

Cook It Cool!

Rapid Recipes for Radiant Health



Chapter I

Tasty Treats—Healthy, Delicious Desserts That Completely Satisfy

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A Few Helpful Hints

1. Sugar vs. stevia or other sweeteners

Organic cane sugar is always an excellent choice, but, to decrease carbohydrate intake even more you can use stevia for 50% equivalent of the sugar amount. If 4 teaspoons of sugar is called for, you can substitute 2 teaspoons of sugar and 2 tsp equivalents of stevia. In this fashion, there will be no compromise of flavor.

2. Temperature alarm

You can use a 2-part cooking thermometer. The Redi-Check remote by Maverick Industries has a probe that connects to a sensor you program along with a wireless receiver unit that you program to buzz at the specified temperature. It is highly accurate and makes a perfect alarm to warn you just when the water is ready to boil (set it at 209 F). You no longer need to “watch the pot” as much. It is also ideal for cooking steaks or roasts to your specified temperature.

4. How much to make?

In order to maximize the use of time, you can make bigger amounts and store the rest either in the freezer or refrigerator.

5. Won't it go bad quickly?

No. many of these recipes have high fat content so they last a long time in the refrigerator. You can keep it very cold (about 35 degrees) so food lasts a very long time.

6. For further efficiency

If a recipe calls for time between steps then simply do another chore and set the timer to let you know when to continue.

7. Sensitivity training

Peeling a hard-cooked egg, making a perfect pudding, or a perfect béarnaise sauce requires it. We now live in a very desensitized world, and cooking brings sensitivity and passion back into it. Look at cooking as a delight – not as a chore.

9. Organizational skills

To be their very best, a few of the recipes require more items than you may expect. Even so, they are relatively quick to make given how great they taste.

Chocolate Pudding

Special thanks to Judy Roseberg, author of *All-butter Fresh Cream Baking Book*, for inspiring this recipe. Whenever you want the kids (or anyone else of any age) at home, just tell them “there’s pudding waiting,” and they won’t be late. This also makes a perfect snack food in the evening as it is very low carb.

Ingredients	Instructions
4 ounces of unsweetened chocolate (100% cacao)	1. Heat 3 ½ cups cream over medium heat until warm.
2 ounces unsweetened cocoa powder (100% cacao)	2. Mix the whites with cream of tartar and whip until they form peaks.
3½ cups of heavy cream (whipping cream) for custard	3. Separately, whip the ½ cup of cream into whipped cream.
½ cup of heavy cream for “whipped cream”	4. Wisk the yolks together with salt and sugar until creamy (about 2 minutes).
⅓ cup of white sugar (organic is best)	5. Then slowly whisk them into the heated cream. Stir the egg/cream mixture constantly over medium heat for about 10 minutes until the mixture coats the back of a wooden spoon. Make certain mixture is thick or the pudding will be too thin even after refrigerating. Note: Straining the egg/cream mixture at this time will remove any small cooked egg particles that coat the bottom of pan.
12 eggs (whites and yolks separated) chopped or diced almonds (optional)	6. Wisk (or use an electric beater) the (strained) egg/cream mixture into the chocolate and mix until the chocolate has blended well.
¼ tsp. of cream of tartar	7. Add the whipped cream and fold into chocolate/egg mixture.
1/8 tsp. of salt	8. Add the egg whites and fold into mixture.
	9. Pour into small individual bowls and chill at least 4 hours. Cover each container if you don’t want a “skin” to form.

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Note: When cooking, a wooden spoon is often used because it doesn't absorb heat. This pudding is actually "custard." You will be amazed how little of this pudding it takes to completely satisfy you and your family, and it is loaded with protein so it makes a great meal for breakfast or nighttime snack. With only about 2 tsp of carbohydrate per serving and a rich chocolate, creamy texture, it can't be beat.

Cook It Cool! Comments:

#1: This recipe is a great way to introduce children to cook.

#2: The combination of both chocolate and cocoa give this dessert a wonderful airiness.

#3: The combination egg whites and addition of whipped cream gives even more fluffiness.

#4: Covering the small bowls or ramekins with plastic wrap keeps the top of the pudding from forming a "skin." If you don't want a thick top layer then use the plastic covering so it won't form.

#5: With all the eggs used, this dessert can be considered an egg dish.

#6: If you prefer a denser, thicker dessert, you can use 7 yolks and 10 whites instead. However, it will be lighter with 12 eggs.

#7: You can use 70-76% bittersweet chocolate *and less sugar*. However, you can choose 100% unsweetened chocolate and as little sugar as possible. This will make it have little to no "sweetness" yet maximum chocolate flavor and texture.

About Chocolate

The average American eats about 12 pounds of chocolate each year. Like wine, there are many varieties of chocolate. Pure chocolate consist exclusively of cocoa solids and cocoa butter. Much of the chocolate consumed today is in the form of sweet chocolate—chocolate that has been combined with lots of sugar. Milk chocolate is sweet chocolate that contains milk powder or condensed milk, making it extremely high in carbohydrates. The higher the chocolate percentage, the higher the pure chocolate content (e.g. 73% bittersweet dark chocolate is much less sweet and contains much less sugar than 45% milk chocolate).

