

Mastering the Art of Student Cooking

Master Chefs:
Susan Anderson and Taylor McKee

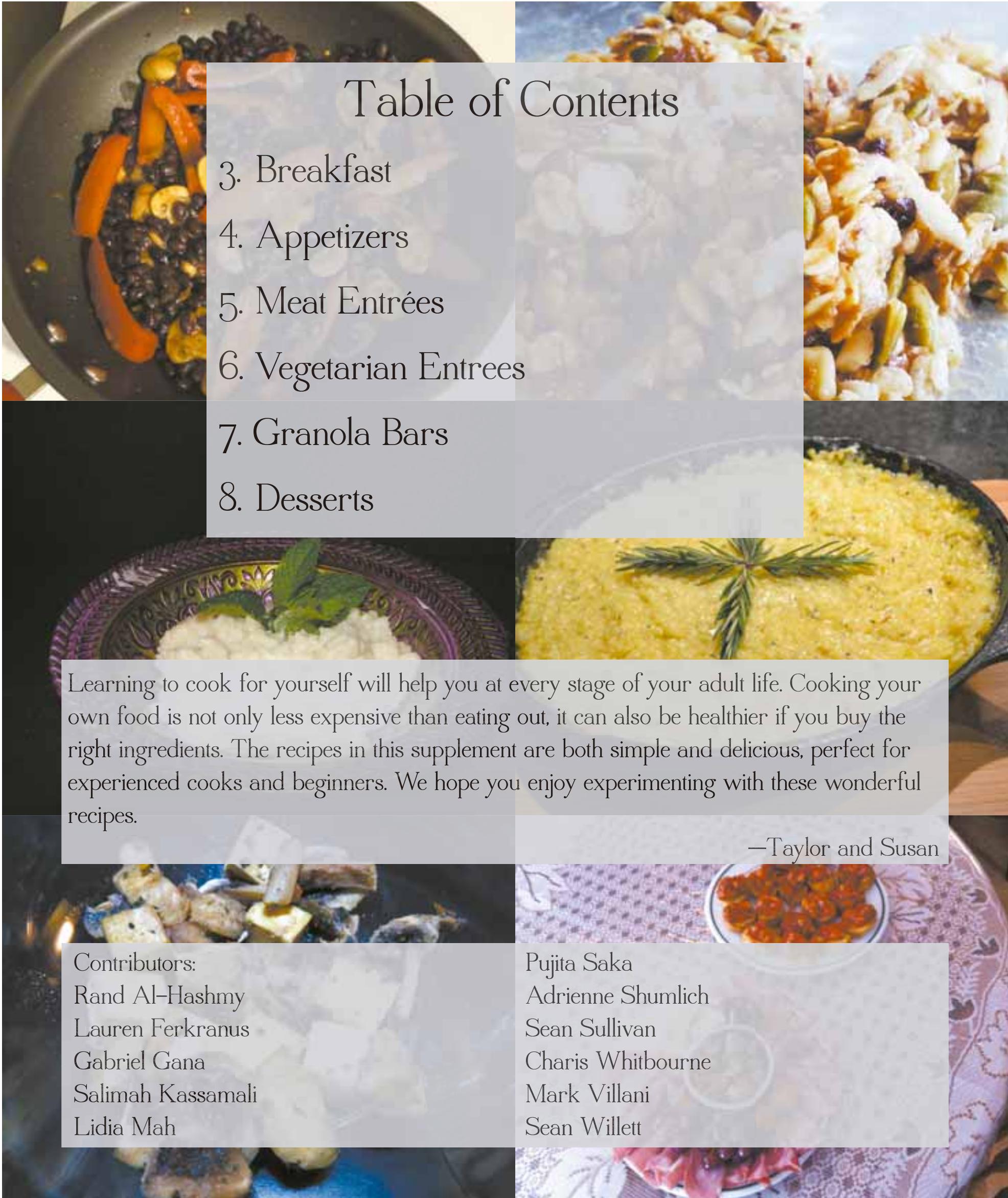


Table of Contents

3. Breakfast
4. Appetizers
5. Meat Entrées
6. Vegetarian Entrees
7. Granola Bars
8. Desserts

Learning to cook for yourself will help you at every stage of your adult life. Cooking your own food is not only less expensive than eating out, it can also be healthier if you buy the right ingredients. The recipes in this supplement are both simple and delicious, perfect for experienced cooks and beginners. We hope you enjoy experimenting with these wonderful recipes.

