

March 2021

## DAIRY DESSERTS THAT PACK A PROTEIN PUNCH:

**Baked Sour Cream Pudding**

**Dessert Crêpes with Mandarin Orange Filling**

**Farina Vanilla Custard "Pie"**

**French Apple Custard Dessert**

**French Silk Dessert**

**Indian Sweet Creamed Rice with Cardamom and Nuts**

**Mascarpone – Sour Cream Pudding with Blackberries**

When the health craze hit my generation in the 1970s, the “look-at-virtuous-me” extremists proudly declared, “We’re giving up sugar.” This, of course, led to an avoidance of desserts. My philosophy — life is too short; desserts should be a part of that life. I’m sure that nobody today really cares now how those moralists suffered. I do wonder if their “vegan/no sugar/no white flour” lifestyle was satisfying enough to endure through the years since humans do gravitate to sweet at every opportunity. Convincing oneself to be satisfied with the sweetness of bell peppers and artichokes is a monumental task. We decided that the longevity of our meatless experience depended upon the moments of pleasure along the way. Desserts are perfect for fruit and a convenient course for a protein insurance . . . and pleasure.

There were a number of reasons that we chose to follow a lacto-ovo vegetarian path in 1973, some philosophical, some practical. On the practical side, not only is it easier to eat out and easier for your hostess to adjust to you but the ease of protein complementation was and still is a primary reason we still adhere to this regime. I have added the table that I used last month in a discussion of complementation to this article. You can see how easily protein concerns can be solved by added a dairy dessert. How wonderful is the opportunity to justify dessert by saying, “Well, I have to have dessert, it’s the protein?”

The simplest could be a scoop of ricotta cheese topped with honey or a serving of sweetened, drained yogurt with or without fruit or a wedge of room-temperature cheese with toasted nutmeats. Fruit with a vanilla egg custard sauce, custards, and puddings made with milk offer that complete dairy protein solution. Yogurt, sour cream, sweetened condensed milk, and cheeses offer their own unique taste and opportunity to create.

In the two volumes of my book, *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*, you will find many desserts that incorporate the fully complemented amino acids of dairy products and eggs to insure amino acid complementation of the incomplete proteins in the foods served in the courses that preceded. Every cuisine gave us usable ideas for our own table.



	<u>limiting amino acid</u>	<u>complementing amino acid source</u>
<b>legumes</b> including peanut butter and <i>hummus</i>	methionine	grains, nuts seeds
<b>grains</b> including <i>pasta</i> and <i>couscous</i>	lysine, threonine	legumes
<b>nuts and seeds</b> including <i>tahini</i> and nut butters	lysine	legumes
<b>vegetables in general</b>	methionine	grains, nuts, seeds
<b>corn</b>	tryptophan, lysine	legumes soy (complete) barley (complete) <b>dairy (complete)</b> eggs (complete)

## BAKED SOUR CREAM PUDDING

TPT - 1 hour and 49 minutes;  
about 40 minutes = cooling period

*“Impossible pies,” “chemistry class cakes,” and such have always fascinated me. Perhaps it is the endless effort to make the non-linear, linear; the obsessive logic of the Virgo mind . . . Here is another example of the “hard-to-explain” that is just as much fun to make as it is good to eat. It is even hard to describe or categorize since it might best be thought of as a sort of coffeecake/pudding dessert that serves like a pie. The brown sugar and sour cream settle down through the batter, as this extraordinary pudding bakes, creating a soft, creamy texture. We, however, often serve it with an extra sauce of puréed fruit, such as peach or blueberry, for color contrast.*

**6 tablespoons unbleached white flour**  
**3/4 teaspoon baking powder**  
**2 1/2 tablespoons white sugar**

**2 tablespoons trans-fat-free soft butter spread or whipped butter**  
**1/2 teaspoon pure vanilla extract**  
**1/4 cup two-percent milk**  
**2 tablespoons fat-free pasteurized eggs**

**1/3 cup light brown sugar**  
**1/2 cup light dairy sour cream**

Preheat oven to 300 degrees F. Prepare a **6-inch cake pan** or a **6-inch fruit tart pan** or a **5-inch soufflé dish** by coating with non-stick lecithin spray coating.

