

# Arlene Normand Recipe Guide



Welcome to my recipe guide. This guide provides you with a wonderful array of **DESSERT RECIPES**. They are delicious and I hope you enjoy them.

All my best

*Arlene*

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## Recipe Guide



### **Baked apples**

An apple a day is easy if you have them in this delicious baked apple dessert.

#### **Ingredients (serves 4)**

**1 serve = 1 carbohydrate**

4 apples (such as Golden Delicious or Granny Smith)

1 tablespoon lemon juice

1/3 cup sultanas

2 teaspoons vanilla essence

2 tablespoons brown sugar

2 tablespoons slivered almonds, toasted

1 teaspoon mixed spice

low-fat custard, to serve

#### **Method**

Preheat oven to 180°C. Using a small sharp knife, remove cores from apples, leaving apples whole and bases intact. Drizzle lemon juice into apple cavities. Place apples, upright, into a ceramic baking dish.

Combine sultanas, vanilla essence, sugar, almonds and spice. Spoon sultana mixture into centre of each apple. Cover with foil. Bake for 15 minutes. Remove foil. Bake for a further 10 to 15 minutes or until apples are tender. Serve warm with custard.

#### **Notes**

Hint Keep a close eye on the apples as cooking time will vary depending on the size of the apples.

### **Baked Pear Tart**

4 x 30cm sheets filo pastry      15g oil      3 firm pears

1 tsp lemon juice      3 Tbs honey 1 level Tblsp lemon rind

1 level Tblsp caster sugar

Preheat the oven to 200 degrees centigrade. Lay pastry sheet on a 30cm x 20 cm non-stick baking sheet.

Brush the sheet with the oil. Lay the second sheet on top and brush again. Repeat this process twice more.

Halve and quarter the pears and remove the cores.

Slice each quarter into 3 and toss in a bowl with lemon juice. Arrange the pears over the layered pastry sheets.

# Arlene Normand

## Recipe Guide



Mix 1 Tblsp of the honey and the lemon rind together. Drizzle over the pears, sprinkle with the sugar and cook for 30 minutes. To serve, drizzle with the remaining honey.

Serves 8                      1 serve = 1 carbohydrate

### **Caramelised nectarines with cinnamon ricotta**

**Ingredients (serves 6)**                      **1 serve = 1 carbohydrate**

6 ripe nectarines, halved, stones removed

2 tbs honey

200g fresh low-fat ricotta

1/4 tsp ground cinnamon

Honey, extra, to serve

#### **Method**

Preheat grill on high. Line a baking tray with foil. Place the nectarines, cut-side up, on prepared tray. Brush with honey. Grill for 5-8 minutes or until light golden and warmed through.

Meanwhile, place the ricotta and cinnamon in a small bowl and stir until smooth.

Divide the nectarine halves among serving bowls. Top with the ricotta mixture and drizzle with extra honey, if desired. Serve immediately.

### **Chargrilled peaches with sorbet**

**Ingredients (serves 4)**                      **1 serve = 2 carbohydrates**

2 tablespoons brown sugar

1/2 teaspoon ground cinnamon

8 peaches, halved, stones removed

olive oil cooking spray

lemon sorbet, to serve

#### **Method**

Combine sugar and cinnamon in a small bowl.

Place peach halves, cut-side up, onto a plate. Sprinkle with sugar mixture. Stand for 5 minutes.

Preheat a chargrill or barbecue grill on medium-high heat. Lightly spray with oil. Cook peaches, cut-side down, for 5 minutes, or until charred. Serve immediately with sorbet.

### **Cranberry-poached pears with vanilla yoghurt**

# Arlene Normand

## Recipe Guide



### Ingredients

4 cups cranberry juice  
1/4 cup brown sugar  
1 cinnamon stick  
4 ripe pears, peeled, halved and cored  
1 cup vanilla yoghurt

### Method

1. Place cranberry juice and brown sugar into a medium saucepan. Cook over medium heat, stirring until dissolved. Add cinnamon stick and pears.
2. Bring to the boil. Reduce heat to low and simmer, partially covered, for 15 minutes or until pears are tender. Discard cinnamon stick.
3. Remove pears from saucepan and set aside.
4. Strain 1 1/2 cups of liquid into a jug and discard the rest. Return strained liquid to saucepan and bring to the boil. Cook for 10 minutes, until liquid is reduced by half.
5. Drizzle syrup over poached pears. Top with a dollop of vanilla yoghurt or custard and serve.

