

Culinary Outlook

Strawberries grace an elegant torte

By Aileen Claire
NEA Food Editor

What's summer without a special strawberry dessert? Here is a rich torte, just like the ones you see in a posh bakery. It is not as difficult or time-consuming to make as it might seem. For full flavor, use pure vanilla extract as directed. It enhances the flavor of the other ingredients.

VANILLA-STRAWBERRY NUT TORTE

- 7 eggs, separated
- 5 teaspoons pure vanilla extract, divided
- 1 cup, 2 tablespoons sugar, divided
- 1/4 cups walnuts, finely ground
- 2 tablespoons flour
- 1/4 teaspoon salt
- 2 pints strawberries, divided
- 1 tablespoon orange liqueur or grated orange peel
- 1 teaspoon unflavored gelatin
- 2 tablespoons water
- 2 cups heavy (whipping) cream, divided
- 1/4 cup red currant jelly, melted



RICH DESSERT with vanilla, strawberries and nuts is a summer treat.

Preheat oven to 350-degrees. Grease 2 round (9-inch) baking pans and line with wax paper. In the large bowl of an electric mixer, beat egg yolks until light and lemon colored. Add 2 teaspoons pure vanilla extract. Gradually beat in 1 cup sugar; beat until very thick and mixture leaves a trail when beaters are lifted. Combine walnuts (use blender or processor to grind nuts), flour and salt; fold into yolk mixture. Beat egg whites until stiff but not dry; fold into yolk mixture. Turn batter into prepared pans. Bake until a cake tester, inserted in

the center, comes out clean: about 35 minutes. Turn out of pans onto racks; cool completely.

Meanwhile, hull and slice 1 pint strawberries; stir in 2 tablespoons sugar, liqueur and 2 teaspoons vanilla; set aside. In a small saucepan, sprinkle gelatin over water; let soften for 5 minutes. Heat over low heat to dissolve gelatin; remove from heat. Beat 1 cup cream until it starts to thicken. Slowly pour in warm gelatin mixture, beating until cream is thick; fold in strawberry mixture. Spread

over 1 cake layer. Cover with second cake layer. Lightly brush top with melted jelly.

Hull remaining 1 pint strawberries; arrange strawberries, point side up, on top of cake. Brush with remaining jelly. Add remaining 1 teaspoon vanilla to the remaining 1 cup heavy cream and beat until thick. Use to frost sides and pipe edge of cake. Refrigerate several hours before serving. This kitchen-tested recipe makes 12 servings.

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Scandinavian Grilled Burgers

No matter where you barbecue, whether it's in the backyard or on the beach, grilled hamburgers are a natural. There's something about cooking over glowing coals that makes even the simplest foods taste better.

The unusual combination of potatoes and tenyaki sauce produces richly flavoured patties that come off the grill plump and juicy. These "Viking Burgers" are so delicious there's no need for ketchup, but you may want to use a tad of mayonnaise. Either way they make a refreshing and welcome change from ordinary barbecued hamburgers.

VIKING BURGERS

- 1. 3 cup (75 mL) instant mashed potato flakes
- 2 tablespoons (30 mL) instant minced onion
- Boiling water
- 1. 4 cup (50 mL) KIKKOMAN Tenyaki Marinade & Sauce
- 2 pounds (1 kg) ground beef
- 1. 4 cup (50 mL) minced fresh parsley
- Pumpernickel bread slices
- Thinly sliced red onion rings

Measure potato flakes and minced onion into medium bowl. Stir in 1/4 cup (50 mL) boiling water and tenyaki sauce; let stand 5 minutes. Add beef and parsley; mix until thoroughly combined. Shape into 6 patties. Place on grill 4 inches (10 cm) from hot coals 4 minutes on each side (for rare) or to desired degree of doneness. Serve on bread slices with red onion. Makes 6 servings.

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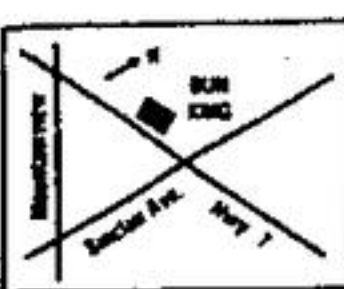
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