

1. Leche Flan

Leche Flan is a dessert made-up of eggs and milk with a soft caramel on top. It resembles crème caramel and caramel custard. This delicious dessert is known throughout the world. It has been a regular item in the menu of most restaurants because of its taste, ease in preparation and long shelf life. It can also be added as a component to build other great tasting dessert creations.

Ingredients:

10 pieces eggs
1 can condensed milk (14 oz)
1 cup fresh milk or evaporated milk
1 cup granulated sugar
1 teaspoon vanilla extract

Method

1. Using all the eggs, separate the yolk from the egg white (only egg yolks will be used).
2. Place the egg yolks in a big bowl then beat them using a fork or an egg beater
4. Add the condensed milk and mix thoroughly
Pour-in the fresh milk and Vanilla. Mix well
5. Put the mold (llanera) on top of the stove and heat using low fire
6. Put-in the granulated sugar on the mold and mix thoroughly until the solid sugar turns into liquid (caramel) having a light brown color. Note: Sometimes it is hard to find a Llanera (Traditional flan mold) depending on your location. I find it more convenient to use individual Round Pans in making leche flan.
7. Spread the caramel (liquid sugar) evenly on the flat side of the mold
8. Wait for 5 minutes then pour the egg yolk and milk mixture on the mold
9. Cover the top of the mold using an Aluminum foil
10. Steam the mold with egg and milk mixture for 30 to 35 minutes.
11. After steaming, let the temperature cool down then refrigerate
12. Serve for dessert. Share and Enjoy!

Nutritional facts:

Calories: 153
Total Fat: 4.6g
Saturated Fat: 2.4g
Cholesterol: 130mg
Sodium: 48mg
Total Carbohydrates: 24.8g
Dietary Fiber: 0g
Sugars: 24.3g
Protein: 3.6g

2. Halo-halo

Halo-halo is a popular Filipino dessert. It is a refreshing and colorful dessert made with shaved ice, evaporated milk, and a variety of sweet ingredients.

Ingredients:

Shaved ice
Evaporated milk
Sweet beans (mung beans or kidney beans)
Sweetened fruits (kaong, nata de coco, or jackfruit)
Sweetened corn kernels
Sweetened banana slices
Gulaman (jelly)
Ube halaya (purple yam jam)
Leche flan (custard)
Pinipig (toasted rice flakes)
Coconut sport strips (macapuno)
Crushed peanuts
Sugar syrup (optional)

Method:

1. Prepare all the ingredients by cooking or opening canned/jarred fruits.
2. Shave ice and pack it into a large bowl or tall glass.
3. Pour evaporated milk over the ice.
4. Add the sweet beans, sweetened fruits, sweetened corn kernels, sweetened banana slices, gulaman, ube halaya, leche flan, pinipig, and coconut sport strips on top of the ice.
5. Sprinkle crushed peanuts on top of the mixture.
6. Drizzle with sugar syrup (optional).
7. Mix everything together and enjoy!

Nutritional facts:

Calories: 342
Total Fat: 4.4g
Saturated Fat: 2.8g
Cholesterol: 20mg
Sodium: 70mg
Total Carbohydrates: 71.5g
Dietary Fiber: 1.5g
Sugars: 59.3g
Protein: 5.3g

3. Eclair

Éclair is a classic French pastry that consists of a crisp choux pastry shell filled with a creamy filling, typically pastry cream or whipped cream, and topped with a chocolate glaze.

Ingredients:

For the Choux pastry shell:

1/2 cup water
1/2 cup milk
1 stick (4 oz) unsalted butter
1/4 tsp salt
1 cup all-purpose flour
4 large eggs

For the pastry cream filling:

1 1/4 cup whole milk
1/2 cup granulated sugar
3 large egg yolks
1/4 cup cornstarch
1 tsp vanilla extract
2 tbsp unsalted butter, at room temperature

For the chocolate glaze:

4 oz semisweet chocolate, chopped
1/4 cup heavy cream
1 tbsp light corn syrup

Method:

1. Preheat the oven to 375°F (190°C).
2. In a saucepan, combine water, milk, butter, and salt. Bring to a boil over medium heat.
3. Remove from heat and add flour all at once, stirring vigorously with a wooden spoon until the mixture forms a ball.
4. Return to low heat and cook for 2 minutes, stirring constantly, to dry the mixture out.
5. Remove from heat and let cool for 5 minutes.
6. Beat in the eggs, one at a time, until the mixture is smooth.
7. Spoon the mixture into a pastry bag fitted with a 1/2-inch plain tip.
8. Pipe 4-inch lengths onto a baking sheet lined with parchment paper, leaving about 2 inches of space between each éclair.
9. Bake for 30 minutes or until puffed and golden brown. Let cool completely on a wire rack.

