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Desserts

Bananas in rum

A recipe from Teresa Rans that really appealed to Philippe!

2 oz	butter	2 tbsp	dark rum
2 tbsp	soft dark brown sugar	4	bananas, peeled

Procedure

- 1 Place butter in shallow dish. Melt on high for 1 – 1½ minutes. Stir in sugar and rum. Cook on high for 1 minute.
- 2 Add peeled bananas, baste with syrup and cook for 2 – 3 minutes, on high.

Servings: 4

Chocolate sauce

Christmas pudding

This is easier than the traditional plum pudding recipe. It is made in the microwave oven. Make it about six weeks before Christmas.

2	tbsp	whisky, brandy or fruit juice	½	tsp	salt
1	cup	Muscat raisins	½	tsp	cinnamon
1	cup	seedless raisins (I sometimes use sultanas in place of one of the 2 types of raisins)	½	tsp	nutmeg
2	cups	finely chopped suet	¼	tsp	cloves
1	cup	dark brown sugar	¼	tsp	ginger
1½	cups	fresh bread crumbs	½		orange, juice and peel
1/3	cup	flour	½		lemon, juice and peel
1/3	cup	mixed peel	½		apple, peeled, seeded and finely chopped
1	tsp	molasses	3		eggs

Procedure

- 1 Put whiskey, muscats and raisins in a small bowl. Mix well and let stand overnight.
- 2 The next morning, combine the raisin mixture with all remaining ingredients, except the eggs. Stir in the eggs one at a time, beating well after each addition.
- 3 Grease a 4-cup pudding bowl (or two small bowls). Fill it with the batter. Cover tightly with plastic wrap.
- 4 Microwave on medium for 10 to 12 minutes or until toothpick inserted into the centre comes out clean.
- 5 Uncover and cool pudding in the bowl. Wrap cooled pudding well and store in cool, dark place for several weeks to allow the flavours to develop. (You can baste with more brandy or rum occasionally.)
- 6 At serving time, place the pudding, rounded side up, on a microwave-safe serving plate and cover with plastic wrap. Microwave on medium-high for 5 minutes, or until hot. Remove from oven. Let stand, covered, for 3 minutes. Serve with your favourite sauce.

Servings: 10

Yield: 1 large pudding or 2 small puddings

Crepes (English pancakes)

Nenny's recipe

½ lb flour (2 cups)
pinch salt

1 pint milk and water mixed (2½ cups)
2 eggs

Procedure

- 1 Beat the eggs and add the milk and water.
- 2 Stir into flour, stirring until just blended (may still be small lumps of flour). Do not over beat.
- 3 Let stand for 1 hour, if possible. Add more liquid, if the batter is too thick.
- 4 Pour about ½ cup of batter into a medium-hot pan. Cook. Flip and cook the other side.

Yield: 14

Lemon cheese (Lemon curd)

This has nothing to do with cheese. It is a very lemony sauce that can be used for cake or pie filling. The recipe is from Kathleen Renn - Nenny's sister

1 lb sugar	4 eggs
¼ lb butter	4 lemons

Procedure

- 1 Squeeze juice from the lemons and grate the rind. Beat the eggs.
- 2 Melt the butter. Add the sugar, rind and juice. Remove from the heat.
- 3 Stir in beaten eggs very slowly, stirring constantly. Return to the heat and cook, stirring constantly, until it thickens. It is thick enough when it "plops" when dropped from a spoon into the pan.
- 4 Put into sterilized, warm jam jars. Cover.

Yield: 4 jam jars (2½ lb)

Lemon ice cream

Recipe from Marion Scott - friend from Dartmouth.

1 pint whipping cream
1 cup sugar

2 lemons, large

Procedure

- 1 Combine the unwhipped cream and sugar. Stir until sugar is dissolved.
- 2 Grate the peel of the lemons and press out the juice (need about 1/3 cup). Add to cream.
- 3 Freeze for at least 4 hours. Remove from freezer 15 minutes before serving.