Butterscotch Pudding

Since vanilla is American's #1 flavor, this alternate recipe is for those who prefer vanilla to chocolate. It's the same great custard base with a slight variation.

Ingredients	Instructions
3½ cups of heavy whipping cream for base	1. 1 Tbl. of vanilla extract
½ cup of heavy whipping cream for "whipped cream"	2. Heat 3 ½ cups cream over medium heat until warm.
½ cup lightly packed <i>dark brown</i> sugar	3. Mix the whites with cream of tartar and whip until they form peaks.
10 eggs – separated	4. Separately, whip the ½ cup of cream into whipped cream.
1/8 tsp. of salt	5. Wisk the yolks together with salt and sugar until creamy (about 2 minutes).
¼ tsp cream of tartar	6. Then slowly whisk them into the heated cream. Stir the egg/cream mixture constantly over medium heat for about 10 minutes until the mixture coats the back of a wooden spoon. <i>Make certain mixture is thick or the pudding will be too thin even after refrigerating.</i> Note: Straining the egg/cream mixture at this time will remove any small cooked egg particles that coat the bottom of pan.
	7. Add vanilla. Mix.
	8. Add the whipped cream into the strained mixture, and fold into it.
	9. Add the egg whites and fold into mixture.
	10. Pour into small individual bowls and chill at least 4 hours. Cover each container if you don't want a "skin" to form.

Cook It Cool! Comments:

#1: With a choice of vanilla or chocolate pudding, everyone will do anything you tell them (like gladly and willingly cleaning up their rooms for a cup of the Butterscotch Pudding!).

#2: When heavy cream and lots of eggs are used it is extremely difficult to get "fluffiness." No one has a pudding of this caliber. It is worth the extra effort.

Bavarian Cream

This dessert is a bit lighter than the puddings.

Ingredients	Instructions
2 cups of half-and-half 1 Tbl. of vanilla extract (or a vanilla bean split in half) 4 egg yolks 1/8 cup of sugar pinch of salt	<ol style="list-style-type: none"><li data-bbox="530 372 1212 620">1. If using the split vanilla bean, in a saucepan, bring to a boil the half and half with vanilla bean added. Remove from heat, cover and let sit for 15 minutes. Otherwise, just heat the half and half and add the vanilla extract.<li data-bbox="530 620 1212 774">2. In a medium bowl, whisk together the yolks, sugar, and salt until thick and light in color (if you used a vanilla bean, discard the bean at this time).<li data-bbox="530 774 1212 967">3. Slowly whisk the cream into the yolk mixture. Pour into a saucepan and cook over medium to low heat, mixing constantly until thick, approximately 10 minutes.<li data-bbox="530 967 1212 1008">4. Enjoy warm or cold.

About Vanilla: Vanilla bean is a “fat soluble” bean, which means there has to be sufficient contact time with the bean and the liquid for the bean to impart its flavor. The vanilla bean seeds don’t have to be scrapped out because the flavor will be sufficient. The flavor of the vanilla bean is always superior to the “extracts.”

Low-Carb Pie Crust

Here's a great low-carbohydrate pie "crust" that can be used to line the bottom of a pie plate or pan. Follow the recipe for Chocolate Pudding. Instead of serving in individual bowls, pour into the perfect pie crust!

Ingredients

- 1 cup of ground mixed nuts (pecans, walnuts & almonds, or pecans alone).*
- $\frac{1}{3}$ cup of organic white flour or almond flour
- 4 Tbl. of butter, cut into small pieces

Instructions

- 1. Preheat the oven to 350 degrees.
- 2. In a medium bowl, blend the ground nuts/ almond flour and butter with a fork. Line the bottom of the pie pan. Bake for about 10 minutes.

Cook It Cool! Comment: Almond "flour" (ground, blanched almonds) can be substituted for wheat flour for even fewer carbohydrates.

Perfect Homemade Whipped Cream

Ingredients	Instructions
1 cup of heavy or whipping cream	1. With an electric mixer, beat the chilled whipping cream (preferably in a metal, chilled bowl) at low/medium speed.
1½ tsp. vanilla extract	2. <i>After 30 seconds</i> , increase speed to high. When it becomes billowy and soft, add the sugar and vanilla. Continue beating until it forms a soft peak.
1 tsp sugar (optional)	

About Whipping Cream: Always start on low so air incorporates SLOWLY into the cream. Never “shocking” food is a key. For the same reason all meat should be brought to room temperature before cooking, so there is less shock as compared to “straight from the refrigerator.”

