



## CHAPTER 2



Eggs are wonderful. They are used in so many products and so many ways. Most of our cakes are not possible without eggs and cookies are very difficult to make without eggs.

## TABLE OF CONTENTS:

### **Part 1: Eggs and How They Work .....32**

<i>The Mechanics of Eggs</i> .....	32
<i>The Three Parts of the Egg</i> .....	32
<i>Fresh, Safe Eggs</i> .....	32

### **Part 2: Techniques for Using Eggs.....34**

<i>How to Make Meringue for Pies</i> .....	34
<i>How to Avoid Weeping Meringues</i> .....	34
<i>How to Make Angel Food Cakes</i> .....	35
<i>How to Make Quiches</i> .....	36
<i>How to Make Soufflés</i> .....	37
<i>How to Make Strata and Baked French Toast</i> .....	38
<i>How to Build a Frittata</i> .....	38
<i>How to Make a Custards</i> .....	38
<i>How to Make Pannekoeken</i> .....	40
<i>How to Make Aebleskiver</i> .....	41
<i>How to Make Cream Puffs</i> .....	42

### **Part 3: Recipes—Applying What**

#### **You Learned ..... 44**

<i>Royal Lemon Meringue Pie</i> .....	44
<i>“Meringue that Does Not Weep” Recipe</i> .....	45
<i>Easy Oven-Baked Frittata</i> .....	46
<i>Classic Quiche Lorraine</i> .....	46
<i>Cinnamon Ripple Angel Food Cake Recipe</i> .....	48
<i>Easy Angel Food Cake</i> .....	49
<i>Spinach, Bacon, and Swiss Quiche</i> .....	49
<i>Easy Baked Omelet</i> .....	50
<i>Chocolate Malt Pudding</i> .....	51
<i>Southern Chess Pie</i> .....	52
<i>Traditional Dutch Pannekoeken</i> .....	53
<i>Apple and Bacon Pannekoeken</i> .....	53
<i>Cinnamon Vanilla Sugar Overnight Baked French Toast</i> .....	54
<i>Easy Custard</i> .....	54
<i>Apple Custard Pie with Streusel Topping</i> .....	55
<i>Chocolate Chess Pie</i> .....	56
<i>Great Grandma’s Danish Aebleskiver</i> .....	56
<i>Cream Puffs</i> .....	57

## PART 1: EGGS AND HOW THEY WORK

### The Mechanics of Eggs

Eggs are wonderful. They are used in so many products and so many ways. Most of our cakes are not possible without eggs and cookies are very difficult to make without eggs.

We know of nine different functions of eggs in baking:

- **Structure**—As eggs cook, the protein coagulates and provides structure to the product.
- **Leaving**—Eggs help leaven certain products by trapping air cells in whipped eggs or egg whites. Angel food and chiffon cakes are often entirely leavened with eggs.
- **Tenderizing**—The fat in the egg yolk shortens gluten strands in batters and dough to tenderize the product.
- **Moisture**—Since eggs are mostly water, they moisten the products to which they are added.
- **Wash**—Eggs, egg whites, and yolks, are used as washes on bread loaves to give them a glossy finish and hold sesame seeds and other accoutrements in place.
- **Emulsifying**—Eggs are natural emulsifiers that help make our batters smooth.
- **Flavor**—They add flavor.
- **Color**—Most lemon meringue pie recipes rely entirely on egg yolks for color.
- **Nutrition**—They add nutritional value such as protein, Vitamin D, and choline (an important nutrient for the brain, nervous system, and cardiovascular system).

### The Three Parts of the Egg

The egg is composed of three main parts plus membranes and two white strands called chalazae that hold the yolk to the center of the white.

The shell contains the egg. It is fragile and porous. It is important to remember that eggs will absorb flavors and odors through the shell and therefore must be protected from strong smelling substances and unsanitary surfaces. When baking, make sure that your eggs are odor free. A tainted egg will spoil your product.

The yolk is high in both fat and protein and is a natural emulsifier. It is rich in vitamins and minerals and contains cholesterol. The color of the yolk varies depending on the diet of the chicken but color is not an indicator of food value or quality.

The white is primarily albumin protein. It is clear and soluble before it is cooked. It contains sulfur and becomes odorous when old.

Brown eggs are not more nutritious than white eggs. Blood spots are not a cause for alarm; for baking, you do not need to remove them.

When you add eggs to a batter you add a great deal of water to the product; about 3/4's of the egg by weight is water. The remaining portion is nearly equal parts fat and protein. For those of you using kitchen scales, a large egg weighs 1 2/3 ounce without the shell with the yolk weighing two-thirds of an ounce and the white, one ounce.

### Fresh, Safe Eggs

The egg industry is conscientious and regulated and it is very rare to find an inferior or rotten egg in a carton from commercial sources. It is not rare to find broken or cracked shells. When you open a carton and find a cracked egg, discard it since a crack creates an easy avenue for bacteria to enter.

Eggs are a potential source of salmonella contamination. The American Egg Board estimates that only one in 20,000 eggs is contaminated. Still, it is recommended that you do not use raw eggs in your food and that egg products be cooked to 160 degrees. Always wash your hands after handling eggs and sanitize any work surfaces where raw eggs may have been used.

Always buy eggs that are graded A or AA. You can determine the quality of the eggs from your refrigerator just as an inspector does. Open an egg onto a flat surface. If the egg is compact with a plump yolk, it is fresh. If the chalazae, the white strands in the egg white, are prominent, the egg is fresh.

Eggs kept in the coldest part of the refrigerator keep up to five weeks though we plan on using our eggs within two weeks. Fresh eggs make for more stable egg white foams. Eggs become more alkaline as they age and may have a minor affect on the function of chemical leaveners.

Because the shells are porous, eggs will lose moisture over time. Eggs packaged for consumers are given a mineral oil bath to help seal the shells, reduce the moisture loss, and protect the egg from odors. Do not wash your eggs since doing so will remove the protective mineral oil covering.

Many recipes call for eggs at room temperature. Rather than leaving your eggs on the counter to warm, simply place them in a bowl of warm water for a few minutes. 🍳



## PART 2: TECHNIQUES FOR USING EGGS

### How to Make Meringue for Pies

There are just a few easy steps to making delectable and attractive meringue toppings for pie. In this section, you will top an unusual lemon pie. What makes it unusual? Both cream and orange juice are added to the filling. Of course, you can top any cream pie the same way.

Meringues can be dreamy smooth, sweet, and melt-in-your-mouth. They are simple to make—just follow a few steps.

1. Bring the eggs to room temperature. Egg whites whip better at moderate temperatures. Instead of leaving the eggs on the counter (where they are invariably forgotten and sit out for too long) immerse only the eggs that you will use in warm (not hot) water for five minutes.
2. Make sure that the bowls and beaters are immaculately clean. Any fat will reduce the egg white volume. Use stainless or glass bowls, not plastic since oil may be impregnated into the surfaces of plastic bowls.
3. Separate the whites from the eggs. It is recommended that you use an egg separator so that there is less chance of contaminating your eggs with bacteria on the shell surfaces. An egg separator saves time and captures more of the egg white. You can purchase an egg separator.
4. Use the three bowl method. Let the white slip into your first small bowl. Pour the egg yolk into a second bowl. As you complete each egg, pour the egg white into the third bowl in which you will beat the egg whites. In this way, if you contaminate an egg white with a bit of yolk, you can put that white aside; you

have not contaminated the entire batch of egg whites.

