

Almond Filling

Baking and Pastry

Makes 1 serving.

1 1/4 pounds Almond Paste
5 ounces Powder Sugar
6 each Eggs whole
10 ounces Butter, softened
1 3/4 ounces Cake flour

PROCEDURE:

1. Using a paddle, combine the powder sugar and the almond paste, blend to a fine crumbly mixture.
2. On #2 speed, add two of the eggs, one at a time, and blend well. Scrape the bowl. The mix should be a smooth paste.
3. Add the softened butter and blend until smooth.
4. Combine the remaining eggs, one at a time, until well blended.
5. Incorporate the cake flour and mix until it disappears.

1 SERVING = 3 SHEET PANS

Fillings, Week 1 - 10., Pastry

Per serving (excluding unknown items): 4742.7 Calories; 384.8g Fat (70.6% calories from fat); 73.8g Protein; 286.1g Carbohydrate; 621mg Cholesterol; 2395mg Sodium. Exchanges: 19 Grain(Starch); 2 1/2 Lean Meat; 74 1/2 Fat.

Angel Food Cake

Makes 2 servings.

Prep Time: 20 minutes

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- 4 ounces cake flour
 - 12 ounces granulated sugar
 - 12 each egg whites
 - 1 teaspoon cream of tartar
 - 1 pinch salt
 - 2 teaspoons vanilla
 - 1 grated lemon zest
 - 2 teaspoons lemon juice

Procedure:

1. Line the bottom of the 10-inch tube pan with a ring of paper.
2. Combine the flour with half of the granulated sugar. reserve.
3. Whip the egg whites with the cream of tartar and salt at high speed until they have tripled in volume.
4. gradually add the remaining sugar and continue whipping until the whites hold soft peaks, remove from the mixer.
5. Place the sugar mixture in a sifter and sift over the whipped egg whites, a little at a time and gently fold it together with the vanilla, lemon zest and lemon juice.
6. Place the batter in the prepared tube pan and tap the pan firmly against the table a couple of times to release any large air pockets.
7. Bake at 325°F for approximately 55 minutes or until the cake is golden brown on top and spring back when pressed lightly.

2 SERVINGS = 2 EACH 9" CAKES

Pastry

Per serving (excluding unknown items): 984.8 Calories; 0.5g Fat (0.5% calories from fat); 25.8g Protein; 219.4g Carbohydrate; 0mg Cholesterol; 399mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 11 1/2 Other Carbohydrates.

Bagatelle

Makes 1 serving.

Prep Time: 20 minutes

chocolate mousseline biscuit
Kirshwasser liquor
whole strawberries
whipped cream/buttercream mixture, prepared
ganache or marzipan
white chocolate, melted

Assembly:

1. Place a sheet extender in a half sheet pan. Place a layer of sponge cake on the bottom and soak it with a mixture of simple syrup and Kirsch or strawberry liqueur.
2. Place a layer of whole strawberries (top side down) on top of the sponge cake covering the cake entirely.
3. Top the strawberries with a mixture of 50 percent whipped cream and 50 percent soft buttercream.
4. Place another layer of sponge cake and soak it with simple syrup and liqueur. Place a piece of parchment on top of the sponge cake and then put a sheet on top and press down lightly to make an even/flat layer of cake. Remove the sheet pan and parchment paper.
5. Place a layer of chocolate buttercream on top of the sponge cake. Refrigerate the bagatelle so the chocolate buttercream will set a bit before adding the next layer.
6. Spread a layer of ganache on top of the chocolate buttercream. Refrigerate the bagatelle so the ganache will set.
7. If desired, pipe a design along the border with melted white chocolate. Refrigerate overnight if possible before slicing.

Instead of the 50 percent mixture of soft buttercream and whipped cream, you can use 100 percent buttercream. It slices better with 100 percent buttercream (but it is a heavier bagatelle). The 50 percent mixture requires more refrigeration before slicing.

You can add a strawberry extract to the buttercream if you want to enhance the strawberry flavor.

Pastry

Per serving (excluding unknown items): 0.0 Calories; 0.0g Fat (0.0% calories from fat); 0.0g Protein; 0.0g Carbohydrate; 0.0mg Cholesterol; 0.0mg Sodium. Exchanges: Free.

Brandy Snap Cookie

Makes 12 servings.

Prep Time: 20 minutes

8 ounces butter
8 ounces sugar
9 ounces corn syrup
9 ounces cake flour
1 1/8 ounces brandy

Directions:

1. Cream the sugar and butter until smooth.
2. Add the syrup, cake flour and brandy.
3. Bake at 325°F - 350°F until light brown color appears.
4. Rest for 30 seconds to set and then shape.

This is a stencil lace cookie

Cookies, Pastry

Per serving (excluding unknown items): 351.7 Calories; 15.5g Fat (39.4% calories from fat); 1.9g Protein; 51.8g Carbohydrate; 41mg Cholesterol; 171mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 3 Fat; 2 1/2 Other Carbohydrates.

