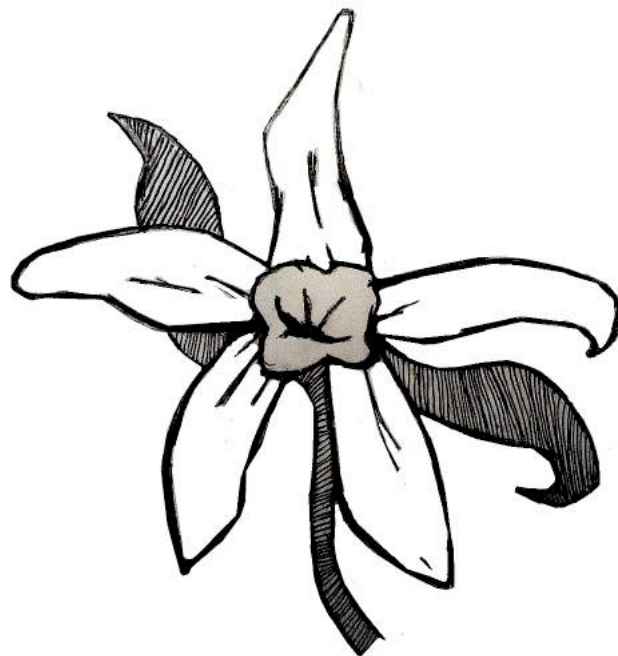


# Cooking with Vanilla

And Other Natural Flavors



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Havkin-Frenkel, and Ariel Frenkel

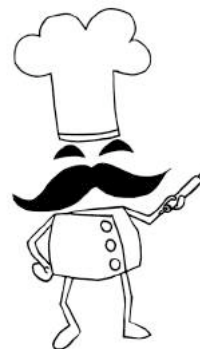
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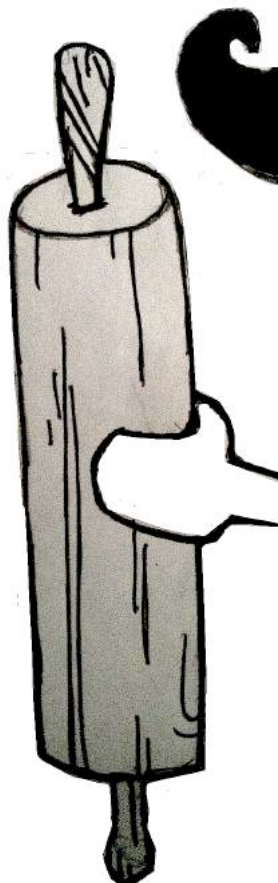


"Monsieur de la Vanille"

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# USING VANILLA

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Vanilla is the only flavor in the US that has a standard of identity listed under the code of Federal Regulation. The article clearly states the list of ingredients that are allowed to be used in order to be able to label the product pure vanilla. These products include Vanilla Extract, Vanilla Flavor, Vanilla Concentrate, and Vanilla Sugar.

The basic fold system is defined as follows: One fold contains a total extractive matter of 13.35 oz. of cured vanilla beans containing 25% moisture in a gallon of liquid. Two (2) fold contains twice the amount of vanilla beans, or 26.7 oz. in 1 gallon, and so on. In order to label a product "pure vanilla extract" the extract must contain at least 35% ethanol by volume. Less than the above will be labeled vanilla flavor.

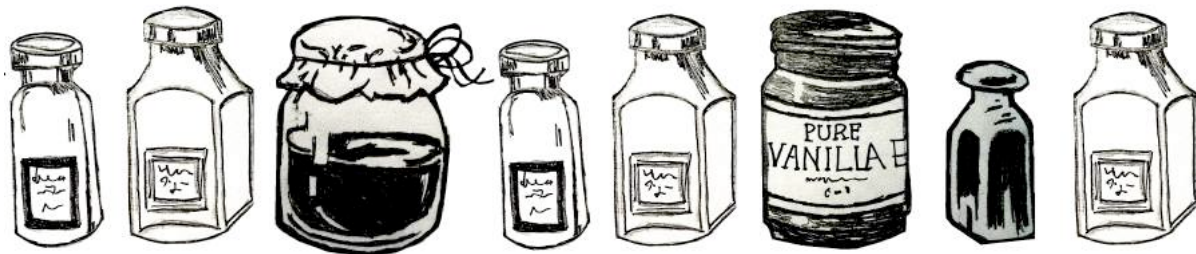
## VANILLA BEANS

Vanilla beans are the fruit of the climbing orchid. Only two species are approved for use in food products, including *V. planifolia*, and *V. tahitensis*. There are different vanilla beans with different flavor profiles based on origin, place of growing, and curing. The main production areas are Madagascar, Indonesia, Uganda, India, and Mexico which grow *V. planifolia*, and Tahiti and Papua New Guinea with grow *V. tahitensis*.

## USING WHOLE VANILLA BEANS

Many recipes call for whole vanilla beans. Many chefs will not replace vanilla beans with other vanilla products. Here are some instructions for the use of whole vanilla beans:

Open the bean lengthwise and scrape the insides with a spoon or dull knife (if the bean is dry, put it in the microwave or pan with small amounts of water, which will re-hydrate it in a few minutes and will be easier to cut open). You can also cut the whole bean or part of it before cooking. The rest of the vanilla bean can be stored in a glass sealed container or in the original test tube. Refrigerating or freezing tends to accelerate dehydration, and there is no need to do so. The bean has its own natural preservative to keep it for a long time at room temperature. Beans that are properly cured will not have mold growing on them. Left over beans can be added to the sugar jar, but should never be discarded.



## PURE VANILLA EXTRACT

Bakto Flavors sells Madagascar Pure Vanilla Extract in 2, 4, and 8 oz bottles. Our product is 1 fold extract obtained from *Vanilla planifolia* or *V. tahitensis* beans. Most recipes call for 1-2 teaspoons of the extract. It is made with 100% Madagascar Vanilla Beans.

## **VANILLA SUGAR**

Vanilla Sugar can be obtained by mixing sugar with vanilla extract, vanilla beans or vanilla oleoresin (a concentrated form of vanilla extract). The type of the sugar may also vary. Our Golden Vanilla Cane Sugar contains an organic brown sugar and finely ground vanilla beans, mixed together and packaged months before reaching the stores. The sugar extracts essence and flavor from the beans. This product is recommended as a measure for measure sugar substitute in specific recipes. When using this product, it may not be necessary to add any other vanilla product.

## **GROUND VANILLA BEANS**

Bakto Flavor's Pure Ground Vanilla Beans is made from 100% vanilla beans that are dried using a special technique developed by Bakto Flavors and Rutgers University. The drying temperature is optimal for the release of moisture while maintaining the flavor and aroma of the bean. As a final step, the beans are ground to a fine powder. We have two types, one type made from Madagascar beans, the other made from Papua New Guinea beans.

Ground vanilla is perfect for replacing whole vanilla beans in almost all recipes. One teaspoon is equivalent to one whole bean. Ground Vanilla Beans give the full-bodied aroma and flavor of vanilla as well as the visual effect of vanilla's black seeds.

## BAKTO FLAVORS NATURAL FLAVOR COLLECTION

Our society appreciates great fresh flavors and the highest quality foods. While it has proven difficult to grow these in our backyards or have access to them daily, the healthiest solution is our line of Natural Flavors and Extracts. Bakto's line represents the natural ingredients that are part of the flavor profile of each fruit, flower, nut, seed, or spice. All the ingredients of our products are with regulation of the FDA or appear on a reliable industry list. The flavors are strong and we recommend using less than more - follow the recipes and enjoy!

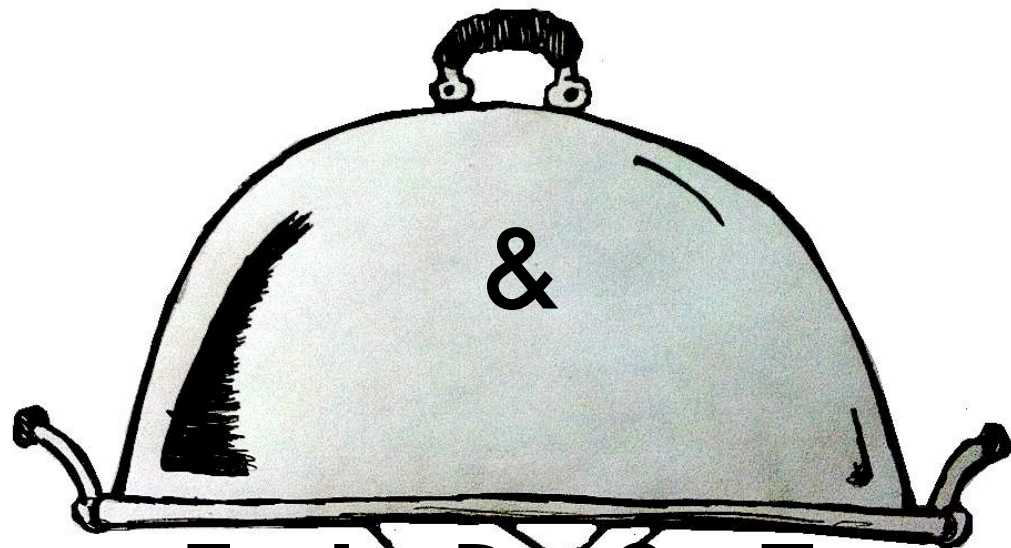


Natural Almond Extract  
Natural Anise Extract  
Natural Apple Cider Flavor  
Natural Banana Flavor  
Natural Bergamot Flavor  
Natural Blood Orange Flavor  
Natural Blueberry Flavor  
Natural Butter Flavor  
Natural Butter Pecan Flavor  
Natural Butterscotch Flavor  
Natural Caramel Flavor  
Natural Cardamom Extract  
Natural Cherry Flavor  
Natural Chocolate Flavor  
Natural Cinnamon Flavor  
Natural Coconut Flavor

Natural Coffee Extract  
Natural Coriander Extract  
Natural Cream Soda Flavor  
Natural Ginger Flavor  
Natural Hazelnut Flavor  
Natural Jasmine Flavor  
Natural Key Lime Flavor  
Natural Lavender Flavor  
Natural Lemon Extract  
Natural Lime Extract  
Natural Mango Extract  
Natural Maple Flavor  
Natural Orange Extract  
Natural Passion Fruit Flavor  
Natural Peach Flavor  
Natural Pear Flavor

Natural Pecan Flavor  
Natural Peppermint Extract  
Natural Pineapple Flavor  
Natural Pistachio Flavor  
Natural Plum Flavor  
Natural Pomegranate Flavor  
Natural Pumpkin Pie Flavor  
Natural Raspberry Flavor  
Natural Root Beer Flavor  
Natural Rose Extract  
Natural Rum Flavor  
Natural Strawberry Flavor  
Natural Tangerine Flavor  
Natural White Chocolate Flavor

A P P E T I Z E R S



F I R S T  
C O U R S E S

# Winter Ambrosia

---

2 cups fresh pineapple, cut into chunks  
2 oranges, peeled and sectioned  
2 bananas, sliced  
2 apples, cored and diced  
candied ginger, dime sized, thinly sliced  
 $\frac{1}{2}$  cup grated coconut  
 $\frac{1}{2}$  cup raisins  
2 Tbs. honey  
juice of  $\frac{1}{2}$  lemon  
1 tsp. vanilla extract  
 $\frac{1}{4}$  tsp. pineapple, banana, and apple  
flavors to boost



1. Toss together fresh fruits with coconut, ginger and raisins in large bowl.
2. Mix together honey, lemon juice and vanilla extract, fruit extract, and pour over fruits.

*If someone brings you a fruit basket with these fruits in it, try to get busy and make this Ambrosia before the fruit goes bad. The fruit will get eaten a lot faster this way.*

**SERVES 4**

# Orange, Kiwi and Banana Salad

---

$\frac{1}{4}$  cup plain yogurt  
1 Tbs. honey  
 $\frac{1}{4}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. vanilla extract  
2 oranges, peeled and sectioned  
2 bananas, sliced  
2 kiwis, peeled, halved and sliced

1. In a bowl, combine well the yogurt, honey, cinnamon and vanilla extract.
2. Add the fruits and stir gently to coat.

**SERVES 4**

# *Fruit Compote with Blueberry Vanilla Syrup*

---

$\frac{1}{4}$  cup maple syrup  
2 Tbs. water  
1 quart blueberries  
2 cups strawberries, sliced  
1 tsp. vanilla extract  
2 cups plain yogurt  
 $\frac{1}{4}$  tsp. blueberry extract to boost flavor

1. In a saucepan, simmer together syrup, water, 2 cups of the blueberries for 5 minutes until blueberries soften.
2. Pour mixture through a sieve into a bowl, pressing on solids. Stir in vanilla extract and blueberry extract. Chill syrup.
3. Mix remaining blueberries with strawberries and distribute among 8 compote cups. Top each with yogurt and syrup.

**SERVES 8**

# Asian Pears with Star Fruit and Kumquats

- 1 vanilla bean, split open
- $\frac{1}{2}$  cup water
- 3 Tbs. lime juice or 1 tsp. lime extract
- $\frac{1}{2}$  cup sugar
- pinch of salt
- 12 kumquats, sliced into thirds and seeded
- 2 star fruits, sliced into  $\frac{1}{3}$ " slices
- 4 Asian pears, peeled, cored and sliced  $\frac{1}{4}$ " thick

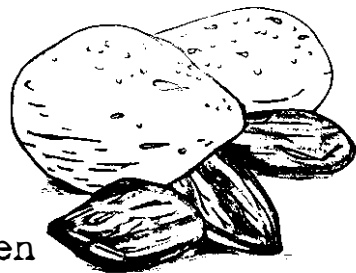
1. Combine vanilla bean, water, lime juice, sugar and salt in saucepan.
2. Bring to a boil, stirring. Lower heat and simmer 3 minutes.
3. Add kumquats and simmer 4 minutes until softened.
4. Put pears and star fruit in heat proof bowl and pour hot mixture over them.
5. Cool, then chill fruit, covered at least 2 hours. Remove vanilla bean before serving.

**SERVES 6**



S O U P S

# Almond Cream Soup



2 cups blanched almonds  
6 cups water  
3 Tbs. butter  
1 onion, chopped  
zest of a lemon  
pepper to taste  
1 tsp. cardamom extract

$\frac{1}{2}$  tsp. caraway seeds  
1 vanilla bean, split open  
1 cup light cream  
 $\frac{1}{2}$  cup white rice  
 $\frac{1}{4}$  cup currants  
 $\frac{1}{4}$  cup toasted slivered almonds

1. Blend almonds with 3 cups water until fine and milky.
2. Saute onion in butter until golden.
3. Add almond mixture and heat slowly, adding lemon zest, pepper, cardamom, caraway and vanilla bean.
4. Simmer about 1 hour, stirring occasionally.
5. Press the mixture through a sieve, reserving the liquid.
6. Return the pulp and vanilla bean to the saucepan and add another 3 cups of water.
7. Boil again 1 hour, press through sieve, discarding pulp and vanilla bean.
8. To almond liquids, add rice and currants, and simmer, covered for 20 minutes.
9. Add cream and heat but do not boil.
10. Garnish with slivered almonds.