In the prepared dish, combine flour, baking powder, and sugar. Stir to combine.

Add *soft* butter, vanilla extract, skimmed milk, and pasteurized eggs. Using a wire whisk, mix ingredients until thoroughly blended. Using a rubber spatula, scrape down sides of the baking pan to be sure that all of the batter is in the bottom of the pan.

Sprinkle the brown sugar evenly over the top of the batter. Spoon the sour cream over the top of the brown sugar, pressing it gently into the batter. Use a spatula to spread out any large lumps of the sour cream. Wipe sides of pan with paper toweling.

Bake in preheated 300-degree F. oven for 1 hour.

Cool to room temperature, about 40 minutes, to serve. Slice in wedges like a pie. Refrigerate leftovers.\*

Yields 4 servings

1/4 SERVING – PROTEIN = 4.3 g.; FAT = 6.1 g.; CARBOHYDRATE = 35.4 g.;  
CALORIES = 222; CALORIES FROM FAT = 25%



## DESSERT *CRÊPES* WITH MANDARIN ORANGE FILLING *Crêpes aux Orange*

TPT - 23 minutes

*I remember the first time I saw crêpes on a menu back in the 1950s. Those crêpes were overflowing with seafood and for a girl growing up a long way from the ocean they were quite a treat. Soon the breakfast pancakes of my childhood were replaced by the elegance of crêpes; I was mad about them. Young hostesses and fancy restaurants served crêpes at every opportunity and then, just as suddenly, crêpes seem to disappear. Let's revive them, shall we? The sauce or filling for a dessert crêpe can be as simple as applesauce or a fruit sauce. My favorite sauces are lemon and blueberry. The crêpes can be stacked into cakes with fillings between the layers as a rather dramatic "cake." All this aside, crêpes can be another dessert that adds to the protein total.*

### DESSERT *CRÊPES*:

**1/2 cup unbleached white flour**  
**2 tablespoons sugar**  
**Pinch salt**

**6 tablespoons *fat-free* pasteurized eggs**  
**3/4 cup *two-percent* milk**  
**1 tablespoon *melted* butter**

**1/4 teaspoon butter**

**4 teaspoons *fat-free* sweetened condensed milk**  
**2 teaspoons plain yogurt**

**1 can (15 ounces) mandarin orange sections**  
**—*well drained***

In a mixing bowl, combine flour, sugar, and salt. Stir to combine well.

While stirring with a wire whisk, add pasteurized eggs, milk, and *melted* butter. Whisk vigorously until smooth.

Set a **10-inch non-stick-coated skillet** over *LOW* heat.

Heat a **7-inch non-stick-coated skillet** over *MEDIUM-HIGH* heat. Brush some of butter over pan surface. When hot, add about 3-4 tablespoonfuls of batter and *tilt quickly* so that batter covers pan surface evenly. When *lightly browned* on one side, flip into the 10-inch skillet and allow remaining side to *lightly brown*. Transfer onto a wire rack, a plate, or paper toweling to cool. Prepare all *crêpes* in the same manner, brushing pan *lightly* with butter, *if necessary*.

Fold *crêpes* in half and then in half again. Divide among four warmed dessert plates or arrange in a chafing dish set over boiling water.

In a small mixing bowl, combine sweetened condensed milk and yogurt. Stir well to combine thoroughly.

Add well-drained mandarin orange sections. Stir gently to coat the mandarin orange sections with sweet cream sauce. Lift the edge of the folded *crêpe* to create a pocket. Spoon a portion of the mandarin orange mixture into the pocket. Continue until all *crêpes* have been stuffed with fruit.

*Serve at once*, allowing 3 *crêpes* per serving.

Yields 12 *crêpes*

Notes: \*Because raw eggs present the danger of *Salmonella* poisoning, commercially-available pasteurized eggs are recommended for use in preparing this dish.

