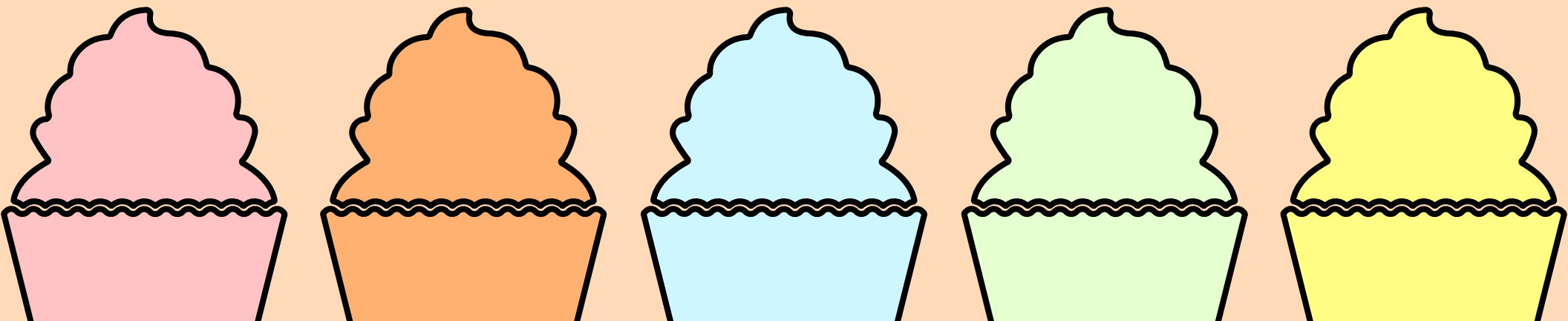


William Aberhart High School's
Diversity Club

Dessert Recipe Book

Wishing you a sweet holiday from around the world!



Canada 🇨🇦

Nanaimo Bars



Ingredients

- 1/4 cup sugar
- 1/4 cup baking cocoa
- 3/4 cup butter, cubed
- 2 large eggs, beaten
- 2 cups graham cracker crumbs
- 1 cup sweetened shredded coconut
- 1/2 cup chopped almonds, optional
- Filling: 2 cups confectioners' sugar
- Filling: 2 tablespoons instant vanilla pudding mix
- Filling: 1/4 cup butter, melted
- Filling: 3 tablespoons 2% milk
- Glaze: 3 ounces semisweet chocolate, chopped
- Glaze: 1 tablespoon butter

Directions

- Line an 8-in. square baking pan with foil, letting ends extend over sides by 1 in.
- In a large heavy saucepan, combine sugar and cocoa; add butter. Cook and stir over medium-low heat until butter is melted.
- Whisk a small amount of hot mixture into eggs. Return all to the pan, whisking constantly. Cook and stir until mixture reaches 160°.
- Remove from heat. Stir in cracker crumbs, coconut and, if desired, almonds. Press into prepared pan. Refrigerate 30 minutes or until set.
- For filling, in a small bowl, beat confectioners' sugar, pudding mix, butter and milk until smooth; spread over crust.
- In a microwave, melt chocolate and butter; stir until smooth. Spread over top. Refrigerate until set.
- Using foil, lift bars out of pan. Discard foil; cut into bars.

France 🇫🇷

Beignets



Ingredients

- 1/4 cup butter, room temperature
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup plus 2 tablespoons warm water (120° to 130°), divided
- 1/2 cup evaporated milk
- 1 package (1/4 ounce) quick-rise yeast
- 1 large egg
- 3-1/4 to 3-3/4 cups all-purpose flour
- Oil for deep-fat frying
- Confectioners' sugar
- Berries and whipped topping, optional

Directions

- Beat butter, sugar, salt and cinnamon until crumbly. Beat in 1/2 cup water and evaporated milk.
- In another bowl, dissolve yeast in remaining 2 tablespoons water; add to milk mixture. Beat in egg until blended.
- Add 2 cups flour; mix until well blended. Stir in enough remaining flour to form a soft dough (dough will be sticky).
- Place in a greased bowl, turning once to grease the top. Cover; refrigerate 4 hours or overnight.
- Bring dough to room temperature. On a floured surface, roll dough into a 16x12-in. rectangle. Cut into 2-in. squares.
- In a deep cast-iron skillet or deep-fat fryer, heat oil to 375°. Drop beignets, a few at a time, into hot oil.
- Fry until golden brown, about 1 minute per side. Drain on paper towels.
- Dust with confectioners' sugar. If desired, serve with assorted berries and whipped topping.

