

Children cakes--Soy Free

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

Mexican Chocolate Cake



INGREDIENTS

- 2 sticks (1 cup) unsalted butter
- 1/2 cup Dutch-process unsweetened cocoa powder
- 3/4 cup water
- 2 cups granulated sugar
- 2 large eggs
- 1/2 cup well-shaken buttermilk
- 2 tablespoons vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 cups chopped pecans (7 1/2 ounces)
- 1/2 stick (1/4 cup) unsalted butter
- 1/2 cup half-and-half
- 1/2 cup confectioners sugar
- 5 ounces fine-quality bittersweet chocolate (not unsweetened), finely chopped
- 1/4 teaspoon salt
- Special equipment: a 9-inch tube pan or 12-cup bundt pan

PREPARATION

1. Put oven rack in middle position and preheat oven to 350°F. Butter cake pan well and dust with flour, knocking out excess.
2. Melt butter (2 sticks) in a 3-quart heavy saucepan over moderately low heat, then whisk in cocoa. Add water and whisk until smooth, then remove from heat. Whisk in separately sugar, eggs, buttermilk, and vanilla.
3. Sift together flour, baking soda, cinnamon, and salt into a bowl, then sift again into cocoa mixture and whisk until just combined (don't worry if there are lumps).
4. Pour batter into cake pan and bake until a wooden pick or skewer comes out with a few crumbs adhering, 45 to 55 minutes. (Leave oven on.)
5. Cool cake in pan on a rack 20 minutes, then loosen edges with a thin knife and invert onto a plate.
6. Spread pecans in 1 layer in a shallow baking pan (1 inch deep) and bake until fragrant and a shade darker, 6 to 8 minutes. Cool pecans slightly in pan on a rack, about 5 minutes.
7. Melt butter in a 2-quart heavy saucepan over low heat, then stir in half-and-half and confectioners sugar. Add chocolate and cook, stirring, until smooth.

Remove from heat and stir in pecans and salt. Cool glaze until slightly thickened, about 5 minutes.

8. Spoon glaze over top and sides of cake (cake will still be warm) and spread with a small offset spatula or knife to cover completely.

Per Serving: calories,730.0 ; total fat 45.0; protein 8.0

Double Chocolate-Ginger Shortbread



INGREDIENTS

- 1/4 cup turbinado or other granulated sugar
- 1/4 cup extra-brut cocoa* or regular unsweetened cocoa
- 1 tablespoon peeled and grated fresh ginger
- 1/4 cup minced candied ginger
- 3/4 cup semisweet chocolate chips, or bittersweet chocolate chopped into small chunks
- 1 chilled log of butter shortbread cookie dough
- *Extra-Brut cocoa, a specialty cocoa available at gourmet shops and baking supplies stores, makes extra-dark, extra-rich cakes, cookies, and more. (If you can't find it, use any Dutch process cocoa.)

PREPARATION

1. Preheat the oven to 325°F. On a large plate, combine the sugar, cocoa, gingers, and chocolate and mix. Set aside.
2. Cut the log into twenty 1/2-inch rounds. Firmly press one cut surface of each round into the cocoa mixture and arrange the rounds 2 inches apart on all sides on a parchment-lined or nonstick cookie sheet or sheets.
3. Bake until golden brown, 15 to 20 minutes. Remove the cookies with a spatula and cool on a wire rack.

Per Serving: calories,53.0 ; total fat 2.0; protein 1.0