5. Add 1/2 teaspoon cream of tartar for every three or four large eggs. The cream of tartar helps to stabilize the eggs and should be added when the eggs are frothy. Beat the eggs at medium speed until soft peaks form, about one minute. Do not beat past this stage. At a soft peak stage, the tips of the soft peaks will bend over.
6. Drizzle the sugar into the egg whites with the beaters at slow speed. The sugar will now help stabilize the egg whites more firmly. We prefer to use superfine sugar since it dissolves easier in the egg whites. Continue at medium speed until stiff peaks form. At this stage, the meringue should be glossy and the tips should stand straight up. Rub a little egg white between your fingers to make sure that the sugar has dissolved.
7. Gently fold in the vanilla extract.
8. Spread the meringue over the pie filling. Make sure the meringue is pressed against the crust so that it adheres and is less likely to shrink during baking.
9. Bake the meringue at 350 degrees for 15 minutes or until golden brown. When baked at higher temperatures, the meringue may not be baked through. (Placing the meringue on a hot filling helps it bake.) Partially baked meringue is more prone to weeping, as is the person baking it.

### How to Avoid Weeping Meringues

Weeping meringues aren't very pretty. The meringue pulls back from the crust, moisture

beads on the topping, and a clear liquid forms below the crust. It doesn't hurt the pie but it's not presentable.

Most weeping seems to be caused by one of two conditions, either the sugar isn't completely dissolved or the egg whites are not fully cooked.

Here are our suggestions:

1. Use superfine sugar. Superfine sugar dissolves quickly and easily and we recommend it for meringues.
2. Spread the meringue to the crust. If the meringue is attached to the crust, there is less chance of shrinkage when baking.
3. Make sure the meringue is fully cooked. Instead of baking the pie in a hot oven, say 400 degrees, turn the temperature down to 350 or even 325. In a cooler oven, the heat will better penetrate and cook the topping before browning.
4. Get full volume from your whites. Heat penetrates light, airy meringue better than a more dense meringue. It is difficult to get full volume with plastic bowls because fat molecules are often trapped in the plastic surface.
5. Place the topping on the filling while hot. The heat from the filling will help cook the meringue.

All of these suggestions will help. In our experience, none is foolproof.

Consider the recipe later in the chapter for a meringue that does not weep. It is a little more work but is often worth the time.

### How to Make Angel Food Cakes

Angel food cakes are really easy if you follow a few principles. Once you master these basic principles, you'll be making perfect angel food cakes. In this lesson, we'll introduce you to

these principles and provide you with several recipes to practice with.

Angel food cakes seem so much like summer, light and heavenly and never too filling. With a little whipped cream, they showcase the fruits of summer so well—from strawberries to fresh peaches.

Here we'll show you how to employ these principles and share a recipe that is nearly foolproof. Once you understand these basic principles, you can make delectable angel food and chiffon cakes from chocolate mocha to orange chiffon.

Angel food cakes are quick and easy to make. Consider an angel food cake the next time that guests are about to arrive. With their tender, melt-in-your-mouth goodness, they are always a favorite, always impressive, and save time for the other things you need to do. And you'll feel good about serving these to your family and friends—angel food cakes are always low fat, nearly fat free.

For perfect angel food cakes, keep the following principles and practices in mind:

1. Get the right pan. You will need a tube pan with a removable bottom (most recipes call for a ten-inch tube pan). To make an angel food cake, you never grease the pan so it would be very difficult to remove the cake without the removable bottom of the tube pan. If you have trouble slicing such a large, light cake, you may want to try a mini angel food cake pan, which creates single servings.
2. Beat the egg whites right. The main ingredient in angel food cakes is the egg whites. They are beaten to a foam to provide the leavening; usually there is no baking powder called for in the recipe.
  - A. Make sure that no grease or fat touches the egg whites. Just a tiny bit of fat interferes with the foam formation. Make sure that the pan, the beaters, the bowl, and any

other utensils are clean, dry, and grease free. This is easier to achieve with a glass or stainless steel bowl instead of plastic.

- B. Separate the whites from the yolks while the eggs are cold. The eggs are thicker and easier to separate while cold. You may want to use an egg separator.
  - C. Separate the eggs one at a time into a cup. If you get a bit of yolk in the white, set it aside. That white will fail to perform and if you mix it with the other whites, the whole batch will fail. Continue with a clean cup. After each egg white is successfully separated, pour it into the bowl that will be used for beating.
  - D. Whip the whites until glossy peaks form. Start at medium speed with your hand-held mixer. As the foam begins to develop, increase the speed. Fold in ingredients as called for in the recipe. Do not over whip. If the egg whites are beaten too long, they will become dry and gritty and will ruin the cake.
3. Add the sugar after the whites have begun to hold their shape. If you add the sugar too soon, the whites will be soft and sticky. Add the sugar in a slow stream, not all at once.
  4. Fold the other ingredients gently into the egg whites. Use a spatula and gently reach to the bottom of the bowl and lift the egg whites through the mixture in an up and down, folding motion. Do not over mix. The other ingredients need to be uniformly dispersed but over mixing will drive the entrained air from the mixture and cause the cake to lose volume.
  5. Bake immediately. If the batter sits in the pan, it will lose air and volume.
  6. After baking, turn the cake upside down to cool. Gravity will help the cake

maintain its volume. Most tube pans have little legs that will hold the cake above the counter. If your pan doesn't, invert the pan over a narrow necked bottle to hold the cake up.

There you have it. It looks like a lot to keep in mind but the process is really quite quick and simple. Try out these methods for perfect angel food cake with the recipes at the end of this chapter

## How to Make Quiches



Quiches are a custard made with eggs and milk or cream and loaded with cheeses or meat or vegetables to create an elegant main dish. They are no more difficult than making a custard pie. Here we present seven principles and two recipes for great quiches.

Making a quiche is not difficult. Just follow a few simple principles to make a great quiche. Once you are comfortable building quiches, you can experiment and be creative—adding almost anything to a quiche that you would to an omelet.

Just keep these principles in mind:

1. Make a good crust. We're talking about a pre-baked crust. It doesn't have to be pretty and certainly not perfect. The trick is to avoid the bubbles; bubbles break and let the filling ooze through. Use pie weights to hold the crust down. Or, if you prefer, prick the dough before baking, the steam that causes bubbles will escape through the pricked holes (we've never been able to get those little holes to work as well as pie weights).

If you are not comfortable making pie pastry, use a just-add-water mix, purchase a ready-made crust, or use puff pastry from the grocery store.

2. Use quality ingredients. Your quiche is no better than what you put in it. Use fresh eggs and vegetables and quality cheeses.
3. Chop the ingredients finely. Coarsely cut ingredients make it very difficult to obtain attractive slices.
4. Get enough eggs. It's the eggs that coagulate when baked to create a firm, clean quiche. The ratio of eggs to liquid has to be high enough. Make certain that there are at least two eggs for every one cup of liquid. This will keep your quiche from becoming too soggy.
5. Cook it right. Bake it at 325 degrees. Higher temperatures increase the risk of over-cooking and curdling.
6. Cover the edges with foil. To get the quiche baked properly often requires enough time that the edges of the crust over-brown. Half way through the baking, cover the edges with foil or a pie shield so that you won't over-brown the crusts.
7. Get it cooked. The center of the quiche has to reach at least 160 degrees for the protein in the eggs to coagulate. But a simple test is to simply slip a knife blade into the center of the quiche. If cooked, it should come out clean. Your knife test

is more important than the number of minutes in the recipe.

