



blueberry tartlets

Frozen pastry is the time-saving trick for these crowd-pleasers. The individual mini-tarts are so delicious, no one will suspect you of cheating.

SERVES 6

2 packages (14 oz. each) frozen puff pastry
3 cups (1½ pints) blueberries
1 tbsp. all-purpose flour, plus more for dusting
½ cup sugar, plus more for sprinkling
juice of ½ lemon
vanilla ice cream

Preheat oven to 375°. On a well-floured surface, roll out puff pastry just enough so that four 5" circles can be cut out (use a plate as a guide). Roll out the other package of pastry, and cut out two more 5" circles (reserve remaining pastry for another use). Place cut circles on two baking sheets, and put them in the freezer for at least 10 minutes. While dough is chilling, combine blueberries, flour, sugar and lemon juice in a medium bowl, and toss to combine; set aside. Remove pastry circles from freezer, and brush excess flour from chilled rounds with a pastry brush. As soon as dough is pliable, pinch the edges until a pleated shell is formed. Spoon the berry mixture (about ½ cup per tartlet) into the center. Reshape if necessary. Repeat with the remaining pastry and berries. Freeze again if pastry has softened too much. Brush edges with cold water, and sprinkle with sugar. Bake until edges are golden-brown and berries are bubbling, 30 to 35 minutes. Remove and let cool slightly. Serve with vanilla ice cream.

Scoop the ice cream into the cups ahead of time, and stash them in the freezer, so you can get dessert on the table fast.
For a quick fix, swap the blueberries for a can of mandarin oranges.

ORS OF SPRING

EASY FROZEN

Key Lime Pie

*delicious
easy*

PREP TIME 20 MIN. READY IN 20 MIN.—SERVINGS 6-8

- | | |
|---|---|
| <input checked="" type="checkbox"/> 1 (9-inch) Graham Cracker Pie Crust | <input checked="" type="checkbox"/> 1/2 cup key lime juice |
| <input checked="" type="checkbox"/> 14 oz can fat-free sweetened condensed milk | <input checked="" type="checkbox"/> Zest of 1 lime |
| | <input checked="" type="checkbox"/> 1 (8oz) tub fat-free frozen whipped topping, thawed |

STEP 1 In a large bowl, beat together condensed milk and lime juice. Fold in whipped topping and mix until smooth.

STEP 2 Pour mixture into graham cracker crust. Freeze until firm.

STEP 3 Remove from freezer 15 minutes before serving for easier slicing.

Per serving: 300 calories, 6.4g fat, 1.1g saturated fat, 3mg cholesterol, 167mg sodium, 54.8g carbohydrate, 1g fiber, 37.9g sugar, 5g protein

savory
fast, fresh and easy

CK

Crayola
108



Chocolate Tornadoes

Fold a 12 x 19-inch piece of waxed paper in half crosswise. Place the tip of a chocolate-cookie cone on the fold and in the center of the paper. Wrap the paper tightly around and above the cone, holding it in place with masking tape. Prepare six cones. To make a tray for freezing the cones, tape the empty cone box shut. With an adult's help, cut out quarter-size holes in the front of the box.

Place 3 cups of chocolate ice cream in a large mixing bowl. Stir in six chocolate-sandwich cookies (broken into pieces), $\frac{1}{2}$ cup of peanuts, and $\frac{1}{2}$ cup of raisins. Fill each cone to about 2 inches over the top. Put them in the tray and freeze them. When they're ready to eat, remove the waxed paper.

More treats on page 110 

Drizzle and Delight

We gave our favorite bread pudding a Louisiana-style revival

PRALINE BREAD PUDDING

- 6 large eggs
- 3 cups heavy whipping cream
- 3 cups milk
- 2 cups packed dark brown sugar

- 2 Tbsp. vanilla extract
 - 1/4 tsp. table salt
 - 1/4 tsp. ground nutmeg
 - 1 (16-oz.) day-old French bread loaf, cut into 1-inch cubes (about 14 cups)
 - 2 cups coarsely chopped toasted pecans
- Praline Sauce

1. Whisk together first 7 ingredients in a large bowl. Add bread cubes, stirring to coat thoroughly. Let stand 1 hour, stirring occasionally to ensure an even coating. Stir in pecans.

2. Preheat oven to 350°F. Lightly grease a 13- x 9-inch baking dish; pour bread mixture into dish. Bake in preheated oven until bubbly around edges and firm in center, about 1 hour, shielding with aluminum foil after 45 to 50 minutes to prevent excessive browning. Let stand 5 minutes. Serve with Praline Sauce.

SERVES 12 (serving size: about 1 cup pudding, 2 Tbsp. sauce). **ACTIVE** 30 min.; **TOTAL** 3 hours, including sauce

TEST KITCHEN TIP

Use stale, day-old bread—better for soaking up the sweet custard.

Praline Sauce

- 3 Tbsp. (1 1/2 oz.) salted butter
- 1 Tbsp. all-purpose flour
- 1 cup heavy whipping cream
- 1/2 cup packed dark brown sugar
- 2 Tbsp. vanilla extract
- 1/4 tsp. ground nutmeg
- 1/8 tsp. table salt

Melt butter in a small saucepan over medium-low; whisk in flour, and cook, whisking constantly, until foamy and golden brown, 3 to 4 minutes. Whisk in cream and brown sugar; cook, whisking constantly, until thickened, about 3 minutes. Whisk in vanilla, nutmeg, and salt; cook, whisking constantly, until bubbly, 2 to 3 minutes.

MAKES about 1 1/2 cups. **ACTIVE** 20 min. **TOTAL** 20 min. 

cream, preserves, walnut-chocolate.

14 For the icing, melt the chocolate and shortening in the water in the top of a double boiler, over barely simmering water.

15 Spread the top and sides of the cake with warm chocolate icing. Refrigerate the cake for at least 1 hour before serving.

Serves 12

Apple Baba

Yablochnaya Baba

Gotcha Day

Babas, not babkas, are the real pride and joy of eastern European and western Russian cooking. This recipe and the Rum Baba that follows are from Christina Nawrocky, and have quickly become my favorites.

*4 tart apples (such as Granny Smith), peeled, cored, quartered and thinly sliced crosswise
2 1/4 cups granulated sugar
1 teaspoon ground cinnamon
4 large eggs
1 cup vegetable oil*

*1/2 cup fresh orange juice
2 teaspoons vanilla extract
4 cups unbleached all-purpose flour
1 teaspoon baking powder
Confectioners' sugar for sprinkling*

1 Preheat the oven to 350°F. Grease a 10-inch tube pan.

2 Place the apples in a large bowl, sprinkle with 1/4 cup of the sugar and the cinnamon and set aside.

3 In a large bowl, beat the eggs and the

remaining 2 cups sugar with an electric mixer until pale yellow and thick. Gradually beat in the oil, orange juice, and vanilla extract.

4 Sift together the flour and baking powder. Gradually add it to the egg mixture, stirring with a large wooden spoon.

You will have a batter the consistency of thick honey.

- 5 Fold the apples into the batter, making sure they are well distributed.
- 6 Pour the apple batter into the prepared pan and smooth the top with a rubber

spatula. Bake until the top is well browned and splitting, about 1½ hours.

- remove (don't turn upside down)*
- 7 Invert the baba onto a rack and cool. Sprinkle with confectioners' sugar just before serving.

Serves 8 to 10

Rum Baba

Romovaya Baba



This is the homemade eastern European version for those who have only tasted *baba au rhum* (the fancy way of putting it) in restaurants or from Italian or French bakeries throughout the United States. Serve with whipped cream or ice cream, particularly rum raisin.

2 envelopes active dry yeast
 ¼ cup plus 1 teaspoon sugar
 ¾ cup lukewarm water (105° to
 115°F)
 6 eggs
 Grated zest of 1 orange

SYRUP

2½ cups sugar
 1¼ cups water

12 tablespoons (1½ sticks) unsalted
 butter, cut into pieces, then
 brought to room temperature
 3¾ cups unbleached all-purpose
 flour

1½ cups rum

- 1 In a large bowl, combine the yeast, 1 teaspoon sugar, and ¼ cup water. Let stand until foamy, about 5 minutes.

- 2 Add the remaining ½ cup water, the ¼ cup sugar, and the eggs and beat with an electric mixer at medium-high speed

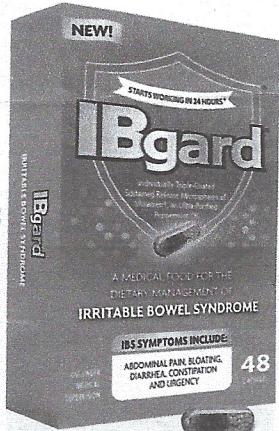
ANGRY GUT?