Chocolate Truffle Cream Pie

Ingredients	Instructions
12 ounces of bittersweet chocolate (74-76% cacao)	1. Preheat oven to 350 degrees.
1¼ cups of heavy cream or whipping cream	2. In a bowl, chop the nuts (or use almond flour) and blend with the butter pieces using a fork.
1 cup of ground mixed nuts (pecans, walnuts & almonds, or pecans alone), or almond flour.	3. Line the bottom of an 8 inch pie pan with the nuts and bake for about 10 minutes.
4 Tbl. of butter, cut into a few pieces	4. Remove from oven and allow it to cool.
	5. Cut the chocolate into small pieces (unless using “bits”) and place in a medium bowl. Heat the cream until very hot, and then pour into the bowl with the chocolate pieces. Wait 1 minute and mix well with beater.
	6. Pour over piecrust and refrigerate.

Chocolate Soufflé

**** Need to make dough the night before! ****

Here is an amazing chocolate soufflé that everyone adores. It has rich, liquid chocolate in the middle. Special thanks to Master Chef Roy R. Yamaguchi and Roy's Restaurant in Maui, Hawaii.

Ingredients	Instructions
6 Tbl. unsalted butter	1. In a sauce pan and over low heat, melt the chocolate and butter.
4 ounces of chocolate (70-74% chocolate)	2. Remove from the heat and add the sugar.
¼ cup of sugar	3. In a separate bowl, whisk the eggs together.
2 eggs, plus 2 egg yolks	4. Stir in the eggs with the chocolate mixture and whisk until smooth.
	5. Refrigerate overnight.
	6. Preheat oven to 400 degrees.
	7. Spoon cold chocolate mixture into buttered small soufflé molds – about 2/3 rd s full.
	8. Bake at top rack for 20 minutes.
	9. Let cool and remove from mold.

Cook It Cool! Comment: The inside of the soufflé will be liquid chocolate and the outside will be firm – all with minimal carbohydrates!

About Butter: Like fine wine, there are many varieties of butter. You can get “cultured” butter made the old fashioned, churned way, or many varieties of butter from other countries. One of the best butters is West Country Farmhouse Butter imported from England (available from Whole Foods) or from Denmark. If buying American, make certain it is organic. There are now fine organic, European-style butters that contain less water than traditional butter. The best American butter is Plugra brand European-style butter. It has less water than American butter, and tastes wonderful! That’s why restaurants use it and it tastes different than the supermarket butter. Once you try one of these butters, you won’t want the bland supermarket variety again. As with eggs, organic is best!

Devil's Food Cake

This devil's food cake recipe is inspired by a restaurant find in Stockbridge, Massachusetts. Unfortunately, that restaurant is no longer in business, but this is a duplicated version a lá low carbohydrate!

Ingredients	Instructions
1 cup of almond flour	1. Preheat oven to 325 degrees.
1 tsp. of baking soda	2. Butter the bottom of an 8"x8"x2" pan.
½ tsp. of salt	3. Sift the flour, baking soda and salt, and set aside.
¼ cup of butter	4. In a separate bowl, cream the butter, sugar and vanilla.
½ cup of sugar	5. Beat in the egg yolks and whole egg, one at a time.
1 tsp. vanilla	6. Melt the chocolate in a double boiler, and after it has cooled, add to the butter mixture.
3 eggs – 2 yolks plus 1 whole egg	7. Add a bit of flour and a bit of buttermilk, to the chocolate mixture, and repeat until both are incorporated into the mixture.
6 ounces of Bittersweet chocolate (70-73%)	8. Pour into the buttered pan and bake for 30 minutes.
1 cup of buttermilk	

Note: Don't expect the cake to rise as if regular flour were used – almonds are not wheat. The tradeoff for lack of carbs is well worth it.

Cook It Cool! Comment: Ever wondered where the "devil" in devil's food cake came from. It comes from the slightly reddish color caused by the reaction of the baking soda/powder neutralizing the acidity of the chocolate.

More About Butter: What is clarified butter or ghee? It is butter with the proteins and most of the water removed. Ghee is used in India and South Asia, and it is typically found in Indian/South Asian stores or in the ethnic section of your supermarket (Purity Farms brand is an excellent brand and they have an organic version, too). Ghee does not have to be refrigerated, but can be stored in the refrigerator. If you can't find it in the stores, here's the recipe: Take 4 sticks of butter and melt over low heat. It must NOT brown. Let the butter boil lightly for 5 to 10 minutes to evaporate the water. Let it sit for 15 minutes and pour the liquid through cheesecloth. Keep the liquid in a closed container. Use the butter like any frying oil, but it must never come in contact with water, so don't use a wet spoon when handling it. You can fry everything perfectly and healthfully in ghee.

Chocolate Cake & Chocolate Frosting

CAKE

Ingredients	Instructions
1 stick of softened unsalted butter (8 ounces cut into small pieces)	1. Preheat oven to 350 degrees and butter the bottom of a cake pan.
½ cup tightly packed brown sugar	2. Beat the butter and sugar together.
4 eggs	3. Add eggs, one at a time, to the butter/sugar mixture.
8 ounces melted chocolate (70-73% chocolate)	4. Melt the chocolate in a double boiler and allow it to cool.
1½ cups of almond flour	5. Add the flour and sour cream mixture into the chocolate mixture.
12 ounces of sour cream mixed with 1 tsp. of baking soda	6. Mix well. Pour into the cake pan and bake for 30 minutes.