Spain 🇪🇸

Flan de Queso



Directions

- In a heavy saucepan, cook sugar and water over medium-low heat until melted and golden, about 15 minutes. Brush down crystals on the side of the pan with additional water as necessary.
- Pour into an ungreased 2-qt. round baking or soufflé dish, tilting to coat the bottom; let stand for 10 minutes.
- Preheat oven to 350°. In a bowl, beat the cream cheese until smooth. Beat in eggs, 1 at a time, until thoroughly combined.
- Mix in remaining ingredients. Pour over caramelized sugar.
- Place the dish in a larger baking pan. Pour boiling water into larger pan to a depth of 1 in.
- Bake until centre has set and jiggles, 50–60 minutes.
- Remove dish from larger pan to a wire rack; cool for 1 hour. Refrigerate overnight.
- To unmold, run a knife around edge and invert onto a large rimmed serving platter. Cut into wedges or spoon onto dessert plates; spoon sauce over each serving.

Ingredients

- 3/4 cup sugar
- 1/4 cup water
- 1 package (8 ounces) cream cheese, softened
- 5 large eggs, room temperature
- 1 can (14 ounces) sweetened condensed milk
- 1 can (12 ounces) evaporated milk
- 1 teaspoon vanilla extract

Caribbean 🇳🇵

Pudín de Pan

(Bread Pudding)

Ingredients

- 1/4 pound stale bread
- 2 cups hot milk
- 1/2 cup raisins
- 4 1/2 teaspoons flour
- 2 large eggs, beaten
- 1/2 cup granulated sugar
- 2 tablespoons melted butter
- 1/2 teaspoon ground cinnamon
- 1 pinch salt



Directions

- Preheat oven to 350°F. Grease a 9 x 9-inch or 8 x 8-inch baking pan and set aside.
- Remove and discard crusts from the bread. Cut remaining bread into cubes.
- In a mixing bowl, soak bread cubes in the hot milk for 5 to 10 minutes.
- Mix the soaked cubes well and then strain off excess milk.
- Dredge raisins in the flour and then fold into the bread and milk mix.
- Add the remaining ingredients to the bowl and mix well.
- Pour the bread mixture into the greased baking pan.
- Bake uncovered for 40 minutes, or until a knife inserted near the centre comes out clean.
- Serve with ice cream or whipped cream if desired.

Mexico 

Tres Leches Cake

Ingredients

- 4 large eggs, separated, room temperature
- 2/3 cup sugar, divided
- 2/3 cup cake flour
- Dash of salt
- 3/4 cup heavy whipping cream
- 3/4 cup evaporated milk
- 3/4 cup sweetened condensed milk
- 2 teaspoons vanilla extract
- 1/4 teaspoon rum extract
- Topping: 1-1/4 cups heavy whipping cream
- Topping: 3 tablespoons sugar



Directions

- Place egg whites in a large bowl. Line bottom of a 9-in. springform pan with parchment; grease the paper. Preheat oven to 350°.
- In another large bowl, beat egg yolks until slightly thickened. Gradually add 1/3 cup sugar, beating on high speed until thick and lemon-coloured.
- Fold in flour, a third at a time.
- Add salt to egg whites; with clean beaters, beat on medium until soft peaks form.
- Gradually add remaining 1/3 cup sugar, 1 tablespoon at a time, beating on high after each addition until dissolved.
- Continue beating until soft glossy peaks form.
- Fold a third of the whites into batter, then fold in remainder.
- Gently spread into prepared pan. Bake until top springs back when lightly touched, 20-25 minutes.
- Cool 10 minutes before removing from pan to a wire rack to cool completely. Place cake on a rimmed serving plate. Poke holes in top with a skewer.
- In a small bowl, mix cream, evaporated milk, sweetened condensed milk and extracts; brush or pour slowly over cake. Refrigerate, covered, 2 hours.
- For topping, beat cream until it begins to thicken. Add sugar; beat until peaks form. Spread over top of cake.
- If desired, top cake with dulce de leche or strawberries just before serving.

