

JUST THE TWO OF US DESSERTS

FAST & EASY-TO-MAKE PORTIONS FOR TWO



SARA CHILDS



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By Sara Childs





Interactive Direct Publishing
New York

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Hardbound Edition 2020

ISBN-978-0-9898036-5-6

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INTRODUCTION

This book is for you and me, just the two of us.

If you have a sweet tooth, but never seem to have the time, or the skills, to make your own desserts. This book of cakes, tarts, brownies, cookies, pies and puddings—even ice cream recipes—is for you. The recipes are generously portioned servings, just for two dessert lovers.

The desserts in this book can be prepared in 3 to 15 minutes. For example, the cakes, cobblers and puddings are ready to enjoy in 6 to 12 minutes. Most of the ice creams and sorbets are ready to serve in 3 to 4 minutes. These time estimates are based on having all of the ingredients pre-measured and ready to be blended.

So, before you flip through the pages of delicious dessert recipes featured in the book, here are some tips that will help to assure your success.

- Do not use self-rising flour. Instead, where called for, baking powder or baking soda should be measured and added to unbleached, all-purpose flour.
- The cakes, cookies, cobblers and puddings are prepared in a microwave oven. Ice cream, sherbet and sorbet recipes can be prepared using a food processor, blender or immersion blender, as noted in the recipe.
- If you are using a blender to make ice cream, I strongly recommend preparing one serving at a time. If you attempt to make more than one serving, the blender will clog, and the fruit will melt. The secret is to keep the fruit frozen.
- Puddings, custards and curds are quick and simple recipes prepared in a microwave oven. However, they require a bit of diligence and testing for the minute and 30 seconds, to 2 minutes it takes to cook them.
- Depending on the recipe, cakes can be baked in 3 minutes and 20 seconds, to 3 minutes and 45 seconds. And cookies can be baked and ready to munch in 30 seconds.
- Please note that the timing for these recipes can vary according to the wattage/power of your microwave oven. The microwave oven I used for the recipes that appear in this book is a 1200 watt Panasonic Genius Sensor Oven.

I have given conservative estimates for the baking times. If your microwave oven has a different power level, follow the directions in the recipe, and check the progress of the cake, cookies, pie or pudding according to the instructions.

Sara

PLEASE NOTE: The recipes in this book do not adapt to baking in a conventional oven, or cooking on a stove-top. Microwave baking is liquid-sensitive, much like a chemical formula. The quantity of liquid (oil, eggs, milk) is crucial for a successful (and delicious) outcome.

NO-BAKE



PUDDINGS



BROWNIES & COOKIES



PIES



COBBLERS & CRISPS



CAKES



ICE CREAM & SHERBETS & SORBETS





Peanut Butter & Jelly Pudding

2 C bread or Hawaiian rolls cut into 1 1/2 or 2 inch cubes

1/3 C butter and more for the pan

2 eggs

2 tbsp sugar

1/2 tsp vanilla extract

1/2 C half-and-half

1/3 C creamy peanut butter

4 tbsp strawberry preserves or jam



DIRECTIONS:

Butter a 4 x 4 x 2 inch microwave-safe container, set aside. In the small bowl melt the butter, add the Hawaiian rolls, making sure all the rolls have been coated with butter. Place half the Hawaiian rolls (golden top side up) into the baking pan. Reserve the balance of the rolls and set aside. In a medium size bowl, whisk eggs, sugar and vanilla. Whisk in half-and-half, pour the egg mixture over the rolls. Let stand for 1 minute.

The bread should have absorbed the egg mixture. Drop 3 tablespoons of peanut butter and 2 tablespoons of preserves into and over the rolls, do not mix in. Add the reserved bread cubes, pour the egg mixture over the Hawaiian rolls and drop peanut butter and jam over the top, do not mix in.

Microwave at full power for 1 minute 30 seconds. Pudding should be firm but tacky on the edges and jiggly in the center. ***Do not overbake the pudding. The moist center will continue to cook after you remove the pudding from the oven.***

Microwave in 30 seconds bursts until done.

Serve warm.



Strawberry Ice Cream

(3 to 6 minutes)

3 C frozen strawberries
 1/2 tsp lemon juice
 1/4 C sugar, caster or super-fine
 1/2 C heavy cream



DIRECTIONS:

This ice cream must be served within 15 minutes after preparing. I suggest having a freezer friendly 3 to 4 cup capacity container at the ready to freeze the ice cream until you are ready to serve.

Premeasure and place the lemon juice, the sugar and heavy cream into separate, small containers. Set aside.

THE FOOD PROCESSOR METHOD

Add the frozen strawberries, lemon juice and sugar into the food processor. Pulse 20 times. Mix to make sure the strawberries are evenly chopped. Add the heavy cream and process for 40 to 50 seconds. Keep in mind, the longer the processor runs, the heat from the motor will melt the fruit. Serve immediately or freeze the ice cream until you are ready to serve.

THE BLENDER METHOD

(I recommend cutting the above recipe in half for single servings.)

1 1/2 C frozen strawberries
 1/4 tsp lemon juice
 1/8 C sugar, caster or super-fine
 1/4 C heavy cream

DIRECTIONS:

Premeasure the lemon juice, the sugar and heavy cream. Place in separate, small containers and set aside.

With the blender running, use the feed opening in the cover to drop the frozen strawberries, a few at a time, alternating with a tablespoon of sugar and lemon juice into the blender. Stop the blender and mix often to make sure the strawberries are chopped. Add the heavy cream and run the blender till the ice cream is at the desired consistency. Serve immediately or freeze the ice cream until you are ready to serve.

IMMERSION BLENDER METHOD

(Follow the Blender directions for single servings.)

Combine the frozen strawberries and lemon juice into a medium sized bowl. To chop the frozen strawberries to the desired consistency, use an immersion blender in crushing movements. Pulse 10 times, mix to make sure the strawberries are evenly chopped. Add the heavy cream and process for 40 to 50 seconds. Keep in mind the longer the blender runs, the heat from the motor will melt the fruit. Freeze until ready to serve.

SARA CHILDS

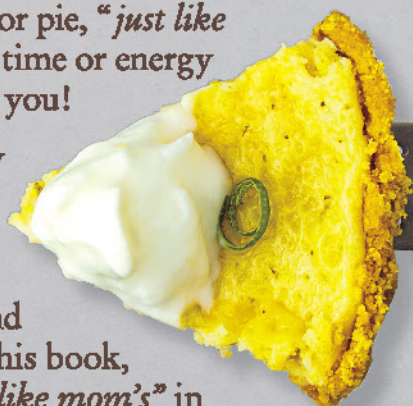
FAST & EASY TO MAKE DESSERTS FOR TWO



THIS BOOK IS FOR YOU AND ME, *Just the Two of Us*

Would you like a slice of cake or pie, "*just like mom's*" but you don't have the time or energy to bake. Then, this book is for you!

All of the deserts are generously proportioned for 2. The recipes are fast, easy to prepare and use simple ingredients. You can bake cakes, pies, tarts, brownies, cookies, and more. With a microwave oven and this book, you can enjoy a slice of cake "*just like mom's*" in 3 minutes. If you use a food processor, blender or immersion blender you can enjoy ice creams and sorbets in 2 or 3 minutes. With a No-Bake Desert recipe you can make a strawberry fool in 2 minutes or cheese cake, cookies, truffles or tarts in no time at all.



Sweet Dreams,
Sara

The deserts in this book should to be prepared as directed. If a microwave oven is indicated, the recipe Will Not adapt to stove-top or conventional oven cooking.



\$24.95

ISBN 978-0-9898036-5-6



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