

# HAPPY ENDINGS

Dessert recipes with locked-in tastes



Luísa Fortunato

Our gift from Locked-in Tastes...

# Happy Endings

We wish family, friends, neighbours, readers & lockedintastes followers, sweet happy endings to each & every day throughout 2021.

And may you enjoy a...

## Happy and Healthy New Year!

With our gratitude to you,  
from

Lúisa Fortunato

and the Locked-in Tastes team:

Gordon Douglas, Sandra Bloomfield, Mary Ellen Atzert & Ulrich Sperling of Meticulous Graphics



# About us

Locked-in tastes was created by Luísa Fortunato, at the start of the coronavirus pandemic 2020, as a means to raise funds for charity while building solidarity and friendship across borders and oceans through our common interest: cooking.

If you are ever stuck, need a new idea, flavour or taste, you can find us at:

[www.lockedintastes.com](http://www.lockedintastes.com)

[info@lockedintastes.com](mailto:info@lockedintastes.com)

Instagram: lockedintastes

Youtube channel: lockedintastes

## Happy cooking!



# Dedication



To my sister, Anne, who taught me that  
“a gift is felt in two hearts, the giver’s and the receiver’s” L xx



# The Recipes

January: Vanilla crème brûlée

February: Flourless chocolate cake

March: Tiramisu

April: Lemon drizzle cake

May: Raspberry pavlova

June: Lemon madeleines with lavender

July: Rose and pomegranate ice cream

August: Peach crumble with cardamom crust

September: Orange and chocolate brownies

October: Plum and mascarpone custard tart

November: Pear and polenta cake

December: Christmas tree cake





January

## Vanilla crème brûlée

A grand dessert for a new year!



Dessert

Serves 6

Prep time: 15 minutes

Cooking time: 35 minutes

Chilling time: 4 to 5 hours

Gluten-free

## Ingredients

6 large egg yolks  
100g caster sugar  
1 vanilla bean  
50g turbinado sugar  
(light brown raw sugar)  
500ml heavy cream

## Also needed

6 ramekins  
Kitchen blow-torch



## Method

Preheat the oven 160°C.

Pour the cream into a medium-sized saucepan and allow to simmer over low heat.

Slice the vanilla bean down the middle, scrape the seeds into the cream and drop in the pod as well. (The pod adds more flavour.)

In a mixing bowl, beat the egg yolks and pour in the sugar, in a stream. Beat until pale yellow in colour and frothy.

Gradually add the warmed cream into the egg and sugar mixture, constantly whisking with a wire whisk to make a custard. Remove the pod and any skin that may have formed.

Pour the mixture into individual ramekins. Place the ramekins into a roasting pan, surrounded by hot water, two-thirds of the way up. Cook in the oven until set: 30 to 35 minutes. (The custard will be a bit jiggly-wiggly in the centre.)

Remove ramekins from the oven, allow to cool, then place in refrigerator to chill for 4 to 5 hours.

Before serving, sprinkle the raw sugar on to each ramekin, then caramelize the sugar with the blow-torch. If you like your topping to be extra crunchy and thick, repeat this step to make a second layer!!

Serve immediately.

February

## Flourless chocolate cake

Rich romantic tastes baked with love.



Dessert

Serves 8 to 10

Prep time: 15 minutes

Cooking time: 45 minutes

[www.lockedintastes.com](http://www.lockedintastes.com)



## Ingredients

500g chocolate, such  
as Lindt 64% or higher  
250g unsalted butter  
60ml brewed espresso  
coffee  
1 tspn vanilla extract  
8 large eggs  
250g sugar  
Double-processed cocoa  
powder



## Method

Preheat the oven to 225°C. Butter a 22 cm diameter springform pan. Line the bottom and the sides with baking paper.

In a medium saucepan, melt the chocolate, butter, coffee and vanilla over low heat until smooth.

In a bowl, using an electric mixer, beat the eggs and sugar until the mixture is thick and a pale yellow colour (approximately 6 to 8 minutes).

Fold 1/3 of the egg mixture into the chocolate and mix for 2 minutes. Add the rest of the mixture and beat for 5 minutes. Pour into the springform pan. Wrap the bottom and sides with aluminium foil to make pan watertight. Leave the top uncovered.

