

JUST THE TWO OF US DESSERTS

FAST & EASY-TO-MAKE PORTIONS FOR TWO



SARA CHILDS

Just the Two of Us Desserts

By Sara Childs



*Dedicated to
David Kotick &
Anyone With A Sweet Tooth.*



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INTRODUCTION

This book is for you and me, just the two of us.

If you have a sweet tooth, but never seem to have the time, or the skills, to make your own desserts. This book of cakes, tarts, brownies, cookies, pies and puddings—even ice cream recipes—is for you. The recipes are generously portioned servings, just for two dessert lovers.

The desserts in this book can be prepared in 3 to 15 minutes. For example, the cakes, cobblers and puddings are ready to enjoy in 6 to 12 minutes. Most of the ice creams and sorbets are ready to serve in 3 to 4 minutes. These time estimates are based on having all of the ingredients pre-measured and ready to be blended.

So, before you flip through the pages of delicious dessert recipes featured in the book, here are some tips that will help to assure your success.

- Do not use self-rising flour. Instead, where called for, baking powder or baking soda should be measured and added to unbleached, all-purpose flour.
- The cakes, cookies, cobblers and puddings are prepared in a microwave oven. Ice cream, sherbet and sorbet recipes can be prepared using a food processor, blender or immersion blender, as noted in the recipe.
- If you are using a blender to make ice cream, I strongly recommend preparing one serving at a time. If you attempt to make more than one serving, the blender will clog, and the fruit will melt. The secret is to keep the fruit frozen.
- Puddings, custards and curds are quick and simple recipes prepared in a microwave oven. However, they require a bit of diligence and testing for the minute and 30 seconds, to 2 minutes it takes to cook them.
- Depending on the recipe, cakes can be baked in 3 minutes and 20 seconds, to 3 minutes and 45 seconds. And cookies can be baked and ready to munch in 30 seconds.
- Please note that the timing for these recipes can vary according to the wattage/power of your microwave oven. The microwave oven I used for the recipes that appear in this book is a 1200 watt Panasonic Genius Sensor Oven.

I have given conservative estimates for the baking times. If your microwave oven has a different power level, follow the directions in the recipe, and check the progress of the cake, cookies, pie or pudding according to the instructions.

Sara

PLEASE NOTE: The recipes in this book do not adapt to baking in a conventional oven, or cooking on a stove-top. Microwave baking is liquid-sensitive, much like a chemical formula. The quantity of liquid (oil, eggs, milk) is crucial for a successful (and delicious) outcome.



INGREDIENTS

These are the basic ingredients to stock in your pantry to make all the recipes in this book. If stored in airtight resealable storage bags, the dry ingredients will last for months. I recommend storing the nuts in your freezer. You can follow the recipes and add fresh or frozen fruit, or your choice of ingredients to make cakes, cookies, puddings, no-bake deserts and ice creams.

YOUR PANTRY:

All Purpose unbleached flour
Baking powder
Baking soda
Salt
Pure cane sugar
Caster sugar (or super-fine sugar)
Confectioners sugar (powdered sugar)
Cream of Tartar
Pure vanilla extract
Condensed milk
Espresso powder
Dutch process cocoa
Cinnamon
Corn Starch
80% Cocoa chocolate chips
Quick 1 minute oatmeal
Oreo Cookies
Graham crackers
Sliced almonds
Pecans
Walnuts
Solid vegetable shortening
Vegetable oil



COOKING UTENSILS

MIXING BOWLS

Pyrex has a set of 3 mixing bowls with the capacity to hold 1 cup, 2 cups and 4 cups.

The 1 Cup size is perfect for whisking an egg and milk together

The 2 Cup size can double as a cake pan to bake the birthday cake or pumpkin cake in.

The 4 Cup size is the perfect size for mixing several ingredients.

CUSTARD CUPS

I strongly recommend using Pyrex custard cups to premeasure ingredients. Use them to combine and whisk together wet or dry ingredients. And are ideal for melting butter or chocolate then set aside to cool.

