

# DESSERTS FOR THE DAY HOMEMADE RECIPES





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# Blueberry-Lemon Ricotta Muffins

## Ingredients

1 cup all-purpose flour plus 1  
tablespoon, divided  
½ cup white whole-wheat flour  
1 teaspoon baking powder  
¼ teaspoon baking soda  
¼ teaspoon salt  
1 large egg  
2 large egg whites  
½ cup part-skim ricotta cheese  
½ cup granulated sugar  
½ cup canola oil  
1½ teaspoons grated lemon zest,  
plus twists for topping  
¼ cup lemon juice  
½ teaspoon vanilla extract  
½ cup fresh blueberries, plus  
more for topping

## Directions

### Step 1

To prepare cupcakes: Preheat oven to 350°F. Line a standard 12-cup muffin tin with paper liners; set aside. Whisk 1 cup all-purpose flour, whole-wheat flour, baking powder, baking soda and ¼ teaspoon salt in a large bowl.

### Step 2

Whisk egg, egg whites, ricotta, granulated sugar, oil, lemon zest, ¼ cup lemon juice and vanilla in a medium bowl. Add the egg mixture to the flour mixture; whisk just until combined. Toss blueberries and the remaining 1 tablespoon all-purpose flour together in a small bowl; gently fold into the batter.

### Step 3

Divide the batter evenly among the prepared muffin cups (about ¼ cup each). Bake until a wooden pick inserted in the center comes out clean, 16 to 18 minutes. Let cool in the pan on a wire rack for 5 minutes, then turn out onto the rack to cool completely, about 20 minutes.



## Glaze

¾ cup confectioners' sugar  
1½ teaspoons lemon juice  
¼ teaspoon salt  
1 to 2 teaspoons water, as needed

### Step 4

To prepare glaze: Whisk confectioners' sugar, lemon juice and salt in a small bowl. Whisk in water as needed until the consistency is smooth and very thick.

### Step 5

Top each cupcake with 1 teaspoon glaze. Garnish the cupcakes with additional blueberries and lemon peel twists, if desired.

# Lemon Cake

## *Ingredient*

½ pound (2 sticks) unsalted butter, at room temperature  
2½ cups granulated sugar, divided  
4 extra-large eggs, at room temperature  
⅓ cup grated lemon zest (6 to 8 large lemons)  
3 cups flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon kosher salt  
¾ cup freshly squeezed lemon juice, divided  
¾ cup buttermilk, at room temperature  
1 teaspoon pure vanilla extract

## *For the glaze:*

2 cups confectioners' sugar, sifted  
3½ tablespoons freshly squeezed lemon juice

## *Direction*

### Step 1

Preheat the oven to 350 degrees F. Grease and flour 2 (8½ by 4¼ by 2½-inch) loaf pans. You may also line the bottom with parchment paper if desired.

### Step 2

Cream the butter and 2 cups granulated sugar in the bowl of an electric mixer fitted with the paddle attachment, until light and fluffy, about 5 minutes. With the mixer on medium speed, add the eggs, 1 at a time, and the lemon zest.

### Step 3

Sift together the flour, baking powder, baking soda, and salt in a bowl. In another bowl, combine ¼ cup lemon juice, buttermilk, and vanilla. Add the flour and buttermilk mixtures alternately to the batter, beginning and ending with the flour. Divide the batter evenly between the pans, smooth the tops, and bake for 45 minutes to 1 hour, until a cake tester comes out clean.



### Step 4

Combine ½ cup granulated sugar with ½ cup lemon juice in a small saucepan and cook over low heat until the sugar dissolves. When the cakes are done, allow cooling for 10 minutes. Remove the cakes from the pans and set them on a rack set over a tray or sheet pan; spoon the lemon syrup over them. Allow the cakes to cool completely.

For the glaze, combine the confectioners' sugar and the lemon juice in a bowl, mixing with a wire whisk until smooth. Pour over the tops of the cakes and allow the glaze to drizzle down the sides.

# Banana Pudding

## *Ingredients*

### Vanilla Pudding

2½ cups (20fl oz/565ml) whole milk  
½ cup (4 fl. oz./115ml) cream  
(any kind)  
1 egg at room temperature  
2 egg yolks at room temperature  
¾ cup (6 oz/170g) sugar  
4½ tablespoons cornstarch  
4 tablespoons (2oz/57g) butter cubed  
3 teaspoons vanilla extract  
1/8 teaspoon vanilla bean paste  
½ teaspoons salt

## *Ingredients for assembly*

2 cups (16 fl. oz./454ml) heavy  
whipping cream, whipped to soft peaks  
4 medium bananas, sliced  
1 pack (or 1 recipe) Nilla Wafers\*, crushed

## *Directions*

### Making the Vanilla Pudding:

#### Step 1

Combine milk and cream in a medium saucepan over medium heat. Stir and slowly bring to a simmer.

#### Step 2

In a medium bowl, whisk together the eggs, sugar, and cornstarch until blended well.

#### Step 3

Ladle a cup of the hot milk mixture over the eggs and whisk immediately. While continuing to whisk pour the rest of the hot milk into the eggs.

#### Step 4

Return the custard mixture back into your original saucepan and place over medium/low heat.

#### Step 5

Whisk the custard constantly for roughly 6-8 minutes or until it has thickened. Do not let this mixture boil or it can curdle.



