

Sweet Moments – Celebrating with Easy & Yummy Homemade Desserts
Your Step-by-Step Cookbook on 60 Delicious & Easy Dessert Recipes

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Introduction

This book explicitly outlines in detail the basic knowledge anyone who is a dessert enthusiast, chef or avid sweet tooth person will want to know about the fundamentals of dessert making. The contents in this book were researched and structured for housewives, working professionals, as well as others who enjoy making delicious homemade desserts for their loved ones. Due to limited or no time to spare on searching for tasty, yet easy to make recipes on both baked and no-bake desserts, hence the reason for this book

With this book, you will get acquainted with the common ingredients that is widely used in the preparation of any dessert recipes, be it baked or no-bake. Also, you will immerse yourself in a wealth of knowledge on practical and easy to follow step-by-step directions of preparation. What's more is that you will learn the elementary skills of dessert making, common and essential ingredients for dessert making, essential equipment, as well as helpful tips in preserving, storing, or freezing desserts for consumption at a much later time such as family gathering, or preparation for parties.

With all the wealth of experiences, knowledge and healthy, delicious and simple recipes condensed into this book, you are sure to start operating on an intermediate to expert level even if you are just a beginner. Enjoy!

Chapter 1: Common and Essential Ingredients for Desserts Making

In the world of baking, the list is endless, however the common and basic ingredients will be outlined in this chapter. Also, depending on your available kitchen or pantry space as well as expertise, you can stock up a wide range or list of baking ingredients. For beginners or for those just setting up their space, this chapter will help you narrow down your list to the basic you need to keep hands on daily, and everything other than those listed in this chapter are so to speak, icing on the cake. Although there are a lot of store-cupboard or pantry staples that are worth being made available, you can whip up a dessert whenever you wish. The listed ingredients have lengthy shelf life. Hence, even though you are not a frequent baker, they are the ingredients you would not mind stocking up.

Flour: There are diverse kinds of flour, from plain flour, self-raising flour, almond flour, whole-wheat flour etc. The basic flour for baking is plain flour. Self-raising flour is made from the mixture of plain flour and small amount of baking powder. For instance, if a recipe states plain flour, you would see it specifies a raising agent like bicarbonate soda or baking powder to bring about a good rise. Some other flours such as whole-wheat meal, almond flour etc. are denser in texture, hence it is unsuitable for cake recipes, and however it can be mixed with self-raising or plain flours.

Butter: This is commonly used in cake recipes and is known to be all-round useful item in the fridge. With varieties ranging from unsalted butter, salted butter etc. It imparts unique flavors and is great for creamed cakes when beaten together with sugar to integrate air into the mixture for production of a light textured cake.

Cocoa: Mostly used in chocolate-based recipes, it provides the distinct chocolate flavor, texture and appearance. It has the advantage of not requiring to be melted. Cocoa is totally stable. Oftentimes, few tablespoons of cocoa are sometimes used to replace flour together with melted chocolate to bring about texture and flavor to the recipe.

Chocolate: This is worth having in your pantry for making chocolate mug cakes or crumbling up to use as chips for rich chocolaty toppings for cake. Unless otherwise stated, most recipes use plain chocolate which is about 40% solids of cocoa. (Free tip: for variety you might want to stock up milk and white chocolate for flavors).

Eggs: Known for its flexibility in use, eggs are used as a binding ingredient, beaten to make creamy dessert, as well as used in batters of cake to trap in air.

Sugar: This includes confectioners' sugar, brown sugar, granulated sugar, caster sugar, icing sugar etc. Caster sugar is commonly used in cake making especially for creamed cake because its fine texture blends perfectly well. While icing sugar is the main ingredient for buttercream (sugar blended with icing sugar) and glacé icing (i.e. water mixed with icing sugar). Also, it is beneficial to have a variety of brown sugars both dark and light soft brown sugar and muscovado. All these sugars possess their unique flavor and mostly found in fruit and other richly seasoned cakes.

Sunflower Oil: Can be used for many culinary uses. It is also ideal for baking as it possess a mild flavor which gives room for the flavor of other ingredients to come about.