**SERVES 4-6**

# ***Black Cherry Soup***

---

6 cans (9 oz. each) pitted dark sweet cherries in light syrup  
zest of one orange

3 Tbs. Grand Marnier  
1 tsp. vanilla extract  
1 tsp. salt  
 $\frac{1}{8}$  cup light cream  
 $\frac{1}{8}$  cup sour cream

1. Drain cherries and reserve syrup.
2. Puree all but  $\frac{1}{8}$  cup cherries in food processor until fine.
3. In a bowl, combine cherry puree, zest, Grand Marnier, vanilla extract and salt.
4. Whisk in light cream, then sour cream.
5. Garnish with remaining cherries, cut in half.

SERVES 6

# ***Ginger Carrot Bisque***

---

3 ounces butter  
22 peeled carrots  
1 large onion, chopped  
6 cups chicken stock  
1 Tbs. fresh ginger, minced  
2 tsp. orange zest  
 $\frac{1}{2}$  tsp. ground coriander seed  
or 1 tsp. coriander extract  
1 tsp. vanilla extract  
1 cup light cream

1. Saute carrots and onion in butter in large soup pot.
2. Add stock, ginger and zest, and simmer **30-45 minutes.**
3. Puree soup and add coriander extract and vanilla extract.
4. Stir in cream, and but do not boil.
5. Garnish with chopped parsley.

SERVES 8-10

# Butternut Squash Soup

- |   |                                      |
|---|--------------------------------------|
| 1 butternut squash, halved and seeded         | salt and pepper to taste             |
| 2 apples, peeled, cored and chopped           | $\frac{1}{2}$ cup orange juice       |
| 1 onion, chopped                              | $\frac{1}{2}$ tsp. coriander extract |
| 1 Tbs. olive oil                              | $\frac{1}{2}$ tsp. ginger extract    |
| 2 slices white bread,<br>crust removed, cubed | 1 tsp. vanilla extract               |
| 1 quart chicken stock                         | 2 egg yolks                          |
|   | $\frac{1}{4}$ cup light cream        |
|   | 1 tsp. pumpkin pie extract           |

1. Place squash cut side down on plate and microwave 6-8 minutes until tender. Cover and let stand 10 minutes, then remove skin.
2. Saute onion in oil until golden, add apples, squash, bread, stock, salt and pepper. Simmer 25 minutes.
3. Add orange juice, coriander extract and ginger extract. Let cool 10 minutes.
4. Puree soup in blender or food processor, return to pot and place over low heat.
5. Beat together vanilla, yolks and cream, then add a little hot soup to temper it.
6. Gradually pour yolk mixture back into soup pot to heat, but do not boil.

**SERVES 8**



*As a vegetarian option, replace the chicken stock with vegetarian chicken powder or broth, according to the label's instructions.*

## Summer Strawberry Soup

2 pints strawberries, rinsed and hulled  
2 cups sour cream  
1 cup milk  
1 cup ginger ale  
 $\frac{1}{4}$  cup sugar  
2 tsp. vanilla extract  
2 Tbs. lemon juice  
1 tsp. strawberry flavor  
fresh mint

1. Puree the berries, reserving 8 for garnish.
2. Add remaining ingredients.
3. Garnish with sliced berries and mint sprigs.

**SERVES 8**

## Chilled Banana Bisque

4 slices of white bread  
2 Tbs. butter, melted  
2 Tbs. sugar  
1 tsp. cinnamon  
5 bananas  
2 cups milk  
 $1\frac{1}{2}$  cups light cream  
1 tsp. vanilla extract  
 $\frac{1}{2}$  tsp. butter flavor  
1 tsp. banana flavor

1. Remove the crusts from the bread and cut it into small cubes.
2. Toss the cubes with the butter and spread on baking pan.
3. Toast the cubes until light brown in a 400° oven.
4. Combine the cinnamon and sugar, toss with the croutons, and continue baking until crisp and golden. Cool.
5. In a blender, puree the bananas and milk.
6. Stir in the cream and vanilla extract and a pinch of salt.
7. Serve sprinkled with croutons.

**SERVES 6**

# Swedish Fruit Soup

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 $\frac{1}{2}$ quarts water         | 4 Tbs. quick tapioca             |
| 2 Tbs. dried currants                | 1 vanilla bean, split open       |
| 1 cup each dried apricots and prunes | 1 cinnamon stick                 |
| $\frac{1}{4}$ cup raisins            | $\frac{1}{4}$ tsp. ground cloves |
| $\frac{1}{8}$ lemon, thinly sliced   | 2 tart apples, peeled and sliced |
| $\frac{1}{2}$ cup sugar              |                                  |

1. Soak all dried fruits in water 30 minutes.
2. Add cinnamon, vanilla bean, lemon, tapioca and sugar.
3. Simmer, covered, 15 minutes.
4. Add apple and simmer 5 minutes more.
5. Remove cinnamon stick and vanilla bean before serving warm or chilled.

**SERVES 8**

*This "Fruktsoppa" is best if left to stand at least 12 hours for the vanilla flavor to blend in before serving.*



# Cold Beet and Orange Soup

2 lbs. red beets, peeled and grated

1  $\frac{1}{2}$  qt. water

2 tsp. salt

1 tsp. ground coriander seed

$\frac{1}{2}$  tsp. ground black pepper

1 vanilla bean, split open

1 cup tomato sauce

1 cup orange juice

sour cream

1. Combine water, beets, salt, coriander, pepper and vanilla bean in a large soup pot and bring to a boil.
2. Reduce heat and simmer 20 minutes.
3. Strain mixture into a large bowl, pressing on solids, and reserving 1 cup of the beets.
4. Add tomato sauce, orange juice and reserved grated beets to beet liquid.
5. Chill, covered, and serve garnished with sour cream.

# *Rich Tomato Dill Soup*

---

6 Tbs. butter	2 quarts chicken stock
2 large onions, peeled and sliced	1 vanilla bean, split open
2 garlic cloves, peeled and minced	1 tsp. ground allspice
1 bunch of fresh dill, finely chopped	1 tsp. sugar
salt and pepper to taste	1 tsp. orange zest
3 lbs. plum tomatoes, peeled and seeded	sour cream for garnish

1. Saute onions in butter over low heat in soup pot, about 20 minutes.
2. Add garlic and cook until soft.
3. Add  $\frac{1}{2}$  of the dill, and salt and pepper and cook, stirring for 5 minutes.
4. Add stock, vanilla bean, tomatoes, ground allspice and sugar.
5. Bring to a boil, reduce heat and simmer 45 minutes.
6. Remove from heat. Add orange zest.
7. Cool slightly, remove the vanilla bean, and puree the soup.
8. Return to pot and add remaining dill.
9. Serve hot or chilled, garnished with sour cream.

SERVES 10



**E N T R E E S**

# *Chicken with Sweet Cherries*

---

8 boneless chicken breasts (5-6 oz. each)

1/3 cup olive oil

Juice of one lemon

1 tsp. ground vanilla beans

salt and pepper to taste

1 (15 oz.) can Bing cherries, with syrup reserved

1/2 cup red currant jelly

1 can frozen orange juice (6 oz.)

1. Marinate chicken in mixture of lemon juice, olive oil, ground vanilla beans, salt, and pepper for at least 4 hours.
2. Remove from marinade and place chicken in roasting pan and bake in 350° oven for 15 minutes.
3. Meanwhile in a small saucepan, cook reserved syrup from cherries, jelly, and orange juice concentrate over low heat until jelly melts, stirring often. Stir in cherries.
4. Pour over chicken and continue to bake for 20 minutes, basting 2-3 times, and adding reserved syrup if needed.

**SERVES 8**

## Brisket with Apricots

3 lbs. first cut brisket  
2 Tbs. light olive oil  
4 onions, quartered  
2 cups apricot nectar  
vanilla bean, sliced open

**SERVES 6-8**

1. Brown brisket in oil in a large stew pot.
2. Add onions, nectar and vanilla bean.
3. Cook on medium low heat **3-4** hours until meat is tender.

## Tropical Fish Kabobs

2 lbs. partly thawed cod or haddock,  
cut into 1  $\frac{1}{2}$  inch cubes  
1 can pineapple chunks,  
with reserved juice  
 $\frac{1}{4}$  cup light olive oil  
1 Tbs. brown sugar  
2 Tbs. finely chopped onion  
1 tsp. dry powdered mustard  
1 tsp. vanilla extract  
Salt and pepper to taste

1. Thread fish and pineapple chunks loosely onto skewers and place on oiled pan.
2. Mix together remaining ingredients.
3. Broil fish 8 inches from heat about 20 minutes, basting with mixture every 5 minutes. Serve over rice.

**SERVES 6**



# Blanquette d'Agneau

3 lbs. boneless lamb shoulder,  
excess fat removed, cubed  
4 carrots, peeled, cut in half, then quartered  
3 onions, peeled and halved  
bay leaf  
2 Tbs. fresh parsley, chopped  
 $\frac{1}{2}$  tsp. each dried thyme and marjoram  
1 celery stalk with leaves, thinly sliced  
2 tsp. lemon juice or 1 tsp. lemon extract

vanilla bean, split open  
3  $\frac{1}{2}$  cups chicken broth  
1 lb. mushrooms, stems removed  
3 Tbs. butter  
or 1 tsp. butter flavor  
 $\frac{1}{3}$  cup flour  
2 egg yolks  
 $\frac{1}{2}$  cup light cream

1. Place lamb in Dutch oven and add carrots, onions, bay leaf, parsley, herbs, celery, vanilla bean and broth.
2. Bring to boil over high heat, removing any scum.
3. Cover Dutch oven and place in  $350^{\circ}$  oven for one hour or until lamb is tender.
4. Add mushrooms and cook 10 minutes longer.
5. Remove meat and vegetables from broth to platter and keep warm. Remove vanilla bean.
6. Melt butter in saucepan, and add flour, and cook, stirring, to make a light brown roux.
7. Add broth slowly, stirring, and cooking until smooth.
8. Combine egg yolks and cream well, and stir a small amount of broth into the mixture to temper it.
9. Slowly add back into the remaining broth, stirring until heated and thickened.
10. Stir in lemon juice, pour over meat and vegetables.

**SERVES 8-10**

# Korma Stew

3 lbs. lamb, cut into 1 inch cubes  
1 cup yogurt  
2 tsp. salt  
1 tsp. ground vanilla beans  
1 Tbs. curry powder  
4 Tbs. olive oil  
1 onion, chopped  
 $\frac{1}{4}$  cup flaked coconut

1 clove garlic, minced  
 $\frac{1}{4}$  tsp. cayenne pepper  
 $\frac{1}{8}$  tsp. each pepper, ginger and  
cinnamon  
pinch cloves  
1 cup water  
1 Tbs. lemon juice

1. Combine yogurt, salt, ground vanilla beans, and curry powder.
2. Marinate lamb in yogurt mixture for at least 2 hours.
3. Heat oil in skillet, add lamb and brown well.
4. Remove lamb, add onion and garlic to skillet, and saute until tender.
5. Add spices and cook 2 minutes.
6. Add back lamb and marinade to skillet, cover and simmer 20 minutes.
7. Stir in water, cover and simmer 30 more minutes or until lamb is tender, adding more water if needed.
8. Add lemon juice and coconut. Serve over rice.

SERVES 6-8

# Raspberry Chicken

---



- 4 chicken breasts (about 2 lbs.)
- 2 Tbs. light olive oil
- $\frac{1}{4}$  cup onion, chopped
- 4 Tbs. raspberry vinegar
- or 1 tsp. vinegar and 1 tsp. raspberry flavor
- $\frac{1}{4}$  cup chicken stock
- $\frac{1}{4}$  cup light cream
- 1 Tbs. tomato sauce
- 16 fresh raspberries, tossed with 1 tsp. vanilla extract

1. Heat olive oil in skillet and saute the chicken breasts about 3 minutes on each side. Remove and reserve.
2. Add onion and saute until tender.
3. Add vinegar, cook on high heat to reduce to 1 spoonful.
4. Whisk in stock, cream, and tomato sauce.
5. Return chicken to skillet and simmer in sauce, basting often, until just done, and sauce is reduced and thickened, about 5 minutes.
6. Remove chicken to platter, swirl raspberries into the sauce and cook gently for one minute.
7. Pour sauce over chicken.

**SERVES 4**

# Duck A L'Orange

1 4-6 lb. duck  
salt and pepper to taste  
4 Tbs., plus  $1\frac{1}{2}$  cups orange juice  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  tsp. dry powdered mustard  
1 orange, outer peel and pits  
removed, and sliced

$\frac{1}{4}$  tsp. ground allspice  
pinch ginger powder or  
ginger extract  
1 Tbs. cornstarch  
1 Tbs. vanilla liqueur  
1 T Curaco (optional)  
1 Tbs. orange zest

1. Season duck and roast at **450°** for **30** minutes with the breast side down.
2. Reduce heat to **350°**, and turn duck over.
3. Roast duck for **30** minutes per lb.
4. Mix together 4 Tbs. orange juice, brown sugar,  $\frac{1}{2}$  Tbs. zest, mustard, ground allspice and ginger.
5. Baste duck with mixture **3** times during last **30** minutes of roasting.
6. Remove duck to platter and separate fat from the drippings.
7. Stir cornstarch into remaining orange juice and zest, and de-fatted drippings, and cook over low heat until thickened.
8. Stir vanilla liqueur and Curaco into sauce and pour over duck.
9. Garnish with orange slices.

# Sikbaj (Iraqi Beef Stew)

3 lbs. beef chuck, cubed	vanilla bean, split open
2 tbs. olive oil	2 tsp. salt
3 cups boiling water	$\frac{1}{2}$ tsp. black pepper
1 tsp. coriander extract	$\frac{1}{2}$ c wine vinegar
1 tsp. cinnamon	$\frac{1}{2}$ cup honey
1 large onion, sliced	1 cup sliced almonds
3 scallions, chopped	1 17 oz. can of figs, drained
2 carrots, sliced	

1. Brown meat in oil.
2. Add water, coriander, cinnamon, onion, scallions, carrots and vanilla bean. Cook over low heat 1  $\frac{1}{2}$  hours.
3. Add salt, pepper, vinegar and honey. Simmer 1 more hour.
4. Stir in almonds and figs. Let stand one hour.
5. Remove vanilla bean. Reheat to serve.

**SERVES 8**

# Baked Flounder with Hazelnuts

$\frac{1}{4}$  cup hazelnuts, skinned and chopped  
 $\frac{1}{4}$  cup, plus 2 Tbsp. butter  
 $\frac{1}{2}$  tsp. vanilla salt  
black pepper to taste  
1 lb. fillet of sole  
 $\frac{1}{4}$  cup breadcrumbs, toasted

1. In a skillet, toast hazelnuts in  $\frac{1}{4}$  cup butter until golden.
2. Rub the fillet with vanilla salt and sprinkle with pepper.
3. Dredge the fillet in the breadcrumbs.
4. Melt 2 Tbs. butter in a baking pan, add the fish, and spoon hazelnuts and butter over it.
5. Bake at **350°** for 20 minutes until fish flakes when tested with a fork.