## Consider Pie Weights for that Pre-baked Crust

Pie crusts are made with water or milk and baked in a hot oven. In a hot oven, the liquid turns to steam and bubbles form in the crust. Where the bubbles collapse, the pie filling leaks through the crust. One way to avoid blisters is to prick the crust with the tines of a fork to vent the steam but often, this is only partially effective. There is a better way—pie weights.

We use three different kinds of pie weights:

**Beans or Rice:** You don't have to buy expensive weights—beans or rice will do. Line the shell with aluminum foil and then place the beans or rice in the shell to hold the crust down. Because the beans or rice absorbs heat, you will need to increase the baking time, sometimes up to twice as long (our crust took 20 minutes at 450 degrees. Baking times will vary with weights).

**Ceramic Pie Weights:** These are our favorite pie weights. Ceramic pie weights are individual heavy ceramic balls that hold down the pie crust evenly. Since they aren't connected by a chain, they can be divided into smaller pie pans. Simply place baking paper over the pie shell (not required) and pour the weights in top. You'll still want to poke holes in the sides of the pie crust to release steam.

**Pie Weight Chain:** We also really like pie weight chains. These are heavy metal balls connected on a chain that are simply placed on top of the pie crust to hold it down. They work well and are dishwasher safe, however they can't be separated into different pie pans, and it's a little more difficult to achieve an even distribution across the pie shell.

## How to Make Soufflés

Soufflés can be truly gorgeous, almost magical as they mushroom up in the oven into a light airy dish. And even if you're a first-timer and your soufflé doesn't look quite right, it'll taste

great. But there are some tricks to making them come out right.

Soufflés are made in two parts, whipped egg whites and a base made with the other ingredients including such things as a cheese sauce or chocolate. Since the base holds the flavor, make the flavor intense because it will be diluted with the addition of the egg whites.

Beat the egg whites properly. It's the air trapped in the egg whites that causes the dramatic expansion of the soufflé in the oven. You want the egg white to remain elastic. Beat the egg whites just until soft peaks form, add the sugar if the recipe calls for it, and then beat until stiff peaks form. Cream of tartar will help the egg whites develop.

Fold the egg whites into the base carefully. Stir about a cup of the egg whites into the base to lighten the base then gradually fold in the remaining egg whites. Use a spatula to cut through the whites and gently lift the base through the foam in an up and down motion only until the two parts are combined.

## How to Make Strata and Baked French Toast Strata

A strata is basically a savory bread pudding. Most are made by layering bread cubes in a baking dish and then pouring an egg mixture over it. The mixture soaks through the bread and sets up in baking as custard does. Most recipes call for cheese and spices.

## Baked French Toast

Baked French toast is a cousin to a strata. It's made with whole slices of bread layered in a baking pan instead of bread cubes. A mixture of eggs, milk, butter and usually a sweetener such as cinnamon sugar is poured in the bottom of the pan and overtop of the bread slices. Usually, it's made the night before so the egg absorbs into the bread, making it soft and moist. Baked French toast can be savory or sweet.

## How to Build a Frittata

Do you have a favorite omelet recipe? You can

build a great frittata with the same ingredients that you would use in an omelet. Here's a step-by-step guide:

1. Sauté the vegetables until soft. As an alternative, you can steam the vegetables in the microwave until they are tender.
2. Turn the broiler on.
3. Beat the eggs, pepper and salt together. Put a tablespoon of oil in a heavy, oven-proof skillet and place the skillet on medium heat. Pour the egg mixture into the pan and scatter your vegetables and/or cooked meats on top. Turn the heat to low and cook until the frittata is golden brown on the bottom and the egg is beginning to set, approximately 7 minutes.
4. If necessary, oven-proof the skillet handle by wrapping it in aluminum foil. Place frittata under the broiler and cook until it is almost firm.
5. Add any cheese to the top and again put the frittata under the broiler until it is completely set and the cheese is melted. Slide your frittata onto a plate and serve.

## Consider Using a Microwavable Steamer

Since eggs and vegetables cook at different times, it is important to either sauté or steam the vegetables before adding them to a frittata or else they will still be hard and raw when the eggs are done cooking.

We've found this microwave and oven steamer to do the trick. Simply fill the bottom with a cup of water, place the chopped up vegetables on top, put on the lid and microwave for 2 minutes. The vegetables come out perfectly cooked. This is a healthier way to cook vegetable as it retains important vitamins and minerals during cooking that would otherwise be lost.

## How to Make Custards

Most puddings and cream pie fillings are thickened either with starch or eggs. Any

liquid thickened or set with eggs is called a custard. It is our intention in this chapter to examine how custards work and how to make them.

There are two types of custards: stirred and baked. Stirred custards are cooked on the stovetop, stirred as they cook, and remain pourable. Many puddings and pastry creams are stirred custards. Baked custards are made of sugar, whole eggs, and liquids and are set in the oven. Pies such as pumpkin or chess (a tart, southern pie), some desserts, and baked puddings are classified as baked custards. Cheesecakes and quiches are also baked custards.

Many custards have added starch to help set the liquid and to reduce separation or weeping. For our purposes, if the primary agent for thickening or setting a dessert is eggs, we will treat it as a custard.

How does a custard work? As the egg protein in the custard heats, these proteins set and the mixture becomes thick. Egg whites, without the addition of other ingredients, begin to set at 145 degrees; egg yolks at 155 degrees. When other ingredients are added such as sugar and starch, the temperatures at which setting begins is higher. There is a fairly narrow range of temperatures that are acceptable for making a custard. The liquid must be cooked long enough for the eggs to set but should not exceed 185 degrees. Above 185 degrees, the proteins become toughened as coagulation completes. At this point, the custard tends to curdle and after setting, weep as the liquids drain from the toughened protein. Later in this section, we will discuss methods for cooking custards to the right temperature.

## Stirred Custard

Stirred custards include pastry cream, pie fillings, and sauces. Cooking temperatures are variable depending on the starches and other ingredients called for in the recipe. Cooking times are not difficult since the custard must be stirred nearly constantly and the baker is overseeing the cooking and can remove the pan from the heat when the desired thickness is obtained.

Stirred custards remain pourable. Many bakers strain the custard before use to remove any cooked egg particles and ensure smoothness. Plastic wrap is often placed against the surface before refrigerating so that a "skin" does not form.

Pastry cream is a starch-aided custard. Because of the starch content, it can be brought to a boil without toughening the egg proteins and should be brought to a boil for the starch to function properly.

Crème anglaise is a thin custard sauce made without starch. Accordingly, it should not be cooked beyond 175 degrees.

Lemon curd is thick and intensely flavored using only lemon juice and the eggs for liquid. It is used as a filling for cakes and as a spread.

Lemon pie filling is another custard. Because acid interferes with the swelling of starch particles and their ability to thicken, lemon pie filling is thickened before the lemon juice is added.

## Baked Custard

Most baked puddings are a mixture of eggs, sugar, liquid, and usually some other ingredient (a baked rice pudding is a custard with rice added; a bread pudding is a custard with bread added).