Vanilla Extract: This is a pantry essential. Although it is best to buy the natural vanilla beans rather than buying the cheaper version, vanilla essence extract that is. The flavor of the vanilla beans is much preferred. Although it is much preferred to purchase the vanilla bean because of the natural unadulterated flavor, rather than buying the cheaper versions i.e. vanilla essence.

Spices: Mostly used spices in baking include ground mixed spices, ground cinnamon, ground nutmeg, ground ginger etc. The above mentioned are worth stocking while other as mentioned in the recipes can be gotten later.

Salt: Commonly used in everyday baking and cooking. The varieties include kosher salt, sea salt, rock salt etc.

Chapter 2: Essential Equipment for Desserts Making

The followings are the basic equipment you cannot do without having when preparing desserts:

Sieve: A wafer-thin sieve made from plastic or metal is perfect for sifting icing sugar and flour. Sifting your flour is highly recommended when making a cake. It can be much simple to use a mini tea strainer to dust surfaces and adorn desserts with cocoa or icing sugar.

Food Processor: This equipment is multi-purpose, as it works with sweet and savory. Effectively functions in the mixing up of rubbing butter or fat into flour when preparing pastries.

Baking Parchment: Also known as silicone paper, these are non-stick paper perfect for lining cake and other pastries. Known to be greaseproof and moisture-proof, it is mostly used to line baking trays and tins. Can be used at any temperature i.e. freezer, room temperature, and oven.

Whisk: Manufactured to aerate and give volume to food, they are quite essential in cake making. Always handy when whisking eggs, whipping cream, folding in flour, taking out lumps in sauces etc. Whisk can be either electric or manual, you can employ the services of food mixer if you can take up the cost.

Pans: This may include cheesecake pans, tart pans, muffin pans, quiche pans, hamburger buns pan etc. Having varied sizes and different purposes, pans are essentials as they are suitable for bake and no-bake dessert recipes.

Measuring Spoons: Oftentimes people over- or underestimate the size of a tablespoon or teaspoon. Measuring spoons can make certain a perfect amount to be used. For those who make use of American recipes, it is also worth purchasing a set of measuring cups as well to avert complicated conversions.

With the above mentioned fundamental both in ingredients, equipment, storage as well as preservative tips, you are sure to be on the right track regardless of your level of difficulty in baking.

Chapter 3: Helpful Tips in Preserving and Storing Desserts for Later Consumption

The most sought after storing and preserving tips for dessert is *Freezing*. Besides maintaining its texture and taste, freezing one's dessert helps preserve it from breeding germs that causes food poisoning. After baking, allow to cool at room temperature before going ahead with your preservation and storing techniques to prevent dessert from losing its taste. Below are some easy and helpful tips to follow:

Never ever refrigerate a sponge cake: It only dries the cake out. However, if you need to store for a much longer period, keep in an air-tight container at room temperature. Here is the twist, you CAN freeze your cake if you want to store for more than three days. However, allow it to thaw at room temperature when ready to eat. Freezing your cake helps seal in the needed moisture, while refrigerating dries out the moisture. The only downside to freezing of cake and allowing it to thaw at room temperature is the icing aesthetics does not remain the same.

Go easy on the frostings: in cases where you make frostings with whipped cream, custard, eggs, cream cheese and chocolate, you would have to consume that same day even after refrigerating. In the same vein, you need to return it into the fridge after serving.

Triple wrap desserts: supposing your unfrosted cakes contains perishables such as fruits, refrigerate it after carefully wrapping it three times. Cheesecakes can also be preserved when triple wrapped with plastic wrap. You can do this by allowing your baked dessert to cool down, then wrap with cling film, followed by foil, and finally freezer bag. Prior to refrigerating, squeeze out the excess air. Each time you are ready to eat, allow to be at room temperature before wrapping it again.

Power of twinning: Supposing you bake a pie, there is always room for another. The effort needed to whip up another is not labor-intensive. Hence, it is better to prepare ingredients for two, consume one and then triple wrap the other. This is to minimize exposure to different temperatures often.