For the pastry cream filling:

1. In a medium saucepan, heat the milk until just below boiling point.
2. In a separate bowl, whisk together the sugar, egg yolks, cornstarch, and vanilla extract until smooth.
3. Gradually add the hot milk to the egg mixture, whisking constantly.
4. Return the mixture to the saucepan and cook over medium heat, stirring constantly, until the mixture thickens and comes to a boil.
5. Remove from heat and stir in the butter until it's melted and smooth.
6. Transfer the pastry cream to a bowl and cover the surface with plastic wrap to prevent a skin from forming. Chill in the refrigerator for at least 1 hour.

For the chocolate glaze:

1. Melt the chocolate in a heatproof bowl set over a saucepan of simmering water, stirring occasionally.
2. Remove from heat and stir in the cream and corn syrup until smooth.

Nutritional Facts (per éclair):

Calories: 288

Total fat: 18g

Saturated fat: 10g

Cholesterol: 117mg

Sodium: 113mg

Total carbohydrates: 28g

Dietary fiber: 1g

Sugars: 18g

Protein: 5g

4. Millionaire's shortbread

Millionaire's shortbread, also known as caramel shortbread, is a delicious dessert that consists of three layers - a buttery shortbread base, a creamy caramel filling, and a layer of chocolate on top.

Ingredients:

For the shortbread base:

1 cup all-purpose flour

1/4 cup granulated sugar

1/2 cup unsalted butter, at room temperature

For the caramel filling:

1/2 cup unsalted butter

1/2 cup granulated sugar

1/2 cup light corn syrup

1 can (14 oz) sweetened condensed milk

For the chocolate topping:

8 oz semisweet chocolate, chopped

1 tbsp vegetable oil

Method:

1. Preheat the oven to 350°F (175°C).
2. In a medium bowl, whisk together the flour and sugar. Add the butter and use your fingers to mix until the mixture comes together and forms a dough.
3. Press the dough into an 8-inch square baking pan lined with parchment paper.
4. Bake for 20-25 minutes or until golden brown. Let cool completely on a wire rack.

For the caramel filling:

1. In a medium saucepan, melt the butter over medium heat.
2. Add the sugar, corn syrup, and sweetened condensed milk and stir until well combined.
3. Increase the heat to high and bring the mixture to a boil, stirring constantly.
4. Reduce the heat to low and continue to stir the mixture for 5-7 minutes or until thick and caramelized.
5. Pour the caramel over the cooled shortbread base and let cool completely.

For the chocolate topping:

1. Melt the chocolate in a heatproof bowl set over a saucepan of simmering water, stirring occasionally.
2. Stir in the vegetable oil until smooth.
3. Pour the chocolate over the cooled caramel layer and spread evenly.
4. Let the chocolate set completely before cutting into squares.

Nutritional Facts (per square):

Calories: 296

Total fat: 17g

Saturated fat: 10g

Cholesterol: 37mg

Sodium: 78mg

Total carbohydrates: 35g

Dietary fiber: 1g

Sugars: 26g

Protein: 3g

5. Mango sticky rice

Mango sticky rice is a popular Thai dessert made with sticky rice cooked in sweetened coconut milk and served with fresh ripe mango slices on top.

Ingredients:

- 1 cup glutinous rice (sticky rice)
- 1 1/2 cups water
- 1 can (13.5 oz) unsweetened coconut milk
- 1/2 cup granulated sugar
- 1/2 tsp salt
- 2 ripe mangoes, peeled and sliced
- Toasted sesame seeds (optional)

Method:

1. Rinse the glutinous rice in cold water until the water runs clear. Soak the rice in cold water for at least 30 minutes or up to 4 hours.

2. In a medium saucepan, combine the soaked rice and water. Bring to a boil over high heat, then reduce the heat to low and simmer, covered, for 18-20 minutes or until the rice is tender and the water has been absorbed.
3. In a separate saucepan, combine the coconut milk, sugar, and salt. Cook over medium heat, stirring constantly, until the sugar dissolves and the mixture comes to a simmer.
4. Add the cooked rice to the coconut milk mixture and stir to coat. Reduce the heat to low and continue to cook, stirring occasionally, for 5-10 minutes or until the rice has absorbed most of the coconut milk and is sticky and creamy.
5. Remove from the heat and let cool to room temperature.
6. Serve the sticky rice topped with mango slices and toasted sesame seeds (optional).