—Taylor and Susan

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Breakfast

Creamy scrambled eggs

by: Gabriel Gana, first-year philosophy

Ingredients:

3 eggs
Unsalted butter, room temperature
Salt and pepper to season



Sean Sullivan

Directions:

1) In a non-stick saucepan, combine the eggs and 1 1/2 tablespoons of butter and place over medium heat. With a wooden spoon scramble the eggs and stir.

2) Continue stirring until you see the mixture slowly coagulating to a nice yellow. By then, the mixture should be not too runny so remove from heat and continue stirring.

3) Add a little knob of butter to finish. Keep on stirring until the eggs are a creamy and velvety texture. Season with salt and pepper to taste.

Usually, scrambled eggs are made with eggs scrambled beforehand and cooked with the pan preheated already with a bit of fat. This recipe incorporates the fat with the eggs to create a creamy and velvety texture. Once you have tried it, you will never make

scrambled eggs the same way again.

I learned this recipe when I was watching the Food Network over Christmas break and saw how Gordon Ramsay makes his scrambled eggs for Christmas brunch. His recipe called for two eggs and just a knob of butter.

I then modified the recipe to my own needs, since I eat more eggs than Ramsay. It is so simple that you won't have any trouble making this dish. The only thing you have to look out for is not to undercook the eggs and end up with egg soup, or overcook it and end up with yellow rubber.

This dish pairs well with any breakfast item you could think of, especially with lots of bacon. With this recipe as a base, you can mix in other ingredients to create a whole range of dishes. For instance, add some chopped jalapenos,

bell peppers, tomatoes and onions with seasoned ground beef to create a southwest scramble. You could also top the eggs on some bagels with cream cheese and lox to create a beautiful Sunday brunch dish. The only thing limiting you is what's in your fridge.

Breakfast has always been touted as the most important meal of the day, providing you with the energy to take on the day. This recipe is for your second breakfast, after you have gone through your stash of stale Lucky Charms and lukewarm Pabst Blue Ribbons for first breakfast.

Accounting for the high probability that your fridge is stocked with mostly pizza pops, TV dinners and beer, this recipe includes ingredients that are extremely basic and therefore very simple to make in almost any living situation.

Bavarian apple pancakes

by: Pujita Saka, third-year molecular microbiology

Ingredients:

2 cups all-purpose flour
3/4 cup granulated sugar
1 tsp baking powder
1 tsp baking soda
1 tsp ground cinnamon (optional)
1/2 tsp salt

4 large eggs
1 1/4 cups milk
2 tsp vanilla extract
2 tsp canola oil
2 tsp grated orange or lemon zested
2 cups finely diced, peeled apples

Directions:

1) Combine the flour, sugar, baking powder, baking soda, cinnamon and salt.

2) Mix the eggs, milk, oil, vanilla extract and lemon or orange zest.

3) Mix the dry ingredients, and the wet ingredients until the consistency is smooth.

4) Add the finely diced apples and mix. If the apples are not diced thinly enough, the pancake will not cook evenly — I know from firsthand experience. In hindsight, coarsely grated apples would have worked the best.

5) Pour the batter onto a hot pan to cook. If the batter does not spread out well, use a spoon to even it out or add

a little milk to thin the batter. Allow the pancakes to cook until they are golden. This batter should make around 10–12 medium-sized pancakes.

These pancakes are absolutely delicious, and can be served with fresh fruit and yogurt. Toppings can include golden syrup, maple syrup or, as a healthy alternative, honey. A dusting of icing sugar complements this dish well.

Finely diced pears are a great substitute for the apple in this recipe or, better yet, use a combination of both. Also, whole wheat could be used instead of all-purpose flour. The amount of sugar used in this mixture can also be reduced

to 1/2 cup instead of using the full 3/4 cup suggested. If fresh citrus are not readily on hand, lemon juice will work as a substitute — add a 1/2 teaspoon. For thicker pancakes, plain yogurt can replace the milk.

I'm a huge fan of pancakes. Usually all I have time for in the morning is cold cereal, so pancakes are a nice change. This recipe uses typical pantry ingredients and they take only about 30 minutes to make. Plus, they taste great, with the sweetness being slightly offset by the zested lemon or orange.