A good baked custard has a clean, sharp edge when cut. The amount of egg in the custard determines its firmness. A baked dessert that is going to be unmolded requires more egg than a softer, spooned pudding. Egg whites rather than whole eggs are rarely used in custards. Egg yolks provide a richer, smoother texture. Some custards such as pumpkin pie or cheesecakes may call for cornstarch or flour as an additional stabilizer to the eggs.

A typical ratio of eggs, sugar, and milk in a firmly baked custard is one large egg for every 1/4 to 1/3 cup milk and 1 1/2 to 2 tablespoons sugar for each egg. Use these ratios as guidelines. The addition of starch, flour or cornstarch, may reduce the need for eggs as will the desire for a softer custard rather than firmly baked custard suitable for a mold (softer

custards may have up to twice as much milk per egg.) Sugar is even more variable and may be different because of tastes or the presence of other sweeteners such as raisins or sweetened condensed milk.

The following mixing and baking procedure is typical of baked custards. Using this procedure and the ratios above, you can create or modify your own desserts.

1. Combine the eggs, sugar, salt, and flavorings in a mixing bowl. Stir until the sugar is dissolved but do not whip (it is desirable to avoid foam).
2. Scald the milk over low heat stirring regularly (heat it to just below its boiling point). Heating the milk before adding it will help cook the eggs evenly and will reduce baking time.
3. Gradually pour the milk into the egg mixture, stirring while pouring. Gently pour the custard into the baking pan or cups. If the custard is to be unmolded, grease the molds with butter. For a smooth surface, gently skim any bubble from the top.
4. Place a baking pan or cups in a larger baking pan. Place the baking pan on the oven rack. Fill the outer pan with hot water until the water level is approximately equal with the level of the dessert. The water in the pan helps bake the custard evenly without a tough outer layer that has been baked beyond 185 degrees. A cloth can be added to the bottom of the baking pan to insulate the dessert from the heat on the bottom.
5. Bake at 325 degrees to avoid over-baking. Typical baking time is about 45 minutes but will vary on the recipe, the baking pans, the initial heat of the custard, and the heat of the hot water used as an outer bath. To test for doneness, insert a sharp knife into the custard about two inches from the center. It should come out clean. The very center of the custard may not be quite set but will continue to cook after

removal from the oven. The custard should be removed from the water bath immediately so that the outer edges does not continue to cook.

6. Cool the custard and refrigerate it. Often, plastic wrap is pressed against the custard surface to avoid the forming of a “skin” on the top of the dessert.

*Baker’s notes: A water bath is usually not necessary when starch is part of the recipe. Bread puddings are usually not baked in a water bath. Neither are pies since it is desirable to bake the crust thoroughly and the pie crust insulates the custard from the heat of the pan.*

## How to Make Pannekoeken

We debated adding pannekoeken to this chapter. But pannekoeken is so good, so much fun, and so easy that we couldn’t resist. And because it is an egg-rich batter with little flour, we inserted it in this chapter.

We think of pannekoeken most often for breakfast but it seems to fit in just right for brunch (especially with guests), lunch, a late supper.

And if you can make pancakes, you can make pannekoeken. In fact, there is less prep time than with pancakes—mix the batter and stick it in the oven. (In our test kitchen with the ingredients sitting on the counter, we were 2 1/2 minutes to the oven.) They are great without toppings and sublime with toppings.

Here are the steps to making easy pannekoeken:

1. Place one-half cube of butter in a pannekoeken (Dutch Baby) pan or an ovenproof skillet with rounded sides. (You can make a fine pannekoeken with an ovenproof skillet; it’s a little easier with a pannekoeken pan. You can purchase one on our site.)
2. Pannekoeken puffs up in a hot oven. Preheat your oven to 400 or 425 degrees depending on the recipe. Put the rack in the center, not the top, shelf. When

you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.

3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth (a whisk makes mixing easier than a spoon). Your batter is now ready.
4. Pour the batter into the pan. Cover with toppings if desired. Bake. Serve hot.

Pannekoeken makes an excellent canvas for your imagination. When we lived in Minnesota there was a chain of pannekoeken restaurants. They served these Dutch pancakes with all types of toppings, some cooked into the batter but often used as toppings after the pancake is baked.

Apples are the classic complement to pannekoeken. They can be cooked in the batter, sautéed, made into a compote (a French dessert consisting of fruit in sugar syrup), or simply sliced thinly and used as a topping. But meats, cheeses, and vegetables work also, especially for a dinner or lunch dish. When made with meats or vegetables, leave them as they are or drizzle them with a white sauce, a cheese sauce, or syrup.

Here are some suggestions to get you started.

- Traditional Pannekoeken
- Apple and Bacon Pannekoeken
- Sausage, pears, and dried cherries
- Sautéed apples in brown sugar and cinnamon
- Apples and sausage
- Blueberries and cottage cheese
- Bananas and pecans
- Peaches and honey raisin sauce

Let your imagination reign. You will find recipes for the first two suggestions at the end

of this chapter, or you can always try using a Pannekoeken mix.

## How to Make Aebleskiver



Aebleskiver (pronounced “eebull-skeever”) is a Danish filled pastry made on the stovetop. They can be either sweet with luscious creams or pastry fillings, or savory with meat and cheese.

A holiday in Denmark often begins with a breakfast of these puffy little pastries that are traditionally made with an apple filling or served with applesauce (hence their name). Like other great pastries, wonderful variations have evolved. We like them with pastry fillings, jams, chocolate, cheese and even frosting.

## To Make the Batter

Aebleskivers are made with a simple batter, but the key is in the eggs. Separate the eggs, and then set the egg whites aside. Add the yolks to the flour and other ingredients, and stir until combined.

Next, whip the egg whites until light and soft peaks form. This could take a while, but this is the trick to perfect, fluffy aebleskivers. Gently fold the egg whites into the batter.

Aebleskivers can also be made with a basic pancake mix. Instead of adding an egg as called for in the directions, whip three egg whites and fold them into the batter. You can also use an aebleskiver mix.

### To Cook the Pastries



To cook the aebleskivers, you'll need an aebleskiver pan. Heat it on the stove over medium heat and put a little butter in each cavity of the pan. Once heated, fill each indentation one-third full. If you are using a denser filling like meat, cheese, or chocolate, place a small amount on the batter and then cover with another one-third batter (if you're going to use something lighter like whipped topping or pastry cream, you'll want to inject it later with a pastry bag or decorating set).

Let cook for 1- 1 1/2 minutes, and then turn over the aebleskiver in the indentation. We use a skewer, but if you want to be authentic, you can use a knitting needle.

Cook for another minute or until done. Remove from the pan, sprinkle with powdered sugar, and serve warm.

### To Fill the Pastries

If you didn't put any filling directly into the batter, you can fill the aebleskivers with a pastry bag or decorator set. We like to use premade pastry fillings as they come in their own pastry bag. Simply insert the tip into the

side of the pastry, squeeze, and remove.

### Choosing the Right Pan

There really isn't a substitute for an aebleskiver pan, but there are two types from which to choose—cast iron, and cast aluminum. In order to cook properly, an aebleskiver pan must be heavy to hold heat. We sell three variations:

**Heavy Cast Iron Pan:** Nothing holds heat better than cast iron. We've found this pan cooks aebleskivers more evenly than any other pan. It contains seven indentations and the cavities are a little larger than any of our other pans. The heavy cast iron won't break or warp, and the birch-finish wooden handle won't get hot and burn your hand. The disadvantage of cast iron is it must be seasoned and kept dry to avoid rusting (cast iron is porous, so seasoning it with oil keeps rust-causing water from filling the pours).