Create a bain-marie by placing the springform pan into a roasting dish with hot water reaching 2/3 up the sides of the springform pan. Bake for 5 minutes at 225°C, then reduce the temperature to 185°C.

Butter a sheet of aluminium foil and now cover the top of the springform pan tightly and continue to bake for another 35 to 40 minutes.

Remove from the bain-marie and dispose of foil. Let the cake cool in the springform pan for 2 hours. Then loosen the clip of the springform pan, peel off the baking paper and flip the cake onto your serving dish.

Dust double-processed powder cocoa over the top and serve with whipped cream and red berries.

March

## Tiramisù

A dessert worthy of a celebration!



Dessert

Serves 12

Prep time: 45 minutes

Chilling time: 4 to 12 hours  
but best if chilled overnight

## Ingredients

300ml espresso,  
cooled  
40–45 ladyfingers  
450g mascarpone  
4 large eggs,  
separated  
100g granulated  
sugar  
480ml whipping  
cream  
1/8 tspn salt  
Cocoa powder,  
unsweetened

## Method

Use a large 20 x 30 cm baking pan/dish with at least a 3 litre capacity. You will form 2 layers of dipped ladyfingers and mascarpone mousse.

### First layer

Pour the espresso into a shallow bowl. One at a time, quickly dip each side of the ladyfingers. Do not over-saturate or make them soggy. Make a solid layer of the dipped ladyfingers in the baking pan. If necessary, cut some to fill empty spaces. Reserve remaining espresso and ladyfingers for the next layer.

### For the mascarpone mousse

With a mixer, beat the mascarpone on medium speed in a large bowl until smooth. Set aside.

Put the egg yolks into a double boiler, or use a heat-proof bowl over a small pan of simmering water. Add 50g of the sugar and whisk for about 5 minutes until light and foamy. Remove from the heat and pour into the mascarpone. Beat on medium speed with a mixer until all is combined.

In a separate bowl, whip the heavy cream with a mixer. Add the vanilla extract and continue to beat until medium peaks form: about 3-4 minutes. Fold the whipped cream into the mascarpone mixture and set aside.

Add salt to the egg-whites and beat, at medium speed, with a dry whisk attachment: about 1 minute until foamy. Increase to high speed and slowly pour in the remaining 50g sugar. Beat until stiff peaks form, about 4-5 minutes. Do not over-beat or the egg-whites will be dry. Gently fold the egg whites into the mascarpone mixture to make a mousse. Spread half of this mousse over the bottom layer of ladyfingers. **CONTINUED...**

### Second layer

Dip remaining ladyfingers into the rest of the espresso and arrange one-by-one on top of the mascarpone mousse. Gently press each down so they are nice and compact.

Spread remaining mascarpone mousse evenly on top. If you're using a large enough pan/dish, it will fit but do not be afraid if it is puffy and higher than the sides.

Refrigerate uncovered for 2-3 hours, then sift a dense layer of cocoa powder all over the top.

### To serve

Using a sharp knife, slice the chilled tiramisù into servings. Wipe the knife clean between cuts. A small square metal spatula is very helpful to lift nice clean squares out of the baking dish.

Cover any leftover tiramisù and store in the refrigerator for up to 3 days.





April

## Lemon drizzle cake

Our favourite and most requested cake, especially for birthdays and parties.



Dessert

Serves 8

Prep time: 10 minutes

Cooking time: 40 minutes plus

[www.lockedintastes.com](http://www.lockedintastes.com)



## Ingredients

200g butter, softened  
200g self-rising flour  
200g caster sugar  
4 eggs  
Zest of 1 lemon, finely grated  
1 tsp baking powder

### For the drizzle topping

100g granulated sugar  
Juice of 1 lemon  
Splash of limoncello



## Method

Preheat oven to 180°C.

Butter and flour your cake pan. If using a loaf pan or other pan, also line with baking paper.

Beat together the butter, sugar and eggs.

Add the flour, baking powder and zest. Mix until smooth.

Pour into your prepared cake pan and bake for about 40 minutes. The cake will become golden brown. (Use a cake tester to determine doneness.) Remove from oven and let cool for 10 minutes in its pan.

While the cake is cooling, prepare the lemon drizzle topping. Mix together, in a saucepan, the lemon juice, limoncello and sugar. Stir rapidly to dissolve completely and pour into a pitcher.