I received this recipe from an aunt of mine who is a really good cook and I will definitely be trying it again.



Sean Sullivan

Appetizers

Traditional antipasti

by: Mark Villani,
first-year communications

Ingredients:
1 baguette
2 chopped tomatoes
Salt, pepper, oregano
Thin slices of Italian cold cuts
Pickled mushrooms
Asiago cheese
Fresh fruit

Directions:

1) Pre heat oven to broil at 550 F and begin cutting the fresh baguette into thin individual slices. Butter each baguette slice and place on an oven sheet.

2) Place the baguette slices into the oven to broil for five minutes or until lightly toasted.

3) Chop up two tomatoes into small chunks, add salt, pepper and extra virgin olive oil for a quick and easy homemade bruschetta.

4) Once the baguette slices are cooked, use a small spoon and spread your bruschetta mix onto each individual slice in a single plate.

5) On another plate, fold up slices of ham, mortadella and capicola decorating the edges of the plate.

6) In the middle, add a small

bowl of pickled mushrooms as your centerpiece.

7) On the side, add fresh fruit and slices of Asiago cheese.

This recipe can be altered in many different ways depending on what is lying in your fridge. Feel free to experiment with different cheeses and meat slices. Add a variety of marinated vegetables, olives or artichokes. In addition, mix it up with any type of fresh fruit or antipasto mix on the side.

Upon finishing this traditional recipe, some minor problems may arise for the average university student on a budget. To prepare this meal, you will need to go to a deli or an Italian fine foods store. Most of these ingredients — like the cold cuts or the cheeses — can be expensive which is why there are simple altera-

tions and cheaper alternatives added to make things a little easier for students.

Despite the expenses, the food tasted great and was lots of fun to make. The recipe is very quick and I'm proud to say that even an untalented cook like myself managed to put this together in fewer than 30 minutes. I would definitely recommend this dish to anybody looking for a simple dinner idea or a snack for the big game.

In my Italian household, my mother can cook just about anything in a moment's notice.

This recipe was no exception to the fine foods of my Italian culture. From my family to yours, this is a recipe that never gets old and is sure to delight the average student. Serves four people.

Bon Appetito!



Mark Villani

Directions:

1) Preheat oven to 375 F. Brown the beef and season it with a little salt and pepper.

2) Once the beef is cooked, drain it and set aside.

3) Reserve 3/4 cup Parmesan cheese and 3/4 cup mozzarella cheese for the top of the cupcakes.

4) Spray the muffin tray with cooking spray and begin by pressing a wonton wrapper into the bottom of each hole of the muffin tray.

5) Layer a little Parmesan cheese, ricotta cheese and mozzarella cheese on each. Then top with a little meat and pasta sauce.

6) Repeat step five. Then finish the cupcakes off with the reserved Parmesan and mozzarella cheese.

7) Bake cupcakes for 18–20 minutes or until the edges are

brown. Remove from oven and let cool for five minutes.

8) Garnish with basil and serve. This recipe ends up tasting like a savory lasagna pastry that is crispy on the outside and soft and cheesy on the inside.

The cupcakes also stay in place, as they do not fall apart the moment you try to scoop it out like lasagna does.

The cupcakes also come out individually portioned, and as a result make a good appetizer at a party or potluck. They can also be a main course with a salad and some bread.

This recipe goes great paired with anything you would normally pair lasagna with so I would recommend soup, Caesar salad or garlic bread.

The cupcakes were delicious, easy to make and only

require a few simple ingredients.

The cupcakes only took 15 minutes to put together and do not require any special utensils. These cupcakes are perfect for a busy schedule as they are individually portioned and easy to reheat, so leftovers can be eaten on the go.

Since there are two layers of each ingredient for each cupcake it helps to divide the ingredients in two to start with and then evenly separate everything between the 12 cupcakes.

However, this recipe tastes good no matter what, so absolute precision is not essential with all the ingredients.

For people who do not eat red meat, the beef can easily be substituted with ground veggie meat, which produces similar results.