Nutritional Facts (per serving):

Calories: 381

Total fat: 16g

Saturated fat: 14g

Cholesterol: 0mg

Sodium: 201mg

Total carbohydrates: 59g

Dietary fiber: 2g

Sugars: 31g

Protein: 3g

6. Macaron

Macarons are delicate French cookies that consist of two almond-based meringue shells sandwiched together with a filling.

Ingredients:

For the macaron shells:

1 3/4 cups powdered sugar

1 cup almond flour

3 large egg whites, at room temperature

1/4 cup granulated sugar

Food coloring (optional)

For the filling:

1/2 cup unsalted butter, at room temperature

1 1/2 cups powdered sugar

1 tsp vanilla extract

1-2 tbsp milk

Method:

1. Line two baking sheets with parchment paper.
2. In a food processor, pulse together the powdered sugar and almond flour until well combined and fine.

3. In a large mixing bowl, beat the egg whites on medium-high speed until soft peaks form.
4. Gradually add the granulated sugar and continue to beat on high speed until stiff peaks form and the mixture is glossy.
5. Add food coloring (if using) and gently fold in the almond flour mixture until the batter is smooth and shiny.
6. Transfer the batter to a piping bag fitted with a 1/2-inch round tip.
7. Pipe 1-inch circles onto the prepared baking sheets, leaving at least 1 inch of space between each cookie.
8. Tap the baking sheets on the counter to release any air bubbles, then let the cookies sit at room temperature for 30-60 minutes or until a dry skin forms on the surface.
9. Preheat the oven to 325°F (165°C). Bake the cookies for 10-12 minutes or until set but not browned.
10. Let the cookies cool completely on the baking sheets before removing them.

For the filling:

1. In a large mixing bowl, beat the butter on medium speed until smooth and creamy.
2. Gradually add the powdered sugar, vanilla extract, and milk, and continue to beat until the mixture is light and fluffy.
3. Transfer the filling to a piping bag fitted with a 1/2-inch round tip.
4. Pipe a dollop of filling onto the flat side of one cookie and sandwich with another cookie.

Nutritional Facts (per serving):

Calories: 107

Total fat: 5g

Saturated fat: 2g

Cholesterol: 9mg

Sodium: 13mg

Total carbohydrates: 16g

Dietary fiber: 0g

Sugars: 15g

Protein: 1g

7. Anmitsu

Anmitsu is a traditional Japanese dessert that consists of small cubes of agar jelly, sweet azuki bean paste, fruit pieces, and sweet syrup. It is typically served cold and is a refreshing dessert during hot weather.

Ingredients:

For the agar jelly:

- 1 pack of agar agar powder (10g)
- 800 ml water
- 120 g granulated sugar
- A few drops of food coloring (optional)

For the anko (sweet azuki bean paste):

- 1 cup dried azuki beans
- 1 1/4 cups granulated sugar
- 1/4 tsp salt

For the syrup:

- 1/2 cup water
- 1/4 cup granulated sugar
- 1 tbsp honey

For the toppings:

- Fresh fruit (such as strawberries, kiwi, mandarin oranges)
- Mochi balls (optional)

Method:**For the agar jelly:**

1. In a large saucepan, bring the water to a boil.
2. Add the agar agar powder and sugar, and stir until dissolved.
3. Add food coloring (if using).
4. Pour the mixture into a rectangular container and let it cool to room temperature.
5. Once cooled, transfer to the refrigerator to set for at least 1 hour or until firm. Cut the jelly into small cubes.

For the anko (sweet azuki bean paste):

1. Rinse the dried azuki beans and soak them in water overnight.
2. Drain the beans and place them in a large saucepan with 3 cups of water.
3. Bring the water to a boil and reduce the heat to low. Simmer for about 1 hour or until the beans are soft.
4. Add sugar and salt to the saucepan and cook for another 30 minutes or until the mixture thickens and becomes a paste. Let it cool to room temperature.

For the syrup:

1. In a small saucepan, combine water, sugar, and honey.
2. Bring to a boil and stir until the sugar has dissolved.
3. Remove from the heat and let it cool to room temperature.

To assemble:

1. Place a few pieces of agar jelly cubes, anko, and fresh fruit in a small serving dish.
2. Drizzle with the syrup and top with mochi balls (optional).
3. Serve chilled.

