

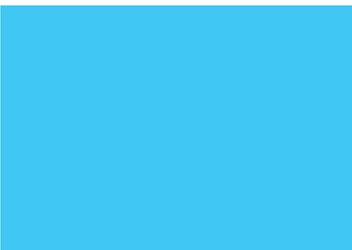
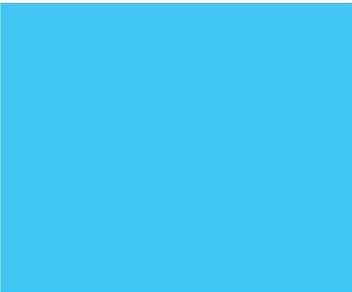
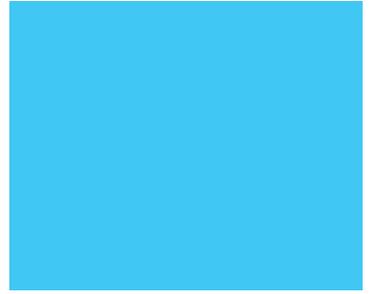
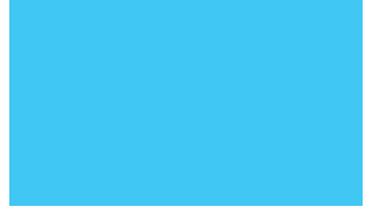
the non-designer's



# cook book

pastries ♦ cookies ♦ cakes

with recipes from **Laurynn Hinds**  
designed by **Noah Ledesma**



# Table of Contents

Blueberry Banana Bread .....	4
French Almond Vanilla Cake .....	7
Lavender Ice Cream .....	8
Cherry Cake .....	11
Plain Cake Doughnuts.....	12
Chocolate Chip Cookies .....	15
Peanut Butter Bars.....	16
Maple Bacon Monkey Bread.....	19
Conversion Tables .....	21

# Blueberry Banana Bread

## Directions

- 1 Preheat oven to 350 °F. Grease and flour a loaf pan.
- 2 Stir together the flour, sugar, baking powder, and salt.
- 3 Add the oats, eggs, vegetable oil, nuts, and mashed bananas. Mix until combined.
- 4 Flour the blueberries and fold them into the batter gently.
- 5 Bake for 60 to 70 minutes.
- 6 Remove and cool completely.

## Ingredients

- ◆ 1 cup blueberries
- ◆ 1½ cups flour
- ◆ ⅔ cup white sugar
- ◆ 2¼ tsp. baking powder
- ◆ 1 cup mashed ripe bananas
- ◆ ½ tsp. salt
- ◆ ½ cup quick cooking oats
- ◆ 2 eggs
- ◆ ⅓ cup vegetable oil
- ◆ ¼ cup chopped walnuts (optional)

## Modifications

You may substitute the blueberries for other fruits, or omit the fruit entirely if you just want to make plain banana bread.





# French Almond Vanilla Cake

## Ingredients

- ◆ 1 box French Vanilla cake mix
- ◆ 1 cup flour, sifted
- ◆ 1 cup white sugar
- ◆ ¾ tsp. salt
- ◆ 1½ cup water
- ◆ 4 egg whites
- ◆ ⅛ cup vegetable oil
- ◆ 2 tsp. pure vanilla extract
- ◆ 1½ tsp. pure almond extract (not imitation)
- ◆ 1 cup homemade sour cream

## Directions

- 1** Preheat oven to 325 °F.
- 2** Grease either two 9" cake pans.
- 3** In a large mixing bowl, add the first four ingredients of this recipe and make a well in the middle.
- 4** In a small bowl, mix the egg whites with the water and vegetable oil and add to the bowl. Mix for a few seconds and add the remaining ingredients.
- 5** Beat for 2 minutes (time it) and pour into the prepared pans a little more than half full.
- 6** Drop the pans on the counter to bring the air bubbles to the top of the cake and pop most of the air bubbles in the batter.
- 7** Bake for approximately 36 to 40 minutes in a 9 x 13 pan.

## Different Pans

If you are using cake pans, check after 25 minutes or so. For a jelly roll pan, check after approximately 22 to 24 minutes, and for cupcakes, 16 to 19 minutes.