Lasagna cupcakes

by: Charis Whitbourne,
third-year communications

Ingredients:
1/3 pound ground beef
Salt and pepper
24 wonton wrappers
1 3/4 cups grated Parmesan cheese
3/4 cup ricotta cheese
1 cup pasta sauce
Basil for garnish (optional)



Sean Sullivan

Entrées

Maple-whisky glazed salmon

by: Sean Sullivan,
second-year open studies

adapted from *Better Homes and Gardens*

Ingredients:

2 10 oz skinless salmon fillets, cut in half
1/3 cup maple syrup
1/3 cup orange juice
3 tbs Canadian whisky
1/4 cup coarsely chopped pecans or walnuts
Ground black pepper
Olive oil

For salad:
Pecans or walnuts
Orange juice
Olive oil
White wine vinegar
Red onion
Blue cheese
Field greens

Salmon directions:

1) Set the oven rack a few inches beneath the top heating element. Set the oven to broil at 550 F and let it preheat. If you don't own a broiler pan, line a baking sheet with aluminum foil.

2) Pour the maple syrup, orange juice and whisky into a small saucepan and let it cook on medium heat, uncovered.

3) While the glaze cooks, season the salmon with salt and pepper and drizzle both sides with olive oil. Put the salmon on the pan and place it in the oven for five minutes.

4) After five minutes, remove the salmon, drizzle both sides with glaze and slide it back into the oven for another five minutes. Test the salmon with a fork. It will flake easily when it's cooked.

Salad directions:

1) Mix together equal parts olive oil, orange juice and white wine vinegar.

2) Drizzle this over field greens.

3) Add sliced red onion, crushed pecans or walnuts and crumbled blue cheese.

Salmon is loaded with lean protein, omega-3 fatty acids and B vitamins.

At about \$20 per 0.6 kilograms, it's not really a budget food, but fortunately this recipe uses three things most university students should already have: orange juice, maple syrup and whisky. If you aren't a whisky drinker, you can add a little more orange juice.

The beauty of broiling fish is that it takes no more than 20 minutes from start to finish.

I have a confession to make: I hate salmon. There is a potent aftertaste I just can't stand. I much prefer steelhead trout, a sea-fairing variation of rainbow trout that is almost identical in taste to salmon, but slightly milder and without the icky aftertaste.



Sean Sullivan

However, something about maple syrup, orange juice, whisky and pecans disguised that usual taste in this recipe. The glaze and the salmon complement each other nicely.

One of my concerns about this recipe is the amount of sugar involved. I don't like overly sweet food, but the mellow taste of salmon balances with the sweetness of the maple

syrup. This is probably one of the better salmon recipes I've tried over the years because it's tasty, easy to prepare and done in 20 minutes.

The combination of maple syrup and orange juice open up the recipe for a number of drink pairings, including mimosas, champagne, white wine and a good Canadian whisky.

Enjoy.



Rand Al-Hashmy

Roundhouse risotto

by: Rand Al-Hashmy,
fourth-year business

adapted from steamwhistle.ca

Ingredients:

5 cups chicken or vegetarian stock
1/2 cup butter
1 1/2 cups finely chopped onions
1 tsp dried basil
1 tsp crushed saffron threads
2 cups Arborio rice
1 bottle light ale beer
1 cup grated Parmesan cheese
Salt and pepper to taste
Fresh rosemary sprigs for garnish

Directions:

1) Chop the onions as finely as possible.

2) In a deep skillet, melt four tablespoons of butter over medium heat. Add onion, basil and saffron. If saffron is too expensive, you can use rosemary or thyme. Pay close attention not to burn the onions.

3) Add the rice to the butter

and onion mixture and mix together for one minute. Stir continuously.

4) Pour the beer in and lower heat to a simmer. Ladle in a cup of the stock and stir until it is almost absorbed.

5) Add another cup of the stock. Continue this process until all of the stock has been added and the beer-stock component has been well incorporated into the mix.

6) When the rice absorbs the last cup of stock, add the rest of the butter and Parmesan cheese.

7) Stir until the Parmesan and rice are creamy. Season to taste.

8) Garnish with rosemary, serve and enjoy.

This is one of my go-to recipes for a simple yet elegantly crafted dish that satisfies and delights.

Up until a couple years ago, I would have never dreamed of

making an edible risotto. After getting involved in the Start from Scratch student cooking program founded by local food blogger Dan Clapson, I have confidence making meals that require more than boiling pasta and mixing in fluorescent orange cheese-flavoured powder.