You may have Irritable Bowel Syndrome (IBS)

If so, you are not alone. 1 in 6 Americans have it.

IBS Symptoms Include:
Abdominal Pain, Bloating,
Diarrhea, Constipation,
Urgency and Gas

Introducing **NEW IBgard®**,
a medical food for the dietary
management of IBS. **IBgard®** starts
working in 24 hours*. It delivers ultra-
purified peppermint oil quickly and
reliably to the small intestine - where
it's needed the most.



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Ask your doctor
about **NEW**,
nonprescription **IBgard®**,
now available
in the digestive aisle at

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randomized placebo controlled study
patients. Patients taking IBgard experienced
significant reduction versus placebo in
IBS score, including abdominal
pain at 24 hours and at 4 weeks.

IBS products do not require preapproval by
regulations. Use under medical
supervision to keep information current
and to do so at any specific time.

better | family

get crafty

pop art

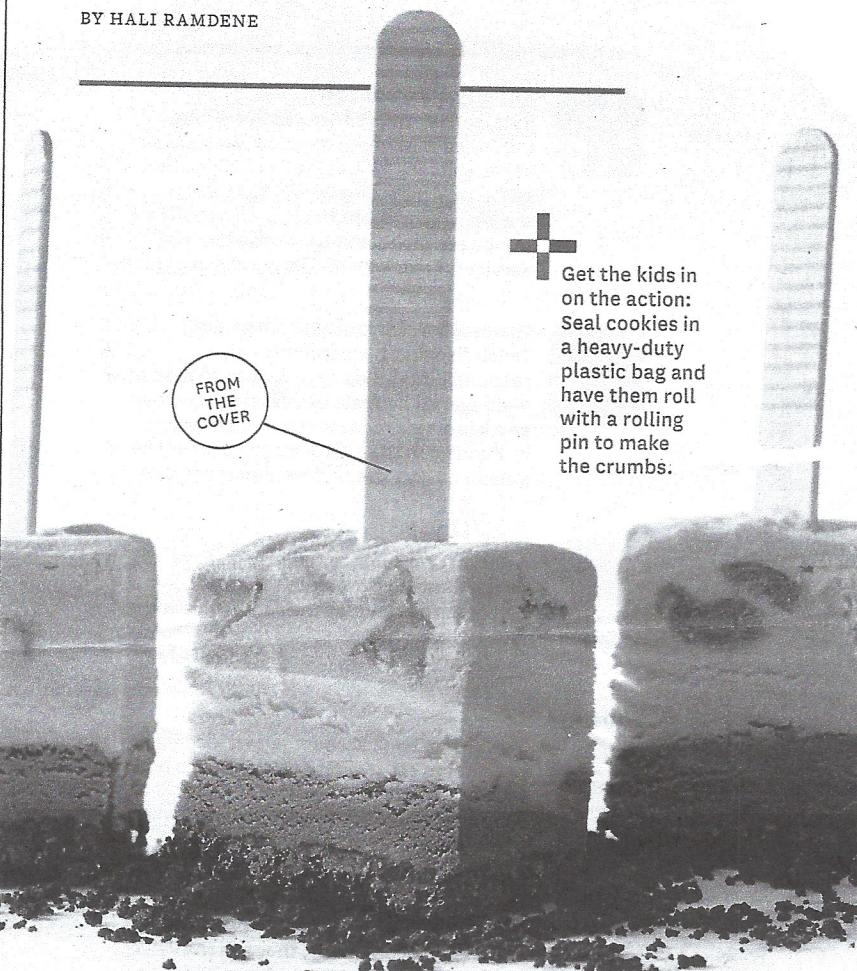
Keep dessert carefree with this creamy (and pretty) treat that serves a crowd.

BY HALI RAMDENE



Get the kids in
on the action:
Seal cookies in
a heavy-duty
plastic bag and
have them roll
with a rolling pin to make
the crumbs.

FROM
THE
COVER



ingredients

- 15 chocolate sandwich cookies, crushed
- 3 Tbsp. melted butter, cooled
- One-half of a 1.75-qt. carton chocolate ice cream, softened
- One-half of a 1.75-qt. carton vanilla ice cream, softened
- ½ cup chopped fresh strawberries
- One-half of a 1.75-qt. carton strawberry ice cream, softened

to make

Line a square baking pan (9x9 or 8x8 inches) with waxed paper, leaving edges extended over pan. Stir together cookies and butter; press mixture into pan. Freeze 10 minutes.

Spread an even layer of chocolate ice cream over cookie layer; freeze 15 minutes. Repeat with vanilla ice cream.

Stir strawberries into strawberry ice cream. Spread in an even layer over vanilla layer; freeze 15 minutes. Insert 16 craft sticks, evenly spaced. Loosely cover. Freeze 2 hours or until firm.

Using edges of waxed paper, lift dessert from pan. Cut between sticks into 16 bars. ■

The ABCs of DHA

Dr. Alan Greene, pediatrician, is a leading authority in the fields of health education, organic food and pediatric nutrition.

A DHA HELPS SUPPORT CHILDREN'S RAPIDLY GROWING BRAINS.

Between birth and five years, the human brain nearly quadruples in size. As the brain grows, it selects building blocks from among the fatty acids found in foods. Omega-3 DHA—the most prevalent structural fat in the brain—is one of these building blocks.

B DHA IS IMPORTANT FOR KIDS OF ALL AGES.

DHA is especially valuable for young children to support their rapid growth. But DHA is an important nutrient for brain health at every age. Unfortunately, the typical American diet does not contain enough of this valuable Omega-3 fatty acid.

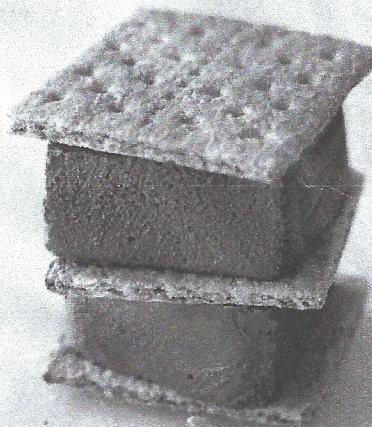
C DHA MAKES GOOD SENSE FOR THE WHOLE FAMILY.

The benefits of DHA don't end in childhood. Scientists and health organizations have recognized DHA for its role in heart health. DHA has also been studied in connection with adult brain and eye function.

Learn more about DHA
from Dr. Greene at
www.horizonorganic.com/DHA



Making a world of difference.



frozen chocolate sandwiches

hands-on time: 20 minutes | total time: 3 hours, 40 minutes | makes 12 sandwiches

**3/4 cup whole milk
24 marshmallows
12 ounces semisweet chocolate, grated or chopped
1 1/2 cups heavy cream
18 graham crackers**

Line a 9-by-13-inch baking dish with foil, allowing the foil to hang over the sides. Heat the milk and marshmallows in a large saucepan over low heat, stirring often, until smooth. Remove from heat. Add the chocolate and stir until melted and smooth.

Refrigerate for 20 minutes. In a large bowl, with an electric mixer on medium-high, beat the cream until stiff peaks form. Working quickly, fold the whipped cream into the chilled chocolate mixture, mixing until no traces of white remain. Spoon into the prepared dish. Tap the dish on the counter to remove air bubbles. Freeze, covered, until set, at least 3 hours.

Holding both sides of the foil, transfer the frozen block to a cutting board. Cut into 24 squares. Break the graham crackers in half. Layer the chocolate squares between the crackers to make 12 double-decker sandwiches. Place the sandwiches on a plate, cover, and return to freezer until ready to serve.

click

Some like it hot For a collection of easy desserts that are served fresh from the oven, go to www.realsimple.com/warmdesserts.

CHOCOLATE-MAYONNAISE CAKE

If you've never known the glory of a mayonnaise cake, you're in for a treat! The staple ingredient yields an ultra-moist crumb and keeps the sugar from taking over your taste buds.