**7-inch Cast Iron Pan:** This heavy pan is a little smaller than our other pan, but it still cooks seven aebleskivers with all the advantages of cast iron and at a lower price. It produces wonderful, slightly smaller pastries in just 2 1/2 minutes. This pan doesn't have a wooden handle, so you'll need an oven mitt when grabbing the hot handle. This pan also must be seasoned and kept dry.

**Cast Aluminum Pan:** Our cast aluminum aebleskiver pan is still heavy enough to hold heat and cook properly but is easier to care for than cast iron pans. It requires no seasoning, won't rust, break, or warp, and has a tough, nonstick surface to make cooking your aebleskivers easy. It also has an easy-grip handle that won't get hot.

We think you'll be happy with either type of pan. The dedicated cook might appreciate the cooking qualities of the cast iron pan while the hurried, more casual cook might appreciate the carefree qualities and attractive good looks of an aluminum pan.

### How to Make Cream Puffs

Cream puffs are similar to aebleskiver, but instead of cooked on the stove, these hollow pastries are baked in the oven.

Cream puffs consist of three parts: the outer shell, the filling, and the chocolate topping (or frosting). The crisp shell against the silky filling creates a melt-in-your-mouth effect. Here's a step-by-step guide:

**Step 1: The pastry shell.** The batter for the pastry is extremely easy. It's only three ingredients excluding the water. There is no baking powder or yeast; these are leavened with steam. The key in baking the shells is to get your oven hot enough that the moisture will quickly turn to steam expanding the dough until it triples in size and then baking them just until they get a little caramel colored with crispy edges.

**Step 2: The filling.** We like to use premade Bavarian cream. You can buy it cheaper than you can make it and it's a lot less trouble. It comes in a two-pound squeeze pack. Cut a quarter-inch off the plastic package, insert the tube in the edge of a pastry, and squeeze. You'll feel the pastry become heavier and start to swell as the Bavarian cream fills the pastry. It's the easy way to fill cream puffs. We've

also tried other flavors such as raspberry and blueberry.

**Step 3: The chocolate.** You can use any sweet, high-quality chocolate. Chocolate wafers are designed for candy making and have a smoother grind and more cocoa butter than chocolate chips. You can either dip your cream puffs in the melted chocolate or spoon it over the top of each. The hotter the chocolate, the thinner the coating. If it is melted but not too hot, you'll get a thick layer of chocolate.



## PART 3 : RECIPES: APPLYING WHAT YOU LEARNED



The following recipes were chosen to give you the opportunity to make some very good baked goods while working with eggs. With these recipes, you'll make meringues, frittatas, omelets, quiches, and custards.

### ROYAL LEMON MERINGUE PIE

#### Ingredients

- 1 nine-inch deep-dish pie shell
- 4 teaspoons lemon zest
- 1 cup lemon juice
- 1/2 cup orange juice
- 1 cup granulated sugar
- dash of salt
- 1/3 cup cornstarch
- 1 cup whipping cream
- 3 large eggs, whisked
- 5 large egg yolks
- 1/4 cup butter
- 5 large egg whites
- 1/2 teaspoon cream of tartar
- 1/2 cup granulated sugar, preferably superfine
- 1 teaspoon vanilla extract

#### Directions

1. Bake the pie shell at 450 degrees for about ten minutes or until it just starts to turn brown on the edges. It will help the pie shell keep its shape during baking if you line the shell with aluminum foil and then place beans, rice, or pie shell weights in the shell to hold the crust down.
2. Grate the zest from one large lemon or two small lemons. Avoid the white, pithy part of the peel for it is bitter. Add the zest to a saucepan with the lemon juice, orange juice, sugar, and salt. Stir and heat until it just starts to boil.
3. While the filling is beginning to heat, mix the cornstarch with the whipping cream. Add the eggs and egg yolks and mix until smooth.
4. Drizzle the hot lemon mixture into the egg mixture while stirring constantly. Return the combined mixture to the stove and heat until it thickens and starts to boil. Add the butter and stir until melted. Scrape the filling into the pie shell.
5. Preheat the oven to 350 degrees.
6. In a medium metal or ceramic bowl, beat the egg whites and cream of tartar together. When soft peaks are formed, drizzle in the sugar while beating. Continue beating until stiff peaks are formed. Fold in the vanilla.
7. With a spatula, spread the meringue topping on the filling. Press the topping against the crust so that the meringue

8. Bake for 15 minutes at 350 degrees or until the top is a golden brown. Let cool for an hour on the counter and then two hours in the refrigerator.

### “MERINGUE THAT DOES NOT WEEP”

#### Ingredients

- 4 large egg whites
- 1/2 teaspoon cream of tartar
- 6 tablespoons sugar, preferably superfine
- 1 tablespoon cornstarch
- 1/2 cup water
- 1 teaspoon vanilla extract

#### Directions

1. In a medium metal or ceramic bowl, beat the egg whites and cream of tartar together. When soft peaks are formed, drizzle in the sugar while beating. Continue beating until stiff peaks are formed.
2. In a saucepan, dissolve the cornstarch in water. Heat and stir until it is bubbling and thickened. Drizzle the hot syrup into the egg whites while beating slowly with the electric mixer. Add the vanilla. Continue beating until the egg whites are at full volume and stiff peaks are formed.
3. With a spatula, spread the meringue topping on the filling. Press the topping against the crust so that the meringue will adhere to the



crust during baking.

4. Bake for 15 minutes at 350 degrees or until the top is a golden brown.

Let cool for an hour on the counter and then two hours in the refrigerator.

*Baker's notes: Why does this work? The cornstarch acts as a stabilizer; the hot syrup facilitates the cooking of the egg whites.*

## EASY OVEN-BAKED FRITTATA



Frittatas are easy; this one is even easier. Remember this recipe when you need a great dinner dish in a hurry. Serve it with your favorite bread and a garden salad.

### Ingredients

- 1 cup of diced vegetables (onions, green peppers, etc.)
- 6 eggs
- dash of pepper
- 1/8 teaspoon salt
- 2 tablespoons grated parmesan cheese
- 1 cup shredded cheddar, mozzarella or other cheese

### Directions

Preheat the oven to 350 degrees

1. Sauté the vegetables until soft. Alternately, you can steam the vegetables in the microwave until they are tender.
2. Beat the eggs, pepper, salt, and parmesan cheese together. Put a tablespoon of oil in a heavy, oven-proof skillet. Pour the egg mixture into the pan and scatter the vegetables on top.
3. Bake for 15 minutes or until a knife inserted in the center comes out clean. Immediately sprinkle the remaining cheese on the top and let it melt.
4. Slide your frittata onto a plate and serve.

## CLASSIC QUICHE LORRAINE

Quiches are made with a custard filling—eggs and milk or cream—and loaded with cheeses or meat or vegetables to create an elegant main dish. They are simple to make, at least no more difficult than making a pie.

A Quiche Lorraine is the classic bacon and Swiss cheese filling. It originated in the Lorraine region of what is now northeastern France. Originally it had no cheese, simply custard flavored with bacon. Today, most Quiche Lorraine recipes call for just a touch of nutmeg. The recipe that follows is a little less rich than many because it uses milk instead of cream in the filling.

