

# Dessert Journal



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# Tangy Candied Chili Mango Skewers

## Ingredient

- 1 ripe but firm mango, peeled and cubed
- Bamboo skewers
- 1 cup granulated sugar
- 1/2 cup water
- Tajin seasoning (for sprinkling)

## Procedure

1. Pat dry the mango chunks with paper towels and skewer them onto bamboo skewers.
2. Line a baking sheet with parchment paper.
3. In a saucepan, combine the granulated sugar and water. Heat over medium-high heat without stirring. Allow it to boil for 10-12 minutes until it reaches 300°F (150°C) or until a drop of the mixture in cold water hardens immediately. This is the hard-crack stage.
4. Dip the mango skewers into the sugar mixture, allowing excess syrup to drip off. Place them on the parchment paper.
5. While the syrup is still sticky on the mango, sprinkle Tajin seasoning over it for a delightful contrast of sweet and spicy flavors.
6. Let the candied mango skewers cool and harden. Serve and enjoy!

Serving size: 4

Bake time: 12 min

Perpetration time: 10 mins

# Mini Balsamic Berry Cheesecakes with a Sugar Cookie Crust

## Ingredient

- 1 roll of sugar cookie dough
- 1 bag of frozen mixed berries, thawed, divided
- 1 tablespoon balsamic vinegar
- 1/2 cup granulated sugar
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 8 oz (227g) cream cheese, softened
- 2 cups whipped topping, thawed, divided

## Procedure

1. Preheat your oven to 350°F (175°C).
2. Cut the sugar cookie dough into 1/2-inch thick slices. Gently press them into greased muffin tins to form mini tart crusts.
3. Bake for 12-15 minutes, or until the edges are golden brown. While they're still warm, gently press down on the middle to create a well. Set aside to cool.
4. In a medium bowl, mash two cups of the mixed berries. Add balsamic vinegar, 1/4 cup granulated sugar, honey, and vanilla extract. Mix well.
5. In a separate bowl, beat the softened cream cheese and remaining granulated sugar until well blended.
6. Add the berry mixture to the cream cheese and beat on low until well combined, about 1 minute.
7. Fold in 1 3/4 cups of the whipped topping.
8. Spoon the berry mixture into the sugar cookie crusts.
9. Refrigerate for at least 4 hours.
10. Top with the remaining whipped topping and garnish with

Serving size: 12

Bake time: 15 mins

Perpetration time: 20 mins

Chilling time: 4 hours

# Decadent Lentil Banana Chocolate Brownies

## Ingredient

- 2 1/4 cups cooked lentils (any kind)
- 1/4 cup honey
- 1/3 cup coconut oil, melted
- 1/4 cup cocoa powder
- 1/4 cup coconut sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 2 large eggs
- 3/4 cup chocolate chips
- 1 banana, sliced
- 1/2 cup chopped pecans

## Procedure

1. Preheat your oven to 175°C (350°F) and line an 8x8-inch baking pan with parchment paper.
2. In a food processor, blend cooked lentils, honey, melted coconut oil, cocoa powder, coconut sugar, salt, and vanilla extract until smooth.
3. Add eggs and blend until fully incorporated.
4. Stir in half of the chocolate chips and the sliced banana, reserving some for decoration.
5. Pour the batter into the prepared baking pan, smooth the top, and sprinkle the remaining chocolate chips, banana slices, and chopped pecans on top.
6. Bake for 30-35 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.
7. Allow the brownies to cool before slicing them into squares.

Serving size: 16 squares

Bake time: 30 mins

Perpetration time: 10 mins

# Refreshing Strawberry Basil Citrus Sorbet

## Ingredient

- 750g frozen strawberries
- 1 orange, juiced
- Zest of 1 lemon
- 300ml heavy cream
- 1 cup fresh basil leaves, packed
- 2/3 cup (150g) granulated sugar

## Procedure

1. Place the frozen strawberries, freshly squeezed orange juice, lemon zest, heavy cream, fresh basil leaves, and granulated sugar in a blender.
2. Blend until you achieve a smooth and creamy consistency.
3. Serve the ice cream immediately for a soft-serve texture or transfer it to an airtight container and freeze for a firmer consistency.