Serves 4

### FROZEN FRUIT YOGHURT

1/2 cup caster sugar	1/2 cup water
250g punnet strawberries, hulled	200g carton low-fat plain yoghurt
1/4 cup passionfruit pulp	1 egg white
extra strawberries to serve	

# Arlene Normand

## Recipe Guide



1. Combine sugar and water in a pan, stir constantly over low heat until sugar is dissolved. Bring to boil; reduce heat, simmer, uncovered, without stirring, for 5 minutes. Cool sugar syrup to room temperature.
2. Puree strawberries and yoghurt in food processor until smooth. Add sugar syrup, process until combined. Transfer to a bowl; stir in passionfruit.
3. Pour mixture into a lamington pan. Cover; freeze for several hours or until partly frozen.
4. Break up mixture using a fork; quickly process mixture with egg white. Return mixture to lamington pan. Cover; freeze for several hours or until frozen.
5. Serve scoops of frozen yoghurt with extra strawberries.

SERVES 6.

1 serve = 1 carbohydrate

### FRUITY COCONUT RICE CREAM

1/3 cup long grain rice  
milk

3/4 cup low-fat evaporated

1 teaspoon coconut essence  
yoghurt

1/2 cup low-fat plain

1 tablespoon caster sugar  
pieces

1 medium banana, cut into small

2 passionfruit

1. Cook rice in a large pan of boiling water for about 10 to 12 minutes or until tender; drain well.

Rinse under cold water; drain well.

2. Combine milk, essence, yoghurt and sugar in a bowl and mix well. Stir in rice, banana and passionfruit pulp. 3. Divide among 4 serving glasses and refrigerate until set.

Serves 4

1 serve = 1 carbohydrate

# Arlene Normand

## Recipe Guide



### Low-fat apple strudel rolls

#### **Ingredients (serves 4)**

1 serve = 1 carbohydrate

425g can apple pie fruit  
2 tablespoons sultanas  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cinnamon  
2 tablespoons caster sugar  
4 sheets filo pastry  
low-fat ice-cream, to serve

#### **Method**

Preheat oven to 200°C. Line a baking tray with baking paper. Place apple, sultanas, spices and half the sugar into a bowl. Mix to combine. Lay 1 sheet of filo onto a clean work surface. Cover remaining filo with a damp tea towel. Lightly spray filo with oil. Fold in half (short side to short side). Spray again with oil. Place 2 heaped tablespoons of apple mixture along 1 long end.

Roll up to enclose apple filling. Cut 3 slits into top of pastry. Spray with oil. Sprinkle with 1 teaspoon of remaining sugar. Repeat with remaining pastry, apple mixture and sugar.

Place onto prepared baking tray. Bake for 15 to 20 minutes or until golden. Serve warm with ice-cream.

#### Notes

Variation: You could use other canned fruit to make these strudel rolls - try drained canned apricots or plums.

### PEACH ORANGE DESSERTS

420g can low-fat sliced peaches	3/4 cup low-fat ricotta
cheese	
2 teaspoons honey	1 teaspoon grated orange rind
1 tablespoon orange juice	1 1/2 tablespoons flaked almonds,
toasted	

#### ORANGE SAUCE

1 teaspoon arrowroot or cornflour	2 tablespoons orange juice
1 teaspoon honey	

Drain peaches over a bowl; reserve juice.

# Arlene Normand

## Recipe Guide



To make the orange sauce, place reserved peach juice in a small saucepan. Stir in blended arrowroot, orange juice and honey. Stir over heat until sauce boils and thickens. Remove and cool.

Beat ricotta cheese in a bowl with honey, rind and juice until well combined. Divide peaches and cheese mixture evenly into 4 serving glasses. Divide orange sauce over top of desserts and sprinkle with almonds.

Serves 4.                    1 serve = 1 carbohydrate

### **Baked Pears with Marsala Wine**

4 ripe pears  
150ml Marsala wine  
2 Tbsp dark brown sugar  
2 cinnamon sticks  
icing sugar dust

Preheat the oven to 170 degrees centigrade.

Wipe the pears with a damp cloth and stand in a small ovenproof dish. Combine the wine, sugar, and pour over the pears. Add the cinnamon sticks and place in the oven for 1 hour, basting every 20 minutes with the wine from around the base of the dish.

Serve warm

Serves 4                    1 serve = 1 carbohydrate

### **Hazelnut Biscotti**

1 1/3 cups plain flour  
1/3 cup self-raising flour  
1 cup caster sugar  
2 eggs beaten lightly  
1/2 cup roasted hazelnuts  
1 teaspoon vanilla essence

Preheat oven to moderate.