FROSTING

Ingredients	Instructions
¾ cup heavy or whipping cream	1. Melt the chocolate in a double boiler and allow to cool.
6 Tbl. of unsalted, softened butter (cut in small pieces)	2. In a saucepan over medium heat, mix the cream and the sugar until smooth.
½ cup confectioner's sugar	3. Remove from heat and add the melted chocolate. Stir in the vanilla.
6 ounces of bittersweet chocolate (70-74%)	4. Beat the butter with an electric mixer until creamy and gradually beat in the chocolate mixture until smooth.
2 tsp. vanilla	
4 eggs (optional)	
pinch of salt	

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Cook It Cool! Comment: You may add 4 eggs and a pinch of salt to the frosting to make it more nutritious. Just add the eggs to the cream and sugar mixture after it has cooled.

About Eggs: How much protein is in an egg? Surprise – the yolk contains 16% protein compared to the white’s 10%! No one tells us that the yolk has more protein than the white, they simply naively complain about the yolk’s fat content, which is irrelevant since it is a healthy natural fat.

Sour Cream Chocolate Frosting

If you like the frosting as thick as the cake...then this frosting is for you!

Ingredients	Instructions
¼ cup heavy cream or whipping cream	1. In a double boiler, melt the chocolate and allow to cool.
⅓ cup softened, unsalted butter (cut in small pieces)	2. Blend all ingredients with the chocolate mixture until smooth.
⅓ cup sour cream	3. If frosting is too thick to spread, add a small amount of water, as needed.
2 Tbl. corn syrup (either light or dark, it doesn't matter)	
12 ounces of bittersweet chocolate (70-74% chocolate)	
3 tsp. vanilla	
1 Tbl. of water	

Marscapone Frosting

Would you like a very unique frosting? Then try this. It's easy to make and tastes great!

Ingredients	Instructions
2 cups of mascarpone cheese	1. Beat the cheese and sugar together with an electric mixer.
2 Tbl. of sugar	2. Spread over your favorite cake.

Fabulous Foolproof Fudge

Ingredients	Instructions
3 ounces of chocolate cut in small pieces (76% cocoa)	1. Melt the chocolate in a double boiler until it is melted.
1 ounce of heavy cream or whipping cream	2. Remove from heat and stir in the remaining ingredients.
1 Tbl. of unsalted butter	3. Spread evenly on a foil-lined pan.
pinch of salt	4. Chill until firm.
	5. Turn pan over onto cutting board foil side up and peel off foil. Cut into squares.

Chocolate Decadence

This dessert is best described as a baked chocolate truffle.

Ingredients	Instructions
16 ounces of bittersweet chocolate chopped into pieces	1. Preheat oven to 425 degrees F.
5 ounces of unsalted butter	2. Line an 8" x 2" round pan with parchment paper or waxed paper.
5 eggs (separated)	3. Using a double boiler, melt the chocolate and the butter together. Allow it to cool.
2 cups of heavy cream or whipping cream	4. Wisk in egg yolks and flour into the chocolate mixture.
1 tsp. of almond or wheat flour	5. Using an electric mixer, beat the egg whites and cream of tartar until fluffy.
¼ tsp. of cream of tartar	6. Sprinkle 4 tsp. of sugar and continue beating until soft peaks are formed.
7 tsp. of sugar	7. Fold the egg whites into the chocolate mixture and pour into the lined pan.
	8. Bake for 15 minutes. When cooled, remove from pan.
	9. Whip the heavy cream with the remaining (3 tsp) of sugar until thick.
	10. Frost the cake and refrigerate a few hours before enjoying.

Cook It Cool! Comment: How is whipping cream different from regular cream? Cream is the portion of the milk that has a higher proportion of fat. Fat rises (because it is less dense) to the top of liquids so it is easy to skim off. There are three grades of cream: light (18-30% fat), light whipping cream (30-36% fat), and heavy whipping cream (36-40% fat). Whole milk is about 4% fat (with lots of carbohydrates), and half-and-half creamer is about 10% fat. It is best to chill the cream, bowl and beater before whipping. Stop beating when the cream is stiff – over-beating may cause bits of butter to form, which will completely ruin your topping!

Brownies

These cake-style brownies are unlike any others you have eaten. They are great for the kid's after-school snack. You can eat them without feeling "sugar-high sick" afterwards.

