ in. (4 cm) across, and bake until crisp. (Note: The dough is very soft and difficult to roll thin, so be sure it is not too warm, and use plenty of flour for dusting; or else roll out between two sheets of parchment.) Cool completely.
2. If you are using strawberries, cut them into quarters or wedges. Place all the berries in a bowl and add enough simple syrup to cover. Refrigerate several hours or overnight.
3. Dust the cookies very lightly with confectioners' sugar.
4. On a dessert plate or in shallow soup bowl, ladle some berries and a little of the syrup.
5. Place 1 shortbread cookie in the center of the berries. Place a dollop of crème chantilly on top of the cookie, using either a pastry bag or a spoon. Repeat with 2 more cookies and additional cream. Either stack the cookies vertically, like a napoleon, or lean them against the first one, like a stack that has tipped on its side. Top with a fourth cookie, but do not top this one with cream.
6. If desired, dust the dessert very lightly with confectioners' sugar by holding a sieve over the plate and giving it one or two light taps, taking care not to get the sugar on the rim of the plate.
7. Sprinkle the berries lightly with lime zest.
8. Finish with a light sprinkle of crushed nougatine.



## POACHED PEAR WITH BAKLAVA AND MASCARPONE CREAM

### Components

Whole pear poached in white wine (p. 586), with some of the poaching syrup

Mascarpone

Crème fraîche

Confectioners' sugar

Baklava (p. 344)

Pistachios or walnuts, coarsely chopped

Cinnamon

### PROCEDURE

1. With a melon baller, remove the core of the pear through the blossom end, taking care to leave the pear whole. Cut a thin slice off the bottom of the pear so it stands upright.
2. Reduce the poaching syrup until it is thickened and syrupy.
3. Mix together equal parts mascarpone and crème fraîche. Sweeten lightly with confectioners' sugar. Whip until stiff.
4. Using a pastry bag, fill the pear with the whipped mascarpone cream.
5. Stand the pear on a dessert plate.
6. Lean a triangle of baklava against the pear, taking care that the pastry layers don't fall apart. Alternatively, simply place the baklava on the plate next to the pear.
7. Drizzle a little crème fraîche and a little of the pear syrup around the pear.
8. Sprinkle with chopped nuts and just a dash of cinnamon.



## TERMS FOR REVIEW

garnish

quenelle

outlining

décor

flooding



## QUESTIONS FOR DISCUSSION

1. Discuss how the quality of ingredients affects dessert plating presentations.
2. Explain the advantages and disadvantages of simple presentations versus elaborate or complex presentations.
3. What are the three basic elements of a plated dessert? Is it necessary to have all three of these elements in each presentation?
4. Each component of a dessert can be said to have five characteristics. What are they? Which are visual characteristics and which are flavor or mouth-feel characteristics? Suggest examples of how to balance each of these characteristics when designing a plated dessert.
5. What is a quenelle of ice cream? Describe how to make it.
6. Name four types of items that can be used as secondary items or garnishes for a dessert.
7. Describe techniques for applying sauce to a plate.