

January 2022

**RAMEKINS – ELEGANCE AND CONVENIENCE:**

**Cheddar – Creamed Potatoes**

**Chocolate Malted Yogurt Cream Whip**

**Corn Custard with *Fontina* Cheese**

**Ramekins of Baked Beans with Sausage and Garlic**

**Steamed Baby Artichokes with Garlic Mayonnaise**



Brandy snifters, filled with crushed ice, and fitted with glass inserts, were frequently the vehicle for cold seafood appetizers, fruit compotes, or sherbets at formal dinners. So too one might find small ramekins tucked onto a dinner plate with a sauce, an individual vegetable dish, a poached egg, or potted meats or fish. In a Russian restaurant, deep in a birch forest, we were served stewed mushrooms in ramekins. Hotel restaurants served ramekins containing elegant shirred eggs for equally elegant prices at breakfast time.



Those lovely little ramekins you bought when we first discussed downsizing are probably sitting in your cupboard. Let's make them work for

you. We have found these small dishes, in assorted sizes, useful for two or four and the bit of elegance makes a simple meal less mundane. It is also the perfect dish for a teatime treat, a small dish of fruit or ice cream, or a repurposed leftover.

In addition to fruit compotes and puddings, dessert *soufflés*, or *mousses*, frozen or baked, in individual ramekins can be very lovely endings to a simple meal. I often choose such a dessert when my entrée choice is a complex main course salad. Even tiny individual pies can be baked in ramekins as can custards.

Little cups of macaroni and cheese or *ratatouille* are nicely presented this way as are Cheddar-creamed potatoes or corn custard with Cheddar, both of which I have included here.



## CHEDDAR – CREAMED POTATOES

TPT - 58 minutes

*I suppose this too is comfort food to me. Potatoes, sour cream, and cheese seem to sooth my soul, descended as it is from the “butter and milk cultures” of northern Europe. The idea for this casserole was born while visiting London in 1981 where I struggled to create meals, with the limited foodstuffs available, in a tiny flat kitchen with an unfamiliar cooker. The final dish is rich and creamy and comforting.*

**2 small all-purpose potatoes (not Idaho)—peeled and cut into 1/4-inch dice**

**1 quart boiling water**

**2 teaspoons butter**

**2 teaspoons unbleached white flour**

**1/2 cup skimmed milk**

**1/2 cup shredded (about 2 ounces) sharp Cheddar cheese**

**2 tablespoons reduced fat dairy sour cream or plain yogurt**

**Pinch dry mustard**

**Pinch paprika**

**White pepper, to taste**

**1 scallion—sliced, for garnish**



Preheat oven to 325 degrees F. Prepare **two 6-ounce ramekins** by coating with non-stick lecithin spray coating.

Cook diced potato in *boiling* water until *crisp-tender*—about 15 minutes. Drain well.

Meanwhile, in a saucepan set over *LOW* heat, melt butter. Remove from heat and, using a wire whisk, make a *roux* by beating in flour. Return to heat and, stirring constantly, cook for 2 minutes, *being careful not to burn or overbrown the roux*. Remove from heat and gradually beat in milk. Return saucepan to heat and cook, stirring constantly, until thickened.

Stir in shredded cheese, sour cream or yogurt, dry mustard, paprika, and white pepper. Stir until smooth.

Add cooked, diced potatoes to prepared sauce. Using a wooden spoon, combine gently. Divide between prepared ramekins.

Bake in preheated 325-degree F. oven until heated through and just *lightly browned*—about 20 minutes.

Garnish with sliced scallions before serving.



Yields 2 individual servings

Note: This recipe is easily doubled or tripled, when required.

1/2 SERVING – PROTEIN = 11.4 g.; FAT = 21.9 g.; CARBOHYDRATE = 17.8 g.;  
CALORIES = 319; CALORIES FROM FAT = 62%

## CHOCOLATE MALTED YOGURT CREAM WHIP

TPT - 3 hours and 8 minutes;  
3 hours = yogurt draining period

*How many times over the decades of our years together I have heard Ray refer to a chocolate milkshake as a chocolate malted . . . The memory of a “malt shop” treat from our teenage years and the health benefits of malted milk led to the creation of this dessert.*

**1/2 cup plain yogurt**

**1 tablespoon vanilla malted milk powder**

**1 1/2 teaspoons chocolate syrup**

**1 teaspoon agave nectar\***

**1/2 teaspoon pure vanilla extract**

**1/4 cup heavy whipping cream**

Prepare yogurt *crème* by setting two automatic drip coffeemaker filters into a sieve over a medium-sized bowl or a yogurt filter over a 2-cup measuring cup. Pour the yogurt into the filters and set in the refrigerator. Allow to drain for about 4 hours.

Turn the drained yogurt (yogurt *crème*) into a mixing bowl. Add malted milk powder, chocolate syrup, and agave nectar. Using a wire whisk, combine thoroughly until the mixture is smooth and creamy.

Using the electric mixer fitted with *chilled* beaters or by hand using a *chilled* wire whisk, beat heavy cream in a *clean, chilled* bowl until stiff peaks form. *Whisk-fold* the whipped cream into the yogurt.

Divide between **two 6-ounce ramekins**. Refrigerate until ready to serve.



Yields 2 individual servings

Notes: \*Agave nectar or agave syrup is a natural sweetener, 92% fructose and 8% glucose, produced in Mexico from the agave plant. It can be substituted in recipes for honey if you chose not to use honey and is generally available in natural food stores.

This recipe may be doubled, when required.