# Lavender Ice Cream

## Directions

- 1 Bring cream, half-and-half, honey, and lavender just to a boil in a 2-quart heavy saucepan over moderate heat, stirring occasionally, then remove pan from heat. Let steep, covered, for 30 minutes.
- 2 Pour cream mixture through a fine-mesh sieve into a bowl and discard lavender. Return mixture to cleaned saucepan and heat over moderate heat until hot.
- 3 Whisk together eggs and salt in a large bowl. Add 1 cup hot cream mixture in a slow stream, whisking.
- 4 Pour into remaining hot cream mixture in saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 170 to 175 °F on thermometer, about 5 minutes (do not let boil.)
- 5 Pour custard through sieve into cleaned bowl and cool completely, stirring occasionally.
- 6 Chill, covered, until cold, for at least 3 hours.
- 7 Freeze custard in ice cream maker. Transfer ice cream to an airtight container and put in freezer to harden.

## Ingredients

- ◆ 2 cups heavy cream
- ◆ 1 cup half-and-half
- ◆  $\frac{2}{3}$  cup mild honey
- ◆ 2 tbsp. dried edible lavender flowers
- ◆ 2 large eggs
- ◆  $\frac{1}{8}$  tsp. salt

## Special Equipment

In addition to the ingredients listed above, you will also need a candy or instant-read thermometer, and an ice cream maker.





# Cherry Cake

## Ingredients

- ◆ 2 cups flour
- ◆ 1 tbsp. baking powder
- ◆ ¼ tsp. salt
- ◆ ½ cup homemade unsalted butter
- ◆ 1¼ cups white sugar
- ◆ 3 oz. bottle maraschino cherries (save cherry juice)
- ◆ ¾ cup cherry milk mixture (cherry juice and remainder milk)
- ◆ ½ cup chopped pecans
- ◆ 2 tbsp. flour (for dredging)
- ◆ 4 egg whites

## Directions

- 1 Preheat oven to 340 °F. Grease and flour two 8" cake pans
- 2 For the cake, cream the butter and white sugar together for 5 minutes. Sift flour before measuring it. Add salt and baking powder to the flour and sift again. Add alternately with the liquid.
- 3 Cut cherries into quarters and dredge with nuts in the two tablespoons of flour and blend into the batter. Fold in stiffly beaten egg whites.
- 4 Put in prepared cake pan and bake for 60 minutes.
- 5 Remove from pan and cool on cake rack. Ice with fluffy white frosting (below.)
- 6 For the frosting, measure sugar, cream of tartar, cold water, and egg whites into top of double boiler and mix well with a spoon. Place over boiling water and beat with a hand mixer until icing will stand in peaks.
- 7 Remove from water and add the vanilla and beat until consistency for spreading on cake is achieved. You can keep this frosting in a jar in the refrigerator for later use.
- 8 Add the saved cherry juice to a measuring cup and fill up to ¾ line with milk.

## Frosting

- ◆ 2 cups white sugar
- ◆ ½ tsp. cream of tartar
- ◆ 6 tbsp. cold water
- ◆ 2 egg whites
- ◆ 1 tsp. pure vanilla extract

# Plain Cake Doughnuts

## Directions

- 1 Heat oil in deep-fryer to 375 °F.
- 2 In a large bowl, sift together flour, sugar, salt, baking powder, cinnamon, and nutmeg. Mix in butter until crumbly.
- 3 Stir in milk and egg until smooth. Knead lightly, then turn out onto a lightly floured surface.
- 4 Roll or pat to  $\frac{1}{4}$  inch thickness. Cut with a doughnut cutter, or use two round biscuit cutters of different sizes.
- 5 Carefully drop doughnuts into hot oil, a few at a time. Do not overcrowd pan or oil may overflow.
- 6 Fry, turning once, for 3 minutes or until golden. Drain on paper towels.

## Ingredients

- ◆ 2 cups all-purpose flour
- ◆  $\frac{1}{2}$  cup white sugar
- ◆ 1 tsp. salt
- ◆ 1 tbsp. baking powder
- ◆  $\frac{1}{4}$  tsp. ground cinnamon
- ◆ 1 dash ground nutmeg
- ◆ 2 tbsp. melted butter
- ◆  $\frac{1}{2}$  cup milk
- ◆ 1 egg, beaten
- ◆ 1 quart oil for frying

## Coating

Feel free to coat with cinnamon-sugar or a confectioners' sugar glaze, and add sprinkles if desired, or leave out the coating for plain doughnuts.