Nutritional Facts (per serving):

- Calories: 260
- Total fat: 0g

- Saturated fat: 0g
- Cholesterol: 0mg
- Sodium: 22mg
- Total carbohydrates: 64g
- Dietary fiber: 3g
- Sugars: 52g
- Protein: 3g

8. Churros

Churros are a popular Spanish pastry that are often enjoyed as a dessert or snack. They are long, thin, deep-fried dough pastries that are traditionally served with a chocolate dipping sauce.

Ingredients:

- 1 cup water
- 1/2 cup unsalted butter
- 1/4 tsp salt
- 1 cup all-purpose flour
- 3 large eggs
- 1/4 cup granulated sugar
- 1 tsp ground cinnamon
- Vegetable oil, for frying

Method:

1. In a medium saucepan, bring the water, butter, and salt to a boil over medium heat.
2. Add the flour to the pan and stir with a wooden spoon until a dough forms and pulls away from the sides of the pan.
3. Remove the pan from the heat and let the dough cool for a few minutes.
4. Beat the eggs in a separate bowl and gradually add them to the dough, mixing well after each addition, until the mixture becomes smooth and glossy.
5. Transfer the dough to a piping bag fitted with a star-shaped nozzle.
6. Heat the vegetable oil in a large pot over medium-high heat.
7. Pipe the dough into long strips directly into the hot oil, using scissors to cut them off at about 4-6 inches long.
8. Fry the churros until they are golden brown and crispy, then remove them from the oil with a slotted spoon and place them on a paper towel-lined plate to absorb any excess oil.

Nutritional Facts:

- Calories: 250-300
- Total fat: 15-20g
- Saturated fat: 5-10g
- Cholesterol: 50-60mg
- Sodium: 100-200mg
- Total carbohydrates: 25-35g
- Dietary fiber: 1-2g

- Sugars: 5-10g
- Protein: 3-5g

9. Mochi

Mochi is a traditional Japanese rice cake made from glutinous rice flour. It is a versatile food that can be eaten as a snack or used in various Japanese dishes. Mochi has a chewy texture and can be found in a variety of flavors and shapes.

Ingredients:

6 fresh strawberries
½ cup red bean paste
1 cup glutinous rice flour
2 tablespoons powdered sugar
¾ cup water
2 tablespoons cornstarch

Directions:

1. Cut the tops off the strawberries. Divide the red bean paste into 6 equal portions and cover each strawberry with one portion of the red bean paste. Set the berries aside.
2. In a microwave-safe bowl, whisk together the glutinous rice flour and the powdered sugar. Then, whisk in the water until a batter forms.
3. Cover the bowl with a plate and microwave the mochi batter on high heat for 1 minute. Take the bowl out and stir the dough using a wet spatula.
4. Place the bowl back in the microwave and cook the dough for another minute. Take it out and stir it again. The dough should be almost translucent, and much more firm and sticky.
5. Place the bowl back in the microwave and microwave the dough for another 30 seconds. Once done, the Mochi dough should be translucent and very sticky. If it hasn't quite reached that stage, microwave the dough for a final 30 seconds.
6. Place a large square of parchment paper on the counter and sprinkle 1 tablespoon cornstarch on top. Place the mochi dough on the cornstarch, then sprinkle the other tablespoon cornstarch on top of the mochi dough. Roll the dough out, until it's roughly ¼-inch thick. Use a 3-3 ½-inch diameter cookie cutter to cut 6 circles from the dough. These should be large enough to completely wrap around the berries.
7. Place the dough circles in the fridge for 5 minutes to chill. Take them out, then one at a time, place a strawberry in the center of the circle. Wrap the circle around the berry and pinch the ends together to seal the berry within the mochi dough.
8. Serve the mochi fresh, and store at room temperature in a sealed box for up to 2 days.

Nutrition:

Calories per Serving 163
Total Fat 0.5 g
Saturated Fat 0.1 g
Trans Fat 0.0
Cholesterol 0.0 mg

Total Carbohydrates 36.6 g
Dietary Fiber 1.9 g
Total Sugars 3.3 g
Sodium 24.8 mg
Protein 2.8 g

10. Cheddar cheese custard cake

Cheddar cheese custard cake is a savory cake made with a combination of cheddar cheese, eggs, milk, and flour. It has a creamy custard-like texture with a cheesy flavor and can be served as a side dish, appetizer, or main course.