Mousse au chocolat à l'orange

A very "chocolatey" chocolate mousse. Orange can be omitted to make a regular chocolate mousse. An Elizabeth David recipe

4	eggs	1 oz	butter
4 oz	chocolate	1	orange, juice only or replace with Grand Marnier

Procedure

- 1 Separate the eggs.
- 2 Melt the chocolate over low heat or very gently in the microwave.
- 3 Stir 4 egg yolks into the chocolate. Add softened butter and orange juice (or Grand Marnier).
- 4 Beat egg whites until stiff. Fold into the chocolate mixture.
- 5 Put into small ramekins or glasses and refrigerate until ready to serve.

Yield: 6

Pavlova

Recipe from Mary McConnell - Australian friend of Ian and Susan Dohoo. A very elegant dessert. It will crack when you cut it - hopefully not before!

4	egg whites (at room temperature)	1	dessertspoonful	cornstarch
	pinch salt	2	tsp	white vinegar
1¼	cup icing sugar	1	tsp	vanilla

Procedure

- 1 Beat egg whites and salt until stiff. Slowly add the sugar (one tablespoonful at a time) while beating. Beat until stiff and smooth.
- 2 Fold in vinegar and vanilla. Fold in cornstarch.
- 3 Grease cookie sheet and dust with icing sugar or cornstarch.
- 4 Shape mixture on tray in the form of a hollow shell about 20 cm. in diameter.
- 5 Bake 1¼ to 1½ hours at 270°.
- 6 When cooked, turn off the oven, open the oven door and allow to cool in oven (to decrease the cracking).
- 7 Fill with whipped cream, fresh fruit etc.

Rhubarb sour cream pie

An easy pie to make because there is no top crust! You can use frozen rhubarb too, but you need to partially thaw and drain some of the water.

1	unbaked 9-inch pie shell	1/3	cup	flour
4	cups chopped rhubarb			Topping
1	egg	1/2	cup	flour
1 1/2	cups white sugar	1/2	cup	brown sugar
1	cup sour cream	1/4	cup	butter, melted

Procedure

- 1 Press the pie crust into a 9 inch pie pan. Spread rhubarb in an even layer in the bottom of the crust. In a medium bowl, whisk together the egg, white sugar, sour cream and 1/3 cup of flour until smooth. Pour over the rhubarb.
- 2 In a small bowl, mix together the topping ingredients - 1/2 cup of flour and brown sugar. Stir in melted butter until the mixture is crumbly. Sprinkle over the top of the pie.
- 3 Bake for 15 minutes at 450°, then reduce the heat to 350°. Continue to bake for 40 minutes, or until the edges have puffed, and the topping is golden. The center may still be slightly jiggly. Cool completely before slicing and serving.

Servings: 8

Rum sauce

“Le plum pudding anglais” (Air de “God Save the Queen”) Le plum pudding anglais Est un met suranné, Un peu épais. Il s’confectionn’avec Un quart de raisins secs, De la moelle de rognon de boeuf, Du lait, un oeuf. Written by Grandpapa (Wilfred Faure) I introduced the Faure family to rum sauce - made it a lot easier for them to swallow the stodgy English plum pudding!

2 tbsp butter
tbsp flour
1 cup milk

2 tbsp sugar
½ cup rum

Procedure

- 1 Melt butter, stir in flour and cook for few seconds. Slowly stir in milk and cook until thick, stirring constantly. Add sugar and rum.

Trifle

Nenny's recipe. One of the traditional Christmas dinner desserts. You could add other fruits (blackberries, blueberries, strawberries etc). Some recipes also have a layer of raspberry/strawberry jello between the fruit and custard.

½ pkg	jam-filled (with no cream filling) jelly rolls	2½ cup	prepared Bird's custard
½ cup	sherry	1 cup	whipping cream
1 28-oz can	peach slices		glacé cherries and silver balls for decoration

Procedure

- 1 Cut the jelly rolls into ½" slices. Line bottom and sides of glass serving dish. Allow to dry out for several hours. Pour sherry over jelly roll slices.
- 2 Drain canned peaches. (Save juice for mixed fruit drinks.) Arrange peach halves over jelly roll slices.
- 3 Prepare custard according to instructions on package and then pour over each halves.
- 4 When cool and just before serving, whip cream until it forms peaks and then spread over custard layer. Decorate with glacé cherries and silver balls

Pies and pastries

"Fake" puff pastry

Nenny's recipe.

