

Micheff Sisters, "Appetizers & Desserts" • show 04031

Sesame Bread Sticks

3 - 3 1/2 c. All Purpose Flour
1 Tbsp. Honey
1 tsp. Salt
2 pkgs. Instant Dry Yeast
2- 1/4 Cup Hot Water
Toasted Sesame Seeds (as needed)

1. Mix all ingredients except for the sesame seeds.
2. Knead until dough is very smooth, elastic, and forms a ball. Add flour occasionally while kneading to prevent sticking.
3. Cover the dough with a damp dishtowel, and let rest for about five minutes.
4. Flour your hands and pat the dough into a rectangle on a well floured work surface.
5. With a rolling pin, roll the dough to a 16x6 inch rectangle, pressing evenly so the breadsticks will be uniform in thickness.
6. Brush the dough lightly with olive oil.
7. Cover the dough with the damp dishtowel, and let rise until doubled in bulk, 1-1 1/2 hours.
8. Heat oven to 425 degrees.
9. Spray baking sheets with a vegetable cooking spray, or brush with a small amount of olive oil.
10. Lightly brush the dough with water. Sprinkle the dough with Sesame Seeds, and press them down gently into the dough.
11. With a Chef's knife, cut the dough across into 32 strips, each about 1/2 inch wide. Stretch 1 strip of dough to the width of a baking sheet.
12. Set the strip of dough on one of the prepared baking sheets, letting it come just to the edges.
13. For a spiral effect when placing the strips of dough on the baking sheet, hold down one end with one hand while gently twisting the other end until you get a "spiral" effect.
14. Then press down both ends to the baking sheet so you won't lose the spiral.
15. Repeat to stretch the remaining strips, arranging them 3/4 inches apart.
16. Bake in the pre-heated oven two baking sheets at a time, until golden and crisp,
17. Let cool 15-18 min, then transfer to wire rack and cool completely.
18. Keep the third sheet of unbaked breadsticks in the refrigerator until there is room in the oven to bake them.

Brenda Walsh

Apple Crunch with Cinnamon Crisps

6 Flour tortillas
3 Tbsp. Florida Crystals Pure Milled Cane Sugar
1 1/2 tsp. Cinnamon
4 cups finely chopped Tart Apples
1/2 cup quartered Seedless Red Grapes
1/2 cup chopped Celery
1/4 cup chopped Walnuts
3 Tbsp. Orange Juice
1 Tbsp. Pure Milled Cane Sugar
2 tsp. Grated Orange Peel

1. Cut tortillas into eight wedges.
2. Coat both sides of each tortilla with nonstick cooking spray.
3. Combine sugar and cinnamon; sprinkle over both sides of tortillas.
4. Place on baking sheets.
5. Bake at 400 degrees for 4-5 min. or until crisp.
6. For the apple crunch, combine the remaining ingredients in a bowl.
7. Serve with the cinnamon crisps.

Yields: 8-10 servings

Cinda Sanner

PUMPKIN SWIRL CHEESECAKE

Crust Ingredients:

1 c. Graham Cracker Crumbs
4 Tbsp. Pecan Meal
1 Tbsp. Whole Wheat Pastry Flour
1 Tbsp. Pure Florida Crystals
1/2 c. Soy Margarine

Cheesecake Filling:

2 – 8 oz Containers of Tofutti Better Than Cream Cheese
1/2 c. Florida Crystals
1 pkg. Mori-Nu Silken Tofu (Soft)
1 – 15 oz can Pumpkin
1/2 tsp. Cinnamon
1 tsp. Vanilla
1/4 c. Soy Good Powder (or any sweet Soy Milk)
1/2 c. Florida Crystals
3 Tbsp Clear Gel

1. In a large bowl add the graham cracker crumbs, pecan meal, whole wheat pastry flour, Florida Crystals, soy margarine, and mix together.
2. Press into the bottom and sides of a 8 or 9-inch spring-form pan.
3. In another mixing bowl add the Tofutti Better Than Cream Cheese, Florida Crystals
4. Whip together.
5. Take out 1 cup of the cream cheese mixture and set aside.
6. Add the Mori-Nu Silken Tofu (Soft) to the Cream Cheese.
7. Whip together until smooth and creamy.
8. To the cream cheese and Tofu mixture add pumpkin, cinnamon, vanilla, soy good powder (or any sweet Soy Milk), Florida Crystals, and clear gel.
9. Beat on a high speed for about 4-5 minutes.
10. Pour pumpkin mixture into crust.
11. On top of the pumpkin swirl in the Cream Cheese mixture that was set aside.
12. If the cream cheese mixture is too hard to swirl on top just put the cream cheese in the microwave for a few seconds until it is soft enough to swirl on top.
13. It should have a marble-like look after you are finished swirling it.
14. Bake at 350 degrees for 1½ hours or until a toothpick inserted in the middle of the cheesecake comes out clean. Center should appear nearly set when shaken.
15. Take out of the oven and cool completely on a wire rack.
16. Chill at least 4 hours before serving.
17. Just before serving take a knife dipped in hot water and go around the sides of the pan and lift off the ring on the spring-form pan.
18. Garnish with a tablespoon of Non-Dairy Topping and a few fresh Raspberries sprinkled on top of the non-dairy topping. 12-16 Servings

