

Puddings, Cakes, Desserts



SWEETS

ALFAJORES

INGREDIENTS: ¾ cup margarine
 1 cup sugar
 ½ cup flour
 ¾ cup cornflour
 1 egg
 2 egg yolks
 1 teaspoon baking powder
 1 teaspoon vanilla essence
 grated peel of half a lemon
 1 tin dulce de leche (pg 38)
 a little icing sugar

METHOD: Make sure the dulce de leche has been made beforehand (Pg 38). Grate the lemon peel and grease the baking trays. Cream together the margarine and the sugar. Add the eggs and continue beating. Sift together the flour, cornflour and baking powder, and add to the creamed mixture, along with the vanilla essence and lemon peel, to form a dough. Add more flour if necessary. Knead the dough until smooth, then allow to sit for 15 minutes.

Roll out the dough and cut into rounds; place them carefully on the greased baking sheets. Bake them for about 20 minutes in a moderate oven until they are firm but still white. When cool, sandwich together with dulce de leche, two at a time, and dust with icing sugar.

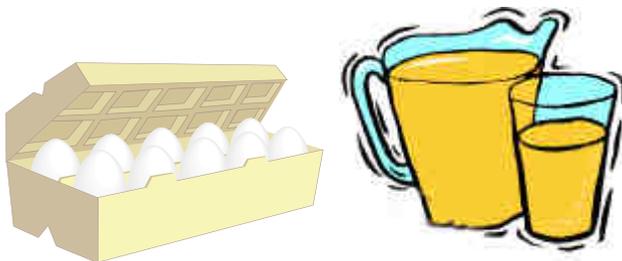
VARIATIONS:

1. Roll the edges of the alfajores in dulce de leche and then in desiccated coconut.
2. Coat each alfajor with melted chocolate and place in the fridge until set.

AMBROSIA

INGREDIENTS: 1 well rounded tablespoon cornflour
2 cups sugar
1½ cups boiling water
2 whole eggs beaten with 2 extra yolks
4 tablespoons freshly made orange juice, strained
A pinch of grated nutmeg or vanilla to taste

METHOD: In a small saucepan, mix sugar with cornflour, stirring to make sure it is well blended and without lumps. Pour over boiling water, continue stirring and bring to the boil. Cook 3 minutes. Beat eggs with egg yolks, freshly made orange juice, a pinch of nutmeg or vanilla. Remove corn flour preparation from heat and stirring vigorously gradually add beaten eggs, return to heat and gently simmer for two minutes. Serve cold, in stemmed glasses, with honey biscuits and sprinkled with chopped nuts.



BAKED ORANGE CUSTARD

INGREDIENTS: 2 cups freshly made and strained orange juice
4 tablespoons sugar, or more to taste
3 eggs, lightly beaten
a pinch of nutmeg

METHOD: Beat eggs to blend them, add sugar, orange juice and finally a little grated nutmeg. Caramelize a fluted mould, strain egg mixture into cooled mould and bake in a water-bath in a moderate to slow oven for about 1 hour or until eggs are set. Cool well before unmoulding.

BAKED ORANGE CUSTARD continued

Variation: Use any other fresh fruit juice, preferably a tart one; or use a freshly made fruit purée, either blending the fresh fruit or cooking them to a soft pulp. Chocolate may also be used or a milk and fruit jelly mixture using, for example, quince jelly or cherry jelly - use 1½ cups milk to ½ cup jelly and adjust the sugar amount.

BANANA DESSERT

INGREDIENTS:

- 4 large bananas
- ¼ cup brown sugar
- ½ cup fresh orange juice
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- 1 cup sherry
- 1 tablespoon butter
- 2 tablespoons rum (or rum flavouring)

METHOD: Peel the bananas and split in half lengthways. Place in a buttered baking dish. Combine the brown sugar with the orange juice, spices and sherry. Heat and pour over the bananas. Dot with butter. Bake 10 to 15 minutes at 450°F or until the bananas are tender, basting once or twice. Remove from oven and sprinkle with rum.

BREAD PUDDING

INGREDIENTS:

- 2 cups cubed white bread from a stale loaf
- 2 cups boiling milk
- 3 tablespoons sugar
- 3 beaten eggs
- pinch salt, grated lemon rind or vanilla essence
- seedless raisins to taste



BREAD PUDDING continued ...

METHOD: Pour boiling milk over white cubed breadcrumbs, soak well and stir with a fork until well mashed and reduced to shreds. Beat eggs lightly with sugar and pinch of salt, ensuring that eggs do not build up any foam. Blend into bread and milk mixture, add raisins and grated lemon rind or vanilla. Pour into a caramelised fluted mould and bake in a very slow oven for about 1 hour, or until set. Alternatively bake in a water-bath in a moderate oven for 45 minutes. Remove from oven, cool completely, loosen around edges and unmould - it will lose its shape if unmoulded while still warm. Serve cold, plain or with caramel sauce.

