

**Children cakes—Peanut Free**

## **My Kids' Favorite Banana Pancakes**



## **INGREDIENTS**

- 2 large eggs
- 2 cups buttermilk
- 6 tablespoons (3/4 stick) unsalted butter, melted
- 1 1/2 cups all-purpose flour
- 1/4 cup sugar
- 2 teaspoons baking soda
- 1/2 teaspoon sea salt
- 1 cup diced bananas (2 large)
- 1/2 cup finely chopped pecans
- Nonstick cooking spray or 2 tablespoons unsalted butter

## **PREPARATION**

1. In a medium bowl, whisk together the eggs and buttermilk. Stir in the melted butter.
2. In a small bowl, mix the flour, sugar, baking soda, and salt together.
3. Add the dry ingredients to the wet ingredients, stirring until just combined — don't worry if there are a few lumps. Stir in the bananas and pecans.
4. Lightly grease a large sauté pan or griddle with the nonstick spray or butter. Heat the pan until hot and then spoon out 3 tablespoons of batter per pancake. Cook the pancakes until the tops look dull and a few of the bubbles pop, about 3 minutes. Turn the pancakes over and cook for another minute.
5. Transfer the cooked pancakes to an ovenproof dish and place in a warm oven until the entire batch is ready to be served.

**Per Serving:** calories, 141; total fat 8.0; protein 3.0.

# Cottage Cheese Pancakes



## **INGREDIENTS**

- 1 pound low-fat cottage cheese
- 2/3 cup whole wheat flour
- 1/3 cup multigrain oatmeal
- 2 egg yolks
- 3 tablespoons honey
- 2 tablespoons milk
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cardamom
- 6 egg whites
- Vegetable oil
- Accompaniment: Peach and Berry Salad

## **PREPARATION**

1. Mix cottage cheese, flour, oatmeal, egg yolks, honey, milk, vanilla and cardamom in large bowl. Beat whites in another large bowl until stiff but not dry. Fold whites into cottage cheese mixture in 2 additions.
2. Preheat oven to 200°F. Heat large nonstick skillet over medium heat. Brush with oil. Spoon batter onto skillet by 1/3 cupfuls, forming 4-inch-diameter pancakes.
3. Cook pancakes until bottoms are brown and bubbles form on top, about 3 minutes. Turn; cook until bottoms are brown and pancakes are cooked through, about 4 minutes.
4. Transfer to plate and place in oven to keep warm. Repeat with remaining batter. Serve immediately; pass Peach and Berry Salad to spoon over pancakes.

# Banana Clafouti



## **INGREDIENTS**

- 1/3 cup plus 1 tablespoon sugar
- 2 tablespoons all-purpose flour
- 2 large eggs
- 2/3 cup milk
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1 large banana, cut into 1/2-inch slices
- 1 tablespoon unsalted butter, cut into bits

## **PREPARATION**

1. In a blender blend together 1/3 cup of the sugar, the flour, the eggs, the milk, the vanilla, and the salt until the mixture is smooth.
2. Arrange the banana slices in one layer in a buttered 3-cup gratin dish or flameproof shallow baking dish, pour the pudding over them, and bake the clafouti in the middle of a preheated 400°F.
3. oven for 20 minutes, or until the top is puffed and springy to the touch. Sprinkle the top with the remaining 1 tablespoon sugar, dot it with the butter, and broil the clafouti under a preheated broiler about 3 inches from the heat for 1 to 2 minutes, or until it is browned.

**Per Serving:** calories,426 ; total fat 13.0; protein 10



# **Chestnut-Armagnac Soufflé with Bittersweet Chocolate Sauce**



## **INGREDIENTS**

- 1 7.25-to 7.41-ounce jar whole steamed chestnuts or vacuum-packed roasted chestnuts\*
- 2 tablespoons water
- 3 tablespoons unsalted butter, room temperature, divided
- 1/4 cup sugar (for coating soufflé dish) plus 14 tablespoons sugar, divided
- 2 cups whole milk, divided
- 4 large egg yolks
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 2 tablespoons Armagnac, Cognac, or other brandy
- 1 teaspoon vanilla extract
- 1 cup egg whites (about 8 large)
- 1/8 teaspoon cream of tartar
- Bittersweet Chocolate Sauce

## **PREPARATION**

1. Blend chestnuts, 2 tablespoons water, and 1 tablespoon butter in processor until paste forms. Transfer mixture to small bowl. DO AHEAD: Can be made 2 days ahead. Cover and refrigerate.
2. Coat inside of 14-cup soufflé dish (about 8 1/4 inches wide and 3 3/4 inches deep) with remaining 2 tablespoons butter. Sprinkle dish with 1/4 cup sugar and tilt to coat bottom and sides evenly.
3. Whisk 1/4 cup milk, egg yolks, 4 tablespoons sugar, cornstarch, and salt in medium bowl to blend. Bring remaining 1 3/4 cups milk and 4 tablespoons sugar to simmer in heavy large saucepan. Gradually whisk hot milk mixture into yolk mixture. Return custard to same pan. Stir over medium heat until custard thickens and boils, about 3 minutes. Remove from heat.
4. Add chestnut paste, Armagnac, and vanilla and whisk to blend well (some small pieces of chestnut paste will remain). DO AHEAD: Soufflé base can be made 2 hours ahead. Press plastic wrap onto surface; let stand at room temperature.
5. Position rack just below center of oven and preheat to 400°F. Beat egg whites and cream of tartar in large bowl until soft peaks form. Gradually add remaining 6 tablespoons sugar, beating until stiff but not dry. Fold whites into soufflé base in 3 additions. Transfer batter to prepared dish. Place soufflé on small baking sheet. DO AHEAD: Can be made 1 hour ahead; let stand at room temperature. Bake soufflé until puffed and just firm to touch in center, about 50 minutes. Serve immediately with sauce.



6. Peeled cooked chestnuts; sold at some supermarkets and at specialty foods stores.

Per Serving: calories,299.0 ; total fat 9.0; protein 7.0

## **Apple and Tart Cherry Pie**



## **INGREDIENTS**

- 3/4 cup sugar

- 4 1/2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom
- 3 to 3 1/4 pounds large Granny Smith or Pippin apples (about 6), peeled, quartered, cored, sliced crosswise
- 3/4 cup dried tart cherries
- 1/4 cup cherry preserves
- 2 Easy Pastry Dough disks
- 1 egg, beaten to blend (for glaze)

## **PREPARATION**

1. Position rack in lowest third of oven and preheat to 400°F. Stir first 5 ingredients in large bowl. Mix in apples, dried cherries and preserves.
2. Roll out 1 dough disk on lightly floured surface to 13-inch round. Transfer dough to 9-inch-diameter glass pie dish. Brush inside and top edge of crust with glaze. Spoon filling into crust. Roll out second dough disk on floured surface to 13-inch round.
3. Cut out small hole from center. Arrange dough over filling. Seal top crust to bottom crust at edge. Trim double overhang to 3/4 inch. Fold under, crimp edge. Brush crust (except edge) with glaze.
4. Place pie on baking sheet. Bake until apples are tender; cover crust with foil if browning too quickly, about 1 hour 15 minutes. Cool on rack. (Can be made 1 day ahead. Store at room temperature.)

Per Serving: calories,298.0 ; total fat 5.0; protein 2.0