



Recipe of the Month- March 2007

Baked Cheesecake

Ingredients for Sweet Pastry:

75ml	Corn flour	200ml	Cake flour
2.5ml	Baking Powder	25ml	Castor Sugar
113ml	Butter	1	Egg
1ml	Vanilla Essence		Pinch of salt

Method:

1. Preheat oven to 180°C. Sieve the corn flour, cake flour, baking powder, sugar and salt together.
2. Rub the butter into the flour mixture.
3. Add to this mixture the egg and vanilla.
4. Lightly mix this until smooth pastry is formed, do not over mix or over handle at any time please do not knead the pastry. Let dough rest.
5. Roll dough out. Line loose bottom cake tins with pastry on bottom as well as sides. Bake pastry for ± 20 minutes till changing in colour.

Cheese Cake

Ingredients:

3	Eggs, separated	375g/375ml	Cottage Cheese
5ml	Vanilla Essence	50ml	Cake Flour
90ml	Sugar	15ml	Lemon Juice
125ml	Cream		

Method:

1. Preheat oven to 160°. Beat egg whites until firm and set aside. Beat egg yolks with sugar until creamy
2. Smooth the cottage cheese, add vanilla, cake flour, lemon juice and cream until mixed. Add cheese mixture to egg yolk mixture.
3. Add the beaten egg whites and fold in gently but thoroughly until evenly combined.
4. Pour into the prepared tin and bake at 160°C for about 45 minutes or until well-risen, light golden brown and completely set in the centre if tested with the fingertips. Reduce the oven temperature slightly if the cake starts to brown within 15 minutes.
5. Place a spoon in the oven door and allow the cake to cool in the oven for at least one hour.
6. Cool completely before loosening the sides, releasing the spring and removing the rim. Keep refrigerated until required.
7. Slice neatly and serve plain or spread with whipped cream and sprinkle with cinnamon sugar if preferred.
8. Serve fruit sauce separately in a small bowl or use to garnish the plate together with a tiny flower and a dusting of icing sugar.



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