Sift flours and sugar into large bowl. Add egg, nuts and essence; stir until mixture becomes a firm dough. Knead on lightly floured surface board until mixture just comes together; shape mixture into 25 cm log. Place on

# Arlene Normand

## Recipe Guide



greased oven tray; bake, in moderate oven about 35 minutes or until firm; cool on tray.

Using serated or electric knife, cut log into 5mm diagonal slices. Place slices on ungreased oven trays; bake in moderate oven about 10 minutes or until biscotti are dry and crisp.

Makes 25 slices                      2 biscuits = 1 carbohydrate

### SPICE GINGERNUTS

2 cups plain flour  
1 cup caster sugar  
½ teaspoon bicarbonate of soda  
1 teaspoon mixed spice  
2 teaspoons ground ginger  
125g butter, at room temperature  
1 egg  
1 teaspoon golden syrup

1. Sift flour, sugar, soda and spices into a large bowl. 2. Add butter; rub in until mixture resemble fine breadcrumbs.  
3. Combine egg and golden syrup in a jug; stir into dry ingredients. Using your hands, mix to a firm dough.  
4. Roll into small balls about 1cm in diameter; place on baking paper-lined oven trays.  
5. Cook in a moderately slow oven, 160oC, for about 10 to 15 minutes. Cool biscuits on trays.

Makes 45                                      2 biscuits = 1 carbohydrate

### STRAWBERRY ORANGE CREPES

2/3 cup plain flour	1/4 cup skim milk powder
1 egg, lightly beaten	2/3 cup fresh orange juice
cooking oil spray	125g tub 97% fat-free strawberry yoghurt

#### FILLING

250g punnet strawberries, sliced	1 orange, cut into segments
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# Arlene Normand

## Recipe Guide



1 teaspoon finely grated orange rind                      1 tablespoon icing sugar mixture

1. Combine flour, skim milk, powder, egg and juice in a blender. Process until smooth. Stand mixture, at room temperature, for 30 minutes.

2. Lightly spray a small non-stick frying pan with oil. Add 2 tablespoons of batter. Swirl pan to coat base evenly. Cook until lightly browned, turn crepe over and cook for 10 seconds or until lightly browned on the other side. Remove crepe and repeat with remaining batter. You will need 8 crepes for this recipe.

3. To make the filling, combine strawberries, orange segments, rind and icing sugar in a bowl.

4. Divide filling over half of each crepe, fold other side over crepe to cover filling. Serve with a dollop of yoghurt. Allow 2 crepes for each person.

Serves 4

1 serve = 1 carbohydrate

### **Low-fat strawberry mousse**

#### **Ingredients**

1/4 cup boiling water  
gelatine

3 egg whites

550g tub reduced-fat strawberry yoghurt  
halved

**Serves 4 (1 serve – 1 carb)**

3 teaspoons powdered

2 tablespoons caster sugar

250g strawberries, hulled,

#### **Method**

Place boiling water in a small heatproof jug. Sprinkle over gelatine.

Whisk with a fork until gelatine has dissolved. Set aside for 10 minutes to cool.

Using an electric mixer, beat egg white and sugar until soft peaks form.

Place yoghurt in a bowl. Gradually add gelatine mixture, whisking until well combined. Fold egg white mixture through yoghurt mixture until just combined. Spoon mixture into a 6 cup-capacity bowl. Cover. Refrigerate for 4 hours or until set.

Top mousse with strawberries. Serve.

### **Vanilla poached pears**

**Ingredients (serves 4)**

**1 serve = 1 carbohydrate**

# Arlene Normand

## Recipe Guide



4 brown pears, free from blemishes and bruises

lemon juice

2 cups sugar

6 cups water

vanilla bean, split, seeded

### **Method**

Peel each pear from stem down. Sprinkle each pear with lemon juice to avoid browning while peeling the remaining pears.

Place 2 cups sugar and 6 cups water in a saucepan over medium heat and stir until sugar has dissolved. Increase heat and simmer for 5 minutes.

Add pears and a split, seeded vanilla bean. Allow the pears to simmer, covered with a square of baking paper, in the liquid for 15-20 minutes or until tender. Turn occasionally to ensure even cooking. Serve pear warm or cooled with a little poaching liquid.

### **Notes**

For cinnamon poached pears, replace vanilla bean with two cinnamon sticks.

For red wine poached pears, omit vanilla bean and replace 1 cup of water with 1 cup red wine. Increase sugar to 2 1/2 cups.

For dessert wine (sauterne) poached pears, replace vanilla bean with four thinly sliced pieces of orange rind. Replace 1 cup water with 1 cup dessert wine.

For an Asian twist, replace the vanilla bean with 2 star anise, 2 thinly sliced pieces of lemon rind and 1 cinnamon stick.