**SERVES 4**

# Tropical Chicken Salad

3 cups cooked diced chicken  
1 mango, peeled and chopped  
 $\frac{1}{2}$  honeydew melon, cut into 1-  
inch chunks  
4 pita breads  
1 bunch watercress, rinsed,  
with stems removed  
2 Tbs. minced fresh mint  
or 1 tsp. peppermint extract

2 Tbs. honey  
1 tsp. vanilla extract  
1 Tbs. fresh ginger, minced  
or ground ginger  
 $\frac{1}{2}$  tsp. ground cardamom  
or cardamom extract  
2 Tbs. lime juice  
 $\frac{1}{4}$  cup mayonnaise  
 $\frac{1}{2}$  cup yogurt

1. In a bowl, combine well honey, vanilla extract, ginger, cardamom, lime juice, mayonnaise and yogurt.
2. Add the chicken, mango, melon and mint, stirring to coat.
3. Serve in pita pocket along with watercress.

**SERVES 4**

# Maple Roasted Chicken with Winter Vegetables

2 Tbs. olive oil  
1 (6-7) chicken  
 $\frac{1}{2}$  tsp. salt  
2 each, parsnips and carrots,  
peeled and cut into 1" pieces  
2 onion, peeled and quartered  
 $\frac{1}{2}$  tsp. maple flavor

$\frac{1}{2}$  squash or 2 sweet potatoes,  
peeled and cut into chunks  
black pepper to taste  
 $\frac{1}{2}$  tsp. rosemary  
 $\frac{1}{2}$  cup maple syrup  
2 tsp. vanilla extract

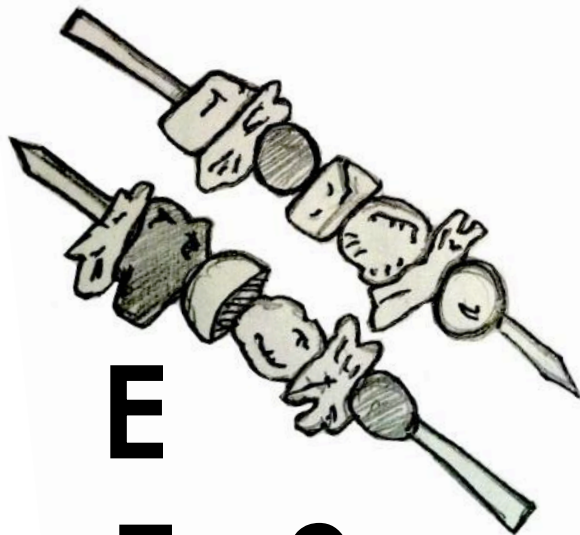
1. Coat roasting pan with 1 Tbs. of the oil and spread vegetables evenly in pan.
2. Place chicken on top of vegetables and brush with remaining oil.
3. Sprinkle with salt, rosemary and pepper.
4. Place in 400° oven on lower rack and roast, basting every 10 minutes with a mixture of the syrup and vanilla extract. Continue basting with pan juices when syrup is used up.
5. Roast until chicken is well browned and juices run clear, about 1 $\frac{1}{2}$ -2 hours.
6. Let chicken rest 10 minutes before carving.
7. Remove chicken to platter and surround with vegetables.

# Bakito Chili

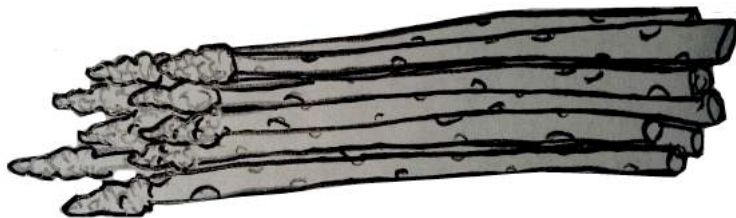
3 lb. 80% lean ground beef  
1 lb. ground turkey meat  
6 garlic cloves, finely chopped  
2 cups finely chopped onion  
8 OZ. tomato puree or 8 fresh tomatoes  
1 can of tomato paste  
1 can beer (12 oz.)  
3-5 dry chilli peppers or a tsp of crushed chillies  
1 vanilla bean or 1 tsp of ground vanilla bean

3 lbs. first cut brisket  
2 Tbs. light olive oil  
4 onions, quartered  
2 cups apricot nectar  
vanilla bean, sliced open  
1 tsp sea salt  
 $\frac{1}{8}$  tsp coriander extract  
 $\frac{1}{8}$  tsp lavender extract (optional)  
1 tsp cocoa powder  
2 tablespoons cumin, ground  
2 teaspoons red hot paprika  
2 teaspoons oregano leaves  
2 teaspoons brown sugar  
1 lb dry red beans or  
2 lb can red beans  
2 tbs olive oil

1. In a large pan, place the beans in water. Bring the water and beans to a boil, cook until soft, about 2 hours.
2. In a large saucepan, brown the ground meat, drain the fat.
3. In a large saucepan, add olive oil, garlic, and onion. Cook and stir until soft but not brown. Add to the meat saucepan.
4. Add the tomato sauce, water, beer, chili powder, cumin, paprika, oregano, sugar, coriander, lavender, and cocoa - mix well.
5. Add the cooked beans (or canned beans) without the water and mix well - Simmer for 1.5 hours, adjust taste if needed.
6. Serve hot over white rice or alone. Can easily be frozen for later eating.



**S I D E**  
**D I S H E S**



## Chinese Beets

3-16 oz. cans of sliced beets,  
drain, reserving 1  $\frac{1}{2}$  cup liquid  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup cider vinegar  
2 Tbs. cornstarch  
12 cloves  
3 Tbs. ketchup  
3 Tbs. vegetable oil  
1 tsp. vanilla extract  
Salt to taste

1. Place beet liquid and all ingredients except vanilla in saucepan. Mix well and cook on medium heat until mixture thickens.
2. Add vanilla extract, beets and salt.
3. Let cool and refrigerate. Serve at room temperature.

**SERVES 6**

## Onions Monte Carlo

2  $\frac{1}{2}$  cups beef broth  
1 Tbs. dark brown sugar  
 $\frac{1}{2}$  cup golden raisins  
vanilla bean, split open  
2 lbs. pearl onions, peeled  
2 Tbs. cornstarch  
parsley

1. Combine all ingredients except cornstarch in heatproof casserole.
2. Bake, covered in a 325° oven about 2 hours.
3. Mix cornstarch with  $\frac{1}{4}$  cup cold water and stir into onions.
4. Cook over low heat, stirring constantly, until thickened.
5. Remove vanilla bean and garnish with chopped parsley.

**SERVES 6-8**

# Fresh Corn Casserole

2 cups fresh corn, cut from cob  
2 tsp. sugar  
salt and pepper to taste  
3 eggs, lightly beaten  
2 Tbs. butter, melted  
1 tsp vanilla extract  
2 cups milk

SERVES 4

# Gingered Parsnips

12 parsnips, quartered and cut  
into 3 inch lengths  
4 Tbs. butter, melted  
3 Tbs. Golden Vanilla Cane Sugar  
1 tsp. ground ginger  
or  $\frac{1}{2}$  tsp. ginger extract

SERVES 6

1. Combine corn, sugar, salt and pepper in bowl. Mix well.
2. Blend in eggs, melted butter, vanilla extract and milk.
3. Turn into 1 quart greased casserole, and place the casserole dish in a pan of hot water.
4. Bake in a 350° oven for 1 hour or until knife inserted in the center comes out clean.

1. Cook parsnips in saucepan with water to cover until tender, 15-20 minutes.
2. Add Golden Vanilla Cane Sugar and ginger to butter.
3. Drain parsnips and return to pan.
4. Pour butter mixture over them, toss to coat parsnips, and heat on low for 5 minutes to form a glaze, shaking pan occasionally.



*This is a welcome treat at Thanksgiving Dinner.*

# *Acorn Squash with Sliced Apples*

---

3 acorn squash, cut in half and seeded  
 $\frac{1}{2}$  cup boiling water  
salt and pepper to taste  
3 tart apples, peeled, cored and sliced  
3 Tbs. melted butter  
3 Tbs. Golden Vanilla Cane Sugar  
nutmeg to taste  
 $\frac{1}{2}$  tsp. apple flavor



1. Place squash, cut side down, in shallow greased baking dish, and add boiling water.
2. Cover with foil and bake at **350°** for **15 minutes**.
3. Remove from oven and turn squash cut side up and season with salt and pepper.
4. Fill the cavities with apple slices, sprinkle with apple flavor.
5. Brush melted butter over apples and squash.
6. Sprinkle with Golden Vanilla Cane Sugar and nutmeg.
7. Bake for **30 minutes** longer, or until squash is tender, adding more water if needed.

**SERVES 6**

# Noodle Kugel

1 cup sour cream  
1 cup cottage cheese  
4 eggs, beaten  
4 tbs. butter, melted  
 $\frac{1}{2}$  lb. broad egg noodles  
3 apples, peeled and chopped

$\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  tsp. salt  
1 tsp. vanilla extract or  
 $\frac{1}{2}$  tsp. vanilla powder  
2 tsp. cinnamon  
 $\frac{1}{2}$  cup sugar

1. Cook noodles as directed on package and drain.
2. Mix with all other ingredients.
3. Pour into greased 9x9 inch pan.
4. Cover loosely with foil and bake at **300°** for one hour.

**SERVES 4**

# Sweet Basmati Rice

---

2 Tbs. butter  
5 cardamom pods  
or 1 tsp cardamom extract  
1 vanilla bean, split open  
2 cups water

few strands of saffron  
2 Tbs. sugar  
1 cup basmati rice  
 $\frac{1}{2}$  cup dried currants  
2 cinnamon sticks

1. Melt butter in saucepan, and add cardamom, cinnamon and vanilla bean.
2. Add water, sugar and saffron, and bring the mixture to a boil.
3. Add rice and currants and bring to a boil.
4. Reduce heat, cover and simmer 20 minutes or until water is absorbed and rice is tender.
5. Remove cinnamon sticks and vanilla bean before serving

**SERVES 6**



*This recipe is from my friend Zarina. She suggests that this rice can be served warm as a dessert, or as a side dish to a meat curry.*

# Spinach Salad with Beets and Oranges

1 bunch spinach, washed, with  
stems discarded  
2 small beets  
1 orange, peeled and sectioned  
to remove membranes  
1 Tbs. raspberry vinegar

1 tsp. vanilla extract  
3 Tbs. orange juice  
1 tsp. sesame oil  
 $\frac{1}{2}$  tsp. sugar  
1 Tbs. sesame seeds, toasted

1. Slice spinach leaves into  $\frac{1}{2}$ " strips.
2. Peel beets and julienne into fine strips. Add to spinach in salad bowl. Add orange.
3. In a small bowl, combine remaining ingredients and stir dressing to dissolve sugar.
4. Toss spinach, beets and orange with dressing and sprinkle with sesame seeds.

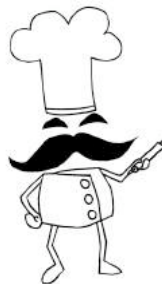
SERVES 2-4

# Carrots Vichy

- 2 cups carrots, peeled and julienned
- $\frac{1}{2}$  cup boiling water
- 2 Tbs. butter
- 1 Tbs. Vanilla Cane Sugar
- $\frac{1}{4}$  tsp. salt
- 1 tsp. lemon juice
- 1 tsp. dill weed

1. Cook carrots in water about 5 minutes over medium heat until tender crisp.
2. Place carrots into a sieve to drain, and add remaining ingredients to saucepan, stirring well.
3. Return carrots to saucepan and place back over low heat, stirring well to coat carrots.
4. Cook briefly until carrots are glazed.

**SERVES 4**



# Sour Cherry Salsa

- 2 cups pitted sour cherries, fresh or frozen, chopped
- 1 Tbs. sugar
- 1 tsp. vanilla extract
- 2 Tbs. red onion, chopped
- 1 jalapeno chili, seeded and minced
- 3 tsp. lime juice
- or 1 tsp. lime extract

1. Combine cherries and sugar in small bowl until sugar dissolves.
2. Stir in remaining ingredients and chill for at least 2 hours.
3. Bring to room temperature before serving.

**SERVES 2 CUPS**

*This zesty salsa goes well with roast pork, chicken or duck.*

# Poetic Salad

---

- $\frac{1}{2}$  lb. mixed baby greens, rinsed
- 4 strawberries, sliced thin
- 12 fresh violets, rinsed (harvested from an unsprayed area)
- 1 Tbs. balsamic vinegar
- 2 Tbs. light olive oil
- 1 tsp. vanilla extract
- 1 Tbs. blackberry or raspberry syrup

1. Gently toss greens with strawberries and violets.
2. Whisk together remaining ingredients and pour over salad.



**SERVES 4**

*This is a colorful addition to the table when violets are in season.*

# Sweet Potatoes with Honey Vanilla Glaze

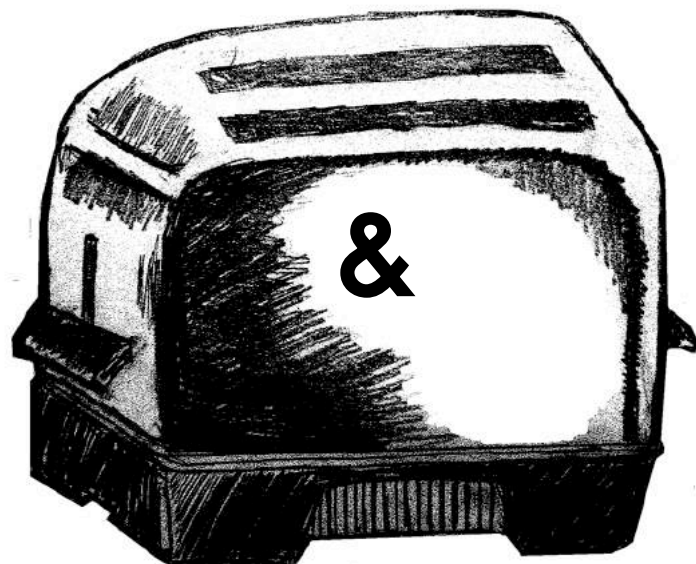
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- 2  $\frac{1}{2}$  lbs sweet potatoes, peeled and cut into 1  $\frac{1}{2}$  " chunks
- 6 Tbs. butter
- 3 Tbs. honey
- 2 tsp. vanilla extract
- 1 tsp. fresh lemon juice
- salt and pepper to taste

**SERVES 6**

1. Spread sweet potatoes in glass baking dish.
2. In a small saucepan combine butter, honey, vanilla extract and lemon juice. Heat until butter melts.
3. Pour mixture over potatoes and toss well to coat.
4. Sprinkle with salt and pepper.
5. Bake at **350°** until tender, about **45** minutes.

**B R E A D S**



**B R E A K F A S T**

# Maple Nut Scones

---

2 $\frac{1}{2}$ cups flour	2/3 cup milk
$\frac{1}{2}$ tsp. baking soda	2 tsp. vanilla extract
2 tsp. cream of tartar	1 egg, beaten
6 Tbs. butter, cold	$\frac{1}{2}$ cup chopped walnuts
1 Tbs. maple syrup	1 Tbs. cream
(boost with 1 tsp. maple flavor)	1 tsp. vanilla sugar

1. Sift together the flour, soda and cream of tartar into large bowl.
2. Cut butter into flour until it resembles fine meal.
3. Stir the milk, vanilla extract, maple syrup, the beaten egg and nuts into the flour mixture to form a soft dough. Add more flour if needed.
4. Press the dough into a lightly greased 9 inch round cake pan. Cut dough into 12 wedges.
5. Mix vanilla sugar with cream and brush over top of scones.
6. Bake at 400° for 20 minutes or until lightly browned.
7. Serve with butter and jam.