De-mould from cake pan and flip on to your serving dish.

While the cake is still warm, pour the drizzle topping over it. Wipe excess topping from the serving dish. Allow the cake to cool.

Serve and wait for the applause!

May

## Raspberry Pavlova

Australia's national dessert, enjoyed around the globe!



Photo and inspiration by Nola, Canberra, Australia

Dessert

Serves 6

Cooking time: 60 minutes

Gluten-free

## Ingredients

### For the meringue

4 large egg whites  
250g caster sugar  
1 tspn white wine vinegar  
or lemon juice  
1 tspn cornflour  
1 tspn vanilla essence

### For the topping

500g fresh raspberries  
350ml whipping cream

## Method

Preheat oven to 150°C.

Using a pencil, mark out the circumference of a dinner plate on baking parchment.

Whisk 4 egg whites with an electric mixer until they form medium peaks. Whisk in the 250g caster sugar, 1 tbs at a time, until the meringue looks glossy. Finally add the cornflour and vinegar or lemon juice and whisk for another minute.

Spread the meringue inside the circle, creating a crater by making the sides higher than the centre.

Bake for 1 hour, then turn off the heat and let the Pavlova cool completely inside the oven.

When the meringue is cool, place the raspberries on top and serve immediately with freshly whipped cream.



June

## Lemon madeleines with lavender

They taste as delicious as their fragrance.



Snack - Tea time

Makes 24 madeleines

Prep time: 40 minutes

Cooking time: 7 to 8 minutes



## Ingredients

175g unsalted butter, melted, plus  
more for the baking pans  
375g cake flour, sifted (not self-rising)  
1/2 tspn baking powder  
1/4 tspn coarse salt  
3 large eggs plus 2 large egg yolks  
175g granulated sugar  
2 tbs finely grated lemon zest  
2 tbs fresh lemon juice  
2 tbs edible (untreated) lavender petals  
- ask your grocer or florist

## Method

Preheat oven to 200°C. Butter two madeleine pans; set aside.

Sift flour, baking powder and salt into a bowl; set aside.

Put eggs, egg yolks, granulated sugar, lemon zest and juice into the bowl of an electric mixer fitted with paddle attachment. Mix on medium-high speed until pale and thickened, about 5 minutes. Mix in the butter and lavender petals. Using a spatula, fold flour mixture into egg mixture. Let rest 30 minutes.

Pour batter into buttered pans, filling the moulds 3/4 full. Bake for 7-8 minutes, until edges are crisp and golden. Let the madeleines cool slightly in the pans. Invert, un-mould and serve on one of your prettiest desert dishes.





July

## Rose and pomegranate ice cream

Pretty in pink and blossoming into delicate scented flavours



Dessert

Serves 4

Cook time: 15 minutes

Chill time: 10 hours

Gluten-free

## Ingredients

500ml double cream  
1 tbs rose water  
400g condensed milk  
2 tbsp pomegranate  
molasses  
400ml pomegranate juice  
Pomegranate seeds to toss  
on top  
Dried rose petals

## Method

Pour the cream, rose water, condensed milk and pomegranate molasses into a mixing bowl. Use an electric mixer to whisk into soft peaks. Drizzle in the pomegranate juice and whisk by hand until thickened. Pour the mixture into a freezer-proof container and freeze for about 2 hours.

Remove from the freezer and whisk thoroughly by hand again. Return the container to the freezer and freeze for another 2 hours. Whisk again and freeze for a further 5 - 6 hours.

Remove from the freezer 5 minutes before serving and scoop the ice cream into bowls. Sprinkle pomegranate seeds and dried rose petals on top; and serve.



August

## Peach crumble with cardamom crust

The far-eastern taste of cardamom transforms this traditional favourite from the American South into an exotic dessert.



Dessert

Serves 4

Prep time: 30 minutes

Cooking time: 40 minutes

## Ingredients

1.5 kg yellow peaches (about 8), halved,  
stones removed, cut into wedges  
2 tbsp caster sugar  
Softened butter, for brushing  
1 tsp cornflour  
2 tbs coarse granulated sugar  
Vanilla ice cream

### Cardamom crust

300g flour  
110g caster sugar  
1 tsp baking powder  
1 tbs ground cardamom  
150g cold unsalted butter, in small  
pieces  
200 ml milk

## Method

### For the cardamom crust

Sift flour, sugar, baking powder, cardamom and ½ tsp salt into a bowl. Add butter and rub in with your fingertips until the mixture resembles fine crumbs. Add milk and combine by hand, then gently knead until the mixture comes together.

