



# Recipe Booklet

Recipes • Elizabeth Lam  
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# Recipe

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**Introduction.** The inspiration for this book comes from my passion for food and the never-ending quest to find the perfect online recipe. I emphasize online because I am always on the go and rely on a combination of my computer, iPhone, and Google to source out my recipes. With the growing popularity of food blogs and forums, the internet has become my go-to place for finding recipes and cooking techniques. With that, I now offer you my top 3 online recipes I hope that you will enjoy them as much as I do!



# Icy Square Cookies

If you're a fan of moist, chewy cookies, then this recipe is for you. It is based off of a chocolate chip cookie recipe from Anna Olson with one substitution: Icy Squares in lieu of chocolate chips. Icy Squares are dense, chocolate squares that can be found at your local grocery store.

## INGREDIENTS

- 3/4 cup unsalted butter
- 1 cup brown sugar
- 1/4 cup granulated sugar
- 1 egg
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons cornstarch
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 24 Moritz Icy Squares

### TIP FROM THE CHEF

Moritz Icy Squares are a seasonal product sold locally in Canada. They are available in both specialty candy stores and nationwide chains such as Costco.



## PREPARATION

- 1 Pre-heat oven to 350 F.
- 2 Cream together butter and sugars until smooth.
- 3 Add egg and vanilla to the butter mixture.
- 4 Stir in the flour, cornstarch, baking soda, and salt.
- 5 If you prefer an equal distribution of chocolate, chop the Moritz Icy Squares and fold them into the cookie dough. If you prefer to have a single Icy Square on each cookie, omit this step and continue to step 6.
- 6 Use a cookie dough scoop or an ice cream scoop to portion out the cookie dough on the baking sheet. There should be approximately 24 cookies in total.
- 7 Press one Moritz Icy Square into the center of each cookie.
- 8 Bake for 8 to 10 minutes until the edges are golden brown.
- 9 Remove from oven and let cool on rack.
- 10 Bon appétit!



# Strawberry Shortcake

Make use of in-season strawberries with a simplified version of Strawberry Shortcake inspired by Canadian Living's recipe.

## INGREDIENTS

- 1/4 cup whole milk
- 2 tbsp butter
- 1 1/2 tsp grated orange rind
- 3/4 cup sifted cake and pastry flour
- 1 tsp baking powder
- salt
- 5 eggs
- 5 strawberries, sliced
- 1 container of Miracle Whip

## TIP FROM THE CHEF

Use ripe strawberries during the summer months to really bring out the flavor of this cake.



## PREPARATION

- 1 Preheat oven to 350 C.
- 2 In saucepan, heat the milk and butter over medium heat until melted. Do NOT bring to a boil. Stir in orange rind. Set aside and keep warm.
- 3 In bowl, combine flour, baking powder, and salt. Set aside.
- 4 Separate the eggs and place the yolks in one bowl and the egg whites in another. In the bowl with the egg whites, beat until foamy. Continue beating slowly while adding sugar until soft white peaks form. In the bowl with the egg yolks, beat with the remaining sugar until a light color appears.
- 5 Fold egg white mixture into egg yolk mixture. Sift dry ingredients over top and fold until combined. Make a well in the center and slowly pour in the milk mixture.
- 6 Line a 15 x 11" pan with parchment paper and spread batter on top of this sheet. Bake for 12 minutes until golden brown. Let cool in pan.
- 7 Thinly slice the strawberries and mix in a bowl with Miracle Whip. Cut the cooled cake into thirds and spread Miracle Whip mixture onto bottom layer and place second layer on top. Repeat and garnish the top layer with a mint leaf.





# M&M Brownies

Colorful and decadent, these brownies make a great dessert and are the first to go at any pot-luck or special event!

## PREPARATION

- 1 Preheat oven to 350 F.
- 2 Place heat proof bowl over saucepan of hot, but not boiling, water. Place chocolate and butter into the bowl, stirring until melted. Let cool and stir in sugar, eggs, egg yolk, and vanilla.
- 3 In separate bowl, whisk together flour, cocoa, baking powder and salt. Stir into chocolate mixture until combined.
- 4 Stir in chocolate chips and pour into a parchment-lined 8 inch square pan. Sprinkle M&M candies on top.
- 5 Bake for 25 minutes until cake tester comes out clean. Let cool and cut into squares.

## INGREDIENTS

- 3 oz of bittersweet chocolate
- 1/2 cup of butter
- 3/4 cup granulated sugar
- 2 eggs
- 1 egg yolk
- 1 tsp vanilla
- 2/3 cup all purpose flour
- 1/4 cup cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 cup semisweet chocolate chips
- 1/2 cup M&M candies

### TIP FROM THE CHEF

Forget calorie count when it comes to brownies. In my experience, the density and flavor of this chocolatey treat make it all the more worthwhile to eat!



#### FOOD FOR THOUGHT

“When I walk into my kitchen today, I am not alone. Whether we know it or not, none of us is. We bring fathers and mothers and kitchen tables, and every meal we have ever eaten. Food is never just food. It’s also a way of getting at something else: who we are, who we have been, and who we want to be.”

— Molly Wizenberg

Acknowledgement. Thank you to my wonderful friends and family who have volunteered to try my food over the years. Your feedback has been invaluable in helping me to perfect my online recipes. I look forward to continuing on with my cooking “study”.