MEASURING SPOONS AND CUPS

A set of measuring spoons should include 1/4, 1/2, 1 teaspoon and 1 tablespoon. Measuring cup set should include 1/4, 1/3, 1/2, and 1 cup.

SPATULA AND OFFSET SPATULA

Essential tools for careful blending and scraping batter out of a bowl and a thin offset spatula for decorations and fine finishing on cakes.

WHISK

I use two whisks, one for dry ingredients the other for wet. Whisks are sold in sets of three.

MICROWAVE OVEN

Microwave cooking is convenient and fast, but special care should be taken when cooking or reheating food.

The wattage of your microwave oven will determine the cooking time. The higher the wattage/power level the faster the cooking time. To find the power level check the inside of the oven or the back of the unit where the serial number is listed.

Use microwave-safe bowls, cups and utensils. Cover the bowls with microwave-safe lids or wraps. Do not overfill the bowl; leave enough space between the food and the wrap. The moist heat will promote cooking and destroy harmful bacteria, but leave a corner of the lid or wrap uncovered to allow steam to vent.

A microwave oven cooks less evenly than a conventional oven. Microwaves penetrate food to a depth of 1 to 1 1/2 inches creating cold spots in the center. If possible, stir or rotate the food midway through the time to eliminate cold spots and to ensure even cooking. If your microwave oven has a turntable, you should stir chocolate and puddings from the outside of the bowl to the center, from the top to bottom.

Always allow standing time—the cooking process continues after you remove the cake or pudding. The cooking is completed during this time.

Use extreme caution when removing the plastic wrap, remove the wrap away from you to avoid the hot steam.

JUST THE TWO OF US DESSERTS



IMMERSION BLENDER

An immersion blender is a handy kitchen tool used for blending, mixing and chopping. The blender attachment is a must to make individual servings of ice-cream, sherbets or sorbet. The whisk attachment makes quick work of whipping cream and egg whites.

4 3/4 X 4 3/4 X 2 INCH GLASS STORAGE CONTAINER

The perfect size for two servings of bread pudding or two generous servings of cake and two servings of brownies.

6 X 1 1/2 INCH GLASS PIE PAN

This pan is ideal for two servings of your favorite pie.

4 1/2 X 1 INCH INDIVIDUAL TART PANS

These microwave-safe ceramic pans are the perfect single serving size for your fruit or cream cheese tarts.

SILPAT AND PARCHMENT PAPER

A non-stick silpat re-usable sheet make drop cookies and streusel topping a clean-up a breeze. Parchment is a good second choice. Parchment is strong and can be cut to size for lining baking pans.

DECORATIVE PASTRY AND VEGETABLE CUTTERS

The pastry cutters are great for adding decorative touches to pies and cookies.

SILICONE CUPCAKE PAN

An absolute must if you want beautiful, perfectly-round cookies. Cut off one end to fit into the microwave.

ABBREVIATIONS USED

C = Cup

tsp = teaspoon

Tbsp = tablespoon





Peanut Butter & Jelly Pudding

- 2 C bread or Hawaiian rolls cut into 1 1/2 or 2 inch cubes
- 1/3 C butter and more for the pan
- 2 eggs
- 2 Tbsp sugar
- 1/2 tsp vanilla extract
- 1/2 C half-and-half
- 1/3 C creamy peanut butter
- 4 Tbsp strawberry preserves or jam



DIRECTIONS:

Butter a 4 x 4 x 2 inch microwave-safe container, set aside.

In the small bowl melt the butter, add the Hawaiian rolls, making sure all the rolls have been coated with butter. Place half the Hawaiian rolls (golden top side up) into the baking pan. Reserve the balance of the rolls and set aside. In a medium size bowl, whisk eggs, sugar and vanilla. Whisk in half-and-half, pour half of the egg mixture over the rolls. Let stand for 1 minute.