2 cups all-purpose flour
2/3 cup unsweetened cocoa
1 tsp. baking soda
1 tsp. ground cinnamon
1/4 tsp. table salt
1/4 tsp. baking powder
 Shortening
3 large eggs
1 2/3 cups firmly packed light brown sugar
2 tsp. vanilla extract
1 cup mayonnaise
1/3 cups hot water
 Chocolate-Cream Cheese Frosting

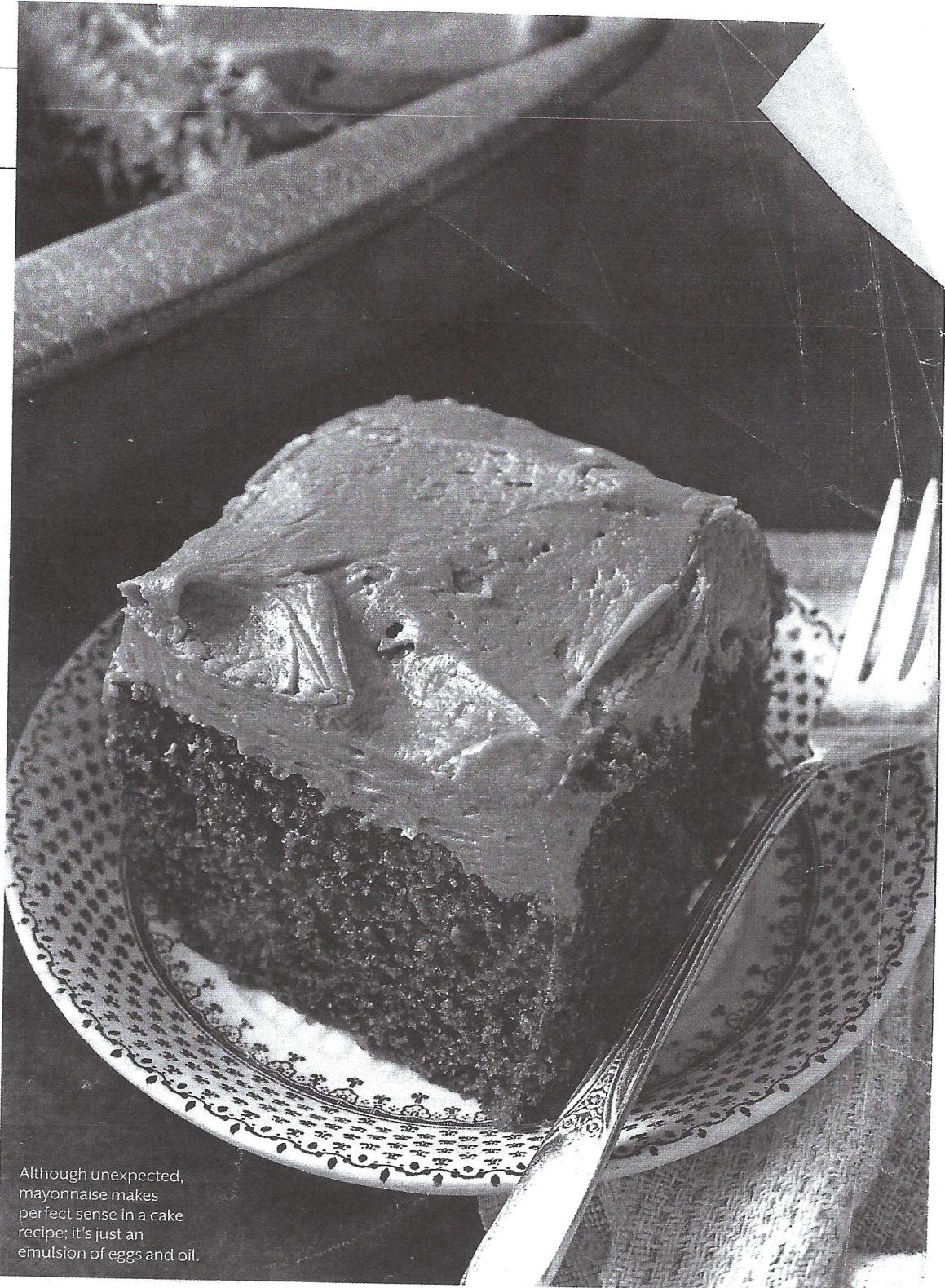
1. Preheat oven to 350°. Whisk together flour and next 5 ingredients in a medium bowl. Grease (with shortening) and flour a 13- x 9-inch pan.

2. Beat eggs, sugar, and vanilla at medium-high speed with a heavy-duty electric stand mixer about 3 minutes or until mixture is very light brown and ribbons form when beater is lifted. Add mayonnaise, and beat at low speed until combined.

3. Add flour mixture to egg mixture alternately with hot water, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Pour batter into prepared pan.

4. Bake at 350° for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack (about 1 hour). Spread Chocolate-Cream Cheese Frosting on cake.

MAKES 12 to 15 servings.
HANDS-ON 20 min., **TOTAL** 2 hours, including frosting



Chocolate-Cream Cheese Frosting

1 (8-oz.) package cream cheese, softened
1/2 cup butter, softened
2 tsp. vanilla extract
1 (32-oz.) package powdered sugar

1/2 cup unsweetened cocoa
5 to 6 Tbsp. heavy cream

Beat first 3 ingredients at medium speed with an electric mixer until creamy. Whisk together powdered sugar and cocoa in a medium bowl; gradually add to butter mixture alternately with 5 Tbsp.

cream. Beat at low speed until blended after each addition. (If needed, add up to 1 Tbsp. cream, 1 tsp. at a time, to reach desired consistency.) Increase speed to medium, and beat 1 to 2 minutes or until light and fluffy.
MAKES about 5 cups. **HANDS-ON** 10 min., **TOTAL** 10 min.

COOKING

THE ULTIMATE CHOCOLATE PIE

For the crust, crumble three-fourths of 1 (9-oz.) box of chocolate wafer cookies to yield 2 cups.

CRUST

- 2 cups chocolate wafer cookie crumbs
- 1/2 cup finely chopped toasted pecans
- 1/4 cup sugar
- 1/2 cup butter, melted
- Vegetable cooking spray

FILLING

- 3/4 cup sugar
- 1/4 cup cornstarch
- 1/4 cup unsweetened cocoa
- 1/8 tsp. table salt
- 2 cups half-and-half
- 4 egg yolks
- 1 (4-oz.) semisweet chocolate baking bar, finely chopped
- 1/2 (4-oz.) 60% cacao bittersweet chocolate baking bar, finely chopped
- 2 Tbsp. butter
- 1 tsp. vanilla extract

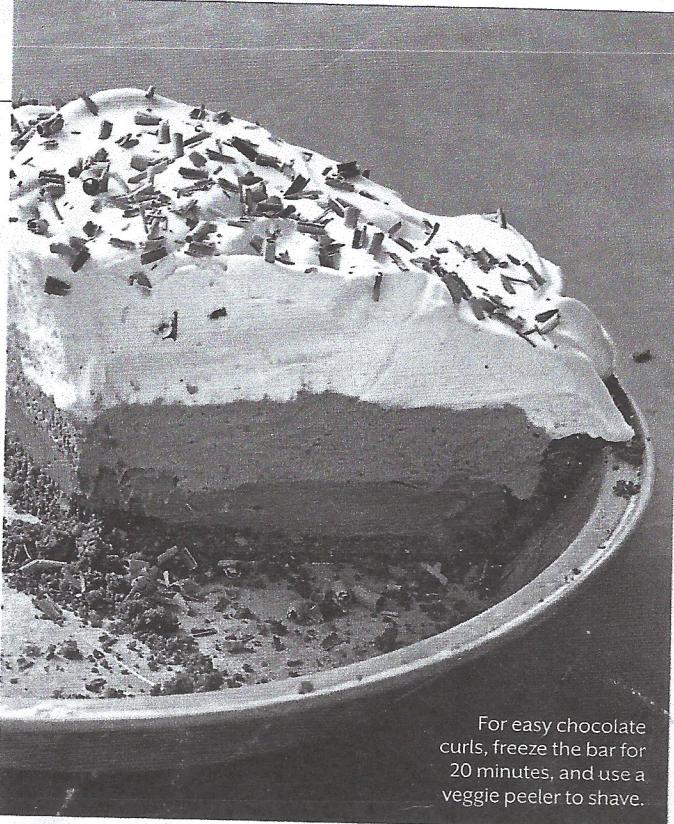
MOUSSE

- 3/4 cup milk chocolate morsels
- 1 cup plus 3 Tbsp. heavy cream

TOPPING

- Chocolate Whipped Cream

1. Prepare Crust: Preheat oven to 350°. Pulse first 3 ingredients in a food processor 4 to 5 times. Transfer crumb mixture to a medium bowl; stir in 1/2 cup melted butter. Press on bottom, up sides, and onto rim of a lightly greased (with cooking spray) 9-inch deep-dish pie plate. Bake 10 minutes. Cool on a wire rack.
2. Prepare Filling: Whisk together 3/4 cup sugar and next 3 ingredients in a large saucepan. Whisk together half-and-half and egg yolks in a large bowl. Gradually whisk egg mixture into sugar mixture. Cook over medium heat, whisking constantly, 6 to 8 minutes or just until mixture



For easy chocolate curls, freeze the bar for 20 minutes, and use a veggie peeler to shave.

begins to boil. Cook, whisking constantly, 1 more minute; remove from heat. Whisk in semisweet chocolate and next 3 ingredients. Place plastic wrap directly on warm filling. Let stand 30 minutes. Spread filling in cooled crust; place plastic wrap directly on filling, and chill 30 minutes.