If *crêpes* are to be used immediately and they must be kept warm, simply put the completed ones on a plate set over simmering water. They will stay warm and moist. However, they roll and fold more easily after they have been cooled slightly.



This recipe can be halved or doubled, when required.

To freeze, cool completely, place squares of waxed paper between *crêpes*, and freeze in a plastic bag. When frozen, the *crêpes* are easily broken so do store carefully in your freezer. When defrosted, proceed as for freshly prepared *crêpes*.

1/4 SERVING – PROTEIN = 6.0 g.; FAT = 2.3 g.; CARBOHYDRATE = 30.1 g.;  
CALORIES = 150; CALORIES FROM FAT = 14%

## FARINA VANILLA CUSTARD “PIE”

TPT - 3 hours and 18 minutes;  
3 hours = refrigeration period



*Friday night suppers during World War II were often “vegetable dinners” since by then the week’s rationed foods had been consumed. Mom often added a glass of milk, canned salmon, or a fried egg to the meal along with an assortment of winter vegetables that we had stored or canned. Protein is often an exaggerated concern to new vegetarians but vegetable dinners or meals centered around a large, complex salad are often a bit protein deficient. Since we have been vegetarians, now for forty-eight years and counting, the dessert course has always been a part of the meal in which just a little more protein can be offered. This farina dessert is one of those protein rich family desserts. It seems a little fancier than breakfast farina because it is served up in wedges as you would a pie.*

**2 cups two-percent milk**

**1/3 cup farina or Cream of Wheat cereal**

**6 tablespoons sugar**

**3 tablespoons fat-free pasteurized eggs**

**1 teaspoon pure vanilla extract**

**3 tablespoons fruit jam of choice or sweetened  
whipped cream—for garnish**

Prepare an **8-inch pie plate** by coating with non-stick lecithin baking spray.

In a saucepan set over *MEDIUM* heat, bring milk to just below the boiling point.

While stirring, sprinkle in farina or Cream of Wheat and sugar. Cook, stirring frequently, until it begins to thicken.

Add pasteurized eggs and vanilla extract. Continue cooking and stirring until the mixture is thick. Turn into prepared pie plate. Spread the cooked cereal mixture to the edges of the pie plate. Refrigerate for at least 3 hours, or until firmly set.

If you wish to garnish with jam, do so during the last 30 minutes of the refrigeration period, spreading the melted jam evenly over the “pie” surface. If you wish to garnish with whipped cream, add a dollop to each serving as you serve.\*

Cover and refrigerate leftovers.

Yields 4 servings

Notes: \*Do note that it is sometimes easier to serve the pie as two small wedges rather than trying to transfer one-quarter of the pie onto a dessert plate.

This recipe can be doubled and prepared in a 10-inch pie plate, if required.

1/4 SERVING – PROTEIN = 7.0 g.; FAT = 2.5 g.; CARBOHYDRATE = 40.3 g.;  
CALORIES = 212; CALORIES FROM FAT = 11%

## **FRENCH APPLE CUSTARD DESSERT**

### *Clafouti aux Pommes*

TPT - 1 hour and 27 minutes;  
30 minutes = fruit maceration period

*Fruit clafouti are uniquely French and uniquely wonderful. When we don't want the high fat calories of an apple tart or apple pie, we do find this apple clafouti to be a very, very good ending to a meal and, no matter what the menu, there is always room for a little clafouti. We never halve this recipe because refrigerated leftovers make a wonderful breakfast.*

**1 tablespoon butter**

**2 cups peeled apple slices**

**2 teaspoons sugar**

**1/8 teaspoon ground cinnamon**

**1 1/3 cups two-percent milk**

**1/2 cup fat-free pasteurized eggs (the equivalent  
of 2 eggs)**

**3 tablespoons oat flour\***

**1 1/2 tablespoons sugar**

**1 teaspoon pure vanilla extract**



In a skillet set over *MEDIUM-LOW* heat, melt butter. Add apple slices and gently sauté until slightly softened, but *not mushy*.

Remove from heat. Stir in 2 teaspoonfuls sugar and the cinnamon. Set aside for 30 minutes.

