

JUST THE TWO OF US DESSERTS

FAST & EASY-TO-MAKE PORTIONS FOR TWO



SARA CHILDS



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By Sara Childs





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Contents

Introduction	1
No-Bake	9
Lemon Cream Cheese Tart with Fruit	11
Strawberries and Cream	13
Blueberry Delight	15
No-Bake Chocolate Cheese Cake	17
Oreo Cheesecake	19
Chocolate Peanut Butter Parfait	21
Raspberry Fool	23
Oreo Truffles	25
No-Bake Oatmeal Cookies	27
Brownies & Cookies	29
Chocolate Brownies	31
Blondie Cup Cakes	33
Chocolate Peanut Butter Crunch Brownies	35
Lemon Bars	37
Black & White Shortbread Cookies	39
Oatmeal Cookies	41
Peanut Butter Cookies	43
Chocolate Chip Cookies	45
Snickerdoodles to Sugar Cookies	47
Oatmeal Chocolate Chip Cookies	49
Chocolate Mint Bars	51
Raspberry Cream Cheese Bars	53
Caramel Almond Bars	55
Pies	57
4th of July Blueberry Pie	59
Strawberry Pie	61
Chocolate Almond Pie	63
Strawberry Rhubarb Pie	65
Streusel Topped Apple Pie	67
Key Lime Tart for Two	69
Peach Pie	71
Mississippi Mud Pie	73
Pumpkin Pie	75
Pecan Pie	77
Peanut Butter-Silk Pie	79
Salted-Caramel Chocolate Tart	81
Lemon Raspberry Tart	83
Cobblers & Crisps	85
Peach Cobbler	87
Peach Crisp	89
Apple Cobbler	91
Blueberry Crisp	93



Apple Raisin Walnut Crisp95
Cherry Almond Crisp97
Apple Blueberry Cobbler99
Puddings.	101
Rice Pudding	103
Chocolate Pudding	105
Steamed-Lemon Pudding with Lemon Curd	107
Banana Chocolate Parfait	109
Bread Pudding with Blueberries	111
Bread Pudding with Fig and Almonds	113
Peanut Butter & Jelly Pudding	115
Caramel Chocolate Pudding Cake	117
Coconut Pudding Cake	119
Cakes	121
Birthday Cake (Basic White Cake)	123
Lemon Cake	125
Double Chocolate Cake	127
Apple Cake	129
Banana Cake	131
Pumpkin Pecan Cake	133
Carrot Cake	135
Blueberry Coffee Cake	137
Marble Pound Cake	139
Molten Nutella Cakes	141
Lemon Cheese Cake	143
Chocolate Cheese Cake	145
Almond Pound Cake	147
Ice Cream & Sherbets & Sorbets	149
Strawberry Ice Cream	151
Black Cherry Ice Cream.	153
Vanilla Ice Cream	155
Coffee Ice Cream	157
Rum Raisin Ice Cream	159
Peach Ice Cream	161
Instant Raspberry Ice Cream	163
Chocolate Ice Cream	165
Blueberry Ice Cream	167
Orange Sherbet	169
Lemon Sherbet	171
Mango Sorbet	173
Peach Sorbet	175
Blackberry Sorbet	177
Raspberry Sorbet	179
Index	180



INTRODUCTION

This book is for you and me, just the two of us.

If you have a sweet tooth, but never seem to have the time, or the skills, to make your own desserts. This book of cakes, tarts, brownies, cookies, pies and puddings—even ice cream recipes—is for you. The recipes are generously portioned servings, just for two dessert lovers.

The desserts in this book can be prepared in 3 to 15 minutes. For example, the cakes, cobblers and puddings are ready to enjoy in 6 to 12 minutes. Most of the ice creams and sorbets are ready to serve in 3 to 4 minutes. These time estimates are based on having all of the ingredients pre-measured and ready to be blended.

So, before you flip through the pages of delicious dessert recipes featured in the book, here are some tips that will help to assure your success.