3. Prepare Mousse: Microwave milk chocolate morsels and 3 Tbsp. heavy cream in a medium bowl at MEDIUM (50% power) for 1 to 1 1/2 minutes or until melted, stirring at 30-second intervals. Let stand 30 minutes, stirring occasionally. Beat 1 cup heavy cream at medium-high speed with an electric mixer until soft peaks form. Gently fold half of whipped cream into milk chocolate mixture until blended and smooth; fold in remaining whipped cream. Spread mousse over filling. Cover and chill 8 to 24 hours or until set. Top with Chocolate Whipped Cream just before serving.

Note: We tested with Ghirardelli Semi-Sweet Chocolate Baking Bar and Ghirardelli 60% Cacao Bittersweet Chocolate Baking Bar.

MAKES 8 to 10 servings. **HANDS-ON** 1 hour, 10 min.; **TOTAL** 11 hours, including Chocolate Whipped Cream

Chocolate Whipped Cream

Whisk together 3 cups heavy cream and 2 Tbsp. chocolate syrup in a large bowl. Beat cream mixture and 1 tsp. vanilla extract at medium-high speed with an electric mixer until foamy; gradually add 1/4 cup sugar, beating until soft peaks form.

MAKES about 6 cups. **TOTAL** 10 min.

NUTTY CHOCOLATE THUMPREINTS

COOKIES

- 1 2/3 cups all-purpose flour
- 2/3 cup unsweetened cocoa
- 1/2 tsp. baking powder
- 1/2 tsp. table salt
- 1/2 cup butter, softened
- 1 cup firmly packed light brown sugar
- 3/4 cup powdered sugar
- 3/4 cup creamy peanut butter
- 2 large eggs
- 1 tsp. vanilla extract
- Parchment paper

FILLING

- 1/4 cup creamy peanut butter
- 2 Tbsp. butter, softened
- 1/2 (4-oz.) 60% cacao bittersweet chocolate baking bar, chopped
- 1 1/2 cups powdered sugar
- 2 to 3 Tbsp. milk, at room temperature

1. Preheat oven to 350°. Whisk together first 4 ingredients in a medium bowl. Beat 1/2 cup butter at medium-high speed with an electric mixer until fluffy. Add brown sugar and 3/4 cup powdered sugar; beat until well blended. Beat in 3/4 cup peanut butter, scraping down sides as needed. Add eggs, 1 at a time, beating until blended after each addition. Beat in vanilla. Reduce speed to medium-low, and gradually add flour mixture, beating just until blended.

2. Shape dough into 30 balls. Place 12 balls 2 inches apart on a parchment paper-lined baking sheet. Press thumb into each ball, forming an indentation. Bake at 350° for 12 minutes or until set; cool 5 minutes. Transfer cookies to a wire rack and cool 15 minutes. Repeat with remaining dough.

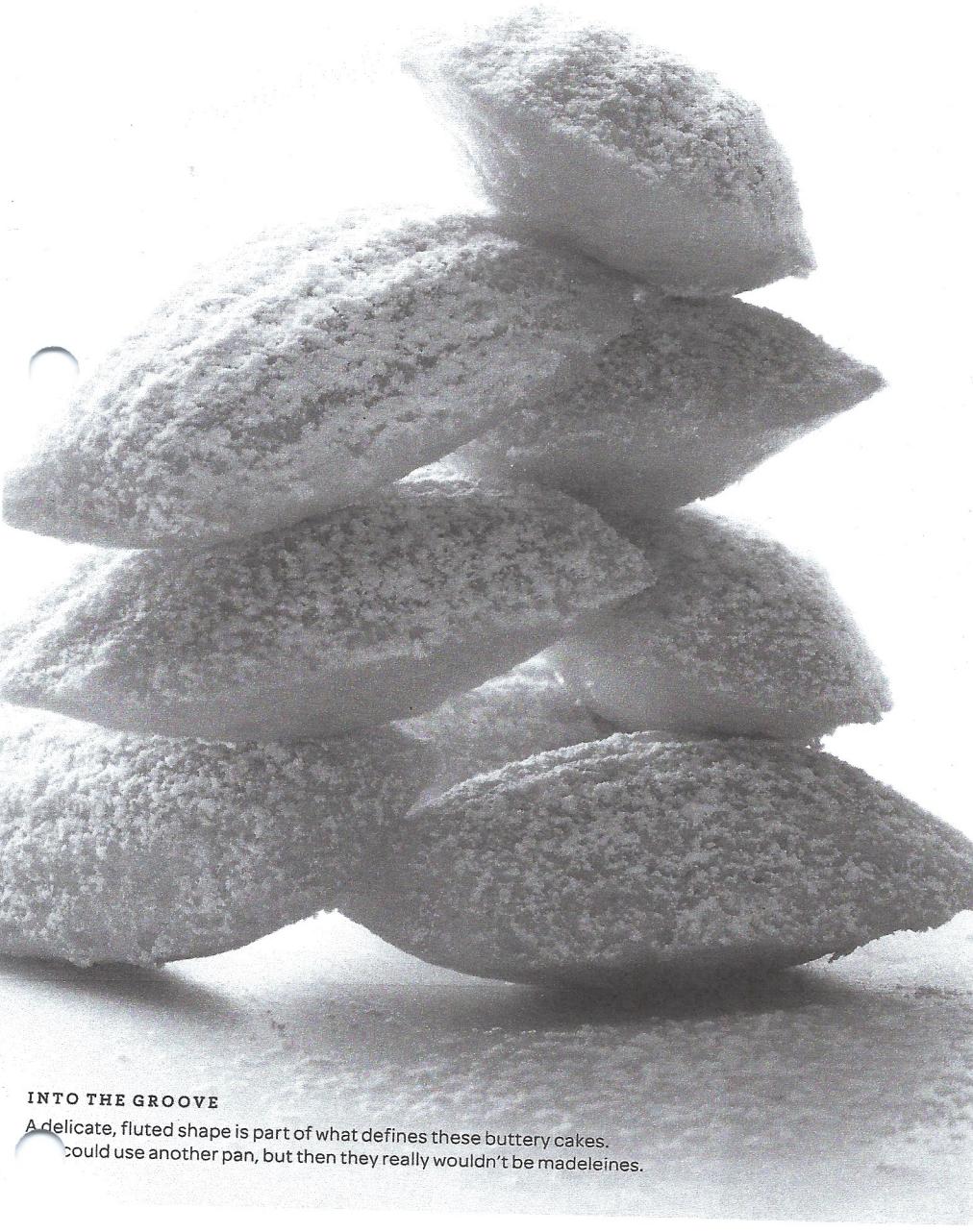
3. Beat 1/4 cup peanut butter and 2 Tbsp. butter at medium speed until smooth. Microwave chopped chocolate in a microwave-safe bowl at HIGH 1 to 2 minutes or until smooth, stirring every 30 seconds. Add melted chocolate to peanut butter mixture, and beat at medium speed just until blended. Gradually add 1 1/2 cups powdered sugar to peanut butter mixture alternately with 2 Tbsp. milk, beginning with sugar. Beat at low speed just until blended after each addition. Beat in up to 1 Tbsp. milk, 1 tsp. at a time, until desired consistency is reached. Spoon filling into a zip-top plastic bag; snip 1 corner of bag to make a small hole, and pipe filling into indentations in cookies.

MAKES 30 cookies. **HANDS-ON** 40 min.; **TOTAL** 1 hour, 30 min. ☀

Meet Madeleine

The darling of FRENCH PÂTISSERIES is less fussy and more open to adventurous flavors than you might expect.