# Fruit Loaf Bread

---

1/3 cup dried currants  
1/3 cup golden raisins  
1/3 cup dried cherries  
1 tsp. vanilla extract  
1 1/2 cups flour  
8 oz. can crushed pineapple w/ juice

3 tsp. baking powder  
1/2 tsp. salt  
2/3 cup sugar  
1/2 cup butter  
2 eggs, beaten  
1 Tbs. milk

1. Place dried fruit and pineapple with juice into saucepan and heat to a boil. Let cool, covered, 20 minutes.
2. Stir vanilla extract into fruit.
3. Sift together flour, baking powder, salt and sugar into mixing bowl.
4. Cut in the butter until mixture is crumbly.
5. Stir in fruit mixture, then eggs and milk, and beat thoroughly. Add more milk if batter is too stiff.
6. Spread batter into well-greased loaf pan and bake at 350° for 50 minutes or until bread tests done.
7. Cool 10 minutes and remove from pan.

**SERVES 10-12**

# Zucchini Spice Bread

4 cups flour	1 $\frac{1}{4}$ cup milk
2 cups sugar	$\frac{1}{4}$ cup vegetable oil
2 tsp. cinnamon	2 tsp. vanilla extract
1 $\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ cup chopped nuts
1 tsp. salt	2 eggs, beaten
2 cups shredded, unpeeled zucchini	1 tsp. hazelnut flavor

1. Combine flour, sugar, cinnamon, baking powder, baking soda and salt in large bowl.
2. Make a well in the dry ingredients and add eggs, milk, oil and vanilla extract. Stir just until blended.
3. Fold in nuts and zucchini.
4. Divide batter into two 9x5 inch loaf pans and bake at 350° for 55-60 minutes or until loaves test done.
5. Cool 10 minutes, and remove from pans.

MAKES 2 LOAVES

# Pear and Vanilla Upside Down Pancakes

2/3 cup flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
1 tbs. sugar  
3 tbs. butter  
1/2 cup buttermilk, well shaken  
1/2 tsp. ground vanilla beans

2 eggs  
2 Bosc or Barlett pears  
1/4 cup sugar mixed with 1/2 tsp.  
ground vanilla beans  
juice of 1/2 lemon  
maple vanilla syrup

1. Into a bowl, sift flour, baking powder, baking soda and 1 Tbs. sugar.
2. In a 10 inch cast iron skillet, melt butter over medium heat, remove from heat.
3. In a small bowl, whisk together buttermilk, eggs and 1 Tbs. of the melted butter. Whisk into flour mixture until just combined. Let stand.
4. Peel, and core, and then slice pears into 1/4 inch thick wedges. Toss with vanilla sugar mixture and lemon juice.
5. Arrange pears in remaining butter in skillet.
6. Cook over moderate heat until sugar starts to caramelize, about 5 minutes.
7. Pour batter over pears and bake in 400° oven for 15- 20 minutes, until top is golden.
8. Immediately run a knife around the edge, invert a plate over the skillet and carefully invert cake onto plate.
9. Serve with syrup.

SERVES 2

# Cheese Blintzes

---

## For Crepes

---

$\frac{3}{4}$  cup flour  
 $1\frac{1}{2}$  cups milk  
1 egg  
1 tsp. salt  
 $\frac{1}{2}$  cup butter, melted  
1 tsp. vanilla sugar

SERVES 6

## For Blintz Filling

---

2 cups ricotta cheese  
1 egg, beaten  
3 Tbs. sugar  
2 tsp. vanilla extract  
pinch salt

1. Blend flour, milk, egg, salt, sugar and 1 Tbs. butter. Let stand, covered, for 20 minutes, while making filling, below.
  2. After the filling is made, heat a crepe pan over moderate heat until hot and brush with a thin coat of melted butter, reserving rest of butter for browning blintzes latter.
  3. Pour approx.  $\frac{1}{4}$  cup batter, and swirl the pan quickly to coat the pan in a thin layer of batter. Cook until browned.
  4. Loosen the crepe with a spatula and slide onto plate.
  5. Repeat until all the batter is used.
- 
1. In a bowl, combine filling ingredients.
  2. Make crepes, place 2 Tbs. filling in center of each.
  3. Fold in the sides, then roll up the blintzes.
  4. In a large skillet, heat remaining melted butter, add the blintzes and cook them seam side down for 3-5 minutes over moderate heat, or until brown.
  5. Turn over and brown on other side.
  6. Serve with sliced fruit and sour cream.

# Blueberry Waffles with Honey Vanilla Butter

1 cup Maine blueberries, mixed with  
3 Tbs. sugar  
 $\frac{1}{2}$  cup sugar  
1  $\frac{1}{2}$  cups flour  
2 tsp. baking powder  
 $\frac{1}{2}$  tsp. cinnamon  
2 tsp. blueberry flavor

$\frac{1}{2}$  tsp. baking soda  
 $\frac{1}{4}$  tsp. salt  
3 eggs, separated  
1  $\frac{1}{2}$  cups yogurt  
2 Tbs. butter, melted  
2 tsp. each vanilla extract  
 $\frac{1}{4}$  tsp. lemon zest

1. Sift together the dry ingredients.
2. In mixer, beat the egg yolks with the sugar until light and fluffy, then beat in yogurt, butter, blueberry flavor, vanilla extract and zest.
3. Stir flour mixture into the liquids just until combined.
4. In another bowl, beat egg whites until they hold stiff peaks, then fold them into the batter. Stir in blueberries.
5. Heat waffle iron, and brush with oil. Pour appropriate amount of batter into iron, cooking until waffle is crisp and golden. Repeat with remaining batter.
6. Serve with Honey Vanilla Butter.

## Honey Vanilla Butter

SERVES 6 WAFFLES

$\frac{1}{2}$  cup butter, softened  
 $\frac{2}{3}$  cup honey  
1 tsp. vanilla extract

1. Beat butter until light and fluffy.
2. Gradually beat in honey and vanilla.

# Quick Cinnamon Buns

---

2 Tbs. brown sugar	1 egg, beaten
1 tsp. cinnamon	$\frac{1}{4}$ cup, plus 1 tsp. milk
1 $\frac{1}{4}$ cups flour	1 tsp., plus $\frac{1}{4}$ tsp. vanilla extract
1 Tbs. sugar	1 Tbs. melted butter
2 tsp. baking powder	3 Tbs. confectioner's sugar
$\frac{1}{2}$ tsp. salt	1 tsp. water
2 Tbs. cold butter	

1. Mix together brown sugar and cinnamon.
2. In a large bowl, sift together flour, sugar, baking powder and salt.
3. Cut butter into flour with a pastry blender until mixture appears crumbly.
4. Make a well in the flour mixture, and add egg,  $\frac{1}{4}$  cup milk and 1 tsp. vanilla extract, and combine just until flour is incorporated.
5. Transfer dough to a floured surface. Knead 5-6 times.
6. Pat into a 10x6 inch rectangle. Brush with melted butter and sprinkle with sugar cinnamon mixture.
7. Roll into a 6 inch log and cut into 4 pieces.
8. Place on baking sheet cut side up and bake in 375° oven until golden about 20 minutes.
9. Stir together confectioner's sugar, water and remaining vanilla in small bowl and drizzle over warm buns.

# Tomorrow's French Toast Supreme

6 Tbs. butter  
 $\frac{3}{4}$  cup brown sugar  
2 Tbs. corn syrup  
5 eggs  
1 loaf challah (egg bread),  
ends removed

1 cup light cream  
 $\frac{1}{2}$  cup milk  
2 tsp. vanilla extract  
 $\frac{1}{4}$  teaspoon salt  
freshly grated nutmeg to taste

1. Melt butter and stir together with brown sugar and syrup in a 13 x 9" baking dish.
2. Cut bread into 1" thick slices. Place into dish in one layer.
3. Beat together eggs, cream, milk, vanilla extract, salt and nutmeg, and pour over bread.
4. Chill bread mixture, covered, overnight.
5. Preheat oven to 350°, and bring bread mixture to room temperature.
6. Bake, uncovered until puffed and golden, 35-40 minutes.

**SERVES 6**

# Dorothy's Lemon Bread

1 cup sugar	$\frac{1}{2}$ tsp. salt
6 Tbs. vegetable oil	1 tsp. baking powder
zest of one lemon or	$\frac{1}{2}$ cup milk
1 tsp. lemon extract	1 tsp. vanilla extract
2 eggs	glaze: $\frac{1}{4}$ cup sugar and juice of one lemon
1 $\frac{1}{2}$ cups flour	

1. Cream sugar and oil until light.
2. Beat in eggs, one at a time until pale yellow. Add zest or lemon extract.
3. Sift together dry ingredients. Add vanilla extract to milk.
4. Add dry ingredients alternately with milk to egg mixture.
5. Pour into 9 x 5" greased loaf pan.
6. Bake at 325° for 40 minutes until loaf tests done.
7. Heat together sugar and lemon juice in small pan until sugar is dissolved, and pour over warm loaf.
8. Let cool in pan before removing.

SERVES 10-12

# Crunchy Vanilla Granola

6 cups rolled oats  
1 cup wheat germ  
1 cup chopped walnuts  
1 cup sunflower seeds  
1 cup coconut  
1 cup honey  
1 cup corn or canola oil  
1 cup apple juice  
1 tsp. salt  
2 tsp. vanilla extract  
1 cup dried cranberries or raisins  
1 tsp. coconut flavor & apple flavor

1. In a large bowl, combine oats, wheat germ, nuts, sunflower seeds, and coconut.
2. In a small bowl, mix together the remaining ingredients. Pour over oat mixture and mix well.
3. Bake in a 275° oven one hour or more, stirring occasionally, until mixture is crumbly and toasted.
4. Cool completely. Stir in dried fruit.



**MAKES 2 QUARTS**

*Use this granola for the easy recipe for granola bars, which follows.*

## Granola Bars

2 cups granola  
1/4 cup brown sugar  
1 egg  
1 tsp. vanilla extract

1. Combine ingredients and press into greased 8" x 8" pan.
2. Bake at 350° for 15 minutes. Cool, and cut into 2" x 4" bars.

**MAKES 8 BARS**

# Sour Cream Coffee Cake

---

$\frac{3}{4}$  cup walnuts, chopped  
 $\frac{1}{2}$  cup brown sugar  
2 tsp. cinnamon  
1 cup sugar  
 $\frac{3}{4}$  cup butter, softened  
1 tsp. vanilla extract  
1 tsp. coffee extract

2 eggs  
1 cup sour cream  
2 cups flour  
1 tsp. each baking powder and baking soda  
 $\frac{1}{2}$  tsp. salt  
glaze: 1 cup powdered sugar, 2 Tbs. milk,  
 $\frac{1}{2}$  tsp. vanilla extract

1. Combine nuts, brown sugar and cinnamon and set aside.
2. Beat butter in mixer until light and fluffy, gradually adding sugar. Stir in vanilla extract and coffee extract.
3. Add eggs, one at a time, beating well after each addition.
4. Sift together flour, baking powder, baking soda and salt, and add to butter mixture alternately with the sour cream.
5. Spread  $\frac{1}{3}$  batter into a 10 cup greased bundt pan and sprinkle with  $\frac{1}{3}$  of the nut mixture. Repeat two times.
6. Bake at **350°** for **40** minutes until cake tests done.
7. Cool **10** minutes, then remove from pan to cool on a wire rack.
8. Combine glaze ingredients in a small bowl and drizzle over the cake.

# Apple-Cherry Breakfast Tarts

8 oz. cream cheese, softened  
2 Tbsp. confectioner's sugar  
1 tsp. vanilla extract  
2 golden delicious apples,  
peeled, cored and sliced  
 $\frac{1}{4}$  cup dried cherries

2 Tbsp. sugar  
2 sheets puff pastry (17  $\frac{1}{2}$  oz. pkg.)  
1 egg, beaten with 1 Tbsp. milk  
 $\frac{1}{3}$  cup maple syrup  
1 vanilla bean  
1 tsp. cherry flavor

1. Combine cream cheese, confectioner's sugar and vanilla.
2. Toss apples and cherries with sugar and cherry flavor.
3. Roll one sheet of pastry into an 11 x 15" rectangle.
4. From the long side, cut 4  $\frac{1}{3}$  " wide strips. Set aside.
5. Halve rest of pastry lengthwise, place on baking sheet.
6. Brush borders of pastry with egg wash, arrange strips on edges, trimming to fit.
7. Spread cream cheese mixture on rectangles and top with apple - cherry mixture.
8. Roll remaining pastry sheet into 14 x 10" rectangle, and halve lengthwise.
9. Make 2" slits in middle of each rectangle.
10. Brush borders with egg wash. Top with pastry rectangles.
11. Brush tops with egg wash and bake in 375° oven 30 minutes until golden.
12. Simmer maple syrup and vanilla bean together in small saucepan until syrup is reduced to  $\frac{1}{4}$  cup.
13. Remove vanilla bean. Brush hot syrup over warm tarts.

**MAKES 2 14x5" TARTS**

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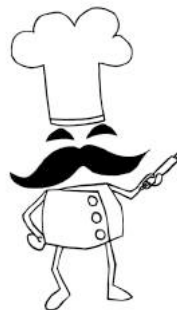
B A R S



# Russian Tea Cookies

---

$\frac{1}{2}$  lb (1 cup) butter, softened  
 $2\frac{1}{2}$  cups confectioner's sugar  
1 Tbs. vanilla extract  
 $\frac{3}{4}$  cup finely chopped pecans  
 $\frac{3}{4}$  tsp. salt  
 $2\frac{1}{4}$  cups flour  
 $\frac{1}{2}$  cup vanilla sugar



*These are also known as Mexican wedding cookies, full moon cookies or snowballs. Whatever they are called, they tend to be the first to vanish when they are served over the holidays.*

1. In mixing bowl, cream together butter and confectioner's sugar at high speed until the mixture is fluffy and pale yellow.
2. At low speed, add the vanilla extract, pecans, salt and flour until just blended.
3. Form the dough into inch balls, and place on baking sheet.
4. Bake in a 375° oven, 12-15 minutes, until lightly browned on the bottom.
5. Let cool slightly, then while still warm, roll cookies in vanilla sugar, and set on rack to cool.

**MAKES 2 DOZEN COOKIES**

# Spiced Lace Oatmeal Cookies

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ cup flour
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ tsp. each salt, cloves, cinnamon,
$\frac{1}{4}$ cup sugar	allspice and ginger
1 egg	$\frac{1}{8}$ tsp. baking soda
1 cup oatmeal	$\frac{1}{4}$ cup each raisins and chopped walnuts
2 tsp. vanilla extract	

1. Cream together butter and sugars in mixing bowl.
2. Beat in egg and vanilla extract, then add oatmeal.
3. Add flour sifted with spices and baking soda.
4. Stir in raisins and walnuts.
5. Drop by heaping teaspoonfuls onto baking sheet, leaving 3" between cookies.
6. Bake at 350°, 10-12 minutes.
7. Cool 2 minutes on baking sheet before removing to wire rack to cool completely.