### For the peach crumble

Preheat oven to 180C. Butter a 9 inch (22 x 22 cm) ovenproof baking dish. Combine peaches, sugar and cornflour in a bowl and spoon into the baking dish. Using your fingers, crumble the cardamom dough over the peaches to cover, scatter with the sugar and bake 35-40 minutes, or until golden and bubbling.

Serve hot with vanilla ice cream.





September

## Orange and chocolate brownies

These brownies make a terrific after-school snack or whenever you need a chocolate burst!



Recipe compliments of Karen, Esher, Surrey, UK.

Dessert

Makes 16

Cooking: 25 minutes + prep time



Orange and chocolate brownies

## Ingredients

250g butter  
300g dark chocolate,  
chopped  
320g caster sugar  
4 large eggs  
175g flour  
Zest of 2 oranges  
1/2 tspn sea salt  
Orange wedges for  
garnish

## Method

Preheat oven to 190°C.

Grease and line a 20cm square tin with baking paper.

Melt butter and chocolate over a low heat, then leave to cool slightly.

Add beaten eggs and sugar. Stir with a wooden spoon.

Stir in the flour, orange zest and sea salt.

Pour into the tin and bake for 25 minutes, until just set with a slight wobble.

Remove from oven and leave in tin to cool.

Cut into squares, arrange on to a serving dish. Garnish with orange wedges or slices and serve.



October

## Plum and mascarpone custard tart

Flaky buttery pastry filled with sweet plums and a pinch of cinnamon - YUMMM!



Dessert

Serves 6

Prep time: 45 minutes

Baking time: 45 minutes

## Ingredients

### For the plums

10 to 12 plums, stoned and sliced  
60ml orange juice  
100g brown sugar  
1 tbs cinnamon

### For the pastry

125g unsalted butter  
300g flour  
2 tbs powdered or icing sugar  
1 tbs heavy cream

### For the mascarpone custard

2 large eggs  
250g mascarpone cream  
75ml heavy cream  
50 g caster sugar  
1 tsp vanilla essence

## Method

### For the plums

In a medium size bowl, mix orange juice, dark sugar and cinnamon until well combined.

Add the sliced plums and marinate for 15 to 30 minutes

### For the pastry

Sift flour and sugar into a large mixing bowl. Add butter and mix using a stainless steel pastry cutter or food processor.

Add cream and combine until the dough forms a ball. Press the ball of dough into flat round disk, cover with plastic wrap, and chill in the refrigerator for 30 minutes.

### For the mascarpone custard

Place eggs, sugar and vanilla in a medium bowl and whisk lightly to combine.

Heat cream in a medium saucepan.

Stir the egg mixture into warm cream. Add mascarpone and whisk to combine. Set aside. **CONTINUED...**

### For the tart

Preheat oven to 185C.

Butter a 9 inch (22cm) diameter tart tin with removable bottom and set aside.

Remove pastry from the refrigerator and roll it out into a thin circle to line the tart tin. Prick the bottom of the tart with a fork.

Bake the tart pastry for 8 to 10 minutes and remove from oven. Spoon the mascarpone custard into the tart shell.

Drain the plums from the marinade and discard liquid.

Slightly overlapping each plum slice, arrange them in circles on top of the mascarpone custard.

Place the filled tart into the centre of the oven. Bake for 35 minutes.

Leave the tart to cool in the tin for 15 minutes, then carefully remove and put it on to a plate or cake stand.

Serve with vanilla ice cream sprinkled with cinnamon.



November

## Pear and polenta cake

A favourite of Janet and John, Perth, Western Australia. They suggest serving with coffee, wine or even a whisky after an satisfying autumnal meal.



Dessert

Serves 8

Cooking and prep time: 90 minutes



## Ingredients

3 pears  
4 eggs  
380g dark brown sugar  
2 tspn vanilla essence  
250ml white wine  
250ml sunflower oil  
310g flour  
2 1/2 tspn baking powder  
120g fine polenta

### For the syrup

200g sugar  
75ml water  
120ml fresh lemon juice



## Method

Preheat oven to 160°C. Generously butter a 20cm springform baking pan and sprinkle 2 teaspoons dark sugar over the bottom.