Serving size: 4

Bake time: 12 min

Perpetration time: 10 mins

# Indulgent Chocolate Berry Avocado Truffles

## Ingredient

- 3/4 cup dark chocolate chips
- 1/2 ripe avocado
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 2 tablespoons pure maple syrup
- 1/2 teaspoon pure vanilla extract
- Pinch of salt
- 1/3 cup dried raspberries (for dusting)

## Procedure

1. In a saucepan, melt the dark chocolate chips over low heat or using a double boiler. Stir until smooth and remove from heat.
2. In a food processor, combine the ripe avocado, mixed berries, pure maple syrup, vanilla extract, and a pinch of salt. Blend until the mixture is smooth and well combined.
3. Pour the melted chocolate into the food processor with the avocado-berry mixture. Process until everything is thoroughly mixed.
4. Place the mixture in the freezer until it's firm enough to handle, about 30 minutes to an hour.
5. Roll the chilled mixture into small truffle-sized balls and place them back in the freezer for a few more minutes to firm up.
6. In a separate bowl, crush the dried raspberries into fine dust.
7. Take the truffle balls out of the freezer and roll them in the dried raspberry dust to coat them.
8. Place the truffles in an airtight container, separated by parchment paper, and refrigerate until ready to serve.

Serving size: 16

Bake time: 15 mins

Perpetration time: 5 mins

# Strawberry and Tomato Spice Cake

## Ingredient

- 1 pound (450g) ripe tomatoes
- 200g strawberries
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 3/4 cup unsalted butter, softened
- 2 large eggs
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger

## Procedure

1. Preheat your oven to 180°C (350°F) and grease and flour a 9-inch round cake pan.
2. Core the tomatoes and puree them in a blender or food processor. Do the same with the strawberries.
3. In a large mixing bowl, cream together the softened unsalted butter, brown sugar, and granulated sugar until fluffy.
4. Beat in the eggs one at a time until well combined.
5. In a separate bowl, whisk together the all-purpose flour, baking powder, salt, ground cinnamon, and ground ginger.
6. Gradually add the dry ingredients to the wet mixture, alternating with the tomato and strawberry puree. Begin and end with the dry ingredients.
7. Pour the batter into the prepared cake pan and smooth the top.
8. Bake for 40 minutes or until a toothpick inserted into the center comes out clean.
9. Allow the cake to cool for 10 minutes in the pan before transferring it to a wire rack to cool completely.

Serving size: 10

Bake time: 40 mins

Perpetration time: 10 mins

# Minty Chocolate Chip Ice Cream Bites

## Ingredient

- 2 cups half and half
- 2 cups fresh mint leaves, washed, stems removed
- 1/2 cup granulated sugar
- 4 egg yolks
- 1 cup heavy cream
- 1 teaspoon pure mint extract
- 1/4 cup mini semi-sweet chocolate chips
- 1/2 cup semi-sweet chocolate chips
- 1 teaspoon vegetable oil

## Procedure

1. In a medium saucepan, combine half and half, fresh mint leaves, and granulated sugar. Heat over medium heat, stirring occasionally, until it starts steaming.
2. Remove the saucepan from heat and let the mixture infuse for an hour. Alternatively, transfer it to an airtight container and refrigerate overnight for a more intense mint flavor.
3. After infusing, pour the mixture back into the saucepan and heat it again over medium heat until steaming.
4. In a separate bowl, whisk egg yolks until pale and thick, about 2 minutes.
5. Slowly pour the hot half and half mixture into the egg yolks, whisking continuously.
6. Return the mixture to the saucepan and heat until it reaches 165°F (74°C) and coats the back of a spoon. Remove from heat.
7. Pour the custard through a fine-mesh strainer into a clean bowl. Whisk in heavy cream, pure mint extract, and creme de menthe (if using).
8. Refrigerate the custard until cold.
9. Churn the custard in an ice cream maker according to the manufacturer's instructions, adding mini semi-sweet chocolate chips during the last 5 minutes of churning.
10. Transfer the ice cream to an airtight container, drizzling melted chocolate into the container between layers. Freeze for at least an hour before scooping.
11. Line a small baking sheet with parchment paper and set it aside.
12. Using an ice cream scoop, scoop the mint chocolate chip ice cream and place it on the prepared baking sheet, leaving some space between scoops.
13. Insert wooden skewers into the center of each scoop, about halfway through.
14. Freeze the scoops for at least an hour or overnight if possible.
15. In a metal bowl, combine chocolate chips and vegetable oil. Place the bowl over a saucepan with about an inch of simmering water to create a double boiler. Stir until the chocolate is completely melted and smooth. Remove from heat.
16. Take the frozen ice cream scoops out and, holding them by the wooden skewers, dip them into the melted chocolate to coat them completely. Quickly dip the bottom of each scoop into the chocolate, then return them to the parchment-lined baking sheet.
17. Remove the skewers from the top of each bon bon.
18. Freeze for 30 minutes before serving. Enjoy!