Casey + Dad
love these
We use lemon rind



INTO THE GROOVE

A delicate, fluted shape is part of what defines these buttery cakes. You could use another pan, but then they really wouldn't be madeleines.

MOST HOME COOKS, at least in this country, have never baked madeleines. But there's no reason to be intimidated by the French tea cakes—anyone with a mixer and the right pan can turn them out.

Consider one of various legends of the madeleine's origin: It involves a hurried cook filling a pie mold with batter; the small portions and pretty shapes meant they baked quickly and could be delivered right to the table without embellishment. The moral of the story: Madeleines may keep company with elaborate pastries, but their whole reason for being is to make life easy for the baker.

The tips here will take any guess-work out of your first batch, and the recipe can be tweaked for eight other flavors, including the likes of peanut butter and jasmine green tea. The French might not approve, but your taste buds will.

VANILLA MADELEINES

ACTIVE TIME 20 MIN.

TOTAL TIME 2 HOURS 40 MIN.

MAKES 32 (OR 160 MINI)

The recipe is also a good base for any number of flavors (see page 78). If using a nonstick pan, which heats up faster than a traditional one, go by the shorter baking time in step 4.

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- Coarse salt
- 6 large eggs, room temperature
- 1 cup granulated sugar
- 2 tablespoons packed light-brown sugar
- 2 sticks unsalted butter, melted, plus more, softened, for pans
- 1 tablespoon plus 1 teaspoon honey
- ¾ teaspoon pure vanilla extract
- Confectioners' sugar, for dusting

COOKING madeleines 101

batter up

The batter is based on that of a génoise, a light and buttery European-style cake. These techniques will ensure a tender result.

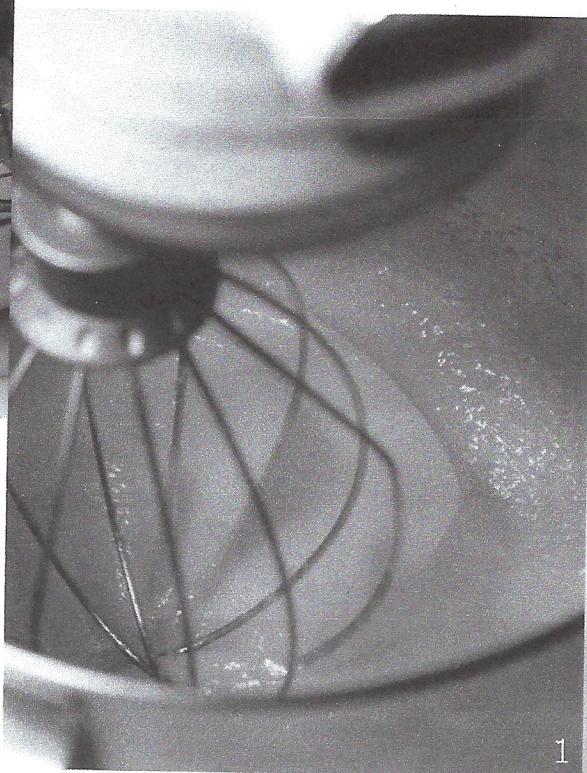
GOOD EGGS

Room-temperature eggs triple in volume when beaten (1); cold eggs don't. If you forget, submerge whole eggs in warm water for 10 minutes, then proceed.

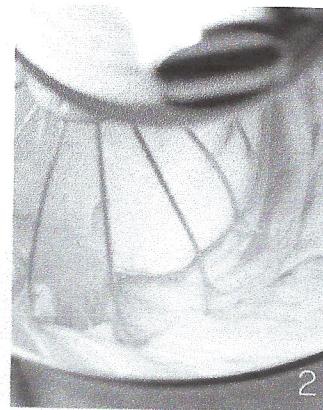
RIBBON ME THIS
After about 10 minutes of beating, the eggs and sugar will be pale and fluffy-smooth (2). Watch for the "ribbon" stage. When the beater is raised, a thick ribbon will slowly fall back into the bowl (3).

ALL IN THE SIFT
Use a sieve to sift the flour, baking powder, and salt onto the batter, aerating the mixture to prevent lumps (4).

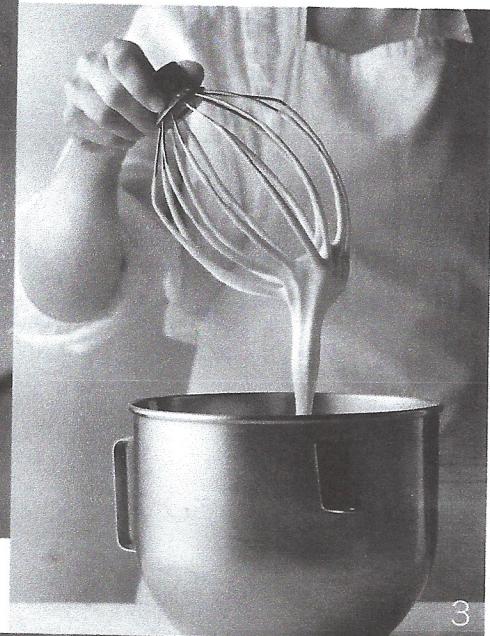
FOLD LIKE A PRO
Don't stir (which will deflate the batter). Instead, plunge a rubber spatula into the bowl's center (5). Cut through to the edge, lift, and turn batter over flour. Give bowl a quarter turn, and repeat until flour is incorporated.