Alternatives: chocolate (add grated chocolate to milk), chopped nut (add chopped walnuts, hazelnuts etc.), coffee (add coffee to milk), honey pudding etc.

CARAMEL SAUCE FOR BREAD PUDDING

INGREDIENTS: 2 tablespoons sugar
1/2 cup boiling water
syrup made with 1/2 cup water and 1/2 cup sugar

METHOD: Caramelize the sugar in a small saucepan and when quite dark add the boiling water, stirring to dissolve the caramel in the water. Add syrup made previously and boil until thickened. If liked add a few drops vanilla. 1 tablespoon butter and 1 tablespoon cornflour can be added to make thicker sauce. Pour over pudding and serve the rest in a sauce boat.

COMPOTES

Make a light sugar syrup, using 1 part sugar to every 5 or 6 parts water, boil and add chopped fresh fruit or dried fruit. Serve on its own or as an accompaniment to semolina etc.

DULCE de LECHE

INGREDIENTS: 1 litre milk
 300 gms sugar
 a vanilla bean, to taste

METHOD: Boil milk and sugar with vanilla bean and a pinch (less than $\frac{1}{4}$ tsp) of bicarbonate of soda over a quick heat until the milk takes a little colour. Then continue cooking over a minimum heat, barely simmering, stirring frequently to avoid sticking to the bottom, until thick. This will take a little less than 2 hours. This is an extremely popular preserve and is used as a filling in a majority of pastries, cakes and sweets, including bananas.



FRESH FRUITS WITH CREAM

INGREDIENTS: 200 gms cream
 1 teaspoon vanilla
 4 heaped tablespoons sugar
 2 egg whites, beaten

METHOD: Beat fresh cream with vanilla and half of sugar until light and fluffy. Beat egg whites separately until they form soft peaks, add remaining sugar and continue until they make stiff peaks. Fold whites into cream (not cream into whites). Allow fruit to steep in sugar and a few drops of lemon juice and then place in dessert glasses and cover with cream.

FRESH FRUITS IN ASSORTED JUICES

Fresh fruits are steeped in some other fruit's juice and sugar, preferably using a tart juice. Common combinations are strawberries in orange juice; strawberries in pineapple juice; bananas in orange juice; apricots in grape juice. Serve plain or on a sponge cake round.



FRIED CAKES (for serving with mate)

INGREDIENTS: 3½ cups flour
 1 scant cup fine lard
 ½ tsp salt
 1 egg, beaten
 2 tablespoons water, or as much as needed
 lard for frying and sugar to sprinkle

METHOD: Combine flour with lard, salt and egg beaten with 2 tablespoons water. Knead to a smooth and pliable dough. Add enough water to make it soft and easily handled. Allow to stand for 30 minutes before rolling out. Roll out to ½ cm thick and cut with a knife into irregular shapes, neat triangles or into rounds with a floured pastry cutter. Fry in hot lard to a golden crust, crisp outside but tender inside. Never fry until stiff and dark. While still hot, sprinkle with sugar and serve warm. Sometimes these cakes are laced with a light water and sugar syrup.

FRITTERS

INGREDIENTS: 1 cup boiling milk
 ½ cup butter (about 100 grams)
 4 rounded tablespoons sugar
 1 teaspoon grated lemon rind
 1 cup flour
 4 eggs
 pinch of salt, sugar, oil or lard for frying

FRITTERS continued ...

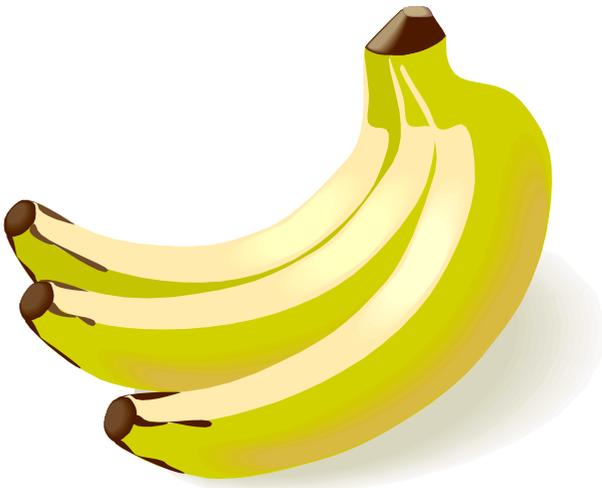
METHOD: Bring milk to boil and add sugar, butter, lemon rind and pinch of salt. When boiling rapidly, add flour all at once and beat vigorously until flour does not stick to the side of the saucepan. Allow to cool slightly and beat in eggs, one at a time, ensuring that each egg is completely and smoothly beaten in before adding the next one. Drop tablespoon of dough into hot oil or lard and brown well on all sides. Place on absorbent paper and sprinkle with sugar. Serve fritters warm or allow to cool, cut a side pocket, fill with 'dulce de leche' (page 45) and sprinkle with vanilla-flavoured sugar