MAKES 2 DOZEN COOKIES

# Best No Bowl Chocolate Brownies

2 oz. unsweetened chocolate	2/3 cup flour
1/3 cup butter	1/2 tsp. baking powder
1 cup sugar	1/4 tsp. salt
2 eggs	1/2 cup chopped walnuts
2 tsp. vanilla extract	

1. In medium saucepan, melt butter and chocolate over low heat, stirring.
2. Mix in sugar, then beat in eggs, one at a time.
3. Stir in vanilla extract.
4. Measure flour into a one cup measuring cup and add baking powder and salt.
5. Pour dry ingredients through sifter into the chocolate mixture and stir until just combined.
6. Stir in nuts and pour into 8 x 8" greased baking pan.
7. Bake at 350° for 25 minutes.

MAKES 16 BROWNIES

# Cranberry Pistachio Biscotti

- |                                |   |
|--------------------------------|---|
| 2 cups flour                   |   |
| 1 tsp. baking powder           | $\frac{3}{4}$ cup sugar                       |
| $\frac{1}{4}$ tsp. baking soda | 2 eggs  |
| $\frac{1}{4}$ tsp. salt        | 2 tsp. vanilla extract                        |
| 4 oz. butter, softened         | 1 cup dried cranberries                       |
| 1 tsp. pistachio flavor        | 1 cup pistachios, shelled and lightly toasted |

1. Sift together first 4 ingredients.
2. With a mixer, beat together butter and sugar until light and fluffy.
3. Beat in eggs one at a time. Add vanilla and pistachio flavor.
4. Mix in flour mixture until just incorporated.
5. Stir in the cranberries and pistachios.
6. Pat the dough into two 14" logs, about 1  $\frac{1}{2}$  " in diameter, and place on a large greased cookie sheet.
7. Bake in a 325° oven for 25 minutes until golden.
8. Let cool 5 minutes, then transfer to a cutting board and slice logs into  $\frac{1}{2}$ " pieces on a diagonal.
9. Return slices to oven, baking them for 8 minutes on each side. Remove from oven and cool on wire racks.

# Chocolate Pecan Biscotti

MAKES 3 DOZEN

Substitute  $\frac{1}{4}$  cup cocoa for  $\frac{1}{4}$  cup of the flour, and 1 cup of chopped, toasted pecans for the cranberries and pistachios.

# Triple Vanilla Sugar Cookies

$\frac{1}{2}$  cup butter, softened  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  tsp. vanilla powder  
1 egg  
1 tsp. vanilla extract

$1\frac{1}{4}$  cup flour  
1 tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  cup vanilla cane sugar

1. In mixer, beat together butter and  $\frac{3}{4}$  cup sugar until light and fluffy.
2. Beat in vanilla powder, egg and vanilla extract.
3. Sift remaining ingredients and beat in until just combined.
4. Form dough into a 10"x 2" log, wrap in waxed paper, and chill at least 4 hours.
5. Roll log in vanilla cane sugar.
6. Cut log into  $\frac{1}{4}$ " slices and dip in sugar.
7. Place on ungreased baking sheet  $\frac{1}{2}$ " apart.
8. Bake at 375° for 10-12 minutes until golden.
9. Transfer to a rack to cool.

**MAKES 3 DOZEN COOKIES**

# Macadamia Coconut Bars

1 $\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup coconut cream
$\frac{1}{2}$ cup cold butter	2 Tbs. heavy cream
$\frac{1}{4}$ cup confectioner's sugar	2 tsp. lemon juice
1 Tbs. vanilla sugar	1 tsp. vanilla extract
$\frac{1}{4}$ tsp. salt	1 $\frac{1}{2}$ cup sweetened flaked coconut
3 Tbs. butter, melted	$\frac{1}{2}$ cup macadamia nuts, halved
$\frac{1}{4}$ cup brown sugar	1 tsp. coconut flavor

1. In a food processor, mix together flour, cold butter, cut into bits, confectioner's sugar, vanilla sugar, coconut flavor and salt.
2. Pat shortbread dough evenly into an 8 x 8" baking pan and bake at 350° for 20 minutes.
3. Add brown sugar, coconut cream, cream, lemon juice, and vanilla extract to melted butter and combine well.
4. Stir in coconut and nuts, and pour topping over shortbread. Reduce oven to 325° and bake until golden, about 35 minutes.
5. Cool and cut into bars.

# Butterscotch Bars

$\frac{1}{2}$ cup butter	2 tsp. vanilla extract
$1\frac{1}{2}$ cup brown sugar	2 cups flour
2 eggs	$\frac{1}{2}$ tsp. soda
1 cup sour cream	$\frac{1}{2}$ tsp. baking powder
1 cup chopped walnuts	$\frac{1}{2}$ tsp. salt
and/or chocolate chips	1 tsp. butterscotch flavor

1. Cream butter and brown sugar in large bowl.
2. Blend in eggs, vanilla extract, butterscotch flavor and sour cream.
3. Gradually stir in sifted dry ingredients until well blended.
4. Stir in walnuts or chocolate chips.
5. Pour batter into a 9" x 13" well greased pan.
6. Bake at 350° for 25-30 minutes. Cool.

**MAKES 12 3"x3" BARS**



# Choco Dolce Cake

---

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 3 cups flour                          | 1 $\frac{1}{4}$ cups vegetable oil |
| 1 $\frac{1}{4}$ cup unsweetened cocoa | 2 tsps. vanilla extract            |
| 2 $\frac{1}{8}$ tsp. baking soda      | 1 cup whole milk ricotta cheese    |
| 1 $\frac{1}{8}$ tsp. baking powder    | 3 eggs                             |
| $\frac{1}{8}$ tsp. salt               | 2 $\frac{1}{4}$ cups water         |
| 3 cups sugar                          |                                    |

1. Sift first 5 ingredients together into bowl.
2. In another mixing bowl, combine sugar, oil, ricotta and vanilla extract at medium speed for 2 minutes.
3. Add eggs and beat well.
4. On low speed, add flour mixture alternately with water in 3 additions, then beat at medium speed one minute.
5. Divide into 2 well greased 9 inch round cake pans.
6. Bake at 350° for 35-45 minutes until cake tests done.
7. Cool 10 minutes, then remove from pan. Cool completely.
8. Frost layers with sour cream chocolate icing.

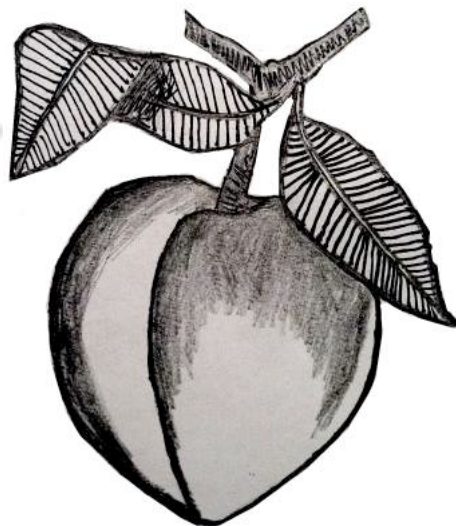
## Sour Cream Chocolate Icing

---

- |                                       |   |
|---------------------------------------|---|
| 12 oz. chocolate chips                | 1. Melt chocolate over simmering water, stir until smooth and let cool to room temperature. |
| 1 cup sour cream, at room temperature | 2. Whisk in sour cream.   |

# Peach Praline Pie

---



$\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup pecans, chopped  
3 Tbs. butter  
2 Tbs. quick cooking tapioca  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  tsp. cinnamon  
5 cups peeled and sliced peaches  
1 tsp. vanilla extract  
1 recipe sweet pastry dough  
 $\frac{1}{4}$  tsp. lavender flavor

1. In a small bowl, blend together brown sugar, pecans and butter with your fingers until crumbly.
2. In a mixing bowl, combine the tapioca, sugar, cinnamon, peaches, lavender flavor, and vanilla extract and let stand 10 minutes.
3. Roll the dough out to fit a 9" pie plate. Line plate and decoratively crimp the edges.
4. Pour peaches into crust, then sprinkle crumb topping over peaches.
5. Bake at 425° for 30 minutes until crust is golden.

SERVES 8-10

# Black Walnut Pie

1 recipe sweet pastry dough	$\frac{1}{2}$ cup Kahlua
3 eggs	1 $\frac{1}{2}$ cup dark corn syrup
pinch salt	1 $\frac{1}{2}$ cup black walnuts, chopped
$\frac{1}{4}$ cup sugar	vanilla ice cream as a topping
1 tsp. vanilla extract	

1. Roll out dough and line a 9" pie plate with it.
2. Crimp the edges and chill.
3. In a mixing bowl, beat together the eggs, salt, sugar, vanilla extract, Kahlua and corn syrup.
4. Stir in the walnuts.
5. Pour filling into pie shell. Bake at 350°, 40 min. until set.
6. Let cool and serve with vanilla ice cream.

SERVES 8-10

## Sweet Pastry Dough

- 1  $\frac{1}{2}$  cups flour
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  cup cold butter
- 2 Tbs. sugar
- 1 egg yolk
- 1 tsp. vanilla extract

1. Cut butter into flour, salt and sugar until crumbly.
2. Mix together yolk, vanilla and water and add to flour mix.
3. Form dough into a ball and wrap in waxed paper and chill.

**MAKES DOUGH FOR ONE  
9" CRUST**

## Coconut Icing

- 2 cups sour cream
- 1 tsp. vanilla extract
- 4 cups shredded coconut
- 1 cup confectioner's sugar
- $\frac{1}{2}$  tsp. coconut flavor

1. Combine all ingredients well.

**MAKES ENOUGH TO FILL AND  
FROST A 2-LAYER CAKE**

# Alberta Peach Crumb Cake

## Topping:

$\frac{3}{4}$  cup flour  
 $\frac{1}{3}$  cup brown sugar  
4 Tbs. butter  
 $\frac{1}{2}$  tsp. cinnamon  
1 tsp. vanilla sugar

## Cake:

$\frac{1}{2}$ cup butter	1 cup flour
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ tsp. baking powder
2 eggs	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla extract	3 large ripe peaches,
1 tsp. peach flavor	sliced

1. Combine topping ingredients in a small bowl using your fingers to form a crumbly texture.
2. In a mixing bowl, cream together butter and sugar until light and fluffy, then add eggs one at a time, beating well.
3. Stir in vanilla extract and peach flavor.
4. Sift together flour baking powder and salt and gradually add to mixture in bowl.
5. Spread batter in greased 8x8" square baking pan and arrange peaches on top.
6. Sprinkle topping over peaches and bake cake at 350° for 45 minutes until a cake tester comes out clean.
7. Serve warm.

SERVES 6

# Fresh Blueberry Pie



1 recipe sweet pastry dough  
1 quart fresh blueberries  
1 cup sugar  
3 Tbs. cornstarch  
8 oz. cream cheese  
2 eggs  
1 tsp. vanilla extract  
vanilla whipped cream for garnish  
 $\frac{1}{2}$  tsp. Blueberry Flavor

1. Roll out the dough and fit it into a 9" pie pan, crimping the edges decoratively.
2. In a bowl beat together cream cheese,  $\frac{1}{4}$  cup sugar, eggs, blueberry flavor, and vanilla extract.
3. Pour cheese mixture into crust and bake pie at 350° for 35 minutes until crust is golden.
4. While pie is baking, combine 2 cups blueberries, remaining  $\frac{3}{4}$  cup sugar, and cornstarch in saucepan with 2 Tbs. water. Bring to boil, stirring until mixture thickens.
5. Stir in remaining blueberries, and pour on top of baked pie while still warm.
6. Chill 4 hours and serve garnished with vanilla whipped cream.

# Vanilla Cream Filled Whoopie Pies

## Filling:

$\frac{1}{4}$  cup butter, softened  
2 cups confectioner's sugar  
 $\frac{1}{4}$  tsp. salt  
1 tsp. vanilla extract  
About 4 Tbs. heavy cream

## Pie:

$\frac{2}{3}$  cup shortening  
 $1\frac{1}{4}$  cup sugar  
2 eggs  
 $2\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  cup unsweetened cocoa

$1\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. cream of tartar  
1 cup milk  
2 tsp. vanilla extract

1. Cream shortening and sugar until light. Beat in eggs.
2. Sift together dry ingredients. Add vanilla to milk.
3. Add dry and liquid ingredients alternately to egg mixture, beating well after each addition.
4. Drop rounded tablespoons of batter onto greased baking sheets, about 3 inches apart.
5. Bake at 375° for 10-12 minutes until tops spring back when touched. Cool on wire racks.
6. To make filling, cream together butter, sugar, salt, vanilla and half of cream until light and fluffy. Add just enough more cream to make a spreadable consistency.
7. Sandwich 2 tsp. Filling between two cakes.
8. Keep wrapped and chilled until served.

**MAKES 12 PIES**

# Chocolate Angel Food Cake

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 1 cup cake flour               | $\frac{1}{2}$ tsp. salt              |
| $\frac{1}{2}$ cup cocoa powder | 1 tsp. cream of tartar               |
| 1 $\frac{1}{2}$ cups sugar     | 1 $\frac{1}{2}$ tsp. vanilla extract |
| 12 egg whites at room temp     | 1 Tbs. Vanilla Cane Sugar            |

1. Sift together the flour, cocoa powder and  $\frac{1}{2}$  cup of the sugar twice onto a sheet of waxed paper.
2. In a mixer, beat egg whites until frothy.
3. Add salt and cream of tartar and beat until just mixed.
4. Beat in the remaining cup of sugar very gradually until the white hold soft peaks, adding the vanilla extract towards the end of beating.
5. Sift  $\frac{1}{3}$  of the flour mixture into the whites and fold in gently, and continue to sift and fold the remaining flour mixture until it is thoroughly incorporated.
6. Spoon into an ungreased tube pan. Rap the pan on a hard surface to remove large air pockets.
7. Bake at  $325^{\circ}$  for one hour until cake springs back when touched.
8. Invert pan. Remove cake when thoroughly cool.

**SERVES 10-12**



*This is a great cake to serve those who are on a diet, as it is fat and cholesterol free.*

# Old Fashioned Cherry Vanilla Pie

pie dough for 2 crust pie, home  
recipe or purchased

1 cup sugar

$\frac{1}{4}$  cup quick cooking tapioca

1  $\frac{1}{2}$  Tbs. vanilla extract

$\frac{1}{4}$  tsp. salt

$\frac{1}{2}$  tsp. cinnamon

6 cups fresh or frozen pitted tart  
red cherries

1. In large saucepan, cook cherries over moderately high heat, stirring, until slightly softened, about 2 minutes.
2. Stir sugar, tapioca, salt and cinnamon together in small bowl.
3. Transfer cherries from saucepan to large bowl, leaving juices in pan.
4. Stir sugar mixture into juices and simmer about 3 minutes until thickened, and add vanilla extract. Pour over cherries.
5. While cherries cool, roll  $\frac{1}{2}$  of pie dough into an 11 inch round, and fit into a 9 inch pie plate. Pour cooled cherries into pie crust, and chill.
6. Roll out remaining dough to an 11 inch round and using a fluted pastry wheel, cut into 1 inch strips.
7. Weave strips into lattice pattern over top of pie, trim edges, and crimp decoratively.
8. Brush top with cold water and sprinkle with sugar.
9. Bake in 400° oven 45 minutes or until crust is golden.
10. Serve pie warm with vanilla ice cream.