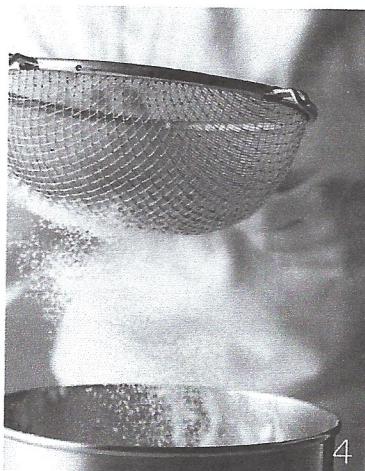
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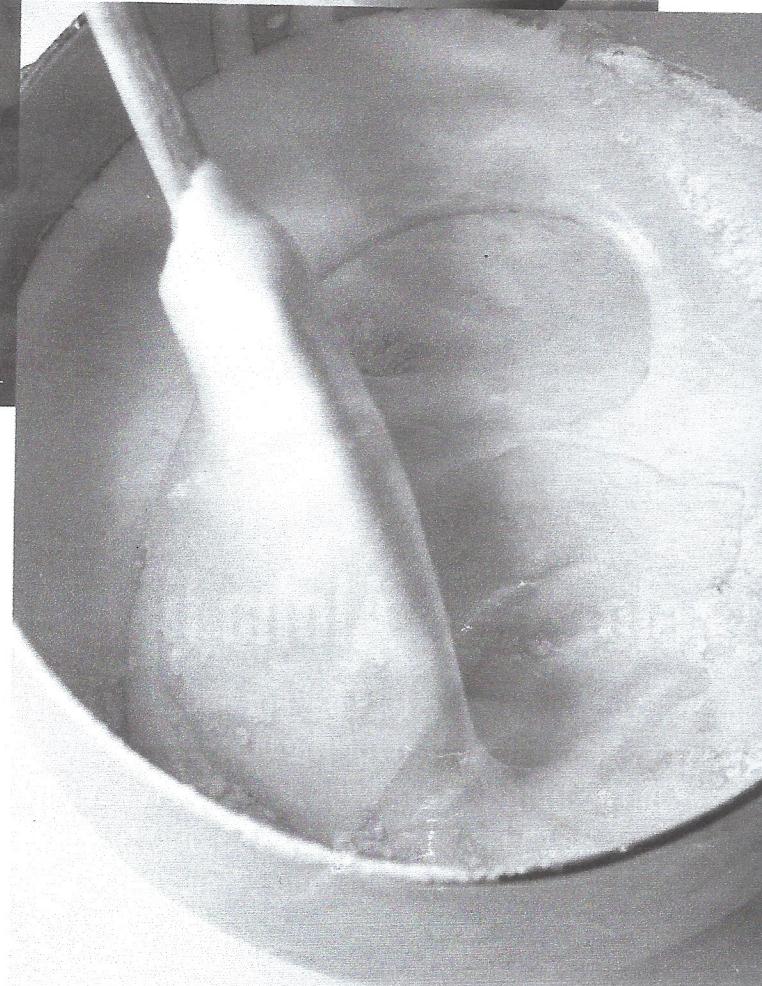
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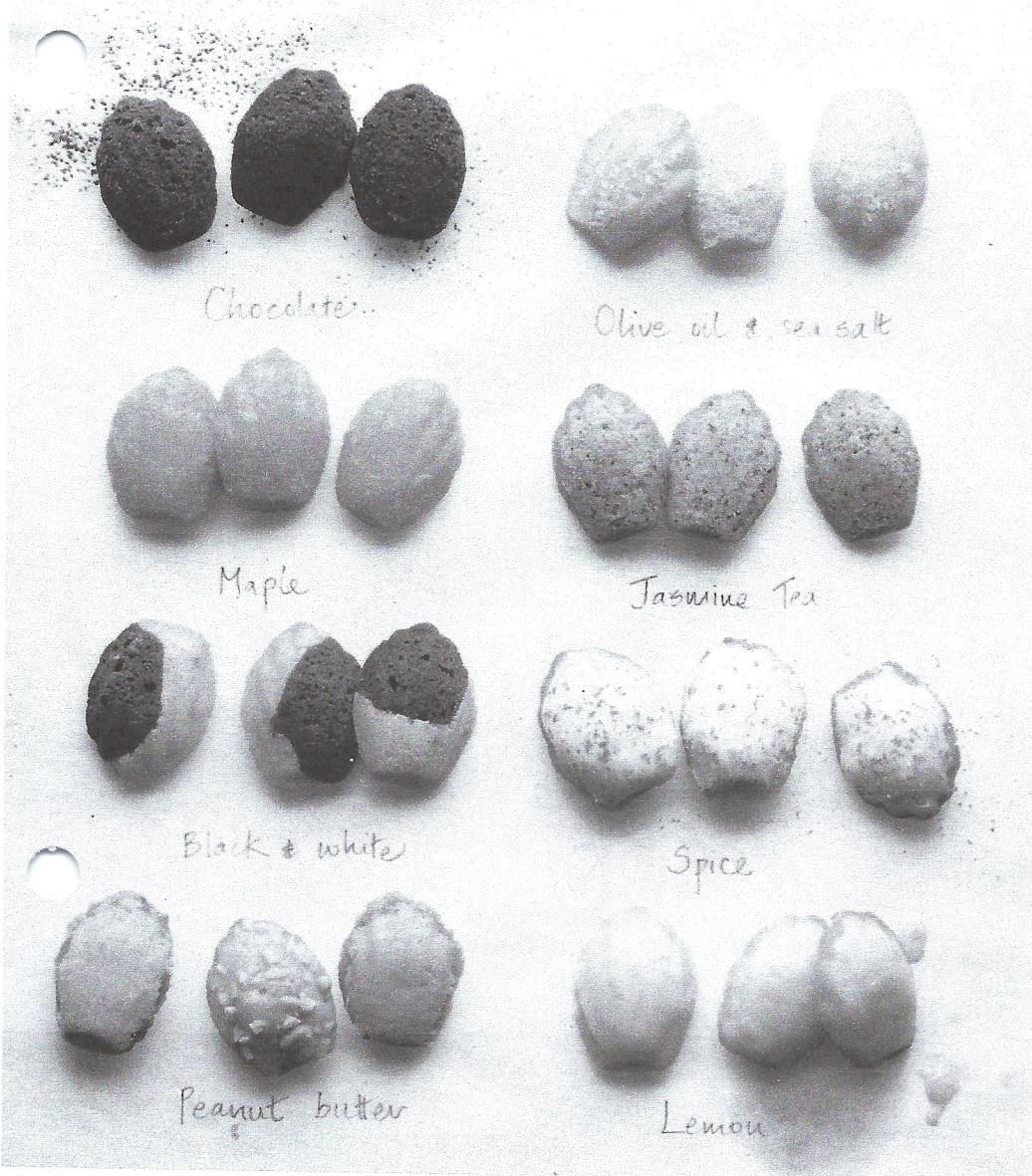
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4



COOKING madeleines 101



1. Whisk together flour, baking powder, and $\frac{1}{2}$ teaspoon salt in a medium bowl.
2. Whisk together eggs and granulated and brown sugars with a mixer on high speed until pale and fluffy, about 10 minutes. Sift flour mixture over top in 2 additions, folding in after each addition. Fold in melted butter in 2 additions, then honey and vanilla. Refrigerate, covered, for at least 2 hours.
3. Preheat oven to 350°. Let batter stand at room temperature for 10 minutes. Generously butter 2 standard-size or 2 mini nonstick or aluminum madeleine pans using a pastry brush.

4. Transfer batter to a pastry bag, and snip tip to create a $\frac{1}{4}$ -inch opening. Pipe some batter into molds, filling each about three-quarters full. Bake on middle rack until pale gold, 8 to 11 minutes (6 to 8 minutes for mini madeleines). Immediately shake madeleines out. Wash and re-butter molds. Repeat with remaining batter. Dust baked madeleines with confectioners' sugar.

MAKE AHEAD MADELEINE BATTER CAN BE REFRIGERATED FOR UP TO 2 DAYS.

STORAGE MADELEINES ARE BEST THE DAY THEY ARE MADE, BUT THEY CAN BE STORED IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE FOR UP TO 2 DAYS.

brave new madeleines

We'll always love the classic, but we couldn't resist experimenting with a range of flavors and bringing a little 21st-century variation to the madeleine.

CHOCOLATE

Add 2 tablespoons *unsweetened cocoa powder* to flour mixture. Fold 8 ounces melted *bittersweet chocolate* into batter before baking. Dust baked madeleines with cocoa powder.

SPICE

Add 1 teaspoon *ground cinnamon*, $\frac{1}{2}$ teaspoon freshly grated *nutmeg*, and $\frac{1}{2}$ teaspoon *ground ginger* to flour mixture. For cream cheese glaze: Stir together 6 ounces room-temperature *cream cheese* and $\frac{1}{4}$ cup plus 2 tablespoons *confectioners' sugar* until smooth. Stir in $\frac{1}{4}$ cup plus 1 tablespoon *whole milk*. Dip scalloped side of each baked madeleine into glaze, and wipe excess off sides.

OLIVE OIL AND SEA SALT

Use only 1½ sticks *butter*; add $\frac{1}{4}$ cup *extra-virgin olive oil* to melted butter. Sprinkle a very small pinch of *sea salt* into buttered madeleine molds before piping in batter.

MAPLE

Omit honey. Reduce $\frac{1}{2}$ cup *pure maple syrup* by half over medium-low heat, about 15 minutes; add to melted *butter*. For maple glaze: Whisk together $\frac{1}{2}$ cup pure maple syrup, 4 tablespoons melted *unsalted butter*, and 2 tablespoons *confectioners' sugar*. Let cool for at least 1 hour. Brush onto scalloped side of baked madeleines. Makes enough for 1 batch

PEANUT BUTTER

Use only 1½ sticks *butter*, and add $\frac{1}{4}$ cup *natural peanut butter* when melting butter. Sprinkle madeleines with $\frac{1}{2}$ cup chopped *peanuts* before baking. Cut baked madeleines in half lengthwise through center, and sandwich each with *strawberry jam*.

JASMINE GREEN TEA

Grind $\frac{1}{4}$ cup best-quality *jasmine green tea* in a spice grinder until powdery; add to flour mixture.