This dish was my segway to getting comfortable in the kitchen and experimenting with different flavours and herbs.

After tweaking a few of the measurements of the original recipe, this is my version of the roundhouse risotto. While simple, it does require patience and continuous stirring. To the sheltered tongue, it tastes like a classy mac 'n' cheese.

Since this risotto is on the heavier side, I would recommend serving it with a side salad, steamed vegetables and another beer.

Vegetarian

Black bean burritos

by: Sean Willett,
second-year communications

Ingredients:

1 can black beans
1 red pepper
6–8 mushrooms
Olive oil
Your favourite salsa
Tortillas
Shredded cheese
Black pepper
Red pepper flakes

Directions:

1) Cut the red pepper into long, inch-wide strips and cut the mushrooms into four slices each.

2) Open the can of beans and use a colander to drain and rinse them.

3) Coat a large frying pan in olive oil, using enough so that there is a small pool of oil in the pan. Add your preferred amount of black pepper and red pepper flakes, then begin to heat the oil over medium heat. The more red pepper flakes you use, the spicier the dish will be.

4) After a minute of heating the oil, add the sliced peppers and mushrooms. Stir them well to make sure they are evenly coated in the oil, then stir fry them for about three until the mushrooms begin to shrink and brown.

5) Turn the heat to low and allow the vegetables to simmer.

6) Add the black beans and mix them into the vegetables, along with a bit more black pepper and red pepper flakes. Stir fry the beans and vegetables over low heat for about one minute, or until the beans are warm and soft.

7) Add as much salsa as you think is appropriate, then stir and cook for another minute.

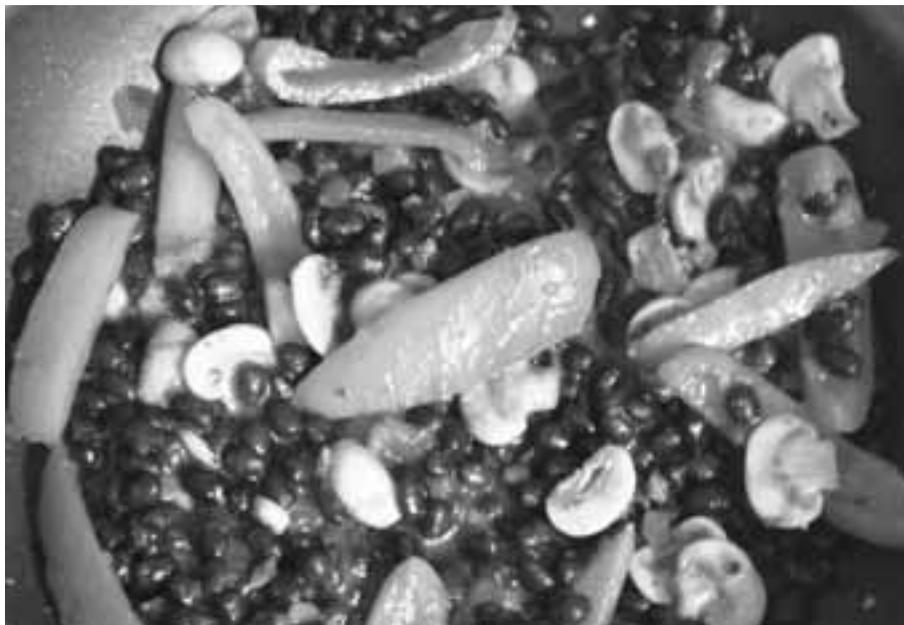
6) Remove the pan from the heat. Serve in the tortillas with shredded cheese. Enjoy!

One of the hardest parts of becoming a vegetarian, or even eating less meat, is figuring out how to effectively get the protein you need from alternative sources. What can be even harder is figuring out the best way to cook these things — tofu can turn out pretty gross if you don't know what you're doing. One of the best ways to take meat out of your diet is to replace it with legumes, which are cheap, easy to prepare and, most importantly, delicious.

Black beans, because of their texture and rich flavour, can be used in place of beef in many situations. The classic black bean burrito, a popular dish in Latin American cuisine, is a tasty and simple vegetarian dish that serves as the perfect intro to vegetarian cooking.

This recipe can easily be made vegan by simply taking out the cheese. Different vegetables and spices can be added to suit personal tastes.

This recipe serves two and takes about 10 minutes to prepare.