**SERVES 10-12**

# Lura's Cheesecake

2 (8 oz.) packages of cream  
cheese at room temperature  
1 lb. cottage cheese  
1  $\frac{1}{2}$  cups sugar  
4 eggs  
3 Tbs. cornstarch

1  $\frac{1}{2}$  Tbs. lemon juice  
2 tsp. vanilla extract  
 $\frac{1}{2}$  cup butter, melted and cooled  
1 pint sour cream  
1 pint fresh berries

1. With a mixer, beat cheese together, then beat in sugar and eggs, one at a time.
2. Add cornstarch, flour, lemon juice and vanilla extract, mixing well.
3. Add butter and sour cream and beat until smooth.
4. Bake in greased 9" spring form pan at 325° for 1 hour and 10 minutes.
5. Turn off oven and let stand 2 hours.
6. Remove cake from oven, let cool and chill well.
7. Top with fresh berries.

**SERVES 16**



# Ellen's Honey Cake

3 cups flour  
1 cup sugar  
3 eggs, beaten  
 $\frac{1}{4}$  cup oil  
2 tsp. baking powder  
1 tsp. baking soda

1 Tbs. rum  
1 Tbs. vanilla liqueur  
1 lb. honey  
1 cup coffee, warm  
 $\frac{1}{2}$  cup walnuts, chopped

1. Sift together dry ingredients.
2. Add in, and mix well the remaining ingredients.
3. Pour into two 8 x 4" greased and floured loaf pans.
4. Bake at 350° for 1 hour until loaves test done.
5. Let cool 10 minutes. Remove from pans

**SERVES 10-12**



*This honey-sweetened cake is traditionally served for the Jewish New Year.*

# Molten Lava Cakes with Truffle Centers

$\frac{3}{4}$ cup heavy cream	8 oz. semisweet baking chocolate, chopped
8 oz. semisweet chocolate, chopped	5 oz. butter
2 oz. black raspberry liqueur	4 eggs
$\frac{3}{4}$ cup flour	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cocoa powder	1 tsp. ground vanilla beans

## For truffle center:

1. Bring cream to a boil and pour over chopped chocolate. After 2 minutes, stir in liqueur until smooth.
2. Pour onto lined baking sheet and chill **30 min.** until set.
3. Form chocolate into balls using hands dusted with cocoa powder. Freeze while making cakes.

## For cakes:

1. Sift together flour and cocoa powder.
2. Melt chocolate and butter together in double boiler or in microwave.
3. In mixing bowl beat together egg, sugar and vanilla powder until foamy. Beat in melted chocolate.
4. Add sifted dry ingredients, mixing until smooth.
5. Pour into 12 greased and floured muffin tins. Bake at **325°** for **5 minutes**.
6. Remove pan and place one truffle into the center of each cake.
7. Return to oven and bake **15-17 min.** Cool **5 min.** Unmold.

# Pumpkin Cream Pie

- 1  $\frac{1}{2}$  cups confectioner's sugar
- 1 (8 oz.) package cream cheese, softened
- 4 Tbs. butter, softened
- 1 Tbs. vanilla extract
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. ginger
- $\frac{1}{4}$  tsp. nutmeg or
- $\frac{1}{4}$  tsp. pumpkin pie flavor
- 1 (16 oz.) can pumpkin
- 1 (9") graham cracker crust
- vanilla whipped cream

1. Beat together sugar, cream cheese, butter, vanilla and spices until light and fluffy.
2. Mix in pumpkin and spoon into pie crust.
3. Chill at least 6 hours before serving.
4. Garnish with whipped cream.

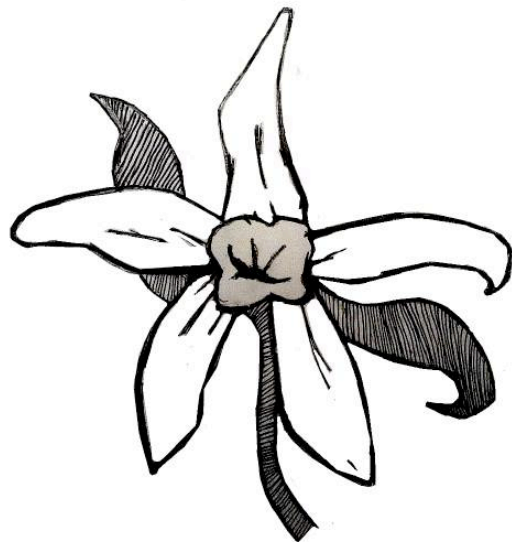
**SERVES 8**



# Vanilla Cake

---

2 cups sugar  
4 eggs  
1 cup vegetable oil  
1 cup white wine  
2  $\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  tsp. salt  
2 tsp. baking powder  
2 tsp. vanilla extract



1. Beat together sugar and eggs until light and fluffy.
2. Add oil, wine, flour, salt, baking powder and vanilla extract. Beat for one minute.
3. Pour into two 9" round greased and floured cake pans.
4. Bake at 350° for 30 minutes until cake tests done.
5. Cool in pans 5 minutes. Remove and cool thoroughly before icing.

SERVES 8-10

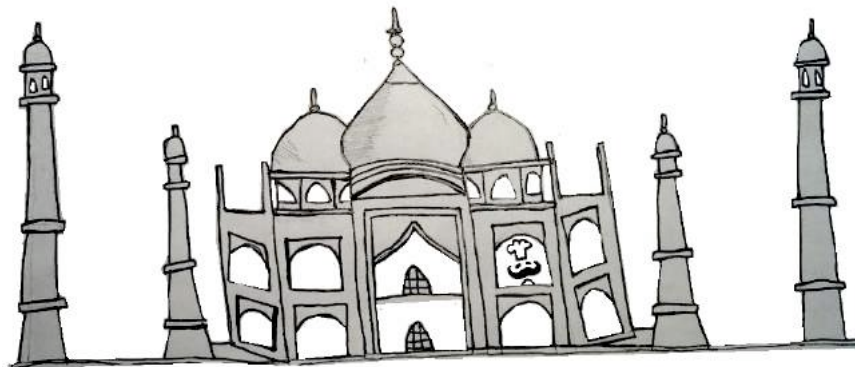
C U S T A R D S,  
I C E C R E A M,



F R U I T  
D E S S E R T S

# Indian Pudding

3 cups, plus  $\frac{1}{2}$  cup milk  
 $\frac{1}{3}$  cup molasses  
3 Tbs. yellow cornmeal  
 $\frac{1}{2}$  cup sugar  
1 egg, beaten  
1 Tbs. butter  
1 tsp. ginger  
1 tsp. ground vanilla beans  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. ginger extract or  
ginger powder



1. Combine 3 cups milk, molasses ginger extract, and cornmeal in saucepan.
2. Bring to a boil and simmer, stirring frequently, 25 minutes or until thick.
3. Remove from heat and whisk in remaining ingredients.
4. Pour into buttered 1  $\frac{1}{2}$  quart souffle dish and bake 325° oven for 1 hour and 15 minutes.
5. Pour  $\frac{1}{2}$  cup milk over top and bake 1 hour more, or until brown and shiny on top.
6. Serve warm with vanilla ice cream.

SERVES 4-6

# Fresh Fig Custard

- |  |                                   |
|--|-----------------------------------|
| 1 lb. fresh figs, quartered                | 2 tsp. vanilla extract            |
| $\frac{1}{2}$ cup sugar                    | $\frac{1}{2}$ tsp. almond extract |
| $\frac{1}{4}$ cup brandy                   | 1 tsp. grated lemon zest          |
| 1 cup whole milk                           | Pinch salt                        |
| $\frac{2}{3}$ cup toasted blanched almonds | 1 $\frac{1}{4}$ cup flour         |
| 3 eggs                                     | Whipped cream for garnish         |

1. Macerate the figs with the sugar and brandy for 30 minutes. Drain and reserve the liquid.
2. Blend milk and almonds together in a blender for 1 minute.
3. Add eggs, the reserved liquid, extracts, lemon zest and salt and blend 30 seconds.
4. Add flour and blend 30 seconds.
5. Pour enough batter to form a thin layer into a greased 1  $\frac{1}{2}$  qt. shallow baking dish and bake at 350° for 5 minutes until set.
6. Arrange figs over custard and top with the rest of the batter.
7. Bake for 50 minutes until custard is browned.
8. Let cool. Dust with sugar and serve with whipped cream.

**SERVES 6**

# Vanilla Coconut Curd with Chinese Fruits

2 Tbs. unflavored gelatin	2 tsp. vanilla extract
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ tsp. powdered ginger
1 (12 oz.) can evaporated milk	1 Tbs. honey
1 cup milk	4 fresh litchis, peeled
$\frac{1}{4}$ cup sugar	1 (8 oz.) can mandarin oranges
$\frac{1}{2}$ cup coconut milk	12 pineapple chunks, canned

1. Sprinkle gelatin over cold water in a small bowl, letting it soften for 15 minutes.
2. In a saucepan heat milk and sugar to a boil, add softened gelatin and stir until gelatin is dissolved.
3. Stir in evaporated milk, coconut milk, and vanilla extract.
4. Pour into 8x8" square glass cake pan and chill until set.
5. Drain juice from mandarin oranges into small saucepan, add ginger and honey and heat to a boil. Cool thoroughly.
6. Cut the curd into 12 diamond shapes, dip pan briefly in hot water, and remove curd from pan.
7. Arrange 3 diamond curds on each of four plates, garnish each with a litchi, mandarin oranges, and pineapple.
8. Pour cooled juice mixture over curd and fruit.

## Date Nut Pudding

3 eggs  
 $\frac{1}{2}$  cup sugar  
2 tsp. vanilla extract  
1 Tbs. flour  
1 tsp. baking powder  
 $\frac{1}{2}$  lb. dates, pitted and chopped  
1 cup walnuts, chopped  
whipped cream

1. Beat eggs and sugar in mixing bowl until light and fluffy.
2. Add vanilla extract and stir in flour mixed with baking powder.
3. Fold dates and walnuts and spoon into buttered 1 qt. Shallow baking pan.
4. Bake at **350°** for **30 minutes** until puffed and golden.
5. Serve warm, topped with whipped cream.

SERVES 4

## Prune Flan Bretagne

1 cup prunes, pitted  
1 cup flour  
 $\frac{1}{4}$  tsp. salt  
2 eggs  
1 cup sugar  
2 cups light cream  
1 Tbs. rum  
1 Tbs. vanilla sugar  
 $\frac{1}{2}$  tsp. prune flavor

SERVES 8

1. Pour boiling water over prunes and let stand one hour.
2. In a mixing bowl, combine flour, salt, eggs and beat for 4 minutes.
3. Gradually add sugar, then cream and rum, and then prune flavor, beating until smooth.
4. Drain prunes and add to the batter.
5. Pour into well greased pie plate and bake at **400°** for one hour until brown and crisped.
6. Turn flan onto a rack and sprinkle with vanilla sugar.
7. Cut into wedges and serve warm.

# Vanilla Rum Raisin Ice Cream

---

1 cup raisins	pinch salt
1/3 cup dark rum	2 1/2 cup whole milk, scalded
1 vanilla bean, split open	1 cup heavy cream
1/4 cup sugar	1 tsp. vanilla extract
2 eggs	

1. Macerate raisins and vanilla bean in rum overnight.
2. In a mixing bowl, beat together sugar and eggs until light.
3. Gradually stir in 1 1/2 cup of the milk and transfer the mixture to a saucepan.
4. Cook over low heat, stirring, until custard coats the back of a spoon.
5. Chill 2 hours, covered with waxed paper.
6. Stir in the remaining milk, cream, and freeze in ice cream freezer according to manufacturer's instructions until almost frozen.
7. Remove vanilla bean pod from the rum raisin mixture.
8. Add mixture to custard and continue to freeze the ice cream until it is frozen.

MAKES 2 QUARTS

# Cherry Vanilla Ice Cream

- 2/3 cup sugar
- $\frac{1}{8}$  tsp. ground vanilla beans
- 2 cups milk
- 1 cup heavy cream
- 2 egg yolks
- 2 Tbs. vanilla liqueur
- 1 cup sweet cherries, pitted and chopped

1. In a saucepan, combine sugar, vanilla powder, milk and cream. Bring the mixture to a boil over moderate heat, stirring.
2. In a mixing bowl, beat egg yolks until light and thick.
3. Gradually pour milk mixture into the yolks, stirring, and transfer it back to the saucepan.
4. Cook the mixture over low heat, stirring, until the custard coats the back of a spoon. Add vanilla liqueur.
5. Let the custard cool completely, covered with waxed paper. Stir in the cherries.
6. Chill for 2 hours. Freeze in an ice cream freezer according to manufacturer's directions.

**MAKES 1 QUART**

# Crème Brûlée

---

- 4 egg yolks
- $\frac{1}{2}$  cup sugar
- 2 tsp. vanilla extract
- 2 cups heavy cream, scalded
- $\frac{1}{4}$  cup golden vanilla cane sugar

1. Beat yolks with  $\frac{1}{2}$  cup sugar until thick and light.
2. Stir in vanilla and cream and pour into six custard cups.
3. Place cups in a pan of hot water and bake at **350°** for **45 minutes**.
4. Remove cups from pan and chill at least one hour.
5. Sprinkle with vanilla cane sugar and place under broiler for **1-2 minutes** to caramelize the sugar. Serve chilled.



**SERVES 6**

# White Pepper Ice Cream

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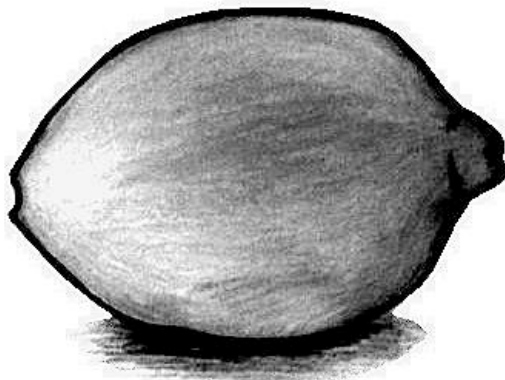
3 cups milk  
2 cups heavy cream  
1 tsp. vanilla ground vanilla beans  
1 Tbs. freshly ground white pepper  
4 egg yolks  
1 cup sugar

1. In a saucepan, bring the milk, cream, vanilla paste and pepper to a boil, then remove from heat.
2. Whisk together the egg yolks and sugar, and add cream mixture gradually, whisking constantly.
3. Pour back into pan and cook over moderate heat, stirring until the custard coats the back of a spoon.
4. Let cool, then freeze in an ice cream freezer according to manufacturer's directions.

MAKES 1  $\frac{1}{2}$  QUARTS

# Tangy Lime Vanilla Ice Cream

1 cup water  
1 cup sugar  
2 cups buttermilk  
1 tsp. lime zest  
2 Tbs. lime juice  
or  $\frac{1}{2}$  tsp. lime extract  
1 tsp. vanilla extract  
1 Tbs. corn syrup  
pinch salt  
(lime peel for garnish)



1. Bring water and sugar to a boil over medium heat, stirring. Remove, cover and chill.
2. Add buttermilk to syrup, then remaining ingredients.
3. Freeze in ice cream maker according to manufacturer's instructions.
4. Garnish with lime peel.

