

INTRODUCTION TO RECIPE FAVORITES



1ST PRIZE

CARROT CHEESECAKE

This creamy smooth cheesecake, lightly seasoned with cinnamon and nutmeg and glazed with sour cream, is a welcome change from carrot cake.

CRUST:

- 1 1/4 cups graham wafer crumbs
- 1/3 cup butter, melted
- 1/4 tsp. cinnamon

FILLING:

- 4 medium Ontario carrots, peeled and cut in 1 inch pieces
- 4 eggs
- 2 pkgs. (250 g each) cream cheese, softened (1 lb/500 g)
- 3/4 cup packed brown sugar
- 1/4 cup all purpose flour
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. vanilla

TOPPING:

- 1 cup sour cream
- 2 tbsp. granulated sugar
- 1/2 tsp. vanilla
- 1/4 tsp. nutmeg

Crust: In a medium bowl, combine

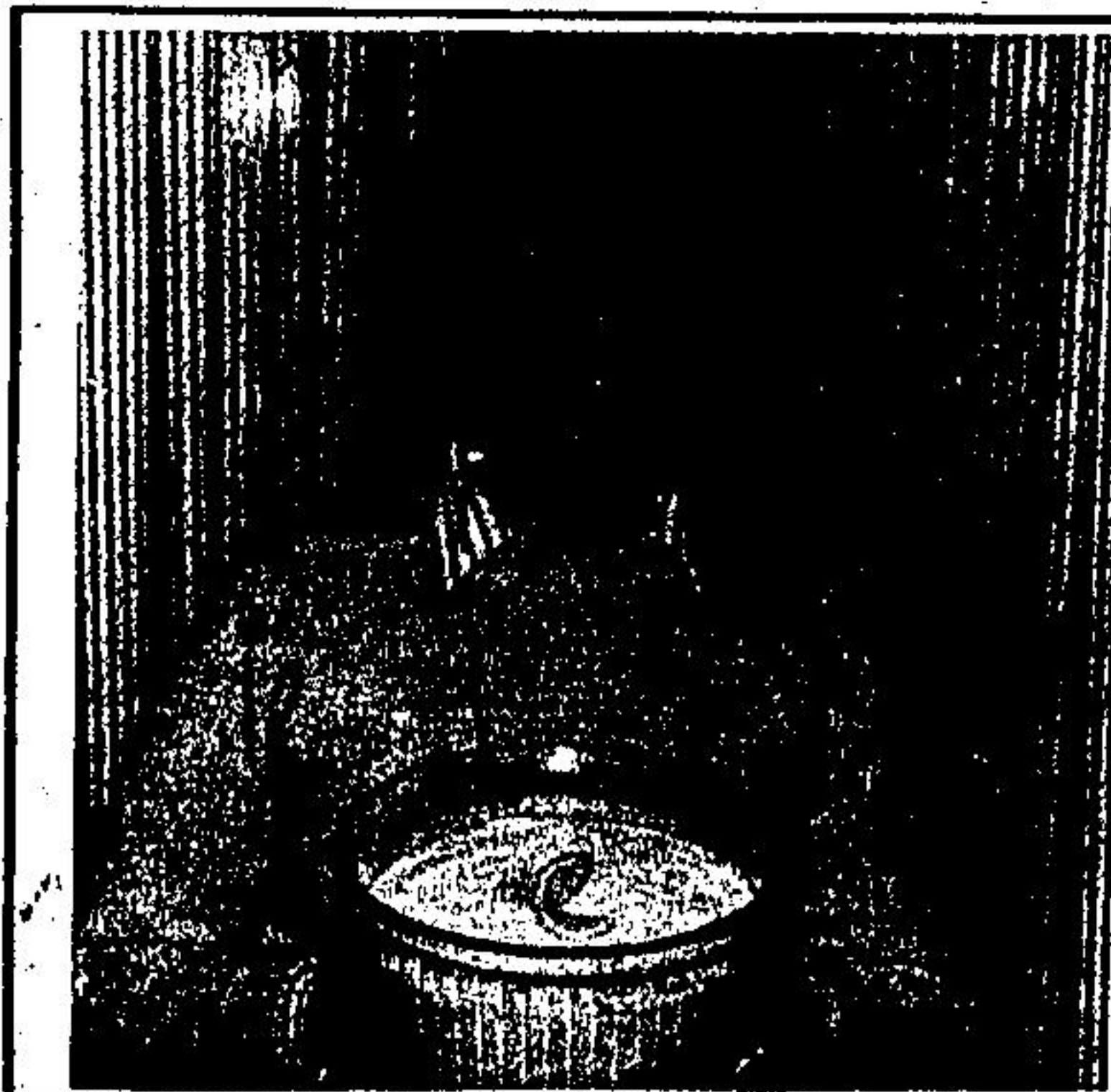
graham wafer crumbs, butter and cinnamon. Press into the bottom of a buttered 13x9" pan. Refrigerate.