BLACK AND WHITE

Transfer half the batter to a bowl. Stir 4 ounces melted *bittersweet chocolate* and 1 tablespoon *unsweetened cocoa powder* into half the batter. Pipe chocolate batter into one half of each mold, then pipe vanilla batter into remaining half of mold. For lemon glaze: Whisk together 2 cups *confectioners' sugar* and 2 tablespoons finely grated *lemon zest* and $\frac{1}{4}$ cup plus 2 tablespoons *fresh lemon juice* (from 4 lemons). Dip scalloped side of each baked madeleine into glaze, and wipe excess off sides. Makes enough for 1 batch

what you need!



ingredients

CHOCOLATE CAKE

all-purpose flour 1 cup

unsweetened cocoa powder $\frac{1}{4}$ cup

baking powder 2 teaspoons

salt $\frac{1}{4}$ teaspoon

sugar $\frac{3}{4}$ cup

warm water $\frac{3}{4}$ cup

large egg 1

vegetable oil $\frac{1}{3}$ cup

vanilla extract 1 tablespoon

ICE CREAM LAYER

ice cream $\frac{1}{2}$ gallon (choose your

favorite flavor: peppermint, vanilla, mint chocolate chip, or chocolate)

WHIPPED CREAM

heavy cream $1\frac{1}{2}$ cups, well chilled

sugar 3 tablespoons

vanilla extract 1 teaspoon

TOPPING

hard peppermint candies 15 (about $\frac{1}{2}$ cup)

tools

measuring cups
& spoons

9-by-13-inch glass
baking dish

filter

1 large & 2 medium
mixing bowls

whisk

zipped plastic bag

rolling pin

large knife

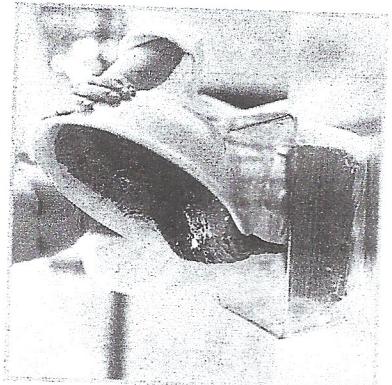
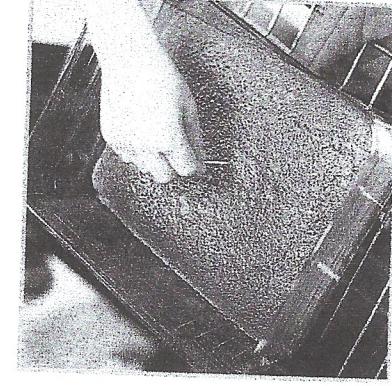
metal spatula

Fill the dish and bake the cake.

Preheat the oven to 325°F. Grease the baking dish with butter.

Put the flour, cocoa, baking powder, and salt into the sifter and sift into the large bowl (see page 8). Stir in the sugar with the whisk.

In one of the medium bowls, using the whisk, beat the water, egg, oil, and vanilla until blended. Pour the egg mixture into the flour mixture and stir together with the whisk just until blended.



3

Put the dish in the oven and bake for about 20 minutes, until the toothpick inserted into the center comes out clean.

Using oven mitts, remove the dish from the oven and set it on the cooling rack to cool completely.

ice cream cake

makes 12 slices

Note: This is an advanced recipe and takes extra time, see step 4.

Before you start.

Preheat the oven to 325°F. Grease the baking dish with butter.

2 Make the batter.

Put the flour, cocoa, baking powder, and salt into the sifter and sift into the large bowl (see page 8). Stir in the sugar with the whisk.

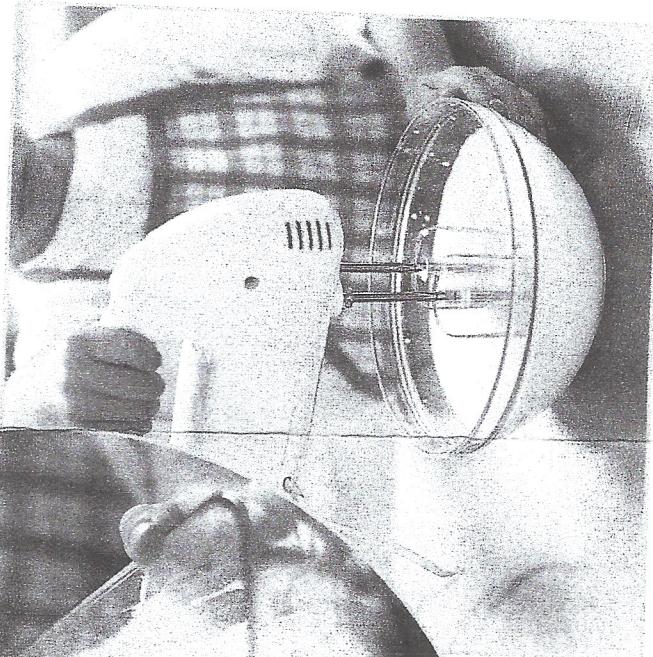
In one of the medium bowls, using the whisk, beat the water, egg, oil, and vanilla until blended. Pour the egg mixture into the flour mixture and stir together with the whisk just until blended.

be careful not to
beat the whipped
cream too long!



Spread on the ice cream layer.

- When the cake is cool, remove the ice cream from the freezer and set it on the counter to soften for 10 to 15 minutes.
- Drop large globs of the ice cream over the top of the cake with the rubber spatula and spread them out to make a thick, even layer.
- Cover with plastic wrap and freeze for about 4 hours, until the ice cream is hard.



Make the whipped cream.

- In the other medium bowl, using the electric mixer on low speed, beat the cream, sugar, and vanilla.
- When the cream begins to thicken and no longer splatters, increase the speed to medium-high.
- Continue to beat until medium-firm peaks form, about 3 minutes (see page 13).

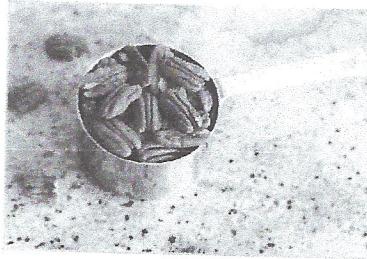
Crush the candies.

- Unwrap the peppermint candies in plastic wrappers. Put the candies in a plastic bag. Press out all the air and seal the bag.
- Using the rolling pin, gently but firmly crush the candies until they are crushed.
- Remove the frozen cake from the refrigerator.

Easy Candied Pecans Just 5 Minutes and 4 Ingredients!)

Candied Pecans

Shared By: Two Healthy Kitchens
Yield: About 1 cup



PM

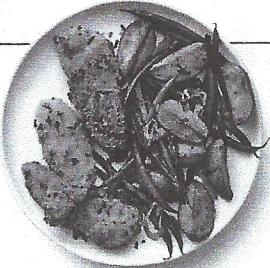
Ingredients

- 1½ tablespoons packed brown sugar
- 1½ teaspoons water
- ¼ teaspoon vanilla
- ¼ teaspoon kosher salt
- 1 cup pecan halves

Preparation

1. In a small bowl, combine brown sugar, water, vanilla, and kosher salt, stirring to combine (don't worry that the sugar and salt won't all be dissolved). Set this at-the-ready, next to your stove, as this recipe goes really quickly.
2. In a medium-large saucepan over medium heat, toast pecans for 2-3 minutes, stirring occasionally to prevent burning. When you begin to smell a lovely, nutty aroma, they're done.
3. Quickly drizzle the sugar mixture into the pan, on top of the pecans, stirring the nuts as you drizzle. Stir constantly for about 15 seconds, until the pecans are thoroughly coated in the sugar mixture. Immediately remove from heat so they don't burn.
4. Spread the pecans on a piece of parchment to cool. Once cooled, you can break the nuts apart, if needed.
5. Enjoy immediately or store in an airtight container. The pecans will be slightly sticky at first, but the coating hardens further within a few hours.

Recipe by Two Healthy Kitchens at <http://www.twohealthykitchens.com/2014/11/13/easy-candied-pecans-just-5-minutes-and-4-ingredients/>



BUTTERMILK CHICKEN TENDERS WITH ROASTED POTATOES AND GREEN BEANS

- 1 cup whole buttermilk
- 3 garlic cloves, pressed
- 1½ tsp. kosher salt, divided
- 1 tsp. black pepper, divided
- 1½ lb. chicken breast tenders (about 12)
- 1 lb. small red potatoes, cut into ½-inch-thick wedges
- 1 (8-oz.) pkg. haricots verts (thin French green beans)
- 2 medium shallots, sliced
- 4 Tbsp. olive oil, divided
- 1½ cup panko (Japanese-style breadcrumbs)
- 3 Tbsp. chopped fresh flat-leaf parsley, divided
- 3 Tbsp. salted butter, divided

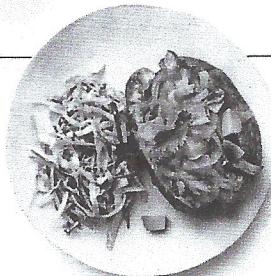
1. Preheat oven to 425°F. Combine buttermilk, garlic, 1 teaspoon of the salt, and ½ teaspoon of the pepper in a large ziplock plastic freezer bag; add chicken, seal bag, and toss to coat. Let stand at room temperature 30 minutes.

2. Combine potatoes, haricots verts, and shallots in a large rimmed baking sheet. Drizzle with 2 tablespoons of the oil, and sprinkle with remaining ½ teaspoon each of salt and pepper. Stir to coat, and spread in a single layer. Bake in preheated oven until potatoes and haricots verts are browned and tender, about 20 minutes, stirring once after 15 minutes.