Ingredients	Instructions
8 ounces of <i>unsweetened</i> or 70-75% <i>semi-sweet</i> chocolate	1. Preheat oven to 350 degrees.
¾ cup of butter (12 Tbl)	2. Grease an 8-inch-square pan with butter.
½ cup of sugar	3. Melt the chocolate and butter in a double boiler and mix well. Allow it to cool.
1 tsp. vanilla	4. Add the sugar, vanilla and eggs and mix together. Add the flour and the nuts.
2 Tbl. of real mayonnaise	5. Pour batter into the greased pan and bake for 25 - 30 minutes.
6 large eggs	
¾ cup of organic almond flour	
½ cup chopped walnuts or chopped pecans	

Cook It Cool! Comment: If you prefer your brownies sweeter you can add 1/8 cup of Stevia without compromising taste or adding carbs.

Mayonnaise adds a delightful creaminess to cakes and you can make it yourself. Here's how: Pulse 1 large egg, 1 egg yolk, ½ tsp. Dijon mustard, 1 Tbl. of lemon juice, 2 tsp. of white wine vinegar in the food processor three to four times. Drizzle 1 ½ cup of organic safflower or sunflower oil (olive oil tastes too "strong") slowly through the mixing hole, while blending until all of it is incorporated. Store in airtight container.

Orange Mocha Brownies

Here's the above recipe with more of an "adult taste."

Ingredients	Instructions
8 ounces of unsweetened chocolate (100% cocoa rating)	1. Preheat oven to 350 degrees.
¾ cup of butter (12 Tbs.) cut into small pieces	2. Grease an 8" square pan with butter.
½ cup of sugar	3. Melt the chocolate and butter in a double boiler. Add the sugar and vanilla and blend well.
2 Tbl. Grand Marnier orange liquor	4. Mix in the eggs, Grand Marnier and instant coffee.
1 Tbl. instant coffee	5. Add the flour and nuts, and blend well. Pour the batter into the greased pan and bake for 25 to 30 minutes.
2 Tbl. real mayonnaise	
6 eggs	
¾ cup of organic almond flour	
½ cup of chopped walnuts or pecans	

Peanut Butter Cookies

Great for the kids (with optional chocolate chips).

Ingredients	Instructions
1 cup of organic almond flour	1. Preheat oven to 375 degrees.
1 cup of butter (softened to room temperature)	2. Using an electric mixer, beat butter and peanut butter together.
1 cup of organic peanut butter	3. Add the sugar, baking soda and baking powder. Mix together until blended.
1/3 cup of brown sugar	4. Add the eggs and vanilla, followed by the almond flour. Add chocolate chips, if desired.
1/2 tsp. of baking soda	5. Scoop a tablespoon of dough into a greased cookie sheet. Space the dough two inches apart. Bake for 15 minutes.
1/2 tsp. of baking powder	
2 eggs	
2 tsp. of vanilla	
1 bag of unsweetened chocolate chips – optional	

Whipped Cream Soda

Here is a terrific refreshing drink! And it is a great way to curb the cravings for sweets.

Instructions

1. Fill a glass with ice and add half way full with heavy cream, about 3 to 4 ounces.
2. Add a teaspoon of vanilla, chocolate, or any other extract flavoring.
3. Fill the rest of the glass with club soda. Mix well.

Cook It Cool! Comment: This drink has virtually no sugar and since you are using cream, it is most filling! Want a Coconut Cream Soda? Omit the vanilla and add about 5 Tbl. of “full fat” coconut milk instead.

Walnut Dreams

An Adult Treat

Ingredients	Instructions
8 ounces of bittersweet chocolate (70+%) cut in pieces	1. Preheat oven to 375 degrees.
6 ounces (12 Tbs.) of butter cut in pieces	2. Grease the bottom of an 8"-square pan.
3 Tbl. of dark rum	3. Using a double boiler, melt the chocolate and butter. Mix well and allow it to cool.
4 eggs separated	4. Beat the egg yolks with half the sugar.
¼ cup of sugar	5. Stir into the melted chocolate mixture and add the nuts and the flour. Set aside.
¾ cup of finely ground walnuts	6. In a medium-size bowl, beat the egg whites and cream of tartar until peaks form.
¼ cup of organic almond flour	7. While beating, add the remaining sugar.
1 tsp. of cream of tartar	8. Fold whites into the chocolate mixture.
	9. Pour into the greased pan and bake for 30 to 40 minutes.

Note: These “dreams” are best served a day after they are made!

About Walnuts: Walnuts have been with us for thousands of years; however, they vary in origin. The trees actually originate in India as well as the northwest Asia regions around the Caspian Sea. The Romans brought the walnut to Europe circa the 4th Century A.D. Walnut trees historically have been sources of medicine and dye as well as food and fuel for lamps. The walnuts grown in North America are known as English walnuts, since they were shipped to America on English merchant ships. Walnuts were integral to the diets and way of life of the colonial settlers, as well as Native Americans. The odd appearance of the walnut shell – wrinkled like a brain – has resulted in the description of walnuts as “brain food.” Another reason for that name is their high concentration of essential parent omega-6. Shelled and unshelled walnuts should be stored in airtight containers either in the freezer or refrigerator for up to six months.