Filling: Cook carrots; drain and puree in food processor or blender. Add eggs and beat well. Set aside. In a large bowl, using an electric mixer, beat cream cheese and brown sugar until smooth and creamy. Beat in flour, cinnamon, nutmeg, vanilla and carrot-egg mixture until smooth. Pour filling onto prepared crust. Bake at 325 F for 60 to 65 minutes or until edge is set but center is still soft. Remove from oven.

Topping: Combine sour cream, granulated sugar and vanilla; carefully spread on top of HOT cake. Sprinkle with nutmeg. Cool completely. Refrigerate 4 hours or until well chilled. Makes 12 servings.

Preparation time: 30 minutes. Baking time: 1 hour. Chilling time: 4 hours.

Mrs. J. Morrow,
Georgetown



There must be a lot of happy families in Halton Hills, judging by the number of tasty recipes The Herald received for its cookbook contest from amateur chefs. Harold Brown of the Cellar Restaurant, this year's judge, was very impressed by the quality of the entries. He is the co-owner of the downtown restaurant specializing in fine dining. Mr. Brown (above) picked Mrs. Jo Morrow (top left) as the cookbook contest winner. She collects \$125 for her carrot cheesecake. Norma Stewart (bottom left) won second prize for her cold

lemon soufflé with wine sauce, earning her \$75. The third place finisher was Florence Corbett. She won \$50 for her spicy pumpkin loaf recipe.

2ND PRIZE

COLD LEMON SOUFFLE WITH WINE SAUCE

- 1 envelope unflavoured gelatin
- 1/4 cup cold water
- 5 eggs, separated
- 3/4 cup fresh lemon juice
- 2 tsp. grated lemon rind
- 1 1/2 cups sugar
- 1 cup whipping cream

Method: Sprinkle gelatin over cold water to soften, set aside. Mix egg yolks with lemon juice, rind and 3/4 cup of sugar. Place in double boiler over boiling water and cook, stirring constantly, until lemon mixture is slightly thickened (about 8 minutes). Remove from heat and stir in gelatin until dissolved. Chill 30-40 minutes or until mixture mounds slightly when dropped from spoon. Beat egg whites until they begin to hold their shape, gradually add remaining 3/4 cup sugar until all has been added and whites are stiff. Beat cream until stiff. Fold whites and cream into yolk mixture until no white streaks remain. Pour into 2 quart souffle dish and chill 4 hours or more. Serve with Wine Sauce. Serves 8.

WINE SAUCE

- 1/2 cup sugar
- 3 tsp. cornstarch
- 1/2 cup water
- 3 tbsp. fresh lemon juice
- 1 tsp. grated lemon rind
- 2 tbsp. butter
- 1/2 cup dry white wine

Method: In small saucepan, mix together sugar and cornstarch. Stir in water, lemon juice and rind until smooth. Add butter. Bring to a boil, lower heat and cook until thickened (about 2 minutes). Remove from heat and stir in wine. Chill, stirring occasionally.

Norma L. Stewart,
Acton



3RD PRIZE

SPICY PUMPKIN LOAF

- 1 1/2 cup sifted all purpose flour
- 1 tsp. baking powder,
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. ground cloves
- 3/4 tsp. ground ginger
- 1/2 tsp. nutmeg
- 2 eggs
- 3/4 cup white sugar
- 1/4 cup Bee Hive Golden Corn Syrup
- 1/2 cup St. Lawrence Corn Oil
- 1 cup canned pumpkin
- 1/2 cup raisins
- 1/2 cup chopped walnuts

Sift together first 8 ingredients.

Beat eggs until light. Add sugar, corn syrup, corn oil and pumpkin, and beat thoroughly. Make a well in the middle of dry ingredients, add liquid ingredients all at once and stir until well mixed, add raisins and nuts and combine well. Pour batter into a 9x5 loaf pan which has been lined with waxed paper. Bake at 325 F for 80 minutes. If desired, glaze when cool by combining 1/2 cup Bee Hive corn syrup and 1/4 cup of water. Bring to a rolling boil and spread over loaf.

Florence Corbett,
Georgetown