The bread should have absorbed the egg mixture. Drop 3 tablespoons of peanut butter and 2 tablespoons of preserves into and over the rolls, do not mix in. Add the reserved bread cubes, pour the balance egg mixture over the Hawaiian rolls and drop peanut butter and jam over the top, do not mix in.

Microwave at 50% power for 1 minute 30 seconds. Pudding should be firm but tacky on the edges and jiggly in the center. *Do not overbake the pudding. The moist center will continue to cook after you remove the pudding from the oven.* Microwave at 50% power in 30 second bursts until done.

Serve warm.



Apple Cake

<p> <i>3/4 C or 1 Fuji or Honeycrisp apple, peeled, cored and sliced into half-inch slices</i> <i>1 Tbsp brown sugar</i> <i>3 Tbsp vegetable oil</i> <i>2 Tbsp sugar</i> <i>1/2 C applesauce</i> <i>1/2 tsp baking powder</i> <i>1/4 tsp salt</i> </p>	<p> <i>1 tsp lemon juice</i> <i>1 tsp sugar</i> <i>2 Tbsp brown sugar</i> <i>1 egg (beaten)</i> <i>1/2 C flour</i> <i>1/4 tsp baking soda</i> <i>1/2 tsp cinnamon</i> </p>
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DIRECTIONS:

Use cooking spray to coat a flat bottomed microwave-safe container. The container should hold 2 cups of batter. Set aside.

Peel and core the apple. Slice the apple into quarters and then slice into 1/2 inch pieces. In a small bowl toss the apples with lemon juice, 1 Tbsp brown sugar and 1 tsp sugar, mix well.

At high power, microwave the apples for 30 seconds. Stir, continue to microwave in 30 second bursts, stirring at each interval. The apples should be cooked but firm.

Drain liquid from the container and cool the apples.

In a small bowl combine the flour, baking powder, baking soda, salt and cinnamon, mix to combine and set aside.

In a medium-size bowl whisk together the vegetable oil, 2 Tbsp brown sugar, 2 Tbsp sugar, applesauce and egg. Add the flour mixture, mix until smooth, add the apple chunks, mix to combine, make sure the apples are evenly distributed.

Carefully spoon the batter into the reserved container, smooth the top. Use plastic wrap to cover the container. Leave 2 to 3 inches of slack over the top of the container (this leaves room for the cake to rise). Use a pair of scissors to cut a 2 inch vent in the center to allow the steam escape. Press the plastic wrap firmly around the container. Microwave on high for 2 minutes 30 seconds. The cake should be slightly dry/slightly tacky on the edge and moist in the center. Microwave in 30 to 15 second bursts until done. ***Do not overbake the cake. The moist center will continue to cook after you remove the cake from the oven.*** Cool the cake in the container for 10 to 15 minutes. Use an offset spatula to remove the cake from the container. Cool on a cooling rack. Wrap the cooled cake in plastic wrap and store at room temperature.

Serve with a scoop of ice cream or dust with powdered sugar.

NOTE:

This cake was done in 4 minutes 10 seconds.

The microwave oven I use is a Panasonic Genius Sensor 1,200 watt oven.

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SARA CHILDS

FAST & EASY TO MAKE DESSERTS FOR TWO



THIS BOOK IS FOR YOU AND ME, *Just the Two of Us*

Would you like a slice of cake or pie, “*just like mom’s*” but you don’t have the time or energy to bake. Then, this book is for you!

All of the deserts are generously proportioned for 2. The recipes are fast, easy to prepare and use simple ingredients. You can bake cakes, pies, tarts, brownies, cookies, and more. With a microwave oven and this book, you can enjoy a slice of cake “*just like mom’s*” in 3 minutes. If you use a food processor, blender or immersion blender you can enjoy ice creams and sorbets in 2 or 3 minutes. With a No-Bake Desert recipe you can make a strawberry fool in 2 minutes or cheese cake, cookies, truffles or tarts in no time at all.

Sweet Dreams,
Sara

The deserts in this book should to be prepared as directed. If a microwave oven is indicated, the recipe Will Not adapt to stove-top or conventional oven cooking.

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