1/2 SERVING – PROTEIN = 3.8 g.; FAT = 11.3 g.; CARBOHYDRATE = 12.8 g.;  
CALORIES = 168; CALORIES FROM FAT = 61%

## CORN CUSTARD WITH FONTINA CHEESE

TPT - 23 minutes

*Every year I freeze corn from a local farm in one-cup packages and in rounds to sauté. Since cream, eggs, and cheese are always in our refrigerator, there is always dinner. This top-of-the-stove corn custard is rich and good; it reminds me of growing up in northern New York State, where winter came early. I actually remember something similar to this served over noodles during the war years.*

*The odd measurements here are the result of downsizing for two servings. It is easily doubled or tripled when required.*

**1/3 cup half and half or light cream**

**2 tablespoons plus 2 teaspoons fat-free pasteurized eggs**

**3 tablespoons Italian Fontina cheese or Danish Fontina cheese, if preferred—diced**

**6 tablespoons green (fresh) or frozen corn kernels**



In a saucepan set over *MEDIUM-LOW* heat, heat cream until bubbles begin to appear around the edges. Remove from heat.

Pour pasteurized eggs into a small bowl. *While stirring constantly with a wire whisk, gradually, tablespoonful-by-tablespoonful*, whisk in about 1/2 cupful of scalded cream. Add to cream in saucepan and whisk to integrate thoroughly. Return to *MEDIUM-LOW* heat and cook, stirring constantly, until custard thickens.

Add diced cheese and cook, stirring constantly, until cheese is melted.

Add corn and cook, stirring frequently, until corn is heated through. Divide between **two 6-ounce ramekins**.

Keep warm in a warm oven or on a warming tray until ready to serve.

Yields 2 individual servings

1/2 SERVING – PROTEIN = 10.0 g.; FAT = 8.4 g.; CARBOHYDRATE = 11.4 g.;  
CALORIES = 222; CALORIES FROM FAT = 34%

## **RAMEKINS OF BAKED BEANS WITH SAUSAGE AND GARLIC**

TPT - 49 minutes

*Instead of preparing a whole bean pot of baked beans, with the inevitable prospect of leftovers, a couple of ramekins of this hearty staple can satisfy. The ramekin presentation also elevates the ordinary a bit.*

**8 ounces (about 1/2 can) organic, vegetarian baked beans**

**2 teaspoons commercially-available chili sauce**

**2 tablespoons finely chopped onion**

**1 large garlic clove—sliced**

**2 tablespoons water**



**1 (about 3 1/2 ounces) soy-grain sausage—sliced**

**8 dried Bing cherries**

Preheat oven to 300 degrees F. Prepare **two 6-ounce ramekins** by coating with non-stick lecithin spray coating.

In a bowl, combine beans, chili sauce, *finely* chopped onion, sliced garlic, and water. Stir gently to combine.

Add sausage slices. Divide mixture between ramekins. Press sausage slices and four dried cherries down into the bean mixture. Cover tightly with aluminum foil. Bake in preheated 300-degree F. oven for about 40 minutes.

Serve at once.

Yields 2 individual servings

Note: This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 20.6 g.; FAT = 6.2 g.; CARBOHYDRATE = 40.6 g.;  
CALORIES = 300; CALORIES FROM FAT = 19%

## STEAMED BABY ARTICHOKE WITH GARLIC MAYONNAISE AND CHEESE DIP

TPT - 1 hour and 52 minutes;  
1 hour = refrigeration period

*There is no need to struggle to remove the choke from baby artichokes so that they are perfect for a salad or appetizer offering like this. Finding a source of baby artichokes may be the only difficulty in preparing this very tasty salad. Once you have located a reliable supply or opted to use large globe artichokes, you will plan this salad often. When there are no artichokes on hand, we make the dip for blue corn chips.*

**1 quart cold water**  
**2 tablespoons freshly squeezed lemon juice**  
**8 baby artichokes**

**2 tablespoons red wine**

### **GARLIC MAYONNAISE AND CHEESE DIP:**

**1/3 cup calorie-reduced or light mayonnaise**  
**2 teaspoons grated pecorino Romano cheese**  
**1/8 teaspoon granulated garlic**  
**1/8 teaspoon freshly ground mixed peppercorns**  
**—red, white, and black**

In a mixing bowl, combine water and lemon juice.

Prepare artichokes by removing any dry, darkened outside leaves and by cutting all bases flat. Using a sharp knife or scissors, slice across the leaves, removing the sharp leaf tips. Plunge into prepared acidulated water to prevent browning.

Set up steamer over *MEDIUM* heat. Pour wine into the water in the steamer. Place artichokes in steamer. Cover and allow to steam for 30 minutes or until bases are tender. Remove from steamer, drain well, and refrigerate for at least 1 hour.

In a small bowl, combine mayonnaise, grated cheese, granulated garlic, and ground mixed peppercorns. Stir to blend well. Divide between **two four-ounce ramekins**. Place each in a soup plate. Arrange four of the steamed, chilled baby artichokes in each soup plate beside the ramekin containing the dip.

Serve chilled with plenty of paper napkins.



Yields 2 individual servings

Note: This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 3.0 g.; FAT = 13.7 g.; CARBOHYDRATE = 8.6 g.;  
CALORIES = 168; CALORIES FROM FAT = 73%



*Yes, we are a culinary melting pot  
and exciting ideas from around the globe  
have enlivened our menus for decades.  
Some recipes, however, can fool you . . .  
the name sounds foreign  
but the recipe turns out to be all American.  
Drop by next month and take a tour of some  
American surprises,*

*Judy*

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

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