Sean Willett

Tofu scramble

by: Adrienne Shumlich,
second-year geography

Ingredients:

1 block firm tofu, cubed
Vegetable oil
2 chives
1 dash garlic
1 dash oregano
1 dash basil
Salt and pepper to taste

10 small mushrooms

1 onion

or

6–12 cherry tomatoes

Tomato pesto or sauce

Handful of spinach

Directions for mushrooms and onions:

1) Fry tofu, mushrooms and onion in vegetable oil on medium heat.

2) Add all the other ingredients when tofu, mushrooms and onion are halfway cooked.

3) Cook until tofu is slightly browned.

Directions for tomatoes and spinach:

1) Fry tofu in vegetable oil on medium.

2) When tofu is starting to brown on the outside, add cherry tomatoes, pesto/tomato sauce and spices.

3) Add spinach after it is finished.

4) Grab a plate and enjoy.

My biggest concern as a vegetarian is getting enough protein. A half cup of tofu (or 1/3 of a package of tofu) has 10.1 grams of protein, compared to one egg, which has 6.0 grams of protein.

Tofu has always been my go-to meal when I'm feeling really hungry. I have been guilty of turning to carbohydrates



Adrienne Shumlich

to curb my hunger, but protein is a healthier alternative.

The recipe filled me up just like a steak would. Be careful not to overdo the vegetable oil because it will end up tasting greasy if you do — use enough to lightly fry the tofu and onions but nothing more.

Add more spice or vegetables if you feel that it is necessary. This recipe is nice because it is versatile, quick and easy.

This recipe will yield at least three platefuls. It tastes great or maybe even better when refrigerated and re-heated, so be sure to save your leftovers.

Granola Bars

Easy-bake granola bars

By: Salimah Kassamali,
third-year economics

adapted from *Allan Clinic*

Ingredients:

3 cups oats
1/3 cup brown sugar
1 cup peanuts
1 cup unsalted sunflower seeds
1 cup semi-sweet chocolate chips
1 can sweetened condensed milk (300 mL)
1/2 cup butter or margarine

Directions:

- 1) In a large bowl mix oats, brown sugar, peanuts, sunflower seeds and chocolate chips.
- 2) Add the sweetened condensed milk and butter and mix well.
- 3) Press the mixture onto a greased baking sheet.

4) Bake for 20–30 minutes or until golden brown at 325 F.

5) Let cool for at least five minutes before cutting into squares and serving.

Consider this an easy-to-make and healthy alternative to packaged granola bars. This recipe is fast and extremely versatile. It only took me about 15 minutes to prepare and the ingredients are inexpensive and readily available at any grocery store.

After trying this recipe for the first time, I would suggest melting the butter or margarine before adding it to the mixture. Make sure that the ingredients are well mixed by alternatively adding small amounts of condensed milk and butter or margarine.

Be sure to use regular oats rather than Quick Oats. I made the mistake of using Quick Oats and the granola bars were slightly burned after 20 minutes in the oven. Because they were overcooked, I had difficulty removing the granola bars from the pan. I would therefore recommend pressing the mixture onto

a greased sheet of foil so that you don't have to spend an extra 20 minutes cleaning up.

The sweetened condensed milk is the secret ingredient in this recipe — it makes the granola bars extremely soft and tasty. You can find low-fat sweetened condensed milk at most grocery stores.

You can use raisins, dried cranberries or dried papaya rather than chocolate chips. I would try this recipe again using

hazelnuts, almonds, soy nuts, pumpkin seeds or cashews instead of sunflower seeds and peanuts. I would also try experimenting with using honey rather than brown sugar and butter.

These granola bars proved to be a great dessert and also a great snack during the weeks of stressful midterms and final exams. Make double the amount because they tend to disappear very quickly!



Salimah Kassamali

Gluten-free granola bars

By: Lidia Mah,
first-year education

adapted from *kitchensimplicity.com*

Ingredients:

1 cup gluten-free oats
1 cup gluten-free brown rice cereal
1/2 cup dried fruits such as banana chips and sultana raisins
1/2 cup nuts, such as almonds and walnuts
1/4 cup pumpkin seeds
1/4 cup honey
1/4 cup butter
1/4 cup white sugar
2 tbsp flax seeds
1/2 tsp vanilla extract

Directions:

- 1) Mix the oats, brown rice cereal, fruits and nuts in a bowl and set aside.
- 2) In a sauce pan combine butter, honey, sugar, salt and vanilla extract. Continuously stir and heat until boiling.