### Ingredients

- 1 single crust pie shell
- 6 large slices of bacon, about 6 ounces
- 4 eggs, beaten
- 1 tablespoon all-purpose flour
- 1 1/2 cups milk
- dash of pepper
- 1/8 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 1/2 cups grated Swiss cheese, about 6 ounces

### Directions

Preheat the oven to 325 degrees

1. It will help the pie shell keep its shape during baking if you line the shell with aluminum foil and then place beans, rice, or pie shell weights in the shell to hold the crust down. Bake the pie shell at 450 degrees for about ten minutes or until it just starts to turn brown on the edges.
2. While the pie shell is baking, cook the bacon in the microwave oven until crisp. Cut the bacon into small chunks.
3. In a medium bowl, mix the eggs and flour together. Add the remaining ingredients, including the bacon. Pour the mixture into the hot pie shell.
4. Bake for 40 to 45 minutes or until a knife inserted in the center comes out clean. If the shell starts to brown too quickly, cover the edges with aluminum foil or a pie shield.



## CINNAMON RIPPLE ANGEL FOOD CAKE

### Ingredients

- 1 1/2 cups egg whites (about 12 to 14 large eggs)
- 1 cup plus one tablespoons sifted cake flour
- 1 1/2 cup sugar divided
- 1/4 teaspoons salt
- 3/4 teaspoon cream of tartar
- 1 teaspoon vanilla extract
- 3 to 4 teaspoons ground cinnamon

### Directions

Preheat the oven to 350 degrees (after step 1).

1. Separate the eggs before heating the oven (see tips), adding the whites to a liquid measuring cup until you have 1 1/2 cups. It will take about 12 large eggs.
2. Sift the flour before measuring. If you do not have a sifter, use a whisk to fluff the flour before measuring. Add about half the sugar to the flour and sift again.
3. Beat the egg whites in a large bowl, adding the salt and the cream of tartar to the whites as soon as they become foamy. Continue beating. As soft peaks begin to form, add the remaining sugar and extracts. Beat until peaks form.
4. Using a spatula, gently fold the flour and sugar mixture into the egg white foam with “over and up” motions. Be sure to scrape the bottom of the bowl or the flour mixture will sink. Mix only until the flour is moistened. Working the batter longer tends to drive the air bubbles from the foam and reduces the cake’s volume.
5. Scrape 1/3 of the batter into a ten-inch tube pan. Sprinkle the cinnamon through a fine sieve onto the batter. Repeat layers two or three more times, but don’t sprinkle cinnamon on top. Bake immediately. Bake for 45 minutes or until the cake is done.
6. When the cake is removed from the oven, immediately invert the tube pan on the counter. Many tube pans have legs for this purpose. If the tube pan does not have legs, invert the pan over a narrow-necked



## EASY ANGEL FOOD CAKE



### Ingredients

- 1 1/2 cups egg whites (about 12 large eggs)
- 1 cup plus one tablespoons sifted cake flour
- 1 1/3 cup sugar
- 1/4 teaspoons salt
- 3/4 teaspoon cream of tartar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract

### Directions

1. Separate the eggs before heating the oven adding the whites to a liquid measuring cup until you have 1 1/2 cups. It will take about 12 large eggs.
2. Preheat oven to 350 degrees.
3. Sift the flour before measuring. If you do not have a sifter, use a whisk to fluff the flour before measuring. Add about half the sugar to the flour and sift again.
4. Beat the egg whites in a large bowl, adding the salt and the cream of tartar to the whites as soon as they become foamy. Continue beating. As soft peaks begin to form, add the remaining sugar and extracts. Beat until peaks form.
5. Using a spatula, gently fold the flour and sugar mixture into the egg white foam with “over and up” motions. Be sure to

scrape the bottom of the bowl. Mix only until the flour is moistened. Working the batter longer tends to drive the air bubbles from the foam and reduces the cake’s volume.

6. Scrape the batter into a [ten-inch tube pan](#) and bake immediately. Bake for 45 minutes or until the cake is done.
7. When the cake is removed from the oven, immediately invert the tube pan on the counter. Many tube pans have legs for this purpose. If the tube pan does not have legs, invert the pan over a narrow-necked bottle inserted into the tube.

## SPINACH, BACON, AND SWISS QUICHE

A spinach quiche recipe is the second most popular quiche recipe on the internet—and no wonder; it is very good. This one has Swiss cheese and bacon added along with a touch of tarragon.

### Ingredients

- 1 nine-inch deep-dish pie shell
- 4 large slices of bacon
- 4 eggs, beaten
- 2 large egg yolks
- 1 tablespoon all-purpose flour
- 2 cups half and half
- dash of pepper
- 1/2 teaspoon salt
- 1/8 teaspoon nutmeg
- 1/2 teaspoon dry tarragon
- 1 1/2 cups grated Swiss cheese, about 6 ounces
- 3/4 cup spinach, partially cooked and finely chopped

## Directions

Preheat the oven to 325 degrees

1. Bake the pie shell at 450 degrees for about ten minutes or until it just starts to turn brown on the edges. It will help the pie shell keep its shape during baking if you line the shell with aluminum foil and then place beans, rice, or pie shell weights in the shell to hold the crust down.
2. Cook the spinach until nearly tender. Consider steaming it in a microwavable steamer. This will help it retain its nutrients and vitamins. Remove any stems. The spinach should be finely chopped.
3. While the pie shell is baking, cook the bacon in the microwave oven until crisp. Cut the bacon into small bits.
4. In a medium bowl, mix the eggs, yolks, and flour together. Add the remaining ingredients, including the bacon and chopped spinach. Pour the mixture into the hot pie shell.
5. Bake for 50 minutes or until a knife inserted in the center comes out clean. If the shell starts to brown too quickly, cover the edges with aluminum foil or a pie shield.

## EASY BAKED OMELET



This recipe is dedicated to all of the klutzes among us who often mutilate our omelets while trying to fold them or for the distracted among us that need to just stick a baking dish in the

oven and forget it until the timer goes off.

And it's easy. Notice that there are only two steps to this recipe. Prep time is less than ten minutes.

This is a puffy omelet recipe. It will mushroom in the oven and then fall back as it cools. Still, it is a lighter omelet than what is fixed on the stovetop.

Use this basic cheese omelet recipe or add meat and veggies to create any omelet you desire. (If you add veggies, consider sautéing them or partially cooking them in the microwave before adding them to the egg mixture.)

## Ingredients

- 1/3 cup flour
- 1/2 tsp. baking powder
- 1/8 tsp. salt
- dash pepper
- 1 1/2 cups milk
- 8 eggs
- 1 1/2 cup shredded cheddar or other cheese

## Directions

Preheat oven to 350 degrees.

1. Mix the dry ingredients in a bowl. Add enough milk to make a paste and then add the remaining milk a little at time, stirring after each addition, until you have a smooth mixture. Add the eggs and cheese.
2. Grease a 9-inch pie pan with butter. Pour the omelet mixture into the pie pan and bake for 40-45 minutes or until the omelet starts to brown and a knife inserted in the center comes out clean.

## Variations

Add herbs, spices, sautéed vegetables, ham, or other meats or vegetables as desired to this recipe as you would for stovetop omelets.

