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*A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.*

## February 2017

### Downsizing, When You Need to Halve a Recipe, Part 1 – Desserts

**Danish Christmas Rice Pudding**

**French Peach Custard Dessert**

**Frozen Persimmon Mousse**

**Sour Cream Coffeecake with Walnut Streusel**

When we first started out on our life journey together, we were in a small apartment. Accumulating the baking pans and serving dishes I would eventually need was clearly a matter of storage capacity. Aluminum saucepans, roasting pans, lasagna pans, and baking sheets were contributed by our mothers, who were themselves downsizing because they no longer needed so much. Once we had a house, our cooking and baking equipment could be upgraded and stored properly. We moved boxes and boxes of kitchen items to our retirement home but then the time came for us too to downsize. I certainly do not need all those cookie sheets and roasting pans and stock pots or that big baked bean pot or all those quart canning jars but, at the same time, I did add a number of items to my kitchen, baking pans, soufflé dishes, and molds that allow me to halve a

recipe for the two of us. When you find small baking pans in a box store or kitchen specialty store, consider the potential. These little treasures can often be found online and in some e-stores they can be used as add-ons so that the shipping and handling does not exceed the price of the pan. Among those things which I have found quite useful are the following.

- a 6-inch springform pan
- an 8-inch *quiche* dish
- 7 x 3 x 2-inch and 5 1/2 x 3 x 2-inch loaf pans
- 7-inch and 8-inch pie plates
- 5 x 2-inch *soufflé* dishes
- 6 x 4-inch oblong bakers
- 8-ounce and 4-ounce canning jars
- 6-ounce, 4-ounce and 2-ounce ramekins
- 4-inch *brioche* or *taco* bowl pans
- a 7-inch angel food pan
- a 6-inch, two-piece, metal tart pan
- 6-7-ounce custard cups
- a 7-inch cake pan
- 8-ounce onion soup crocks

Not all recipes can be halved or doubled successfully. This is especially true when baking where leavening potential can be compromised since it must be in balance with dry and liquid ingredients. You may find that you have to experiment. Using pasteurized eggs can help you in one department since halving an egg is one of those leavening problems. Just a bit too much yolk or a bit too much white, and you will you will change the leavening balance.

Another stumbling block to halving a recipe can be spicing. Herbs and spices should be added judiciously since a couple of pinches could end up being too much. Cut your spicing by two-thirds, taste, and then very carefully add a bit more.

The final consideration is baking time. Reducing the baking time by half may result in a considerably underbaked dish but baking for the full time called for in the original recipe may result in a dish that is dried and clearly overcooked. I always cut the baking time by about fifteen percent the first time I halve the recipe and then work from there, up or down depending on the results. With these few admonitions to guide, feel confident to experiment with halving a recipe and take a step toward eliminating those little dishes and containers of leftovers in your refrigerator and freezer.

Another hint, while you are out shopping for those little baking treasures, search out a small soup tureen and a small salad bowl. I have two matching bowls that can be used as either soup tureens or as salad bowls, as the situation demands, and often I use both at the same meal.

The smaller *quiche* dish is useful for so many recipes. I use it for a halved version of my German Lentils with Cheese (*A Worldwide Journey to Discover the Foods That Nourish America's Immigrant Soul*, volume I, pp. 147-48) and for my Broccoli with Layered Cheeses (*see recipe archive*, December 2016). The five-inch *soufflé* dish is perfect to prepare a small Moldovan *Soufflé* with Grated Cheese (...volume I, p. 287), Baked Custard Rice Pudding, a small casserole of Spanish Rice *con Queso* from our border cuisine, or the Spicy Rice with Tomatoes from Djibouti (...volume II, pp. 75-76). Small loaf pans can be used as molds, to freeze homemade ice creams, or to bake small breads. Eggplant slices fit perfectly into those oblong bakers for Eggplant *Parmigiana* for two. The small, two-piece tart pan is not only the right pan for baked tarts, I use it for frozen ice-cream tarts (*see recipe archive*, February 2016).

## DANISH CHRISTMAS RICE PUDDING

# Risengrød

TPT - about 3 hours;  
1 hour and 30 minutes = total chilling period

*This is an updated version of an ancient porridge traditionally served as dessert at Christmas in Denmark. In fact, it is so loved that it may be the only dessert offered during Christmas Week! The person who finds the whole almond in their serving should, according to Danish tradition, be rewarded with a marzipan pig. Yes, it was on the menu, usually as “ris a l'amande,” in every restaurant in which we dined during that wonderful Christmas week that we anchored ourselves in Copenhagen; no, none of us found a whole almond in our serving, none of us won the coveted marzipan pig. We did, however, learn to love this dessert and now that we have downsized our family-sized risengrød, we can continue to enjoy a very memorable dessert every Christmas or any day without lots of leftovers.*