Preheat oven to 325 degrees F. Prepare a **deep 9-inch pie plate or ceramic quiche dish** by coating with non-stick lecithin spray coating.

Arrange apples in prepared pie plate.

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

Bake in preheated 325-degree F. oven for about 45 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*. Refrigerate leftovers.

Yields 4 servings

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 a tightly covered container. 1/4 cupful rolled oats yields about 3 tablespoonfuls oat flour.

This recipe cannot be doubled successfully.

1/4 SERVING – PROTEIN = 6.8 g.; FAT = 5.0 g.; CARBOHYDRATE = 24.8 g.;  
CALORIES = 171; CALORIES FROM FAT = 26%

## FRENCH SILK DESSERT

TPT - 3 hours and 45 minutes;  
30 minutes = cooling period;  
3 hours = setting period

*If you have ever had a slice of a really perfectly made French silk pie, you know that each forkful just slides over your taste buds. It is a satisfyingly, rich sensation that is often obliterated by the overzealous use of gelatin or the use of Cool Whip. If you have had a perfect taste of the mousse filling then you can understand commercials that push their product by literally wrapping a model in yards of chocolate as if it were silk. Thickening the mocha mixture with arrowroot flour enhances that silky texture. My research does not justify this pie as truly French in origin but there was a time when anything labeled "French" was just too haute for words. It appears to have been the invention of a manufacturer of baking chocolate. It can still be the inspiration for an elegant dessert and this is my not-too-decadent mocha version.*



**1 tablespoon sugar**  
**1 teaspoon freeze-dried coffee granules**  
**2 tablespoons water**

**1 cup skimmed milk**  
**3/4 cup fat-free sweetened condensed milk**  
**3 tablespoons unsweetened, Dutch-processed, dark cocoa powder**

**1/4 cup skimmed milk**  
**4 teaspoons arrowroot flour**

**1/2 teaspoon pure vanilla extract**

**4 sugared blackberries, for garnish**  
**1 teaspoon shredded bittersweet chocolate, for garnish**  
**Sweetened whipped cream, for garnish, if desired**

In a saucepan set over *LOW-MEDIUM* heat, combine sugar, coffee granules, and water. Stir until sugar and coffee are completely dissolved.

Add 1 cupful milk, sweetened condensed milk, and cocoa. Using a wire whisk, combine thoroughly. Allow to heat until simmering.

In a Pyrex measuring cup, combine the remaining 1/4 cupful milk and arrowroot flour. Using a small wire whisk, combine thoroughly. While whisking the hot mixture in the saucepan, gradually integrate the milk and arrowroot suspension. Cook, stirring almost constantly, until the mixture has thickened. Remove from heat.

Add vanilla extract. Stir to integrate. Set a fine sieve over a Pyrex measuring cup. Pour custard through sieve, stirring with a spoon to press custard through. Divide between **four wine glasses or four custard cups**, if preferred. Refrigerate for at least 3 hours.

Garnish each serving with two sugared blackberries and a sprinkling of bittersweet chocolate shreds.

*Serve chilled.* Garnish with whipped cream, if desired.

Yields 4 individual servings



Note: This recipe can be doubled, when required.

1/4 SERVING (exclusive of whipped cream garnish) –  
PROTEIN = 8.3 g.; FAT = 1.6 g.; CARBOHYDRATE = 50.2 g.;  
CALORIES = 246; CALORIES FROM FAT = 6%

## **INDIAN SWEET CREAMED RICE WITH CARDAMOM AND NUTS**

*Kheer*

TPT - 3 hours and 42 minutes;  
1 hour and 30 minutes = milk reduction period;  
2 hours = refrigeration period

*Our version of this classic Indian rice pudding is a less sweet and lighter dessert than that served in India or in most Indian restaurants where either cream or whole milk are generally used to prepare this sweet.*

1 quart (4 cups) *two-percent* milk  
 2 tablespoons long-grained white rice—*do not use converted rice*\*\*  
 2 cardamom pods  
 2 tablespoons sugar  
 2 tablespoons *blanched, slivered almonds—lightly toasted*\*\*  
 1/2 teaspoon rosewater\*\*\*