- Do not use self-rising flour. Instead, where called for, baking powder or baking soda should be measured and added to unbleached, all-purpose flour.
- The cakes, cookies, cobblers and puddings are prepared in a microwave oven. Ice cream, sherbet and sorbet recipes can be prepared using a food processor, blender or immersion blender, as noted in the recipe.
- If you are using a blender to make ice cream, I strongly recommend preparing one serving at a time. If you attempt to make more than one serving, the blender will clog, and the fruit will melt. The secret is to keep the fruit frozen.
- Puddings, custards and curds are quick and simple recipes prepared in a microwave oven. However, they require a bit of diligence and testing for the minute and 30 seconds, to 2 minutes it takes to cook them.
- Depending on the recipe, cakes can be baked in 3 minutes and 20 seconds, to 3 minutes and 45 seconds. And cookies can be baked and ready to munch in 30 seconds.
- Please note that the timing for these recipes can vary according to the wattage/power of your microwave oven. The microwave oven I used for the recipes that appear in this book is a 1200 watt Panasonic Genius Sensor Oven.

I have given conservative estimates for the baking times. If your microwave oven has a different power level, follow the directions in the recipe, and check the progress of the cake, cookies, pie or pudding according to the instructions.

Sara

PLEASE NOTE: The recipes in this book do not adapt to baking in a conventional oven, or cooking on a stove-top. Microwave baking is liquid-sensitive, much like a chemical formula. The quantity of liquid (oil, eggs, milk) is crucial for a successful (and delicious) outcome.

NO-BAKE



PUDDINGS



BROWNIES & COOKIES



PIES



COBBLERS & CRISPS



CAKES



ICE CREAM & SHERBETS & SORBETS







Strawberry Ice Cream

(3 to 6 minutes)

- 3 C frozen strawberries
- 1/2 tsp lemon juice
- 1/4 C sugar, caster or super-fine
- 1/2 C heavy cream



DIRECTIONS:

This ice cream must be served within 15 minutes after preparing. I suggest having a freezer friendly 3 to 4 cup capacity container at the ready to freeze the ice cream until you are ready to serve.

Premeasure and place the lemon juice, the sugar and heavy cream into separate, small containers. Set aside.

THE FOOD PROCESSOR METHOD

Add the frozen strawberries, lemon juice and sugar into the food processor. Pulse 20 times. Mix to make sure the strawberries are evenly chopped. Add the heavy cream and process for 40 to 50 seconds. Keep in mind, the longer the processor runs, the heat from the motor will melt the fruit. Serve immediately or freeze the ice cream until you are ready to serve.

THE BLENDER METHOD

(I recommend cutting the above recipe in half for single servings.)

- 1 1/2 C frozen strawberries
- 1/4 tsp lemon juice
- 1/8 C sugar, caster or super-fine
- 1/4 C heavy cream

DIRECTIONS:

Premeasure the lemon juice, the sugar and heavy cream. Place in separate, small containers and set aside.

With the blender running, use the feed opening in the cover to drop the frozen strawberries, a few at a time, alternating with a tablespoon of sugar and lemon juice into the blender. Stop the blender and mix often to make sure the strawberries are chopped. Add the heavy cream and run the blender till the ice cream is at the desired consistency. Serve immediately or freeze the ice cream until you are ready to serve.

IMMERSION BLENDER METHOD

(Follow the Blender directions for single servings.)

Combine the frozen strawberries and lemon juice into a medium sized bowl. To chop the frozen strawberries to the desired consistency, use an immersion blender in crushing movements. Pulse 10 times, mix to make sure the strawberries are evenly chopped. Add the heavy cream and process for 40 to 50 seconds. Keep in mind the longer the blender runs, the heat from the motor will melt the fruit.

Freeze until ready to serve.

SARA CHILDS

FAST & EASY TO MAKE DESSERTS FOR TWO



THIS BOOK IS FOR YOU AND ME, *Just the Two of Us*

Would you like a slice of cake or pie, “*just like mom’s*” but you don’t have the time or energy to bake. Then, this book is for you!

All of the deserts are generously proportioned for 2. The recipes are fast, easy to prepare and use simple ingredients. You can bake cakes, pies, tarts, brownies, cookies, and more. With a microwave oven and this book, you can enjoy a slice of cake “*just like mom’s*” in 3 minutes. If you use a food processor, blender or immersion blender you can enjoy ice creams and sorbets in 2 or 3 minutes. With a No-Bake Desert recipe you can make a strawberry fool in 2 minutes or cheese cake, cookies, truffles or tarts in no time at all.

Sweet Dreams,
Sara

The deserts in this book should to be prepared as directed. If a microwave oven is indicated, the recipe Will Not adapt to stove-top or conventional oven cooking.

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