# Chocolate Chip Cookies

## Ingredients

- ◆ 2 cups all-purpose flour
- ◆ ½ tsp. baking soda
- ◆ ½ tsp. salt
- ◆ ¾ cup unsalted butter, melted
- ◆ 1 cup packed brown sugar
- ◆ ½ cup white sugar
- ◆ 1 tbsp. vanilla extract
- ◆ 1 egg
- ◆ 1 egg yolk
- ◆ 2 cups semisweet chocolate chips

## Directions

- 1** Preheat the oven to 325 °F.
- 2** Grease cookie sheets or line with parchment paper.
- 3** Sift together the flour, baking soda, and salt; set aside.
- 4** In a medium bowl, cream together the melted butter, brown sugar, and white sugar until well blended.
- 5** Beat in the vanilla, egg, and egg yolk until light and creamy.
- 6** Mix in the sifted ingredients until just blended.
- 7** Stir in the chocolate chips by hand using a wooden spoon.
- 8** Drop cookie dough ¼ cup at a time onto the prepared cookie sheets. Cookies should be about 3 inches apart.
- 9** Bake for 15 to 17 minutes in the preheated oven, or until the edges are lightly toasted. Cool on baking sheets for a few minutes before transferring to wire racks to cool completely.

## Sandwiches

Place a scoop of ice cream in between two chocolate chip cookies to create delicious ice cream sandwiches.

# Peanut Butter Bars

## Directions

- 1 In a medium bowl, mix together the butter or margarine, graham cracker crumbs, confectioners' sugar, and 1 cup peanut butter until well blended.
- 2 Press evenly into the bottom of an ungreased 9 x 13 inch pan.
- 3 In a metal bowl over simmering water, or in the microwave, melt the chocolate chips with the 4 tablespoons of peanut butter, stirring occasionally until smooth.
- 4 Spread over the prepared crust.
- 5 Refrigerate for at least one hour before cutting into squares.

## Ingredients

- ◆ 1 cup butter or margarine, melted
- ◆ 2 cups graham cracker crumbs
- ◆ 2 cups confectioners' sugar
- ◆ 1 cup peanut butter
- ◆ 1½ cups semisweet chocolate chips
- ◆ 4 tbsp. peanut butter

## Aluminum Foil

Aluminum foil can be a handy tool to keep food moist, help cook it evenly, and make clean-up easier.





# Maple Bacon Monkey Bread

## Ingredients

- ◆ 1 (12 oz.) package bacon
- ◆ ½ cup margarine
- ◆ ¾ cup dark brown sugar
- ◆ ½ cup maple syrup
- ◆ ¾ cup white sugar
- ◆ 2 tsp. ground cinnamon
- ◆ 2 (16.3 oz.) packages refrigerated biscuit dough

## Directions

- 1** Preheat oven to 350 °F. Grease a 9-inch fluted tube pan.
- 2** Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned. Drain the bacon slices on paper towels; crumble and remove extra fat.
- 3** Melt margarine in a small saucepan over medium heat; stir in brown sugar and maple syrup. Bring mixture to a boil; cook and stir until mixture begins to foam. Remove saucepan from heat.
- 4** Mix the white sugar and cinnamon in a resealable plastic bag; add 6 to 8 biscuit pieces at a time and shake until well coated. Pour any remaining sugar-cinnamon mixture into brown sugar mixture. Place saucepan over medium heat and cook and stir until sugar dissolves.
- 5** Sprinkle ¼ of the bacon pieces in the bottom of the tube pan; pour in about ¼ of the brown sugar mixture. Arrange 1 layer of biscuit pieces in the tube pan; sprinkle in ¼ of the bacon pieces. Drizzle about ¼ of the brown sugar mixture over the biscuit pieces. Continue layering until all the ingredients are used, ending with a drizzle of brown sugar mixture.
- 6** Bake in the oven until biscuits are cooked thoroughly, for about 35 minutes. Allow to cool in pan, 10 to 20 minutes. Invert onto a serving plate.

## Substitution

You may use maple-flavored bacon or add 1 teaspoon of maple flavoring to the brown sugar mixture if desired.



# Conversion Tables

## Oven Temp.

°C	°F
110	225
120	250
140	275
150	300
160	325
180	350
190	375
200	400

## Volume

Cup	Fluid oz.	Tbsp.	Tsp.
1 cup	8 oz.	16 tbsp.	48 tsp.
$\frac{3}{4}$ cup	6 oz.	12 tbsp.	36 tsp.
$\frac{2}{3}$ cup	5 oz.	11 tbsp.	32 tsp.
$\frac{1}{2}$ cup	4 oz.	8 tbsp.	24 tsp.
$\frac{1}{3}$ cup	3 oz.	5 tbsp.	16 tsp.
$\frac{1}{4}$ cup	2 oz.	4 tbsp.	12 tsp.
$\frac{1}{8}$ cup	1 oz.	2 tbsp.	6 tsp.
$\frac{1}{16}$ cup	.5 oz.	1 tbsp.	3 tsp.