## CHOCOLATE MALT PUDDING

This works as both a soft pudding and an excellent pastry cream. It is a stirred custard pudding but with the addition of cornstarch, it meets the definition for pastry cream. See the section in this chapter for making custards for more information on making custards.

And remember those chocolate malts that we used to enjoy at the corner drug store? This old-fashioned pudding will remind you of those days. It is much, much better than those box pudding mixes from the store.

## Ingredients

- 2 tablespoons cornstarch
- 1/3 cup malted milk powder (we use Carnation brand usually found in the hot drink section of the grocery store)
- 1/2 cup sugar
- 2 1/2 cups milk
- 1 large egg
- 2 large egg yolks
- 3/4 cup milk chocolate chips
- 2 tablespoons butter
- 1 teaspoon vanilla

## Directions

1. Combine the cornstarch, malted milk powder, half of the sugar with 1/2 cup of the milk. Stir to dissolve the sugar. Add the egg and egg yolks and whisk until smooth.
2. In a heavy saucepan, cook the remaining 2 cups of milk and the remaining sugar until it boils for several minutes.



3. Slowly pour the egg mixture into the hot milk while whisking the mixture to keep it smooth. Cook until bubbles rise through the liquid and it just starts to boil. Remove from the heat.
4. Melt the chocolate chips and the butter in the microwave. Stir the melted chocolate into the hot pudding. Add the vanilla.
5. Pour the pudding into serving dishes or a casserole dish. Cover the pudding surface with waxed paper placed directly on the pudding. Let cool for one hour and then place in the refrigerator to chill.

## SOUTHERN CHESS PIE



A chess pie is an old Southern pie type--like cream pies--that has been around for nearly a century. They are baked as smooth custard pies or loaded with almost anything. We looked at dozens of recipes and found chess pies with nuts, raisins, pineapple, peaches, blueberries, and chocolate. We'll give you a basic recipe and you can experiment forever.

Chess pies are usually spiked with something tart—vinegar, lemons, or bourbon. Most have dairy—butter, cream, or milk—though some are labeled “transparent” with little dairy. Some have cornmeal, corn flour, or cornstarch.

We started experimenting with composites of what we found trying to stick with principles, not recipes. We ended up with the following recipe that we found very good. Instead of having a touch of tartness from lemon or vinegar, this is butterscotch flavored with brown sugar and butter (we didn't care for the traditional lemon or vinegar with this pie).

### Ingredients

- 1 nine-inch pie shell
- 4 large eggs, whisked
- 1 cup brown sugar
- 1/2 tablespoon vanilla extract
- 1/4 teaspoon ground nutmeg (optional)
- 1/2 cup butter
- 1 cup heavy cream
- 1/4 cup brown sugar
- 2 tablespoons fine ground cornmeal

1/4 teaspoon salt

### Directions

1. Bake the pie shell at 450 degrees for about ten minutes or until it just starts to turn brown on the edges. It will help the pie shell keep its shape during baking if you line the shell with aluminum foil and then place beans, rice, or pie shell weights in the shell to hold the crust down. If you do so, the weights will act as heat sinks and you will need to bake the shell longer.
2. Whip the eggs and brown sugar together until the sugar dissolved. Add the vanilla extract and optional nutmeg.
3. In a saucepan, melt the butter. Stir in the cream, 1/4-cup brown sugar, cornmeal, and salt. Heat, stirring constantly, until it thickens and just starts to bubble.
4. Dribble the hot cream mixture into the egg mixture while stirring constantly. Whisk the mixture until it is smooth. Pour the filling into the pie shell.
5. Bake the pie for 40 to 45 minutes at 325 degrees or until it tests done when the blade of a knife is inserted in the filling one inch from the center.

Let cool on a wire rack and then refrigerate.

Serve with ice cream or whipped cream.

*Baker's notes: This pie was made with brown sugar. It can also be made with honey crystals or molasses crystals for some interesting renditions.*

*Feel at liberty to experiment. Many chess pies are light in color while this one is caramel-colored from the brown sugar and egg yolks. For a lighter-colored pie, substitute granulated sugar for the brown sugar and four egg whites plus two large eggs for the eggs. The pie will then be more vanilla flavored. The pie made with honey crystals will be lighter colored also and honey and vanilla is a wonderful combination. Molasses crystals will make a more traditional pie.*

*Any fine-ground cornmeal will work or even corn flour. We used Navajo ground corn and it worked perfectly.*

## TRADITIONAL DUTCH PANNEKOEKEN

This is the basic pannekoeken. It is designed for an 11 to 12-inch pannekoeken pan or a skillet with rounded sides. This is a five ingredient-five step recipe that really goes together quickly.

### Ingredients

- 1/4 cup butter
- 3 large eggs
- 1/8 teaspoon salt
- 3/4 cup milk
- 3/4 cup all-purpose flour

### Directions

1. Place the butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
2. Put the rack in the center, not the top, shelf of the oven (the pannekoeken rises in the oven, and you don't want it to touch the top of the oven or it will burn). Turn the oven on and place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven. Continue preheating the oven to 400 degrees.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 20 to 25 minutes or until the top starts to turn golden brown. Serve hot with your favorite syrup.

This recipe also works well for mini pannekoeken made in jumbo muffin pans. They make perfect single serving breakfasts, or dessert cups.

## APPLE AND BACON PANNEKOEKEN

This is a traditional pannekoeken with ingredients added. You can use this as template for other pannekoeken recipes.

### Ingredients

- 6 ounces of bacon fried crisply
- 1 apple, peeled and cored
- 1/2 red bell pepper (optional)
- 1/4 cup butter
- 3 large eggs
- 1/8 teaspoon salt
- 3/4 cup milk
- 3/4 cup all-purpose flour

### Directions

1. Snip the bacon into 3/4-inch pieces. Slice the apple thinly. Dice the red pepper and steam it in the microwave for a minute to make the dices crisp-tender.
2. Place the butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
3. Put the rack in the center, not the top, shelf of the oven (the pannekoeken rises in the oven, and you don't want it to touch the top of the oven or it will burn). Turn the oven on and place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven. Continue preheating the oven to 400 degrees.
4. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
5. Pour the batter into the pan. Sprinkle the toppings over the batter.
6. Bake for 20 to 25 minutes or until the top starts to turn golden brown. Serve hot with maple syrup.

## CINNAMON VANILLA SUGAR OVERNIGHT BAKED FRENCH TOAST



This baked French toast is made up the night before in an 8 1/2 x 13-inch pan. In the morning, you just pop it in the oven. Let it bake while you are getting ready for the day and you'll have a wonderful breakfast your whole family can eat all at the same time.

### Ingredients

- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/2 cup cinnamon vanilla sugar
- 12 slices soft bread
- 6 large eggs
- 1 1/2 cup milk
- 1/2 teaspoon cinnamon

### Directions

1. Melt the butter in an 8 1/2 x 13-inch baking pan. Stir in granulated sugar and the cinnamon vanilla sugar. Layer the bread two slices deep in the pan.
2. Whisk the eggs and milk together. Pour the mixture evenly over the bread. Sprinkle the 1/2 teaspoon cinnamon over the bread. Place the pan in the refrigerator overnight.
3. Bake at 350 degrees for 45 to 50 minutes or until the bread is browned. Serve hot with your favorite syrup or make a batch

of cinnamon vanilla syrup or cinnamon vanilla whipped cream to serve with it.