**2 cups skimmed milk**

**2 tablespoons sugar**

**6 tablespoons long grained white rice—do not use  
precooked/converted variety**

**1 teaspoon pure vanilla extract**

**1/2 cup heavy whipping cream**

**1 whole, blanched almond\***

**2 tablespoons blanched, slivered additive-free almonds**

**1 cup canned, pitted sweet cherries, in light syrup**

**1 teaspoon corn starch**

**1 “marzipan pig with red ribbon about its neck,” if available\***

In a large saucepan set over *LOW* heat, bring milk to the boil. Add the sugar and rice. Stir and simmer *uncovered* and *undisturbed* for about 50 minutes, or until rice is tender, but *not mushy*.

Pour rice into a shallow bowl. Stir in vanilla extract. Set aside in the refrigerator to cool for at least 30 minutes.

Using an electric mixer fitted with *chilled* beaters or by hand using a *chilled* wire whisk, beat heavy cream in a *chilled* bowl until it forms soft peaks.

Fold the beaten cream and the whole almond *gently*, but *thoroughly*, into the slightly cooled rice.

Turn into a serving dish, sprinkle slivered almonds over, and chill for at least 1 hour before serving.

Meanwhile, drain cherries, reserving liquid. Set cherries aside.

Pour cherry juice into a saucepan. Stir corn starch into juice. When completely in suspension, place over *MEDIUM* heat and cook, *stirring constantly with a wire whisk*, until mixture simmers and thickens. Remove from heat. Fold in cherries. Turn into a serving bowl or sauce boat and *chill thoroughly* until ready to serve.



Serve *risengrød* into sherbet glasses or other individual serving dishes. Pass cherry sauce to be spooned over rice.

Yields 4 servings  
adequate for 2 people

Notes: \*Raspberry sauce is also a fitting crown for this pudding, if preferred. Some even like Cherry Herring poured over. We especially like to serve this with lingonberry preserves.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 6.6 g.; FAT = 10.1 g.; CARBOHYDRATE = 38.0 g.;  
CALORIES = 261; CALORIES FROM FAT = 35%



## FRENCH PEACH CUSTARD DESSERT

# *Clafouti aux Peches*

TPT - 1 hour and 30 minutes;  
30 minutes = minimum cooling period

*The first clafouti I ever made was the cherry clafouti in the 1961 “Mastering the Art of French Cooking” by Julia Child, Louisette Bertholle, and Simone Beck. When that beautiful custard flan came out of the oven, I was beyond proud. Since we always canned peaches, I set about creating a peach version in which I reduced the saturated fats by eliminating cream and by using fat-free pasteurized eggs. I am not a big fan of special occasion desserts. Life is to live and desserts can be a joyous and nutritious part of any day. Served with a brioche, scones, or a coffeecake, this dessert can make breakfast an occasion too.*

**1 cup well-drained canned peach slices—preferably  
home-canned in light syrup**  
**1 1/2 teaspoons sugar**

**1/2 cup plus 2 1/2 tablespoons two-percent milk**  
**3 tablespoons fat-free pasteurized eggs**  
**1 1/2 tablespoons oat flour\***  
**1/8 teaspoon ground cinnamon**

**1 tablespoon sugar**  
**3/4 teaspoon pure vanilla extract**

Preheat oven to 325 degrees F. Prepare an **8-inch quiche dish** by coating with non-stick lecithin spray coating.

In prepared baking dish, arrange well-drained peach slices. Sprinkle the 1 1/2 teaspoonfuls sugar over. Set aside.

In the container of the electric blender or food processor fitted with plastic mixing knife, combine milk, pasteurized eggs, oat flour, and cinnamon. Blend at *HIGH* speed for 2 minutes. Add the remaining 1 tablespoonful sugar and vanilla extract. Continue to blend for 10 seconds more. Pour batter over peaches.

Bake in preheated 325 degree F. oven for about 38-40 minutes, or until *puffed and lightly browned*. When done, a knife inserted in the center will come out clean.

Cool on wire rack for at least 30 minutes to allow custard to set.

*Serve warm or at room temperature.*

Yields 4 servings  
adequate for 2 people

Notes: \*Oat flour is available at natural food stores but can be easily made by processing quick-cooking rolled oats (*not instant*) in the electric blender or food processor, fitted with steel knife, until a fine flour is formed. Sift once. Store in tightly covered container. 1/4 cupful rolled oats yields about 3 tablespoonfuls oat flour.

Fresh peach slices may be used in this recipe but they must be *very ripe* and *very sweet*.

This recipe can be doubled. Be sure to use the larger *quiche* dish in your collection when doubling.