1½ cup all purpose flour, sifted
¼ tsp salt

¾ cup butter
5 tbsp sour cream

Procedure

- 1 Sift flour and salt in bowl. Cut up butter into flour until it resembles coarse meal. Add sour cream and stir. Make into ball and chill well before rolling out.

Banoffee pie

A recipe from Teresa Rans.

1 can	sweetened condensed milk	250 ml	whipping cream
1	banana	1	pie shell

Procedure

- 1 Take the label off the can of milk and put the can into a pot of water. The water must cover the can. Boil the water with the can in it for about 2 hours. After the 2 hours, put the can into cold water for a while to cool.
- 2 While the can is boiling, whip the cream and bake the pie shell.
- 3 Open the can and put the caramel in a layer on the bottom of the pie shell. Slice the banana on top of the caramel. Then top with whipping cream. Put in the fridge to help it set.

Cranberry pie

Nenny's recipe

2 cups	fresh cranberries	1 cup	sugar
½ cup	sugar	1 cup	flour
½ cup	pecans or walnuts	½ cup	margarine
2	eggs	¼ cup	shortening

Procedure

- 1 Wash cranberries and spread in fluted tart pie plate.
- 2 Sprinkle sugar over cranberries. Sprinkle with nuts.
- 3 Melt margarine and shortening.
- 4 Beat eggs and add sugar slowly. Add flour and melted fat. Pour over berries.
- 5 Bake for 1 hour at 325°.

Fruit pizza

A favourite for Grandad's birthday.

	Crust		Fresh fruit slices (e.g. peaches, apricots, nectarines, strawberries, kiwi)
1	cup flour		
½	cup butter		Glaze
¼	cup icing sugar	1	cup pineapple juice
	Cream cheese layer	½	cup sugar
8	oz cream cheese	2	tbsp cornstarch
XX	cup sugar	1	tbsp lemon juice
1	tsp vanilla		
	Topping		

Procedure

- 1 Mix ingredients and press into a pizza pan. Bake at 350o for 8-10 min or until lightly golden. Cool well.
- 2 Beat cream cheese, sugar and vanilla until smooth. Spread on crust.
- 3 Arrange fruit slices in circular pattern on top of cream cheese.
- 4 Combine ingredients in saucepan, cooking and stirring until thick. Spread over fruit,. Refrigerate piazza until one hour before serving.

Servings: 9

Quick flaky pastry

A recipe from Alison Sutherland.

8 oz plain flour

pinch salt

6 oz margarine

cold water

Procedure

- 1 Measure margarine. Wrap in foil and freeze for ½ hour.
- 2 Sift flour and salt together. Grate margarine into flour, dipping margarine in the flour as you go.
- 3 Stir margarine into the flour with a palette knife (or pastry blender) until crumbly. Do not use your hands.
- 4 Add enough water until the dough leaves the sides of the bowl. Put dough in a plastic bag and chill for ½ hour.

Raspberry flan

Nenny's recipe

1 cup flour	1 tbsp vinegar
salt	1 cup sugar
2 tbsp sugar	2 tbsp flour
½ cup butter	3 cups raspberries

Procedure

- 1 Combine flour, salt and 2 tbsp sugar. Add butter, vinegar and mix well with hands.
- 2 Press gently into 9" pie plate.
- 3 Mix sugar, 2 tbsp flour and 2 cups of raspberries. Place in pie plate.
- 4 Bake at 400° for 50 - 60 minutes. Remove from oven and sprinkle with remaining berries.

Rum dessert

Nenny's recipe -- may have come from Catherine Chinnick

3	eggs	¼ cup	cold water
½ cup	sugar	½ pint	whipping cream
¼ cup	rum, brandy or Grand Marnier	½ cup	sugar mixed with 1/
1 envelope	unflavoured gelatin		

Procedure

- 1 Separate the eggs. Set the egg whites aside. Beat the yolks and add sugar. Beat 5 - 8 minutes.
- 2 Add rum, brandy or Grand Marnier.
- 3 Soak gelatine in cold water for 5 minutes. Melt over low heat.
- 4 Whip cream until stiff.
- 5 Beat egg white until stiff and add sugar.
- 6 Fold cream into egg yolk mixture. Add melted gelatine. Fold in egg whites until blended.
- 7 Pour into glass dish. Refrigerate 24 - 48 hours.

Servings: 5