Classic Tiramisu

Ingredients	Instructions
1 cup of heavy cream	1. In a food processor, chop the walnuts.
¼ cup of powdered sugar	2. Line the bottom of a deep bowl with half of the nuts.
1 Tbl. of vanilla	3. Whip the heavy cream with an electric mixer and slowly add the sugar.
½ pound of mascarpone cheese – softened	4. Fold in the mascarpone cheese followed by the Marsala wine.
2 Tbl. of Marsala wine (optional)	5. In a separate bowl, combine the espresso, Kahlua and rum.
1 cup of cold espresso coffee	6. Pour half a cup of coffee and liquor mixture over nuts you have layered in a bowl.
¼ cup Kahlua liquor	7. Add half the cheese mixture on top and layer with the remaining nuts.
¼ cup of white rum	8. Pour remaining coffee mixture on top, followed with the top layer of the cheese mixture.
1 cup of toasted walnuts	9. Refrigerate at least four hours before serving.

Venetian Chocolate Cake

(This is a more sophisticated Italian Tiramisu)

Syrup:

Ingredients	Instructions
1/8 cup of sugar	<ol style="list-style-type: none">1. Combine the sugar and the water in a saucepan and bring to a boil. Allow it to cool.2. Stir in the brandy and the coffee. Set aside.
1/8 cup of water	
1/2 cup of strong, brewed espresso	
1/4 cup of Italian brandy or cognac	

Topping (Ganache):

Ingredients	Instructions
1 1/4 cup of heavy whipping cream	<ol style="list-style-type: none">1. Bring the cream to a boil and remove from heat.2. Add the chocolate and allow it to melt in the hot cream (about 5 minutes). Mix well and set aside.
1 pound of bittersweet chocolate (70-74%), chopped	

Zabaglione Filling:

Ingredients	Instructions
3 egg yolks	<ol style="list-style-type: none">1. In a large bowl, mash the mascarpone cheese.2. In a double boiler, or over a pan of hot water, whisk the yolks using an electric mixer.3. Add the sugar and wine and continue mixing until thickened.4. Fold the mascarpone cheese.5. In a separate bowl, whip the heavy cream using an electric beater until it forms a soft peak, and fold into the mixture.
1/8 cup of sugar	
1/3 cup of sweet Marsala Italian wine	
1/2 pound of mascarpone cheese at room temperature	
1 cup of heavy whipping cream	

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Cake:

Ingredients	Instructions
<p>$\frac{1}{8}$ cup of cornstarch $\frac{1}{3}$ cup of cocoa powder $\frac{1}{3}$ cup of sugar 4 large eggs, separated 1 tsp. of vanilla extract pinch of salt</p>	<ol style="list-style-type: none">1. Preheat the oven to 350 degrees.2. Butter the bottom of a 9" or 10" x 2" pan and line it with parchment or wax paper.3. Sift the flour, cornstarch, and cocoa, and set aside.4. Using an electric mixer at medium setting, whisk the yolks with half the sugar and the vanilla for about 4 minutes. The mixture should look fluffy and be a pale yellow color.5. In another bowl, whisk the egg whites and salt together. Mix with the electric mixer on medium speed until soft peaks form. Increase speed and gradually whip in remaining sugar until firm.6. Fold the yolks into the egg whites using a rubber spatula.7. Fold in the sifted, dry ingredients.8. Pour the batter into the prepared pan and bake for 30 minutes until the cake is firm to the touch in the center. Allow it to cool completely.9. Cut the cake into $\frac{1}{2}$" thick pieces. Soak the cake with the cognac/espresso syrup. Top with the zabaglione and ganache, leaving enough ganache to frost the cake.

About Ganache and Zabaglione: Ganache is chocolate, cream and sometimes butter mixed together, used as icing, a glaze or a sauce, coming from France in the mid 19th century. Rumor has it that an apprentice spilled cream into a vat of chocolate, and was promptly scolded with the term "un ganache" (ger-NASH), meaning "fool." If this tale is to be believed, a happy accident resulted in a lovely chocolate icing. Zabaglione is even older – from the 16th century Florence, Italy – and is a custard made with three ingredients: sugar, egg yolks and a sweet wine, liquor or juice.

Chocolate doesn't make the world go around, but it certainly makes the ride worthwhile."