1/4 SERVING – PROTEIN = 3.2 g.; FAT = 1.1 g.; CARBOHYDRATE = 22.9 g.;  
CALORIES = 110; CALORIES FROM FAT = 9%

## FROZEN PERSIMMON *MOUSSE*

TPT - 8 hours and 44 minutes;  
8 hours = freezing period;  
30 minutes = temperature adjustment for serving

*What a beautiful dessert for a special occasion for two! How about Tuesday lunch; it's that simple!  
But, you can double or triple this recipe for an unusual ending to a larger gathering.*

**1 very ripe *Fuyu* persimmon\***

**1/2 cup heavy whipping cream**

**1 tablespoon confectioners' sugar**

**1/2 teaspoon pure vanilla extract**

Cut the blossom off the persimmon. Scoop the sweet flesh onto a small plate and mash it thoroughly.

Using the electric mixer fitted with *chilled* beaters or by hand using a *chilled* wire whisk, beat heavy cream in a *chilled* bowl until soft peaks form. While continuing to beat, add confectioners' sugar and vanilla extract. Beat until stiff peaks form.

Fold persimmon purée into whipped cream. Divide between **two 6-7-ounce custard cups**. Freeze for at least 8 hours, or overnight. Wrap tightly in small plastic bags once frozen.

Defrost slightly in the refrigerator prior to serving; a half hour or so will do.

Yields 2 individual servings

Notes: \*Do not choose *Hachiya* persimmons. They are too astringent for this dessert.

This can be doubled to use as a frozen tart filling. (*see recipe archive*, February 2016)



1/2 SERVING – PROTEIN = 1.6 g.; FAT = 19.8 g.; CARBOHYDRATE = 22.9 g.;  
CALORIES = 218; CALORIES FROM FAT = 82%

## SOUR CREAM COFFEECAKE WITH WALNUT *STREUSEL*

TPT - 2 hours and 4 minutes;  
1 hour = cooling period

*This recipe for a small breakfast cake is just the right size for a dessert for a family meal or for a holiday breakfast and tea the next day if your family has also downsized. Since this is a wonderfully moist cake, downsizing, without leftovers to dry out or a substrate for mold development, is very, very practical.*

### **STREUSEL CRUMB TOPPING:**

**2 tablespoons white sugar**  
**2 tablespoons brown sugar**  
**1/2 teaspoon ground cinnamon**  
**1/4 teaspoon ground mace**  
**1/2 cup *finely* chopped walnuts**

**3/4 cup unbleached white flour**  
**1/2 cup whole wheat flour**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon baking powder**

**1/2 cup butter—*softened to room temperature***  
**1/2 cup sugar**  
**1/4 cup *fat-free* pasteurized eggs—the equivalent  
of 1 egg**  
**1 teaspoon pure vanilla extract**

**1/2 cup *low-fat* dairy sour cream**

Preheat oven to 350 degrees F. Prepare a **6-inch springform pan** by coating with lecithin spray coating for baking.

In a small dish, combine white and brown sugars, ground cinnamon and mace and *finely* chopped walnuts. Stir. Set aside until required.

In a small bowl, combine white and whole wheat flours, baking soda, and baking powder. Stir to mix well. Set aside until required.

Using an electric mixer, cream softened butter until light and fluffy. Add sugar and cream until again light and fluffy. Add pasteurized eggs and vanilla extract. Beat until smooth.

*Gradually, tablespoonful by tablespoonful*, beat in mixed dry ingredients. Add sour cream alternately with the dry ingredients to keep the mixture smooth. Turn into prepared springform pan.

Sprinkle crumb topping ingredients evenly over the top of cake batter. Using a rubber or plastic spatula, plunge the walnut topping down into the batter to a depth of about 1 1/2 inches. Smooth off remaining *streusel* mixture. Bake in preheated 350 degree F. oven for about 40 minutes. or until a cake tester inserted into the center of the cake comes out clean.

Remove to a wire rack and allow to cool completely—about 1 hour. Run a knife around the edge of the coffeecake, release the spring closure, and transfer to a board or serving plate. Wrap leftovers tightly in plastic wrap.



Yields 10 small servings

1/10 SERVING – PROTEIN = 4.1 g.; FAT = 14.4 g.; CARBOHYDRATE = 34.3 g.;  
CALORIES = 287; CALORIES FROM FAT = 45%

*This year I am going to turn to downsized recipes that I feel may be of interest and use  
to singles, young marrieds, and to downsizers like myself.*

*All can be doubled, when necessary.*

*I began this project with desserts because my grandfather always wanted know  
what was for dessert before he ate his main course.*

*My grandmother taught me that dessert should not be an afterthought.*

*Next month, appetites whetted, we'll turn to some entrees to get you started.*

*Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

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