Ingredients:

1 cup Marie biscuit crumbs
1/3 cup butter, melted
750g Block Cream Cheese, softened
3/4 cup sugar, reserve 1/4 cup for egg whites
4 x 55g eggs, separated, whites stiffly beaten with
1 1/4 teaspoons vanilla essence
1/3 cup milk
1 cup cream, lightly whipped
2 tablespoons gelatine dissolved in 1/2 cup water
fresh fruit
chocolate curls

Methods:

1. COMBINE biscuit crumbs and butter. Press into the base of a 22cm spring form pan; chill.
2. BEAT until soft. Heat sugar, egg yolks, vanilla essence and milk in a double saucepan, stirring continually until custard is thickened.
3. ALLOW to cool, fold in cream and gelatine mixture. Pour into prepared crumb crust and chill for 4-6 hours.
4. DECORATE with fresh fruit and chocolate curls.

Nutritional Information:

Calories: 200-250
Total fat: 12-15g
Saturated fat: 7-9g
Cholesterol: 120-140mg
Sodium: 400-500mg
Total carbohydrates: 12-15g
Dietary fiber: 0-1g
Sugars: 2-3g
Protein: 10-12g

11. Sesame balls

Sesame balls, also known as Jian Dui, are a popular Chinese pastry typically served as a dessert or snack. They are made with glutinous rice flour and filled with sweetened black sesame paste, then rolled in sesame seeds and deep-fried until crispy.

Ingredients:

- 1 cup glutinous rice flour
- 1/4 cup sugar
- 1/2 cup water
- 1/2 cup black sesame seeds
- 1/4 cup brown sugar
- 1/2 cup vegetable oil for frying

Method:

1. In a mixing bowl, combine the glutinous rice flour, sugar, and water. Mix until the dough is smooth and elastic.
2. Roll the dough into small balls, about 1 inch in diameter.
3. Use your thumb to make a small indentation in each ball and fill it with about 1 teaspoon of black sesame paste.
4. Pinch the dough around the filling to seal it, then roll the ball in sesame seeds until it is coated all over.
5. In a wok or deep frying pan, heat the vegetable oil until hot (around 350°F/175°C).
6. Carefully add the sesame balls to the hot oil and fry until golden brown and crispy on the outside, about 4-5 minutes.
7. Remove the balls from the oil with a slotted spoon and place them on a paper towel-lined plate to absorb any excess oil.
8. Serve warm.

Nutritional Information:

- Calories: 300-350
- Total fat: 20-25g
- Saturated fat: 3-4g
- Cholesterol: 0mg
- Sodium: 5-10mg
- Total carbohydrates: 30-40g
- Dietary fiber: 2-3g
- Sugars: 10-15g
- Protein: 3-5g

12. Fruitcocktail graham float

Fruit Cocktail Graham Float is a quick and easy dessert dish that you can whip-up anytime. It does not involve baking and it is so easy to make. I recommend this dish for beginners because

of its simplicity. You should be able to make this dish without any issues as long as you follow our step.

Ingredients

16 oz. 473 ml cold heavy whipping cream
7.6 oz. 225 ml table cream or all purpose cream
2 15.25 oz. cans of fruit cocktail
9 tablespoons condensed milk
1 teaspoon vanilla extract
12 pieces Graham crackers
8 to 10 pieces Maraschino cherries
3 tablespoons crushed Graham

Instructions:

1. Drain the fruit cocktail by pouring each can in a strainer. Set aside.
2. Prepare the whipping cream mixture by pouring the heavy whipping cream in a mixing bowl. Whisk in medium speed using an electric mixer. Set to high speed after 2 minutes and continue to whisk until soft peaks form (around 5 more minutes).
3. Stir-in the table cream, condensed milk, and vanilla extract. Continue to whisk for 1 to 2 minutes.
4. Arrange a layer of Graham crackers at the bottom of a wide 8x8 baking pan.
5. Pour-in half of the whipping cream mixture. Spread.
6. Create another layer by adding half of the fruit cocktail. Spread.
7. Make another layer of Graham crackers. Top with the remaining heavy cream mixture.
8. Arrange the remaining fruit cocktail on top and add some cherries.
9. Sprinkle the crushed Graham on top.
10. Refrigerate for 3 to 5 hours. Serve. Share and enjoy!

Nutritional facts:

Calories: 200-250
Total fat: 10-12g
Saturated fat: 6-8g
Cholesterol: 30-40mg
Sodium: 100-150mg
Total carbohydrates: 25-30g
Dietary fiber: 1-2g
Sugars: 15-20g
Protein: 2-3g