In a heavy saucepan set over *MEDIUM* heat, combine milk and rice. Bring to the boil, stirring frequently. Reduce heat to *LOW-MEDIUM* and allow to simmer, *stirring frequently*, until the milk is reduced to 2 cupfuls. This will take about 1 1/2 hours.\*\*\*

Meanwhile, *over a clean, dry mixing bowl, carefully* open cardamom pods and remove the tiny black seeds. Transfer the cardamom seeds to a mortar and, using a pestle, crush the seeds. Remove and discard any pieces of the pods which might have inadvertently been transferred to the mortar. Set aside until required.

When rice–milk mixture has been reduced, remove from heat. Add sugar, *toasted* almonds, rosewater, and ground cardamom seeds. Stir to combine well. Pour into a colorful, shallow serving bowl or divide among individual dessert dishes. Refrigerate for at least 2 hours, *uncovered*.



*Serve well-chilled.*

Yields 4 servings

Notes: \**Basmati* rice may be substituted, if preferred.

\*\*Some people prefer to add pistachio nuts instead of almonds. Be sure that you choose *unsalted* nuts in either case.

\*\*\*Both French and Lebanese rosewater products are available in food specialty stores.

\*\*\*\*If desired, a tablespoonful or two of heavy cream may be added to enrich the dessert at this point.

This recipe may be doubled, when required.

1/4 SERVING – PROTEIN = 9.3 g.; FAT = 6.8 g.; CARBOHYDRATE = 25.3 g.;  
 CALORIES = 200; CALORIES FROM FAT = 31%

## **MASCARPONE – SOUR CREAM PUDDING WITH BLACKBERRIES**

TPT - 8 minutes

*Here in the Central Susquehanna Valley several farmers grow the most gorgeous, giant blackberries you can imagine. When they arrive at market, I descend upon them, enthusiastically gathering up as many quarts as I can “fit into the freezer.” Lightly sugared and secured in the freezer, they provide desserts, garnishes, and compotes all winter. If you spoon the mascarpone–sour cream mixture into piles with hills and valleys, some of the blackberry juice will seep down and will be caught in the valleys of pudding creating a beautiful effect.*



**6 large, fresh *or* frozen blackberries**

**6 tablespoons *mascarpone* cheese**  
**1/4 cup *low-fat* dairy sour cream**  
**2 teaspoons *two-percent* milk**  
**1/2 teaspoon pure vanilla extract**  
**1/2 teaspoon Sicilian Almond Syrup**  
**(*Sciroppo di Latte di Mandorle*)**  
**2 tablespoons sugar**

If the blackberries are fresh, rinse thoroughly and lightly sugar. If the blackberries are frozen with sugar, simply allow them to defrost at room temperature.

In the bowl of the electric mixer fitted with a paddle, combine *mascarpone* cheese, sour cream, milk, vanilla extract, almond syrup, and sugar. Mix until thoroughly combined.

Divide between **two red wine glasses** by dropping the creamy mix by small spoonfuls randomly into each glass to create a *pile*. Refrigerate until required.

Position 3 blackberries on top of the cream base just before serving.

*Serve chilled.* Provide an iced tea spoon to each diner.

Yields 2 individual servings

Notes: \*Almond syrup is available commercially if you haven't or aren't going to embark on the laborious process required. If you are unable to find this useful syrup, 3 drops of pure almond extract can be substituted. Be careful not to overdue the almond extract. You want just the faintest possible hint of almond.



This recipe can easily be doubled, when required.

1/2 SERVING – PROTEIN = 4.9 g.; FAT = 11.7 g.; CARBOHYDRATE = 19.5 g.;  
CALORIES = 208; CALORIES FROM FAT = 51%

*If you drop by next month, we'll carry this dairy theme one step further  
with a consideration of ricotta cheese.*

*Yes, I'll include the recipe for my homemade ricotta cheese!*

*Judy*

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

Copyright © 2019