Peel, core, and slice the pears. Place them in an attractive ring on the bottom of the cake pan.

Beat the eggs, sugar and vanilla until the mixture is light and creamy. Slowly add the wine and oil; and mix.

Sift together the flour and baking powder.

Gently fold the dry flour mixture into the wet mixture.

Slowly add the polenta and gently mix to create the cake batter. Carefully pour the batter over the pears (so as not to disturb the design) and bake for 80 minutes or until the cake is firm in the middle.

While the cake is baking, make a syrup by combining the syrup ingredients. Bring them to a rapid boil for 3 minutes. Remove from heat and keep warm.

Use a cake tester to determine if the cake is done. When so, remove from the oven and flip it upside down onto a serving plate. Loosen the clip on the springform and remove the pan. Use a toothpick to lightly prick the cake and pour over the warm syrup.

Serve with vanilla or caramel ice cream.

December

# Christmas tree cake with fluffy butter-cream frosting

A festive ending to a Christmas feast.



Dessert

Serves 12

Prep time: 15 minutes

Cooking time: 30 minutes

Decorating time: 15 minutes

## Ingredients

### For the cake

250g unsalted butter  
550g flour  
300g caster sugar  
1 tbs baking powder  
1/2 tspn salt  
1 tsp vanilla extract  
250ml low-fat milk (2%)  
2 large eggs

### For the fluffy butter-cream frosting

350g unsalted butter at room temperature  
600g powdered sugar or icing sugar  
4 tbs heavy cream  
2 tspn vanilla extract

## Method

Preheat oven to 185°C. Take two 9 inch (22cm) round cake pans. Line with baking paper. Butter bottom & sides of the pans & sprinkle with flour. Combine sugar, flour, baking powder and salt in a mixer with paddle attachment.

Slowly (one piece at a time, and on low speed) mix in the butter and blend until the mixture becomes smooth. Add the vanilla and milk. Mix for about 2 more minutes.

Add the eggs one at a time. Mix on medium speed until light and airy. Pour mixture into the prepared cake pans. Tap pans on your work surface to release air bubbles.

Place into the oven and bake for about 30 to 35 minutes or until a toothpick inserted in the centre comes out clean.

Allow the cakes to cool in their pans on a wire rack for ten minutes. Run a knife along the edges to loosen them from the sides. Flip the cakes on to the wire rack and allow to cool for about 1 hour.

While the cakes are cooling, prepare the fluffy butter-cream frosting. In the bowl of an electric mixer, using the whisk attachment, whip the butter on high speed, until nearly white and very fluffy: about 10 minutes, frequently scraping down the sides of the bowl. Add the powdered sugar, heavy cream and vanilla extract. Mix on low speed until blended, then increase speed to medium and beat until very light and fluffy: about 8 minutes, again frequently scraping down the sides of the bowl.

Place the first cake on to your serving plate and frost with the fluffy butter-cream. Place the second cake on top of the first and frost again.

Using a pastry bag filled with the same frosting and fitted with a ribbon tip, decorate the top of your Christmas tree cake by forming Christmas tree designs.

Decorate the Christmas tree design with your favourite sweets and/or chocolate stars, hearts or buttons, and serve!



## *With gratitude*

To my husband Gordon, my girlfriends, Sandra and Mary Ellen, and to Ulrich of Meticulous Graphics, who have researched, commented on, edited, generously provided technical support and web design during these intense, uncertain and dramatic months of 2020.

Thank you

To my friends and family, who over the years have accepted invitations to share an experimental meal together at home. Your enthusiasm, encouragement and positivity is invaluable.

Thank you

And.....

To you, for your curiosity, interest and generous support. Together, we have achieved so much over these last 9 months.

*Thank you*





# Locked-in Tastes



Happy and Healthy New Year!

email: [info@lockedintastes.com](mailto:info@lockedintastes.com)

website: [www.lockedintastes.com](http://www.lockedintastes.com)

Instagram: [lockedintastes](https://www.instagram.com/lockedintastes)

Youtube channel: [lockedintastes](https://www.youtube.com/lockedintastes)