Linda Johnson

Olive-Pimento Roll ups

4 large (8 inch) Wheat Flour Tortillas
8 oz. Tofutti Better Than Cream Cheese (herb & chive flavor)
½ cup Black Olives (chopped)
½ cup Pimentos (chopped)

1. In medium bowl mix all ingredients (except for the Tortillas) until blended.
2. Spread mixture on tortilla shell and roll up tightly, (jelly roll style.)
3. Cover with plastic wrap and chill for 2-3 hours.
4. To serve, cut each roll up crosswise into ½ inch slices to form pinwheels.
5. Arrange on platter and garnish with pimento strip.

Brenda Walsh

Florentine- Artichoke Gratin

1 medium Onion (chopped)
2 Garlic Cloves (minced)
Olive Oil
1- 8oz container Tofutti BetterThan Cream Cheese
6 c. Fresh Spinach (coarsely chopped)
2- 13 1/2 oz jars Marinated Artichoke Hearts
1/2 c. Grapeseed Oil Vegenaïse
1- 8oz container Tofutti Sour Supreme
1 tsp. Fresh Lemon Juice
Salt to taste
Dash of Cayenne (optional)

Topping

1 c. toasted Pecans (chopped)
2 c. Herb-seasoned Stuffing Mix
3 Tbsp. Margarine (melted)

1. Saute onion and garlic in small amount of olive oil until onions are translucent.
2. Add Better Than Cream Cheese and stir until melted.
3. Add rest of ingredients and stir until mixed.
4. Spoon into a baking dish sprayed with a nonstick cooking spray.
5. Place the topping ingredients in a bowl and mix.
6. Spread the topping on the artichoke mixture.
7. Bake at 350 degrees for 20 - 30 minutes, or until bubbly.
8. Serve hot with crackers, bread, or pita triangles. May also be used as a side dish.

Cinda Sanner

APPLESAUCE CARROT CAKE

Cake Ingredients:

2 c. Whole Wheat Pastry Flour
2 c. Unbleached White Flour
1 Tbsp. Rumford Baking Powder
1 tsp. Salt
3 tsp. Cinnamon
1/2 cup Soy Good Powder
1 c. Sucanat
1 cup Pure maple syrup
1 cup Canola oil
1 cup Water
1 tsp. Vanilla
4 heaping tsp. Applesauce
4 c. grated Carrot
1 1/2 c. chopped Nuts

Frosting ingredients:

1 c. Pure Maple Syrup
1 - 8 oz. container Tofutti Cream Cheese
pecan halves for garnish

1. In a mixing bowl place the whole wheat pastry flour, unbleached white flour, Rumford baking powder, salt, cinnamon, soy good powder and sucanat. Mix together.
2. Make a well in the middle of the dry ingredients
3. Add the pure maple syrup, canola oil, water, vanilla, and applesauce.
4. Mix together and blend till creamy.
5. Then fold in the carrot and nuts.
6. Spray two 9-inch round pans with vegetable spray and divide cake batter evenly between the two pans.
7. Bake at 350 degrees for 32 minutes.
8. Insert a toothpick in the middle of the cake; if it comes out clean it is done.
(Be careful not to overbake as this cake is a very moist cake.)
9. Take the cake out of the oven and place on a cooling rack for 10 minutes.
10. Then take a knife and go all around the edges of the cake.
11. Take a plate and place it on top of the cake and flip the cake over onto the plate.
12. Take another plate and do the same to the other cake. Let cool.
13. To make frosting put the maple syrup in a saucepan and cook until it becomes cream-colored.
14. Take off the stove and stir in 1-8oz container of Tofutti Cream Cheese, until blended.
15. Put a small amount on one of the cakes and flip the other cake on top of that one.
16. Pour the rest of the frosting on top and let just a little dribble down the sides.
17. Garnish with walnut halves all the way around the edge of the cake.
18. Put a walnut half in the middle and a couple of teaspoons of shredded carrot around the walnut.
19. Sprinkle chopped walnuts on the cake.

Serves 8-10

Linda Johnson