## EASY CUSTARD

This is a great basic custard recipe. You can make it in alone in a baking dish or small ramekins, or pour it into a pie crust.

### Ingredients

- 4 cups milk
- 6 large eggs
- 2/3 cup sugar
- 1/2 teaspoon salt
- 1 tablespoon vanilla

### Directions

1. Heat the milk until hot, two or three minutes in the microwave.
2. Whisk the eggs until smooth. Combine the eggs and the milk.
3. Add the sugar, salt, and vanilla and stir until dissolved.
4. For a smoother custard, pour the mixture through a strainer. Stir again.
5. Pour the custard into custard dishes, a casserole dish, or a pie shell.
6. Bake at 325 until a knife inserted in the center comes out clean. In individual servings, that should be about 30 minutes. In a single dish, about 60 minutes.
7. Cool before serving.

Traditionally, custards are served with caramel sauce. Sliced strawberries or fresh blueberries doused in a gourmet fruit syrup also work well with custard.

## APPLE CUSTARD PIE WITH STREUSEL TOPPING

Don't tell your kids, but this pie is actually healthier for them than normal apple pies. The secret lies in the applesauce, and oats.

Because there are fewer apples to peel and slice and because you don't have a top crust, this is quicker and easier than a traditional apple pie. We've enjoyed this pie served warm with whipped cream and served chilled without the whipped cream.

### Ingredients

- 1 nine-inch unbaked pie shell
- 3 large eggs
- 1/2 cup sour cream
- 3/4 cup applesauce
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1/2 cup quick rolled oats
- 1/2 tablespoon cinnamon
- 3 cups apples, cored, peeled, and sliced

For the topping

- 1/4 cup brown sugar
- 1/4 cup all-purpose flour
- 3 tablespoons butter
- 1/2 cup walnut pieces

### Directions

Preheat the oven to 350 degrees.

1. Mix the eggs, sour cream, applesauce, sugars, salt, rolled oats, and cinnamon together. Stir the apple slices in. Set aside.
2. With a pastry blender, mix the 1/4-cup

brown sugar, flour, butter, and walnut pieces in a small bowl to make the topping. Set aside.

3. Pour the filling mixture into the pie shell. Spoon the topping over the filling.
4. Cover the edges of the pie shell with aluminum foil or a pie shield. Bake for 30 minutes. Uncover the edges and bake for another 30 minutes or until done.

*Baker's note: As with most fruit pies, the secret of getting a crisp bottom crust is heat. Set the shelf for the bottom half of the oven closer to the heating element. Use a dark metal pie pan so that the pan absorbs, rather than reflects, heat.*



## CHOCOLATE CHESS PIE



Of all our pies, chess pies have drawn the most comments. That shouldn't be surprising with so many different renditions and such a long history. This Chocolate Chess Pie is fantastic.

### Ingredients

- 1 nine-inch pie shell, unbaked
- 2/3 cup semi-sweet chocolate chips
- 2 tablespoons whipping cream
- 1-1/2 cups granulated sugar
- 2 tablespoon all-purpose flour
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 cup whipping cream
- 1 teaspoon vanilla
- 2/3 cup chopped pecans or walnuts

### Directions

Preheat the oven to 350 degrees

1. Melt the chocolate with two tablespoons cream in the microwave, stirring to make it smooth and viscous.
2. In the bowl of your stand-type mixer with paddle attachment, mix the sugar, flour, and salt together. Add the chocolate mixture and beat together.
3. Add the eggs and beat for two to three minutes at medium speed. Add the whipping cream and vanilla and beat until smooth.

4. Pour the filling into the pie shell. Sprinkle the top with the chopped nuts.
5. Bake for 40 to 45 minutes or until done. Cool completely before serving.

#### Baker's notes:

1. When you pour the filling into the shell, it will not seem full enough. The filling will expand considerably during baking and contract as it cools. Do not overfill the shell.
2. As with other custard pies, we prefer a dark, metal pie pan. A dark pan absorbs heat, bakes the crust more thoroughly, and helps avoid soggy crusts.

## GREAT GRANDMA'S DANISH AEBLESKIVER

This is a wonderful, basic aebleskiver recipe. Alone, it is not sweet, yet a filling and a dusting of powdered sugar adds enough sweetener. This recipe also makes a great savory pastry. Add anything from bacon and cheese, to tomato sauce and peperoni. With hundreds of different filling combinations, the possibilities are nearly endless.

### Ingredients

- 2 cups all-purpose or cake flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 large eggs
- 2 cups buttermilk
- filling of your choice
- powdered sugar

### Directions

1. Mix together the flour, salt, and baking soda.
2. Separate the eggs, the yolks from the whites. Set the yolks aside. Beat the egg whites until light and fluffy and soft peaks form.
3. Add the egg yolks and the buttermilk

to the flour mixture and stir until combined. Gently fold the egg whites into the batter.

4. Grease your aebleskiver pan with a spray dispenser or with butter (spray your pan again as needed). Heat the pan over medium heat. When hot, fill each cup one-third full with batter. Add a small amount of filling to each. Cover with an additional one-third batter (try using our Medium Quick Release Scoop to cleanly drop the batter into the cups).
5. Cook for one to one and one-half minutes before turning (you can turn your aebleskiver with a toothpick or skewer). Cook for another minute or until done. Remove to a plate and sprinkle with powdered sugar (a powdered sugar shaker works really well for this). Serve warm.

## CREAM PUFFS

This is the recipe for traditional cream puffs made with Bavarian cream and chocolate. You could substitute any pastry filling, and flavored frosting for the chocolate. Simply add a half a teaspoon of flavor to two cups powdered sugar. Add food coloring as desired.

### Ingredients

- 1 cup water
- 1/2 cup butter (one cube)
- 1 cup all-purpose flour
- 4 large eggs
- Bavarian Pastry Cream
- Chocolate wafers or other good quality melting chocolate

### Directions

1. Mix the dough. In a medium saucepan on medium-high heat, place one cup of water and one stick (1/2 cup) of butter. After the butter is melted, turn off heat and add one cup all-purpose flour all at once. Stir until the dough forms a ball

and flour is absorbed.

2. Place dough ball in your stand-type mixer with the paddle attachment and mix on low speed until the dough starts to cool, 1 to 2 minutes. Add the eggs all at once and mix on low speed until the dough absorbs the eggs and the dough becomes very sticky. This will take about 8 to 10 minutes.
3. Bake the cream puffs. With a large ice cream scoop (1/4 cup), spoon mounds of evenly spaced dough onto a greased cookie sheet. Bake at 400 degrees for 20 minutes and then turn the oven down to 350 degrees for another 10 minutes. You can also use a small cookie scoop as shown in the pictures. You'll just need to lower the baking time to 15 minutes at 400 degrees and then turn down to 350 for another 7 minutes.
4. Fill the cream puffs with Bavarian cream. If you are using a scratch recipe, make a horizontal slit in the edge of each cream puff and slip a large spoonful of cream into each cream puff. If you are using professional Bavarian cream, insert the tip of the plastic bag into the edge of each cream puff and squeeze.

**Melt the chocolate.** You can do so in the microwave using 20 second bursts or in a chocolate melting pot. Do not overheat the chocolate. You can either dip the tops of the cream puffs into the chocolate or spoon chocolate over the cream puffs. Let the chocolate set before serving. 🍪