3) Place dry granola mixture into the frying pan and mix. Ensure that the coating is even.

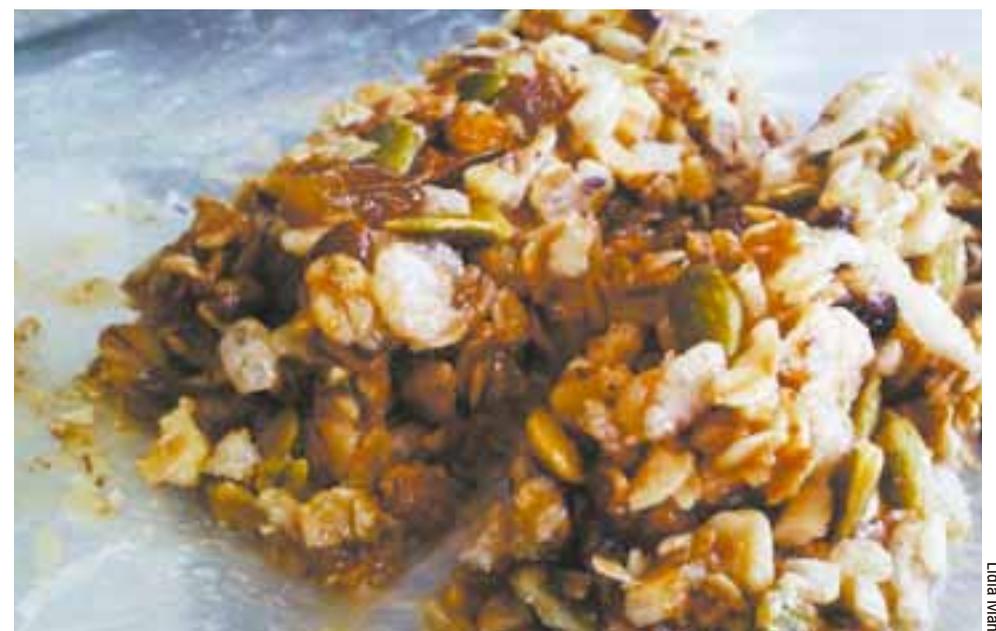
4) Transfer to a 8" x 6" baking dish covered in either parchment paper or wax paper. Press the granola mixture down firmly.

5) Let cool for approximately 30 minutes.

Gluten-free granola bars are incredibly easy to make. You can personalize this delicious and versatile recipe with your choice of dried fruits and nuts. When the granola bars have set, you can take them with you for a quick and nutritious on-the-go snack.

I'm not a big fan of store-bought granola bars because they are often too crunchy, grainy or hard. Many granola bars will also contain ingredients that have gluten, although you can usually find a limited selection of gluten-free ones.

These granola bars were soft, chewy and the texture was not too rough or grainy. However, they ended up being crumbly and did not stay together very well. I also noticed that the liquid mix-



Lidia Mah

ture settled to the bottom after I took them out of the fridge. To avoid crumbling and settling, the ingredients need to be mixed and pressed firmly.

I would also refrigerate for a longer period of time so that the granola can set.

The banana chips and raisins were fabulous with honey. Although the hon-

ey was not too overwhelming, I found these granola bars too sweet for my taste. I reduced the amount of white sugar that I was using, but I would stick to brown sugar as suggested in the original recipe. You can always change and add whatever you like. The versatility of this recipe is a bonus for me, and I would definitely try making these again.

Dessert

Rice pudding

by: Lauren Ferkranus,
fourth-year community reha-
bilitation and disability studies

Ingredients:

2 cups milk
1 1/2 cups cooked rice
1/3 cup sugar
1 beaten egg
1 tbsp butter
1 tsp vanilla

Directions:

1) Cook the rice first or use leftovers. I often make rice pudding using rice that has been leftover from another meal.

2) Bring 1 1/2 cup of rice, 1 1/2 cup of milk and 1/3 cup of sugar to a gentle boil and then lower the temperature to medium to avoid burning.

3) Stir for 15–20 minutes until thickened. Once thickened, add the rest of the milk and the beaten egg. Stir continually for two minutes.