Anonymous

South African Yogurt Poppy Seed Cake with White Chocolate Ganache

A unique dessert that no one will have seen before

Cake:

Ingredients	Instructions
3 eggs	1. Preheat oven to 350 degrees.
½ cup of sugar	2. Butter the bottom of a 13x9x2" pan, and line with parchment or wax paper.
½ cup cold-pressed organic safflower oil	3. In a large mixing bowl, whip with an electric mixer the eggs, salt, and sugar until fluffy.
1 cup of poppy seeds	4. Mix in the oil, then one at a time add the poppy seeds, coconut, flour, baking powder and yogurt until each ingredient is blended.
1 cup of coconut (unsweetened is best)	5. Pour the mixture into the pan and bake for 30 minutes until a toothpick inserted into the center comes out clean. Allow the cake to cool.
1 cup of almond flour	
1 tsp. baking powder	
½ tsp. salt	
8 ounces (one container) of plain yogurt (<i>not</i> low-fat)	

Frosting:

Ingredients	Instructions
½ cup of heavy whipping cream	1. Bring the butter and cream to a boil in a saucepan. Remove from heat.
4 Tbl. of unsalted butter (1/2 stick)	2. Add the chocolate.
2 ounces of white chocolate	3. Allow the mixture to stand a couple of minutes, then mix with an electric mixer.
	4. Refrigerate until thick and spread on the cake before serving.

About "White" Chocolate: This confection isn't technically chocolate because it doesn't contain any chocolate liquor. It is high in carbs, too (cocoa butter is equal parts fat, sugar and powdered milk), but for a special treat it's not an issue.

Ricotta Custard

Ingredients	Instructions
2 pounds of whole milk ricotta	1. Preheat oven to 375 degrees.
½ cup of sugar	2. In a food processor combine all ingredients and process until smooth.
⅛ cup of water	3. Fill ramekins (small glass bowls) and place them in a large baking dish with water, filling the pan halfway up the bowls.
3 eggs – 1 whole egg plus 2 yolks	4. Bake for 45 minutes or until golden brown.
½ cup of heavy whipping cream	5. Refrigerate overnight. Run a knife around the edges before removing from bowls.
1 Tbl. of vanilla	
1 tsp. orange-flower water (or orange juice)	
2 tsp. finely grated orange peel	

Delightful Cheesecake

This is a unique cheesecake because there are three types of cheese and no eggs. You can vary the “tanginess” of the cake by varying the goat or triple cream cheese.

Ingredients	Instructions
4 Tbl. of unsalted butter	1. Preheat the oven to 275 degrees.
2 cups of shredded unsweetened coconut (for “crust”)	2. Melt the butter in a large pan.
8 ounces of cream cheese	3. Add the coconut and blend until all the butter is absorbed.
1 cup of sour cream	4. Line the bottom of a 12-inch springboard pan (or deep pie pan) with the coconut and bake for 20 minutes until browned.
8 ounces of goat (chevre) cheese or any triple cream	5. Using an electric mixer, blend the cheeses and sour cream for three minutes.
¼ cup of sugar juice of 2 lemons	6. Add the sugar and lemon juice and beat for another three minutes.
	7. Pour filling on top of the baked crust. Cook for 45 minutes.
	8. Refrigerate overnight, and enjoy.

Cheesecake Pie

A more traditional cheesecake made "cool." To make the crust, follow the recipe for Low-Carb Pie Crust on page 7.

Ingredients	Instructions
2½ pounds of cream cheese at room temperature 2 Tbl. of vanilla ⅓ cup of sugar 1 cup of sour cream 7 eggs separated 3 Tbl. of lemon juice ¼ cup heavy whipping cream	<ol style="list-style-type: none"><li data-bbox="537 454 1227 492">1. Preheat oven to 350 degrees.<li data-bbox="537 502 1227 608">2. Place a roasting pan ¾ full of water on the lowest rack of your oven. This allows moist heat for the cake.<li data-bbox="537 618 1227 724">3. Beat the softened cream cheese, sour cream, vanilla, and sugar with an electric mixer until smooth.<li data-bbox="537 734 1227 772">4. Add the egg yolks and the lemon juice.<li data-bbox="537 782 1227 859">5. In a separate bowl, beat the egg whites until light and foamy.<li data-bbox="537 869 1227 937">6. Fold the heavy cream into the egg whites and then fold into the cream cheese mixture.<li data-bbox="537 946 1227 1052">7. Pour into the baked crust and bake for an hour or until a knife placed in the center comes out clean.

Mascarpone Cheesecake

To make the crust, follow the recipe for Low-Carb Pie Crust on page 7.

Ingredients	Instructions
½ cup of organic almond flour	1. Preheat oven to 300 degrees.
⅓ cup of sugar	2. Fill a roasting pan with water and place on the lowest rack of the oven (allows moist heat for the cake).
7 eggs – 5 egg whites and 7 yolks	3. Beat the mascarpone cheese, sour cream, vanilla, and sugar in an electric mixer until smooth.
¼ cup heavy whipping cream	4. Add the eggs, vanilla, lemon juice and the optional lemon/orange rinds.
2 cups mascarpone cheese	5. Fold in the heavy cream.
1 cup of sour cream	6. Pour into the baked crust and bake for one hour.
1 tsp. of vanilla	
1 Tbl. of lemon juice	

“We are more than what we eat, but what we eat can nevertheless help us to be much more than what we are”