PAN DE BANANA (Banana bread)

INGREDIENTS:

- 6 ripe bananas
- 6 oz sugar
- 2 eggs
- 10 oz flour
- 1 teaspoon bicarbonate of soda
- 2 oz chopped nuts (optional)

METHOD: Beat the bananas with the eggs and sugar. Stir in the dry ingredients adding nuts last. Put in a greased loaf tin and bake at 325°F for 1 hour.



PENCOS (Cake or Dessert)

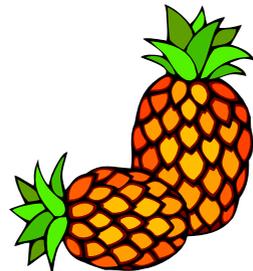
INGREDIENTS: 10 egg yolks
 1 tablespoon oil
 1 tablespoon vinegar
 1 tablespoon Singani (like Vodka)
 1½ cups flour

METHOD: Beat the yolks until they lose the yellow colour. Add the next three ingredients and mix well. Add the flour a little at a time. Knead until the bubbles begin to burst. Roll out very thin and cut small rounds. Put on greaseproof paper and pierce with a fork. Cook at 375°F for 5 minutes or until the pencos begin to curl. They should not brown. Let cool. Fill by putting **Dulce de Leche** (page 45) between 2 pencos curling outward.

PINEAPPLE DESSERT

INGREDIENTS: 8 oz caster sugar
 2 oz soft butter
 2 eggs
 4-8 oz crushed ice cream wafers
 6 fl oz cream
 4 oz crushed pineapple

METHOD: Mix caster sugar with soft butter. Add eggs and beat until light. Line a 9 inch square pan with half of the wafer crumbs and spread with sugar and butter mixture. Whip cream until stiff and add drained crushed pineapple. Spread this on top of sugar mixture. Cover with rest of rolled wafers. Allow to stand in refrigerator 24 hours. Cut into squares and serve with whipped cream.



REFRIGERATED DESSERT

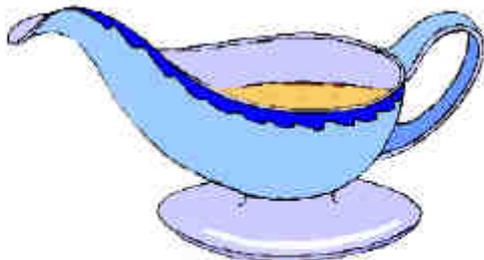
INGREDIENTS: 4 cups of custard
 2 cups whipping cream
 3 packets champagne biscuits
 1½ cups nuts, chopped finely
 Milk to soak biscuits
 1 teaspoon vanilla or 1 teaspoon lemon extract

METHOD : Make the custard. Cool. Whip cream until stiff. Add sugar and flavouring. Soak biscuits in milk until moist. Place in 9 x 13 inch pan. Cover biscuits with half of the cooled custard, half of the nuts and half of the cream. Next add remaining moist biscuits, custard and cream. Top with remaining nuts. Refrigerate several hours or preferably overnight. May be frozen.

SEMOLINA PUDDING

Semolina, rice and tapioca puddings are fairly common. Have milk boiling, mix semolina, tapioca or other product with cold milk, add to boiling milk and cook until done.

Cool, then add sugar and eggs, spices such as cinnamon, clove, or allspice, blend well and place in a caramelised mould. Bake in a moderate oven in a water-bath. Chopped candied fruits, plumped raisins, angelica and other preserves can be added to taste. Unmould when cold and serve with a light caramel sauce.



SUSPIRO LIMEÑO (Peru)

INGREDIENTS: 1 tin evaporated milk
 1 tin condensed milk
 6 egg yolks
 4 egg whites
 1 cup sugar
 1 teaspoon vanilla essence
 1/3 cup port

METHOD: Pour contents of both tins of milk into a saucepan and cook over a moderate heat until thick. Remove from heat and add the lightly beaten egg yolks and vanilla. Pour into a shallow serving dish or individual serving dishes.

Combine sugar and port in a saucepan and boil until mixture spins a thread when dropped from spoon. Beat egg whites until they form soft peaks. Pour hot syrup over egg whites while beating constantly. Spread over the caramel mixture and sprinkle with cinnamon.