Germany 🇩🇪

Oma's Apfelkuchen

(Grandma's Apple Cake)

Ingredients

- 5 large egg yolks
- 2 small to medium tart apples, peeled, cored and halved
- 1 cup plus 2 tablespoons unsalted butter, softened
- 1-1/4 cups sugar
- 2 cups all-purpose flour
- 2 tablespoons cornstarch
- 2 teaspoons cream of tartar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup 2% milk
- Confectioners' sugar, for dusting

Directions

- Preheat oven to 350°. Let egg yolks stand at room temperature for 30 minutes.
- Starting 1/2 in. from 1 end, cut apple halves lengthwise into 1/4-in. slices, leaving them attached at the top so they fan out slightly.
- Cream butter and sugar until light and fluffy, 5-7 minutes.
- Add egg yolks, 1 at a time, beating well after each addition.
- In another bowl, sift flour, cornstarch, cream of tartar, baking powder and salt twice.
- Gradually beat into creamed mixture.
- Add milk; mix well (batter will be thick).
- Spread batter into a greased 9-in. springform pan wrapped in heavy-duty foil.
- Gently press apples, round side up, into batter.
- Bake until a toothpick inserted in the center comes out with moist crumbs, 45-55 minutes.
- Cool on a wire rack 10 minutes. Loosen side from pan with a knife; remove foil.
- Cool 1 hour longer. Remove rim from pan.
- Dust with confectioners' sugar.



India 🇮🇳

Kulfi



Ingredients

- 1 can (14 ounces) sweetened condensed milk
- 1 cup whole milk
- 1 cup heavy whipping cream
- 1/4 cup nonfat dry milk powder
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon sea salt
- 1 pinch saffron threads or 1/4 teaspoon ground turmeric, optional
- 1/4 cup chopped cashews, toasted
- 1/4 cup chopped shelled pistachios
- 1/4 teaspoon almond extract

Directions

- In a large heavy saucepan, whisk milks, cream, milk powder, cardamom, sea salt and, if desired, saffron until blended.
- Cook over low heat until mixture thickens slightly, about 15 minutes, stirring constantly. Do not allow to boil.
- Remove from heat. Strain through a fine-mesh strainer into a small bowl; cool.
- Stir in cashews, pistachios and extract.
- Transfer to six 4-oz. ramekins.
- Cover and freeze for 8 hours or overnight.
- If desired, serve with additional nuts.

Greece 🇬🇷

Kourabiedes



Ingredients

- 1 cup blanched almonds
- 2 cups butter, softened
- 2-1/2 cups confectioners' sugar, divided
- 1 large egg yolk, room temperature
- 3 tablespoons whiskey or orange juice
- 2 teaspoons vanilla extract
- 5 cups all-purpose flour
- 1 teaspoon baking powder
- Additional confectioners' sugar

Directions

- Place almonds in an ungreased 9-in. square baking pan.
- Bake at 350° until lightly browned, 5–10 minutes, stirring several times. When cool, process in a food processor until finely chopped; set aside.
- In a large bowl, cream butter and 3/4 cup confectioners' sugar until light and fluffy.
- Add the egg yolk, whiskey or juice, and vanilla; mix well.
- Combine the flour, baking powder and reserved almonds; gradually beat into creamed mixture.
- Shape dough by tablespoonfuls into 3-in. logs.
- Place 1 in. apart on ungreased baking sheets; shape into crescents.
- Bake at 350° until set and bottoms are lightly browned, 14–18 minutes.
- Roll warm cookies in remaining confectioners' sugar.
- Cool on wire racks. Sprinkle with confectioners' sugar.

Italy 🇮🇹

Tiramisu



Ingredients

- 2 cartons (8 ounces each) mascarpone cheese
- 5 large egg yolks
- 1/2 cup plus 2 tablespoons sugar, divided
- 1/3 cup plus 2 tablespoons Marsala wine, Kahlua (coffee liqueur) or rum, divided
- 1/2 teaspoon salt
- 1 cup heavy whipping cream
- 3/4 cup strong brewed coffee, room temperature
- 2 teaspoons instant espresso powder
- 1 package (7 ounces) crisp ladyfinger cookies
- 1 tablespoon Dutch-processed cocoa

Directions

- Stir mascarpone cheese; let stand at room temperature 30 minutes.
- Whisk egg yolks, 1/2 cup sugar, 1/3 cup Marsala and salt in top of a double boiler until mixture is thickened (ribbon stage) and a thermometer reads 160°.
- Remove from heat; whisk in mascarpone until almost smooth.
- Beat cream and remaining sugar until soft peaks form; fold into mascarpone mixture.
- Combine coffee, espresso powder and remaining 2 tablespoons Marsala.
- Briefly dip 8 ladyfingers into coffee mixture and place in bottom of a 9-in. springform pan.
- Top with 1-1/2 cups mascarpone mixture. Repeat twice.
- Refrigerate, covered, 6 hours or overnight.
- Loosen and remove rim. Sprinkle with cocoa powder.