Adelle Davis

Bittersweet Crème Brulee

Ingredients	Instructions
4 cups of heavy whipping cream 1/3 cup of sugar 12 ounces of unsweetened chocolate 8 egg yolks	<ol style="list-style-type: none"><li data-bbox="540 324 991 363">1. Preheat oven to 300 degrees.<li data-bbox="540 372 1158 450">2. Over medium heat, bring the cream and sugar to near boiling point.<li data-bbox="540 459 1180 537">3. Remove from heat and add the chocolate, allowing it to melt.<li data-bbox="540 546 1220 624">4. Whisk the cream and chocolate until blended and smooth.<li data-bbox="540 633 1220 710">5. In a separate bowl, whisk the egg yolks and blend with the chocolate mixture.<li data-bbox="540 720 1077 797">6. Pour into individual soufflé bowls (ramekins).<li data-bbox="540 807 1171 933">7. To cook evenly, place the ramekins in a large cooking pan and fill the pan with water until it covers half of the ramekins. Cook for 1 hour.<li data-bbox="540 942 1139 1052">8. Instead of using caramelized sugar to top this dessert, serve with homemade whipped cream on top.

Coconut Cream Pie

Ingredients	Instructions
2 cups of heavy whipping cream	1. Cook the pie crusts as directed and allow them to cool.
1 can (14 ounces) of coconut milk (<i>do not</i> use low-fat)	2. Bring the cream, coconut milk and sugar to a boiling point over medium heat, stirring continuously.
¼ cup of sugar	3. In a separate bowl, and using an electric mixer, beat the yolks and salt. Add the cream mixture slowly while blending. Return to the stove and cook over low heat while stirring until thickened, about 6 minutes, or until it coats the back of a wooden spoon. Make certain it is thick!
8 large eggs (yolks only)	4. Remove from heat and add the vanilla.
1 Tbl of vanilla extract	5. Pour into the pie shells, top with the shredded coconut and refrigerate for at least three hours before serving.
2 cups of unsweetened, shredded coconut	6. Serve with homemade whipped cream.
pinch of salt	
2 perfect pie crusts (recipe above)	

Note: Recipe is enough for 2 pies.

Cook It Cool! Comment: The term “coconut milk” is misleading because it is not milk from inside the coconut; it is actually moisture resulting from pressing the meat of the coconut. It’s not a carbohydrate either; it is virtually all fat and delicious. Extra virgin coconut oil is about 93% saturated fat, and contrary to popular but unscientific opinion, is extremely healthy to cook with. Of further interest: coconut is not a “nut,” it is actually a seed.

Banana Cake

If you absolutely have to have bananas, then here is the recipe. It is higher in carbohydrates than recommended, but so long as you eat few carbs the next couple of days after “over-indulging,” you’ll be fine.

Ingredients	Instructions
2 large ripe bananas 1/3 cup of sugar 10 Tbl. of softened unsalted butter 1 tsp. of baking soda 1/3 cup of sour cream 3/4 tsp. baking powder 2 tsp. grated lemon rind 1/2 tsp. salt 2 tsp. vanilla 2 large eggs 1 1/2 cup of organic almond flour	1. Preheat the oven to 350 degrees. 2. Using a food processor or electric mixer, blend the bananas and sour cream until smooth. Add the eggs, lemon zest, and vanilla. 3. Blend just a bit and add the dry ingredients. While mixing, add the butter until batter is light and fluffy. 4. Pour into a 8"x10" pan and bake for 35 minutes, or until toothpick inserted in the center of the cake comes out clean. Hint: top with Chocolate Sour Cream Frosting.

Swiss Fondue

Here's an elegant dish for guests. Of course, preparing it and enjoying real Swiss cheese fondue is the best reward.

Ingredients	Instructions
1/2 pound Swiss Emmenthal cheese	1. Grate about half of each cheese. Don't let your fingers get too close to the grater or you'll skin your knuckles.
1/2 pound Swiss Gruyère	2. Cut the remaining cheese in small pieces.
1/3 cup dry white wine (like a Chardonnay)	3. Place everything in a double boiler and heat until melted.
1/2 teaspoon salt	

You can dip bread into the cheese. You can take big “chunks” of the cheese by itself. The white wine imparts a delicious flavor.

Pizza Frittata

Want a pizza without the crust? Then here's the Italian answer: a *frittata*. Special thanks to Brian at Radiant Health of Des Moines for the recipe.

Ingredients	Instructions
1-2 ounces sausage, pepperoni, or other meat 8 eggs beaten 1 cup pizza sauce 1 cup shredded mozzarella cheese salt and pepper to taste	<ol style="list-style-type: none"><li data-bbox="530 452 1212 527">1. Spread meat over 10" (cast iron) skillet. Heat on medium until partially cooked.<li data-bbox="530 537 1212 678">2. Pour the beaten eggs over the meat. Decrease heat to low. Cover pan with lid, and heat about 12 minutes until eggs are set.<li data-bbox="530 687 1212 797">3. Pour on the pizza sauce and top with cheese. Cover and cook a few more minutes.<li data-bbox="530 807 1212 848">4. Cut into wedges and serve.