

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: A Perfect Special Occasion Cake, Or Just Because...

### You are Worth it!

#### Chocolate Pumpkin Almond Coconut Cake

4 Oz Dark Chocolate  
 1/2 Cup Espresso or Strong Coffee  
 1 1/4 Cup All Purpose Flour  
 3/4 Whole Wheat Flour  
 2 Tsp Baking Soda  
 1/2 Cup Unsalted Butter  
 1 Cup \*Canned Pumpkin  
 2 Cups Sugar  
 2 Eggs and 6 Egg Whites  
 1 Tsp Vanilla  
 1 Cup Low Fat Buttermilk

**Step One** Preheat the oven to 350F. Non-stick spray 3 cake pans and line with parchment. Melt the chocolate with coffee together over low heat.  
**Step Two** Stir together the flour, baking soda and salt. In the bowl of an

electric mixer, cream the butter and sugar together. Add the 2 eggs and beat well, Blend in the melted chocolate mixture and the vanilla. Add the flour alternating with the buttermilk.  
**Step Three** In a separate bowl, beat the egg whites until stiff peaks form. Fold into the prepared batter and spoon evenly into the prepared pans. Bake for 25 - 30 minutes.

#### Almond Coconut Filling

2 TB Unsalted Butter  
 2/3 Cup Packed Brown Sugar  
 2 TB Cornstarch and 1/4 Tsp Salt  
 1 Cup Fat-Free Sweetened Condensed Milk  
 1 TB Honey  
 2 Large Egg Yolks  
 2 Tsp Vanilla Extract  
 1/2 Cup Toasted Flaked Coconut

1 Cup Toasted Chopped Almonds  
 Melt butter in a medium saucepan. Remove from the heat and whisk in the sugar, cornstarch, and salt. Add milk, syrup, and egg yolks, and stir well. Cook 3 minutes over medium heat or until thickened, stirring constantly. Remove from heat, and stir in the coconut and almonds.

### 2 Kitchen Smidgen

\*Canned Pumpkin is a great substitute for fat in most baked goods. You can replace up to 1/2 of the butter or oil in your recipe with out losing the quality of the finished product.

### 3 Get Creative

**Easy Dark CHOCOLATE FROSTING** Melt 2 Oz Unsweetened Baking Chocolate with 3 TB Unsalted Butter. Remove from heat & stir in 2 Cups Powdered Sugar, 2 - 3 TB of Espresso or Milk & 1 Tsp Vanilla. Frost away!

## 4 WINE of the Week

### Perrier Jouet Grand Brut

Champagne, France  
 Cost Plus - around \$17.00

This elegant cake deserves real champagne! The house style of Perrier Jouet is reflected well here - light, dry and crisp with an aroma of green apples and pears and a crisp taste of lemon and oranges topped by a medium long aftertaste.