Serving size: 12

Bake time: 15 mins

Perpetration time: 20 mins

Chilling time: 4 hours

# Exquisite Mango Pineapple Pudding

## Ingredient

- 2 ripe mangoes, cubed
- 1 pineapple, cubed
- 2 tablespoons granulated sugar
- 2 tablespoons dark rum
- 2 tablespoons lime juice
- 1 cup pineapple juice
- 4 large eggs, separated
- 1 cup granulated sugar
- 2 tablespoons dark rum
- 3/4 cup all-purpose flour
- 1 tablespoon lime zest
- 1/4 teaspoon salt
- 1 tablespoon icing sugar (for dusting)

## Procedure

1. In a large bowl, combine cubed mangoes and pineapple. Add granulated sugar, dark rum, and lime juice. Let it sit and marinate.
2. Beat egg whites until soft peaks form. Gradually add 1/3 cup of granulated sugar, one tablespoon at a time, until stiff peaks form.
3. In another bowl, beat egg yolks and remaining granulated sugar until pale. Mix in flour, dark rum, lime zest, and salt until well combined.
4. Gently fold one-quarter of the beaten egg whites into the egg yolk mixture.
5. Spread the fruit squares evenly in a baking pan. Pour the egg yolk mixture over the fruit and spread it evenly.
6. Pour pineapple juice over the mixture.
7. Bake at 180°C (350°F) for 50 minutes or until the top is golden brown.
8. Allow it to cool for an hour, then

Serving size: 6

Bake time: 50 mins

Perpetration time: 25 mins

# Zesty Dark Chocolate and Chili Cookies

## Ingredient

- 1/2 cup (115g) unsalted butter, softened
- 2/3 cup (135g) granulated sugar
- 1/4 cup (55g) light brown sugar
- Zest of 2 large oranges
- 1 large egg
- 1 3/4 cups (220g) all-purpose flour
- 1/3 cup (30g) cocoa powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (175g) dark chocolate chips
- 1 1/2 teaspoons dried chili flakes (adjust to taste)

## Procedure

1. Preheat your oven to 350°F (175°C) and line baking sheets with parchment paper.
2. In a large mixing bowl, cream together softened butter, granulated sugar, brown sugar, and orange zest until light and fluffy, about 3 minutes.
3. Beat in the egg until well combined.
4. In a separate bowl, whisk together flour, cocoa powder, baking soda, and salt.
5. Gradually add the dry ingredients to the wet mixture, mixing until fully incorporated.
6. Fold in dark chocolate chips and dried chili flakes. Adjust the chili amount to your preferred level of heat.
7. Chill the cookie dough in the refrigerator for 30-60 minutes.
8. Scoop tablespoons of dough and place them 2 inches apart on the prepared baking sheets. Flatten them slightly with the back of a spoon.
9. Bake for 11-13 minutes, or until the edges are set but the centers are still slightly soft.
10. Cool the cookies on the baking sheets for 5 minutes, then transfer them to a wire rack to cool completely. For an extra touch, sprinkle the zest of one orange on top of the cookies before serving.

Serving size: 11

Bake time: 13 mins

Perpetration time: 15 mins

# Tropical Passion Fruit Bliss Cheesecake

## Ingredient

- 250g plain sweet biscuits (e.g., graham crackers or digestive biscuits)
- 125g unsalted butter, melted
- 500g cream cheese, softened
- 200g caster sugar
- Zest of 1 lemon
- 3 tbsp fresh lemon juice
- 2 tbsp cornstarch
- 4 large eggs
- 240ml heavy cream
- 170g canned Passionfruit Pulp
- 1 tbsp additional caster sugar