China 🇨🇳

Almond Cookies

Ingredients

- 1 cup butter, softened
- 1 cup sugar
- 1 large egg, room temperature
- 1 teaspoon almond extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup sliced almonds
- 1 large egg white
- 1/2 teaspoon water



Directions

- Preheat oven to 325°.
- In a large bowl, beat butter and sugar until light and fluffy, 5-7 minutes.
- Beat in egg and extract.
- Combine flour, baking soda and salt; gradually add to creamed mixture.
- Roll into 1-in. balls. Place 2 in. apart on ungreased baking sheets.
- Flatten slightly with a fork.
- Sprinkle with almonds, pressing to adhere as needed.
- In a small bowl, beat egg white and water. Brush over cookies.
- Bake until edges and bottoms are lightly browned, 14-16 minutes.
- Cool for 2 minutes before moving from pans to wire racks.

Philippines 🇵🇭

Buttery Coconut Bars



Ingredients

- 2 cups all-purpose flour
- 1 cup packed brown sugar
- 1/2 teaspoon salt
- 1 cup butter, melted
- Filling: 3 large eggs
- Filling: 1 can (14 ounces) sweetened condensed milk
- Filling: 1/2 cup all-purpose flour
- Filling: 1/4 cup packed brown sugar
- Filling: 1/4 cup butter, melted
- Filling: 3 teaspoons vanilla extract
- Filling: 1/2 teaspoon salt
- Filling: 4 cups sweetened shredded coconut, divided

Directions

- Preheat oven to 350°. Line a 13x9-in. baking pan with parchment, letting ends extend up sides.
- In a large bowl, mix flour, brown sugar and salt; stir in 1 cup melted butter.
- Press onto bottom of prepared pan.
- Bake until light brown, 12–15 minutes. Cool 10 minutes on a wire rack.
- Reduce oven setting to 325°.
- In a large bowl, whisk the first 7 filling ingredients until blended; stir in 3 cups coconut.
- Pour over crust; sprinkle with remaining 1 cup coconut.
- Bake until light golden brown, 25–30 minutes.
- Cool in pan on a wire rack.
- Lifting with parchment, remove from pan. Cut into bars.

Turkey 🇹🇷

Baklava

Ingredients

- 1-1/2 pounds finely chopped walnuts
- 1/2 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1 pound butter, melted, divided
- 2 packages (16 ounces each, 14x9-inch sheet size) frozen phyllo dough, thawed
- Syrup: 2 cups sugar
- Syrup: 2 cups water
- Syrup: 1 cup honey
- Syrup: 1 tablespoon grated lemon or orange zest



Directions

- In a small bowl, combine walnuts, sugar, cinnamon and cloves; set aside.
- Brush a 15x10x1-in. baking pan with some butter.
- Unroll 1 package phyllo dough; cut stack into a 10-1/2x9-in. rectangle. Repeat with remaining phyllo. Discard scraps.
- Line bottom of prepared pan with 2 sheets of phyllo dough (sheets will overlap slightly). Brush with butter. Repeat layers 14 times.
- Spread with 2 cups walnut mixture.
- Top with 5 layers of phyllo dough, brushing with butter between each sheet.
- Spread with remaining walnut mixture.
- Top with 1 layer of phyllo dough; brush with butter. Repeat 14 times.
- Cut into 2-1/2-in. squares; cut each square in half diagonally.
- Brush remaining butter over top.
- Bake at 350° until golden brown, 40-45 minutes.
- In a large saucepan, bring syrup ingredients to a boil. Reduce heat; simmer for 10 minutes.
- Strain syrup, discarding zest; cool to lukewarm.
- Pour syrup over warm baklava.

West Africa / Togo 🇹🇬

Lime Cake



Ingredients

- 1 cup sugar
- 2 1/2 tablespoons butter
- 2 eggs
- Juice of 1 lime
- 1 1/2 cups flour
- 2 1/4 teaspoons baking powder
- Chopped peanuts (optional)

Directions

- Cream the sugar and butter.
- Add the well-beaten eggs and the lime juice, then the flour and baking powder.
- Pour into greased and floured 8-in. square cake pan.
- Bake at 350° for 25 minutes, or until straw stuck into centre comes out clean.
- Sprinkle chopped peanuts on top for garnish if desired.