SERVES 6

# ***Banana Pistachio Rice Pudding***

---

1 cup long grain rice  
1 Tbs. butter  
1 tsp. ground cardamom  
or  $\frac{1}{2}$  tsp cardamom extract  
 $\frac{1}{4}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{3}{4}$  cup sugar

3 cups whole milk  
2 cups light cream  
2 tsp. vanilla extract  
2 bananas, diced  
 $\frac{1}{2}$  cup pistachios, shelled, with  
skins removed and chopped

1. Soak rice in water for 30 minutes, then drain.
2. Melt butter in saucepan over low heat.
3. Add cardamom, cinnamon, nutmeg and sugar, and cook, stirring, for one minute.
4. Add rice, milk and cream. Bring to a boil, reduce heat and simmer, stirring occasionally, about 20 minutes until rice is cooked.
5. Stir in vanilla extract and let pudding cool.
6. Stir in bananas and pistachios and chill well.

**SERVES 6**

# Vanilla Panna Cotta

1 Tbs. unflavored gelatin  
2 Tbs. cold water  
2 cups heavy cream  
1 cup half and half  
1/3 cup sugar  
2 tsp. vanilla extract  
Fresh ripe berries

1. Sprinkle gelatin over water in small pan to soften.
2. Heat over low heat to dissolve gelatin.
3. In large saucepan bring cream, half and half and sugar to a boil, stirring.
4. Remove from heat and stir in gelatin and vanilla extract.
5. Divide into eight  $\frac{1}{2}$  cup custard cups and chill well.
6. Dip cups into hot water for 3 second, run a knife around the edge, and invert onto serving plate.
7. Serve with berries.

SERVES 8

# Three Berry Basil Kissel

- |                            |   |
|----------------------------|---|
| $\frac{1}{2}$ cup sugar    | 2 cups blueberries                              |
| 3 Tbs. Cornstarch          | 4 cups raspberries                              |
| $\frac{1}{4}$ tsp. Salt    | 1 cup fresh basil, coarsely chopped             |
| 2 cups Muscat wine         | $\frac{1}{2}$ tsp. Lemon juice or lemon extract |
| 1 vanilla bean, split open | vanilla whipped cream                           |
| 3 cups blackberries        |   |

1. In a small bowl, mix together sugar, cornstarch and salt.
2. In a large saucepan, bring to a boil, then simmer wine, vanilla bean and  $\frac{1}{2}$  cup of each type of berry for 3 minutes.
3. Pour mixture into a sieve over another saucepan, reserving liquid.
4. Transfer cooked berries and vanilla bean back to the large saucepan and stir in remaining berries.
5. Gradually whisk sugar mixture into hot wine-juice liquid until smooth.
6. Retrieve vanilla bean, and add it and the basil to the hot liquid, bring it to a boil, and simmer 3 minutes, stirring.
7. Pour mixture through sieve into berries, discarding basil and reserving vanilla bean for another use. Combine well.

**SERVES 6**



*This is a Russian dessert, usually made with potato starch, but cornstarch has been substituted in this version adapted from Gourmet, August 1997.*

# Plums in Vanilla-Peppercorn Sauce

2 tsp. freshly ground white peppercorns  
1 vanilla bean, split open  
3 cups water  
1 cup sugar  
8 red plums

1. In a saucepan, bring water, vanilla bean, sugar and pepper to a boil and simmer for 10 minutes, stirring.
2. Pit and slice plums into wedges, and add to syrup.
3. Simmer 2 minutes until tender. Remove plums with a slotted spoon to a bowl of ice water, and stir to cool.
4. Boil syrup until reduced to 2 cups. Cool and stir into plums. Chill.

**SERVES 8**

# Vanilla Cream Cheese Flan

- 1  $\frac{1}{2}$  cups sugar, divided
- 7 egg yolks
- 1 (12 oz.) can evaporated milk
- 1 (12 oz.) can sweetened condensed milk
- 2 tsp. vanilla extract
- $\frac{1}{4}$  tsp. salt
- 4 egg whites

1. Melt 1 cup of the sugar in a saucepan over medium heat, stirring constantly until it turns caramel color.
2. Quickly pour into a 2 qt. flan dish, turning dish to coat bottom and sides. Let stand 5 minutes to harden.
3. Whish together yolks, milks, vanilla and salt in a mixing bowl.
4. Blend whites, cream cheese and remaining sugar in blender until smooth, and stir into yolk mixture.
5. Pour mixture through wire strainer onto caramelized sugar.
6. Place flan dish in a shallow pan of water.
7. Place pan into 350° oven and bake 1 hr 45 min.
8. Remove dish from water bath and cool completely.
9. Chill well. Run a knife around flan to loosen and invert onto serving plate.

**MAKES 8 SERVINGS**

# Maple Apple Cobbler

$\frac{3}{4}$ cup maple syrup	1 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup boiling water	$\frac{1}{4}$ tsp. salt
3 apples, peeled and sliced	$\frac{1}{2}$ cup milk
2 Tbs. softened butter	1 tsp. vanilla extract
$\frac{1}{2}$ cup sugar	

1. Combine syrup and water in saucepan and simmer while preparing apples and batter.
2. Arrange apples in buttered 9" x 9" baking pan.
3. Cream together sugar and butter.
4. Sift together dry ingredients. Add to the sugar mixture.
5. Spread batter over apples.
6. Add vanilla extract to hot syrup and pour it over the batter.
7. Bake at 375° for 35-40 minutes.
8. Serve warm with vanilla ice cream.

SERVES 9

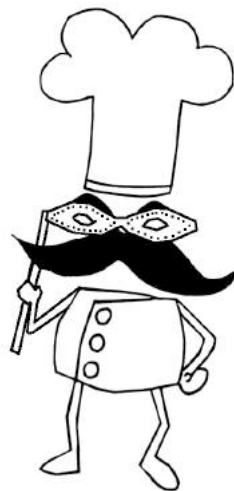
# New Orleans Bread Pudding

1 lb. loaf stale French  
bread or egg bread  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{8}$  tsp. nutmeg  
1 quart milk  
 $\frac{1}{2}$  cup butter, softened

4 eggs  
1 cup sugar  
2 Tbs. vanilla extract  
1 cup raisins  
1 recipe vanilla dessert sauce  
1 Tbs. whiskey or rum

1. Dice or crumble the bread into a large bowl. Add spices.
2. Pour milk over the bread and let stand 1 hour.
3. In small bowl, beat together eggs, sugar and vanilla extract. Stir this, and the raisins into the bread mixture.
4. Pour into a well greased 9" x12" baking pan.
5. Bake at 325° for one hour until browned and set. Cool.
6. Stir whiskey into vanilla sauce and serve with pudding.

**SERVES 10**



# ***Bittersweet Chocolate Pudding (Non-Dairy)***

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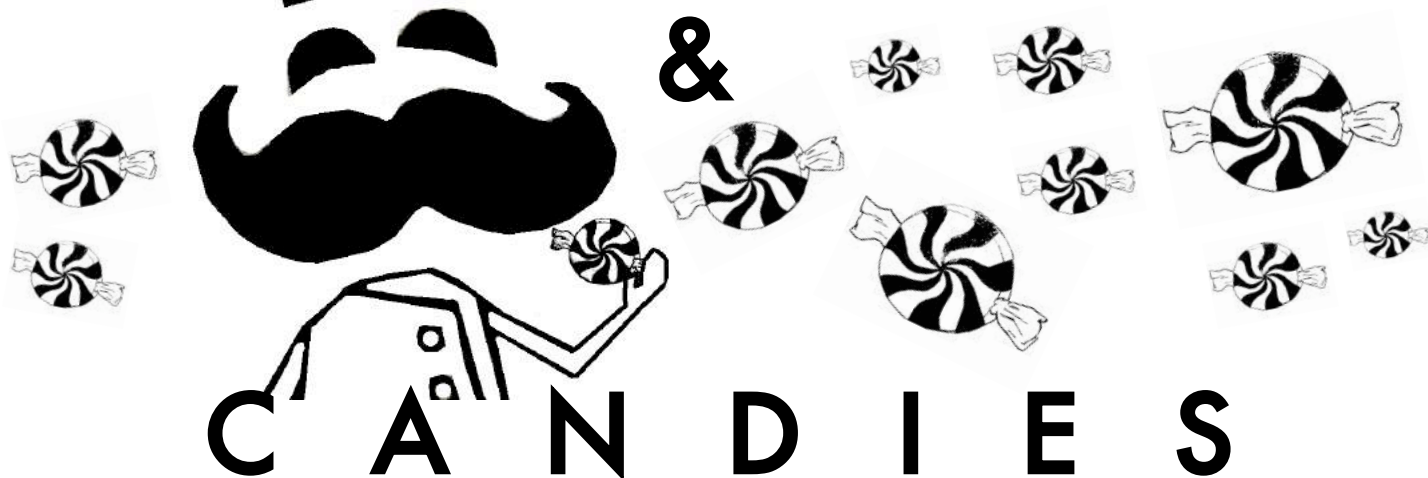
- 1 (10 oz.) pkg. silken tofu (do not use firm curd type)
- 1 Tbs. maple syrup
- 1 Tbs. vanilla liqueur
- 2 Tbs. brewed coffee
- 6 oz. bittersweet chocolate chips

- 1. Puree the tofu, syrup, liqueur and coffee in a blender.
- 2. Melt chocolate in microwave or on top of a double boiler.
- 3. Fold the chocolate into the tofu mixture.
- 4. Spoon into custard cups and chill 2 hours to set.

**SERVES 4**



**D E S S E R T  
S A U C E S**



# Vanilla Apricot Sauce

vanilla bean, split open      2/3 cup dried apricots  
1 cup sugar                      juice of 1/2 lemon  
2 cups water

1. In small saucepan, combine, vanilla bean, sugar and water and simmer, stirring, until sugar is dissolved.
2. Add fruit and simmer 15 minutes, covered.
3. Scrape seeds from vanilla bean into pan and reserve pod for another use.
4. Puree mixture in a blender, then return to pan.
5. Stir in lemon juice, and serve warm over pancakes, waffles or French toast.

MAKES 2 1/2 CUPS

# Brown Sugar Pecan

3/4 cup brown sugar  
1/2 cup water  
2 Tbs. corn syrup  
1/2 cup heavy cream  
1/2 cup pecans, chopped toasted  
1 tsp. vanilla extract

1. In a small saucepan combine sugar, water and syrup, and simmer, stirring occasionally about 4 minutes.
2. Stir in cream and pecans and simmer until slightly thickened.
3. Stir in vanilla extract.
4. Serve warm over pancakes, waffles or French toast.

MAKES 2 CUPS

# Vanilla Dessert Sauce

- 1 cup sugar
- 1 cup cold water
- 1 Tbsp. cornstarch
- 1 Tbsp. butter
- 2 tsp. vanilla extract

MAKES 1  $\frac{1}{2}$  CUPS

1. Combine sugar, water, cornstarch and butter in saucepan.
2. Cook over low heat, stirring, until thickened.
3. Stir in vanilla extract.



*Perfect as a sauces for  
fruit desserts.*

# Maple Vanilla Syrup

- 1 cup maple syrup
- 1 tsp. vanilla extract
- 1 Tbs. butter

1. Heat together until butter melts.
2. Serve warm with pancakes and waffles.

SERVES 6-8

# Vanilla Maple Pearl Jam

3 pounds ripe pears, peeled and quartered  
1 cup sugar  
 $\frac{1}{4}$  cup lemon juice  
 $\frac{1}{4}$  cup dark maple syrup  
1 vanilla bean, split open  
 $\frac{1}{4}$  tsp. ground allspice

1. Add all ingredients to a large saucepan, and simmer, covered over low heat, stirring occasionally, for 20 minutes until pears are tender.
2. Let cool 30 minutes, remove vanilla bean, then puree in a food processor.
3. Spoon into sterilized glass jars and seal with lids.

**MAKES ABOUT 3 CUPS**



*This keeps for a month in the refrigerator, and is delicious on hot biscuits.*

# Spiced Prune Butter

- 1 lb. pitted prunes
- $\frac{1}{2}$  lemon, seeded and thinly sliced
- $\frac{1}{2}$  orange, seeded and thinly sliced
- 3 cups sugar
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{4}$  tsp. allspice
- $\frac{1}{2}$  tsp. ground ginger

1. Soak prunes in a quart of water overnight.
2. Add the remaining ingredients except for the vanilla extract, and bring to a boil.
3. Reduce heat and simmer, covered, for 45 minutes, stirring occasionally.
4. In a blender or food processor, puree the mixture until smooth. Stir in the vanilla extract.
5. Pour into sterilized jelly jars and seal with the lids.
6. Store the butter chilled, for up to one month.

**MAKES 4 CUPS**

# Baked Fudge

- $\frac{1}{2}$  cup flour
- $\frac{1}{2}$  cup cocoa powder
- 2 cups sugar
- 4 eggs, beaten lightly
- 1 cup melted butter
- 2 tsp. vanilla extract
- 1 cup walnuts, chopped

1. Sift together the flour and cocoa powder
2. Add sugar and stir in the eggs, butter and vanilla.
3. Fold in the nuts.
4. Pour into greased 9 x 9" baking pan, and set in a larger pan with hot water to reach halfway up the baking pan.
5. Bake at 300° for 50 minutes until set.
6. Cool completely and cut into 12 squares.

# Caramel Sauce

- $\frac{1}{2}$  cup butter
- 1 cup brown sugar
- $\frac{1}{2}$  cup heavy cream
- 1 Tbs. vanilla extract
- $\frac{1}{2}$  tsp. caramel extract



*Either of these can be used to dip apples for caramel apples. Put a Popsicle stick into the core before dipping, then roll in toasted chopped nuts after dipping them into the caramel.*

1. Combine butter and sugar in saucepan over medium heat, stirring, until sugar melts.
2. Stir in cream. Bring to a boil, stirring.
3. Remove from heat and stir in vanilla extract and caramel extract.

# Easy Caramel Sauce

- 1 (14 Oz.) bag caramels, unwrapped
- 1 Tbs. water
- 1 Tbs. vanilla extract

1. Combine ingredients in a microwave safe bowl.
2. Microwave on high for 1  $\frac{1}{2}$  minutes or until melted, stirring twice.

# Crunchy Caramel Popcorn

- 1 cup brown sugar
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup light corn syrup
- $\frac{1}{2}$  tsp. salt
- 1 tsp. vanilla extract
- $\frac{1}{2}$  tsp. baking soda
- 6 oz. popcorn (16 cups popped)
- 1 cup peanut halves

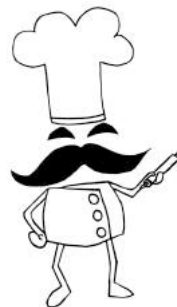
1. Bring first 4 ingredients to a boil in a saucepan over medium heat, stirring.
2. Remove from heat and stir in vanilla and baking soda.
3. Spread popcorn into large, buttered shallow roasting pan.
4. Pour sugar mixture over popcorn and stir to coat evenly.
5. Bake at 250° for one hour, stirring every 15 minutes.
6. Spread onto waxed paper to cool, breaking apart large clumps.