3. Combine panko and 2 tablespoons of the parsley in a shallow bowl. Remove chicken from plastic bag, discarding any mixture in bag. Dredge chicken tenders in panko mixture, pressing to adhere.

4. Heat 1 tablespoon of the oil and 1½ tablespoons of the butter in a large skillet over medium. Add half of chicken; cook until golden brown and done, 3 to 4 minutes per side. Remove to a serving platter; wipe pan, and repeat with remaining 1 tablespoon oil, 1½ tablespoons butter, and half of chicken. Serve chicken with potatoes and haricots verts. Top chicken and vegetables with remaining 1 tablespoon parsley.

SERVES 4 (serving size: about 3 chicken tenders, 4 oz. potatoes, 2 oz. green beans) **ACTIVE** 25 min. **TOTAL** 55 min.



BBQ PORK LOADED BAKED POTATOES

Set up a top-your-own potato bar at your next family movie or game night.

- 8 medium-size russet potatoes (about 8 oz. each)
- 2 Tbsp. olive oil
- 1 large yellow onion, thinly sliced
- 1 large red bell pepper, thinly sliced vertically
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- 8 oz. Monterey Jack cheese, shredded (about 2 cups)
- 1½ lb. pulled smoked pork, warmed
- 2 cups corn chips (such as Fritos), coarsely crushed
- 2 small ripe avocados, diced
- 1½ cups barbecue sauce
- ¼ cup chopped fresh cilantro
- 1 (14-oz.) pkg. coleslaw mix
- ¾ cup white barbecue sauce

1. Preheat oven to 400°F. Place potatoes on an aluminum foil-lined large rimmed baking sheet. Bake in preheated oven until very tender, about 45 minutes.

2. Meanwhile, heat oil in a large skillet over medium. Add onion slices, and cook, stirring often, until tender and lightly browned, 5 to 7 minutes. Add bell pepper, and cook, stirring often, 5 minutes. Remove from heat, and sprinkle with salt and black pepper.

3. Cut a lengthwise slit down center of each potato (do not cut all the way through); squeeze sides to open. Slightly mash cooked potato pulp, and push toward opening. Top with cheese, pork, onion mixture, corn chips, and avocado; drizzle with barbecue sauce, and sprinkle with cilantro.

4. Toss together coleslaw mix and white barbecue sauce; serve with pork-stuffed potatoes.

SERVES 8 (serving size: 1 stuffed potato, about ½ cup coleslaw) **ACTIVE** 45 min. **TOTAL** 50 min.

10-MINUTE DESSERT



SAUTÉED APPLE CRISP

Melt 3 Tbsp. salted butter in a large skillet over medium-high. Add 2 large peeled and thinly sliced Honeycrisp apples; increase heat to high, and cook until apples begin to soften, about 3 minutes, stirring once. Sprinkle with ¼ cup packed light brown sugar and ½ tsp. ground cinnamon, and cook, stirring occasionally, until sugar melts and apples are tender, about 3 minutes. Whisk together ⅓ cup apple cider and 1 tsp. all-purpose flour; add to skillet, and cook, stirring constantly, until thickened, about 1 minute. Divide apple mixture evenly among 4 bowls; sprinkle each with ¼ cup maple-pecan granola, and top with a scoop of vanilla or cinnamon ice cream.

SERVES 4 (serving size: about ½ cup apple mixture, ¼ cup granola, ½ cup ice cream)

THE WORKBOOK

Recipes From This Issue

Good Things

PAGE 20



CHOCOLATE-STOUT CUPCAKES

Active Time: 45 min.
Total Time: 1 hr. 35 min.
Makes: 24

These cupcakes can be frosted and stored in an airtight container in the refrigerator up to a day ahead. Decorate them with the hearts just before serving.

- 2 cups unbleached all-purpose flour
- 2 cups plus 2 tablespoons sugar
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 2 sticks unsalted butter
- $\frac{1}{3}$ cup unsweetened Dutch-process cocoa powder
- 1 bottle (11.2 ounces) stout, such as Guinness (about $1\frac{1}{3}$ cups)
- 2 large eggs, lightly beaten
- $\frac{1}{4}$ cup sour cream
- 1 lime
- 2 cups Cream-Cheese Frosting (recipe follows)

96 chocolate gold hearts (available at ohnuts.com)

1. Preheat oven to 375°. Line two standard 12-cup muffin tins with baking cups. In a large heatproof bowl, whisk together flour, 2 cups sugar, baking soda, and salt.

Melt butter in a saucepan over medium heat. Whisk in cocoa powder, then stout. Increase heat

to medium-high and bring mixture to a boil, whisking occasionally. Remove from heat; stir into flour mixture just until combined. Stir in eggs and sour cream.

3. Divide batter evenly among cups, filling each two-thirds of the way. Bake, rotating once, until cupcakes spring back and a tester inserted in centers comes out clean, 16 to 18 minutes. Transfer tins to wire racks; let cool completely.

4. Meanwhile, peel wide strips of lime zest with a vegetable peeler. Thinly slice zest into $\frac{1}{4}$ -inch-wide strips. Coat strips in remaining 2 tablespoons sugar; cut into $\frac{1}{2}$ -inch-long pieces.

5. Spread cupcakes with frosting. Top each with 4 gold hearts (to form a shamrock) and 1 piece of sugared lime zest (to make a stem). Serve.

CREAM-CHEESE FROSTING

Active/Total Time: 10 min.
Makes: About 4 cups

- 16 ounces cream cheese
- 1 stick unsalted butter, room temperature
- 2 cups confectioners' sugar
- 1 teaspoon pure vanilla extract
- $\frac{1}{4}$ teaspoon kosher salt

Beat cream cheese with butter until fluffy, about 5 minutes. Add confectioners' sugar, 1 cup at a time, and beat until smooth, scraping down sides of bowl as necessary. Beat in vanilla and salt. Frosting can be stored in an airtight container in refrigerator up to 5 days.

A Whole Lot of Wholesome

PAGE 82



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APPLE-CIDER DOUGHNUT CAKE

Active Time: 20 min.
Total Time: 2 hr. 35 min.
Makes: One 10-inch cake

If you love the apple-cider doughnuts often sold at farmers' markets, you'll love this cake! Baked in a Bundt pan, it's essentially a giant cakey doughnut, made a little more wholesome with whole-wheat flour. A blend of olive oil and applesauce helps keep it moist. Bundt pans need to be generously buttered and floured so cakes don't stick; use a pastry brush to be sure to get into all the crevices.

- 2 tablespoons unsalted butter, melted, plus more for pan
- 2 cups unbleached all-purpose flour, plus more for pan
- 1 cup whole-wheat flour
- 1½ teaspoons baking powder
- 1½ teaspoons ground cinnamon
- ½ teaspoon baking soda
- ¾ teaspoon kosher salt
- 1¾ cups natural cane sugar
- 1 cup apple cider
- ¾ cup extra-virgin olive oil
- ¾ cup unsweetened applesauce
- 2 teaspoons pure vanilla extract
- 3 large eggs, room temperature

1. Preheat oven to 350°. Butter and flour a 12-cup Bundt pan. In a large bowl, whisk together both flours, baking powder, 1 teaspoon cinnamon, baking soda, and salt. In another bowl, whisk together 1½ cups sugar, cider, oil, applesauce, vanilla, and eggs. Add egg mixture to flour mixture; whisk until combined. Transfer batter to prepared pan.

2. Bake, rotating pan halfway through, until a tester inserted in center comes out clean, 45 to 50 minutes. Transfer pan to a wire rack set over a rimmed baking sheet; let cool 15 minutes. Meanwhile, mix together remaining $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ teaspoon cinnamon.

3. Invert warm cake onto rack. Brush with melted butter, then sprinkle liberally with cinnamon sugar. Let cool completely before serving. Cake can be stored, covered, at room temperature up to 2 days.

BREAKFAST COOKIES

Active Time: 25 min.
Total Time: 1 hr. 5 min.
Makes: About 28

Quick-cooking oats form the base of these tender cinnamon-spiced cookies. With buckwheat flour, millet, cashew butter, coconut oil, and fresh raspberries, the treats should keep you well fueled throughout the morning. Think of them as your breakfast bowl to go.

- 2 cups quick-cooking oats
- ½ cup buckwheat flour, such as Bob's Red Mill
- ½ cup millet, such as Bob's Red Mill
- ¾ teaspoon ground cinnamon
- 1 teaspoon baking soda
- ¾ teaspoon kosher salt