#### Step 6

Once thickened, remove from the heat and whisk in the butter, vanilla extract, vanilla paste, and salt. The last step is to pass the custard through a sieve to yield you a silky-smooth pudding and remove any lumps

#### Step 7

Set aside the pudding to cool completely and thicken before using it. It can be made up to 2 days in advance and kept in the fridge.

### Assembling a Banana Pudding:

#### Step 1

Choose your dish or dishes you will be serving your pudding in.

#### Step 2

Cover the bottom of a dish with pudding followed by a layer of crushed vanilla wafers. Cover with another layer of whipped cream. Top with a layer of banana slices. Continue layering the pudding, wafer cookies, cream, and banana slices until you reach the top, ending with a final layer of banana pudding.

Refrigerate for at least 4 hours, or up to overnight. I assemble mine on the day of serving.

# Ice Cream Sandwiches

## Ingredients

½ gallon ice cream  
2 ⅔ cups all-purpose flour  
1 cup cocoa powder, minus 2 tablespoons  
¾ teaspoon salt  
1 cup granulated sugar  
1 ¼ cup unsalted butter  
2 egg yolks  
2 teaspoons vanilla extract

## Directions

**Step 1**  
Slightly soften ice cream by leaving it out at room temperature for 30 minutes.

**Step 2**  
Line 9x13-inch pan with parchment paper, allowing the paper to overhang the sides. Press ice cream into a pan and smooth top. Freeze for at least one hour or until completely solid.

**Step 3**  
Preheat oven to 350°F.  
Line 2 baking sheets with parchment paper.  
In a medium bowl add flour, cocoa, and salt and whisk together until well incorporated. Set aside.  
In the bowl of a stand mixer add sugar and butter and place on medium speed for at least one minute using the paddle attachment.

**Step 4**  
Mix in yolks and vanilla. Slowly add in dry mixture until just combined.

**Step 5**  
Divide dough in half and form each piece into a 5-inch square. Wrap dough with plastic wrap, and chill for at least 30 minutes or until firm.

**Step 6**  
On a lightly floured surface roll each dough piece into an 8x12 inch rectangle. Along the 12-inch side,



cut the dough into 2-inch lengths so you have 6 pieces. Cut each piece in half down the center so you have 12, 4x2 pieces.

**Step 7**  
Use a flat spatula to place cookies onto prepared baking sheets. Using a plastic toothpick or the tip of a thermometer, poke 15 holes into each cookie. Bake for 10-12 minutes or until cookies are firm, rotating baking sheets halfway through the cooking process.

**Step 8**  
Remove cookies from the oven and let them rest on the baking sheet for 5 minutes before transferring them to a cooling rack. Cool completely.

Using the edges of the parchment paper remove ice cream from the pan. Trim the edges to make a neat rectangle.

Using the same technique as with the dough, cut the ice cream into 12, 4x2 inch rectangles.

Place each rectangle of ice cream on top of a cookie and place another cookie on top. Repeat the process.



# Rocky Road Ice Cream



## *Ingredients*

1½ cups heavy whipping cream  
1½ cups whole milk  
1 cup granulated white sugar, divided  
Dash of sea salt  
2 tablespoons unsweetened Dutch-processed cocoa powder  
4 ounces bittersweet chocolate, finely chopped  
4 large egg yolks  
1 teaspoon vanilla extract  
1½ to 2 cups miniature marshmallows  
1½ cups coarsely chopped whole-roasted almonds

## *Directions*

### Step 1

Place a large bowl in your sink and fill it about half full with ice. Place a slightly smaller stainless-steel or glass bowl inside the bowl with the ice bath. Add the heavy cream to the inside bowl. Set a fine-mesh strainer on top of the bowl.

### Step 2

In a medium saucepan whisk together the milk, ¾ cup of the sugar, a dash of salt, and the cocoa powder. Heat on medium until the mixture reaches 185 degrees on an instant-read thermometer. Once you reach 185 degrees, continue to cook the mixture for 5 minutes, stirring constantly, but do not boil.

### Step 3

Remove from the heat and add the chopped chocolate. Stir until all the chocolate has melted. Set aside.

### Step 4

In a small mixing bowl, whisk the egg yolks with the remaining ¼ cup sugar until slightly thick and foamy. Temper the eggs by drizzling a small amount of the hot chocolate mixture to the eggs, while whisking constantly. Continue whisking and adding more hot chocolate mixture to the eggs until all is combined. Return the chocolate and egg custard to the saucepan.

### Step 5

Place the mixture on the stove-top over medium heat. Using a wooden spoon, stir the custard constantly until it again reaches 185 degrees on the instant-read thermometer (or when it coats the back of the wooden spoon). **DO NOT ALLOW THE MIXTURE TO BOIL.**

### Step 6

Remove from the heat and pour the hot chocolate custard through the fine mesh strainer/sieve into the bowl with the cold heavy cream. Add the vanilla extract and stir until completely blended.

### Step 7

Cool the mixture by stirring every 5 minutes or so while over the ice bath. After about 30 minutes, cover the bowl with plastic wrap and refrigerate overnight or for at least 8 hours.

### Step 8

Spoon about ¼ of the chocolate ice cream into a storage container and sprinkle with 1/3 of the nuts and marshmallows. Repeat two more times by layering the ice cream, then the nuts and marshmallows, ending with the last of the ice cream. Freeze in a sealed container until ready to serve.