MAKES 8 (2 CUP) SERVINGS



# Vanilla Pastry Cream

- 2 cups milk
- $\frac{1}{2}$  cup sugar
- 4 Tbs. flour
- 2 egg yolks, beaten
- 1 Tbs. butter
- 2 tsp. vanilla extract



*Use this to fill cream puffs or eclairs,  
or serve layered in dessert cups with  
Three Berry Kissel (pg. 89)*

1. Mix together flour and sugar in mixing bowl.
2. Scald milk in saucepan. Slowly pour into flour sugar mixture.
3. Cook over low heat, stirring until mixture thickens.
4. Stir a small amount of hot mixture into egg yolks to temper them, then add back to the hot mixture.
5. Cook about 10 minutes until mixture forms a heavy coating on the back of a spoon. Remove from heat.
6. Mix in butter and vanilla extract. Chill well.

**MAKES 2  $\frac{1}{2}$  CUPS**

# Connie's Hot Fudge Sauce

- |   |                       |
|---|-----------------------|
| 1 Tbs. butter   | 2 Tbs. light cream or |
| 1 oz. unsweetened chocolate                                   | evaporated milk       |
| $\frac{1}{4}$ cup mixed with $\frac{1}{2}$ tsp. Baking powder | 2 Tbs. brewed coffee  |
| 2 tsp. vanilla extract  |                       |

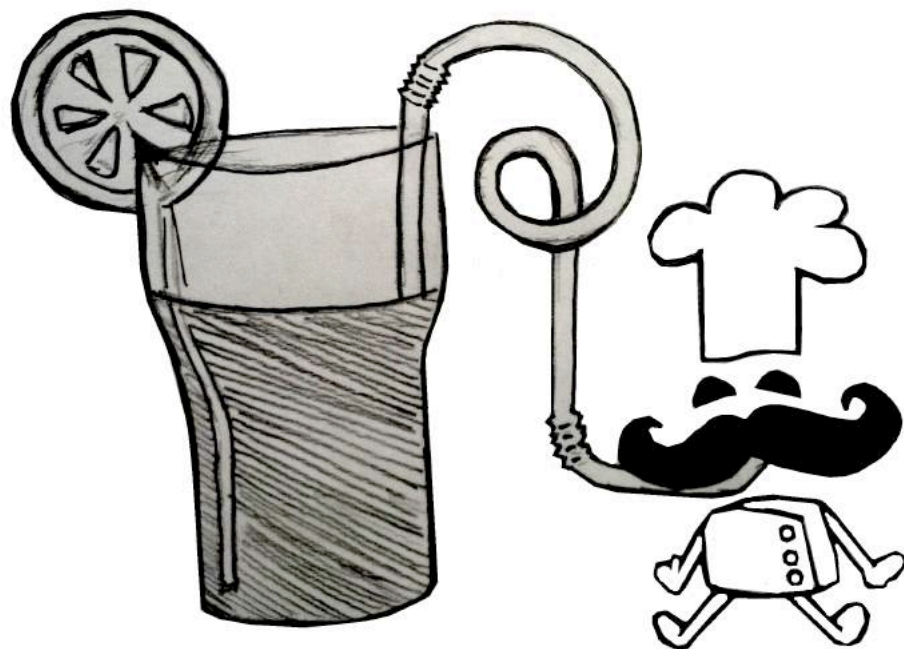
1. Melt butter and chocolate in the top of a double boiler set over simmering water, mixing until smooth.
2. Add sugar mixture, cream and coffee, stirring until sugar dissolves. Remove from heat. Stir in vanilla extract.

MAKES 1 CUP

# Chocolate Ganache

- |                                   |  |
|-----------------------------------|--|
| 6 oz. semisweet chocolate, grated | 1. Combine chocolate, cream and butter |
| 4 Tbs. light cream                | in top of double boiler. Heat over     |
| 1 Tbs. butter                     | simmering water, stirring until        |
| 1 tsp. vanilla extract            | smooth.                                |
|                                   | 2. Stir in vanilla extract.            |

# B E V E R A G E S

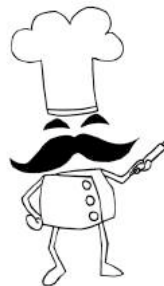


# Ginger-Vanilla Beer

- 1 cup grated fresh ginger
- 6 quarts water
- 1 cup sugar or to taste
- 1 vanilla bean, split open

1. Cover ginger and vanilla bean with water and let sit overnight.
2. Strain through cheesecloth, reserving vanilla bean.
3. Add sugar, and more water if too strong.
4. Bottle, adding back a piece of the vanilla bean to each container, and store in refrigerator for up to one week.
5. Shake bottle before serving over ice.

**MAKES 16 (2 OZ.) SERVINGS**



*A refreshing alternative to  
lemonade on a hot day.*

## Aryan (Turkish Summer Drink)

2 cups plain yogurt  
2 tsp. honey  
 $\frac{1}{2}$  tsp. vanilla extract  
dash of salt  
1 cup crushed ice

1. Blend yogurt for a minute until creamy, then blend in remaining ingredients.

MAKES 1 SERVING

## Chocolate Egg Cream

$\frac{1}{4}$  cup chocolate syrup  
 $\frac{1}{3}$  cup cold milk  
 $\frac{1}{4}$  tsp. vanilla extract  
8 oz. seltzer water

1. Pour milk into 12 oz. glass.  
2. Stir in syrup and vanilla extract.  
3. Pour seltzer to top of glass

MAKES 1 SERVING

# Banana Coconut Smoothie

2 bananas  
2 cups diced pineapple  
1  $\frac{1}{2}$  cups pineapple juice  
 $\frac{1}{2}$  cup coconut milk

1 Tbs. honey  
1 tsp. vanilla extract  
1 cup plain yogurt  
1 cup crushed ice

1. In a blender, combine the banana, pineapple and  $\frac{1}{2}$  of the juice, and puree until smooth.
2. Slowly add remaining ingredients and blend until smooth and thick. Adjust sweetener and liquid if needed.

SERVES 6

# French Mocha Shake

1 cup brewed French roast coffee, chilled  
1 cup coffee frozen ice cream  
 $\frac{1}{2}$  tsp. vanilla extract  
2 Tbs. unsweetened cocoa powder  
 $\frac{1}{2}$  cup milk  
1 Tbs. sugar

1. Blend together all ingredients until smooth, and pour into chilled glasses.

MAKES 2 (12 OZ) SERVINGS

# Frothy Hot Chocolate

4 cups milk  
1 vanilla bean  
6 oz. chocolate chips  
1/3 cup sugar  
pinch salt  
1  $\frac{1}{2}$  cups boiling water  
whipped cream



1. Scald milk in saucepan with vanilla bean.
2. Melt chocolate chips in the top of a double boiler over hot (not boiling) water.
3. Stir in sugar and salt.
4. Add the boiling water slowly to the chocolate, stirring constantly until blended.
5. Remove the vanilla bean from the milk, add the milk gradually to the chocolate mixture, stirring constantly, and heat until hot.
6. Remove top of double boiler, and whisk hot chocolate until frothy.
7. Pour into mugs and garnish with whipped cream.

**SERVES 6**

# Vanilla Chai Tea

- 3 cups water
- 6 cardamom pods, crushed
- 6 whole cloves
- 2 cinnamon sticks
- 4 peppercorns
- 1 quarter sized piece of ginger
- 1 vanilla bean, split open
- 4 tea bags
- $\frac{1}{4}$  cup sugar
- 1  $\frac{1}{2}$  cup whole milk



*My friend Chandra, who is originally from India, puts only ginger in her Chai. In India, the combinations of spices used in chai (tea) varies greatly.*

1. Heat water and spices with vanilla bean to a boil in saucepan.
2. Reduce heat and simmer about 15 minutes.
3. Drop in tea bags and let steep 3 minutes.
4. Pour into warmed teapot.
5. Add milk and sugar to saucepan and heat, but do not boil.
6. Add to tea in pot and serve immediately.

# Spiced Mocha Latte

1 cup semi sweet chocolate chips  
2 cups light cream  
2 cups water  
 $\frac{1}{2}$  cup milk  
3 Tbs. Instant espresso coffee  
1 tsp. Vanilla extract  
 $\frac{1}{2}$  tsp. Cinnamon  
Vanilla whipped cream

1. Combine first 4 ingredients in saucepan and bring to a boil, stirring to melt chocolate.
2. Stir in espresso, vanilla and cinnamon.
3. Serve with whipped cream flavored with vanilla.

**MAKES 6 SERVINGS**

# Wassail

- 1 gallon cider
- 1 cup brown sugar
- 6 oz. frozen lemonade concentrate
- 6 oz. frozen orange juice concentrate
- 1 Tbs. whole cloves
- 1 Tbs. whole allspice
- 1 tsp. grated nutmeg
- 4 cinnamon sticks
- 1 vanilla bean, split open
- 1 quart hot brewed tea

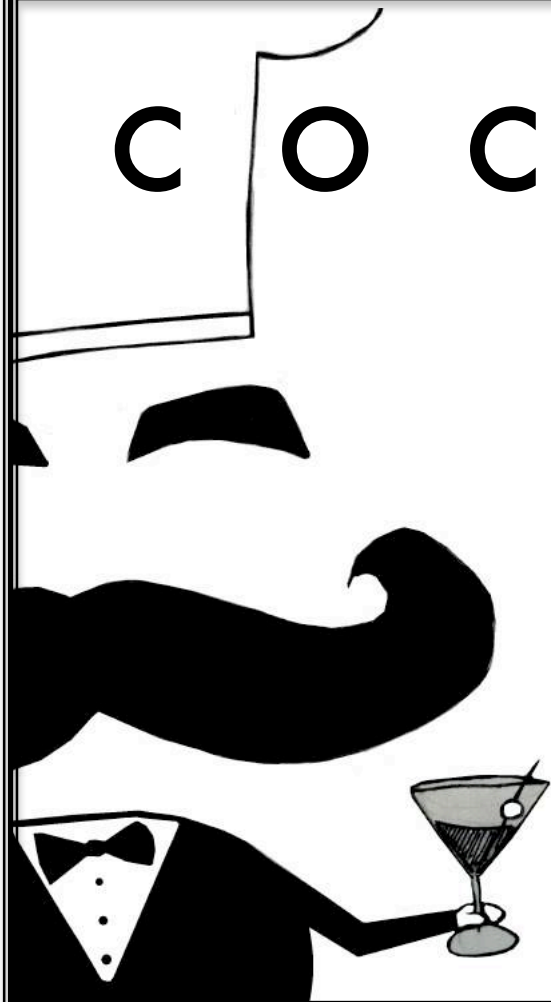


*Although a traditional drink to serve Christmas carolers, this is a great beverage to serve to your guests as they arrive on any cold winter's evening. It can be kept hot in a crockpot set on low heat.*

1. Place all ingredients except tea in large pot and bring to a boil.
2. Reduce heat and simmer 25 minutes.
3. Strain liquids into a large crock pot and add tea.

**SERVES 20**

# COCKTAILS



## Brandy Milk Punch

2/3 cup whole milk  
2 Tbs. brandy  
1 Tbs. vanilla liqueur  
1 Tbs. sugar  
1 Tbs. crème de cacao  
2 ice cubes

1. Combine all ingredients in a blender.
2. Blend until smooth, and pour into a large glass.
3. Garnish with grated nutmeg.

MAKES 1 DRINK

## Mint Julep Martini

1/4 cup bourbon  
1/4 cup orange liqueur  
1 tsp. vanilla liqueur  
1 tsp. clear crème de menthe  
5 ice cubes  
fresh mint and orange peel for garnish

1. Combine first 5 ingredients.
2. Cover and shake until completely chilled.
3. Strain into a chilled martini glass and garnish

MAKES 1 DRINK

# Hula Hula Punch

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 Tbs. raspberry flavored liqueur | 1. Combine all ingredients in |
| 1 Tbs. peach schnapps             | an iced filled glass and      |
| 1 Tbs. vanilla liqueur            | stir well.                    |
| 3 Tbs. sweet and sour mix         | 2. Garnish with lemon wedge.  |
| 5 Tbs. cranberry juice cocktail   |                               |

MAKES 1 DRINK

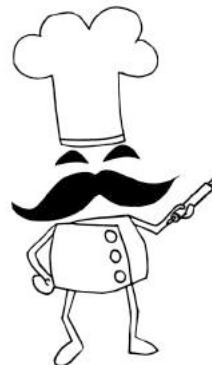
# Vanilla Apricot

- |                                |                             |
|--------------------------------|-----------------------------|
| 2 Tbs. vanilla liqueur         | 1. Pour the vanilla liqueur |
| 4 Tbs. apricot nectar          | into a chilled flute.       |
| 1/3 cup chilled sparkling wine | 2. Top with nectar and wine |

MAKES 1 DRINK

# Coquito Pitcher

2  $\frac{1}{2}$  cups water  
zest from 2 limes  
1 cinnamon stick  
2 cups sugar  
1 (14 oz.) can coconut milk  
1 (12 oz.) can evaporated milk  
 $\frac{1}{4}$  cup vanilla extract  
3 egg yolks (optional)  
2 cups light rum



*A perfect choice for your  
next party or gathering!*

1. In a saucepan, simmer water, zest and cinnamon for 15 minutes.
2. Strain into a bowl, then chill at least 2 hours.
3. Whisk in remaining ingredients until sugar dissolves.
4. Chill well and serve in small glasses.

**MAKES 24 DRINKS**

# Hot Vanilla Russian

$\frac{3}{4}$  cup milk  
1  $\frac{1}{2}$  oz. each Kahlua  
and vanilla liqueur  
1 egg yolk  
1 tsp. sugar  
whipped cream and vanilla  
sugar for garnish

MAKES 1 DRINK

# Showtime Shandy

$\frac{3}{4}$  cup cold ginger  
vanilla beer  
(see beverages)  
 $\frac{3}{4}$  cup cold dark ale

MAKES 1 DRINK

1. Heat, but do not boil milk.
2. Stir in Kahlua and vanilla liqueur and heat. Do not let boil.
3. In a small bowl beat sugar and yolk together until thick.
4. Add the milk mixture and blend together until well combined.
5. Pour into a wineglass and garnish with whipped cream and a sprinkle of vanilla sugar.

1. Combine both into chilled mug.



*This is a variation of a common beverage  
offered during intermissions in British  
theaters.*

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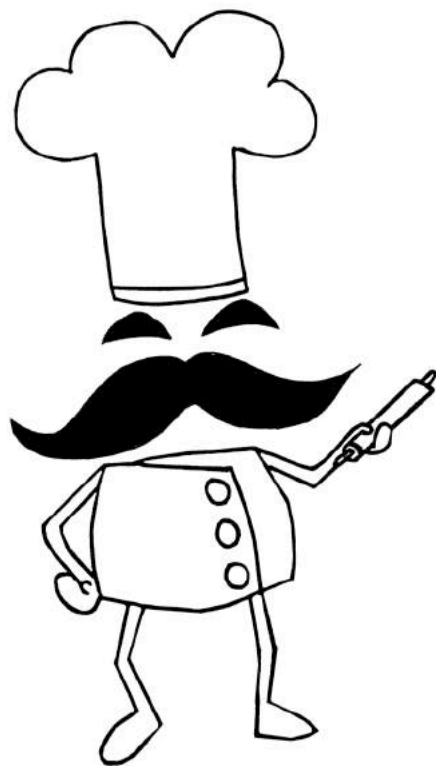
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