4) Remove from heat, add the butter and vanilla and stir until even.

5) If you want some more flavour, sprinkle some cinnamon and nutmeg on top or add a little whipped cream.

Rice pudding has a long history. People around the globe have celebrated the medicinal and savoury wealth that rice pudding offers. Now you can enjoy this warm, sweet dessert on a student budget. This delicious, minimal-ingredient recipe is a surefire hit.

I have used this recipe for many years. The ingredients are inexpensive and it can easily be put together in 30 minutes or so when a tasty dessert is needed.

There are many variations to this recipe and I have tried several. I prefer simple, modest additions or substitutions to the recipe. I have substituted cow's milk with soy or almond milk. I have recently used coconut almond milk, which gave the pudding a stronger, nuttier taste. Also, a touch of fresh mint is



Lauren Ferkranus

ideal. One other suggestion would be to try a different variety of rice. I have only used plain white rice but jasmine rice would be a great substitute. A final addition would be raisins, cranber-

ries or sliced almonds.

Truth be told, the fewer ingredients the better. Rice pudding is a simple, quick and enjoyable way to complete a meal or satisfy an evening craving.

Tiramisu

by: Susan Anderson,
fourth-year English

Ingredients:

6 egg yolks
3/4 cup of sugar
1 pound mascarpone cheese,
softened
2 cups heavy whipping cream
2 tbsp rum
1 tsp vanilla extract
2 tbsp espresso, plus 2–3 cups
brewed (or watered down)
5 egg whites
40–50 lady fingers/Nilla crackers/
plain cookies
Cocoa powder

Directions:

1) In a mixing bowl set over but not touching a pan of simmering water beat the egg yolks and sugar until the mixture is pale yellow and thick ribbons fall from the whisk. This should take about 4–5 minutes.

2) Transfer the mixture to a bowl of an electric mixer.

3) Add the mascarpone cheese



Susan Anderson

and beat for 2–3 minutes until smooth and creamy.

4) In a second, chilled, large mixing bowl, beat the whipping cream to stiff peaks.

5) Add the rum, vanilla and two tablespoons of espresso to the bowl of whipped cream and beat until smooth.

6) In a third mixing bowl, beat the egg whites to stiff peaks — when the whisk is lifted straight out of the bowl and inverted, the whites should hold their shape.

7) With a rubber spatula, gently fold the first mascar-

pone mixture into the second whipped cream mixture and blend until smooth.

8) Add the egg whites in small portions and fold gently until the mixture is smooth and blended.

9) One at a time, submerge each cookie into the remaining espresso for about five seconds then place it on the bottom of a six quart glass or ceramic baking or serving dish. Continue to form a complete layer

10) Spread half of the mascarpone mixture over the soaked cookies until evenly covered.

11) Arrange another layer of soaked cookies over the mascarpone cream, then spread the remaining mascarpone cream evenly over the top.

12) Dust the tiramisu with cocoa powder to create a rich, dark topping.

13) Refrigerate at least four hours or up to one day before serving.

The recipe can be a bit tricky so read it over a few times before you start. However, tiramisu is sure to delight a romantic interest, family or friends — provided they aren't lactose intolerant.

My younger sister, who got this recipe from the cooking store Williams Sonoma, usually makes it. I have been on my knees begging for more tiramisu and now I'm glad that I can make my own.

With the first step, a double-boiler would work but I just held one pot above another. Don't set them inside each other. I tried this, and they got stuck together and I nearly got

burned when the hot water went everywhere. Getting the pale yellow colour and thick ribbons to fall took me about 15 minutes, so play around with the most effective way.

You will need an electric mixer and preferably a few bowls that will fit under it. The cream and egg whites took me a long time to whip, so don't lose patience — you'll get there.

The recipe calls for ladyfingers, my sister uses Nilla crackers and because I couldn't find Nilla crackers, I used Lifestyle Selections vanilla bean latte cookies. You just want a tasty, yet plain cookie.

I ordered three shots of espresso from Starbucks and used this pure espresso for the first two tablespoons and then watered it down like an Americano for dunking the cookies. Mascarpone cheese can be found at most grocery stores.

I'd recommend eating the finished tiramisu quickly because it tends to lose structural integrity after 4–5 days, but I'm sure you won't have a problem with this.