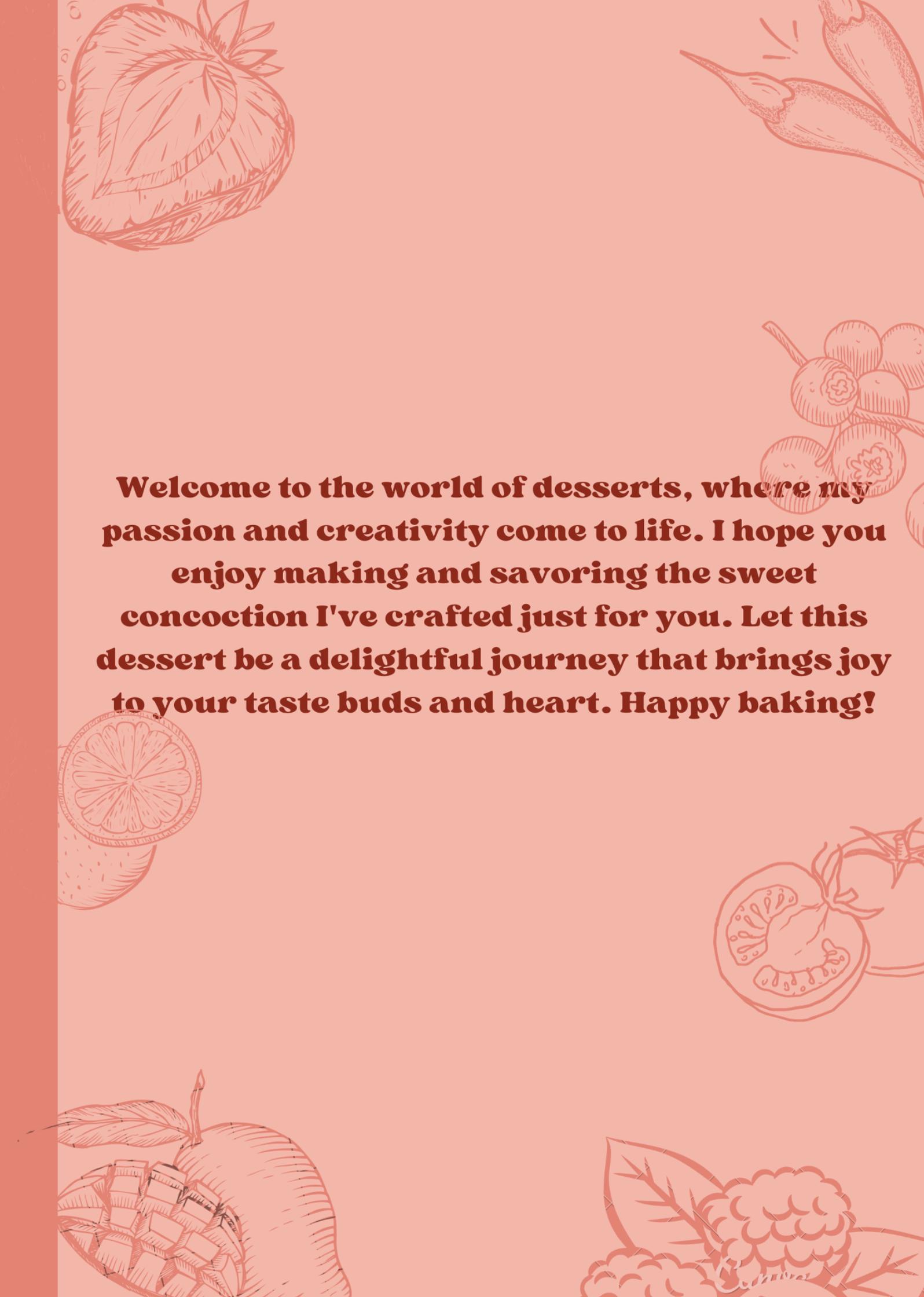
## Procedure

1. Preheat your oven to 160°C (320°F) and line the base of a 20cm (8-inch) springform pan with parchment paper.
2. Crush the biscuits in a food processor until finely ground. Add melted butter and pulse until well combined. Press this mixture into the base and slightly up the sides of the prepared pan. Chill in the fridge for 30 minutes.
3. In a large mixing bowl, beat cream cheese until smooth. Gradually add caster sugar, lemon zest, and lemon juice while continuing to beat. Mix in the cornstarch.
4. Add eggs one at a time, beating well after each addition. Finally, add the heavy cream and mix until the batter is silky and well combined.
5. Pour the cheesecake batter over the chilled crust. Place the pan on a baking tray to catch any potential drips. Bake for 60-70 minutes, until the cheesecake is set but still slightly jiggly in the center.
6. Turn off the oven, crack the oven door, and allow the cheesecake to cool slowly for 2 hours. Then refrigerate it for at least 4 hours or overnight.
7. In a saucepan, combine the Passionfruit Pulp and additional caster sugar over medium heat. Stir until it thickens into a syrupy consistency. Let it cool.
8. Once the cheesecake is set and cooled, drizzle the Passionfruit syrup on top before serving. Slice and enjoy!

Serving size: 1 cake

Bake time: 1h 10 mins

Perpetration time: 40 mins



**Welcome to the world of desserts, where my passion and creativity come to life. I hope you enjoy making and savoring the sweet concoction I've crafted just for you. Let this dessert be a delightful journey that brings joy to your taste buds and heart. Happy baking!**