Chapter 4: 60 Delicious & Easy Homemade Dessert Recipes

1) Cinnamon Coffeecake



Servings: One cake

Time: 50 minutes

Ingredients:

1 tablespoon ground cinnamon

2 cups all-purpose flour

½ teaspoon salt

½ cup melted butter

½ teaspoon baking soda

1 cup sour cream

2 large eggs, room temperature

¼ cup chopped walnuts

1 teaspoon vanilla extract

2 cups sugar, divided

Instructions:

1. Preheat the oven to 180°C. In a medium bowl, add in sugar and cream butter, whisk until mixture is light fluffy. Whisk in egg (one at a time) beating well after each addition. Mix in vanilla. Mix in flour, salt, and baking soda. Then add in sour cream alternately whisking to keep batter smooth.

2. Scoop 1/3 of batter into a lined 8-inch tube pan. Mix in cinnamon, sugar and chopped nuts. Sprinkle 1/3 of cinnamon and nuts mixture over the batter in the pan. Do this again for another layer and repeat for two more times. Then bake in the oven at 350°C for 45-50 minutes until a skewer inserted comes out clean.
3. Allow to cool at room temperature for 15 minutes before taking out of the pan, then place on a wire rack to cool totally.

2) Homemade Brownies



Servings: 15

Time: 50 minutes

Ingredients:

1/4 cup unsweetened cocoa powder

1 egg

1/6 teaspoon baking powder

1/6 teaspoon salt

1/4 cup butter

1/2 teaspoon vanilla extract

1/2 cup white sugar

1/4 cup all-purpose flour

Frosting:

1/2 tablespoon honey

2 tablespoons butter, softened

1/2 cup confectioners' sugar

1/2 teaspoon vanilla extract

2 tablespoons unsweetened cocoa powder

Instructions:

1. Preheat your oven to 175°C. Line an 8-inch pan with parchment paper. In a medium saucepan, melt half cup butter. Take out heat, add in eggs, sugar, and vanilla. Mix in cocoa, baking powder, flour, and salt. Pour batter on lined pan. Bake for 20-25 minutes (Don't overcook).
2. For frosting: mix softened butter, honey, vanilla extract, cocoa, and confectioners' sugar till smooth. Allow brownies to cool at room temperature.

3) Pear and Almond Tarts



Servings: 6

Time: 50 minutes

Ingredients:

1 tablespoons plain flour

30g unsalted butter, softened

2 sheets frozen butter puff pastry, thawed

Yolk of 1 egg

¾ cup (60g) almond meal

¼ teaspoon vanilla extract

¼ cup (60ml) maple syrup

1/6 cup superfine sugar

1 (220g) firm green pears, peeled, cored, thinly sliced.

Instructions:

1. Preheat oven to 200°C. For the frangipane, add sugar, butter and vanilla into food processor, and process for a minute till creamy and pale. Pour in egg yolk, flour and almond meal, process to mix.
2. Press 2 pastry sheets to make a thick sheet, repeat for remaining sheets. Cut 6 rounds with a 10cm pastry cutter. Layer on lined baking tray. Scoop 1 tablespoon of frangipane smoothly on each pastry and top with pear. Drizzle with maple syrup and bake for 10 minutes. Dip pastry brush into maple syrup and brush.

- 3.** Bake for another 5-8 minutes till golden and puffed. Allow to cool and drizzle with syrup.

4) Chocolate Chip Cookies



Servings: 20 cookies

Time: 30 minutes

Ingredients:

½ cup salted butter, softened

1 cup chocolate chips

½ cup white granulated sugar

1 teaspoon pure vanilla extract

2 cups all-purpose flour

½ cup light brown sugar

1 large egg

½ teaspoon sea salt

¼ teaspoon baking powder

½ teaspoon baking soda

Instructions

1. Preheat oven to 170°C. Line baking tray with parchment paper. Combine in a bowl salt, flour, baking soda, and baking powder.
2. In another bowl, mix butter and sugar till well-combined. Whisk in vanilla and eggs till fluffy. Add in the flour mixture and mix. Add the chocolate chips and combine.

3. Scoop 3 dough into a ball and place separately on the lined pan. Bake for 6-8 minutes, remove when just starting to turn brown.
4. Allow to cool for two minutes on baking tray before moving to cooling rack.

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