

# Double Chocolate Pavlova with Mascarpone Cream & Raspberries

Servings: 10

Prep Time: 20 Minutes

Cook Time: 1 Hour 15 Minutes

Total Time: 1 Hour 35 Minutes

## Ingredients for Pavlova

- 6 large egg whites
- Pinch salt
- 1-3/4 cups superfine sugar (see note)
- 3 tablespoons unsweetened cocoa powder
- 1 teaspoon red wine vinegar
- 2 ounces bittersweet chocolate, finely chopped

## Ingredients for Marscapone Cream

- 8 ounces (1 cup) mascarpone cheese, cold
- 1-1/2 cups heavy whipping cream, cold
- 1/4 cup sugar
- 1 teaspoon vanilla extract

## Ingredients for Topping

- 1-1/2 cups fresh raspberries
- 2 ounces bittersweet chocolate, grated or shaved into curls (optional)

## Instructions

1. Preheat the oven to 300°F. Line a baking sheet with parchment paper. Using a dark marker, draw a 9-inch diameter circle on the parchment paper by tracing around a 9-inch cake pan or plate. Flip the paper over so your meringue won't touch the marker.
2. In the bowl of an electric mixer fitted with the whisk attachment, beat the egg whites and salt on medium speed until foamy soft peaks form, about a minute. Increase the speed to medium-high and gradually add the sugar; continue beating until stiff peaks form, 8-9 minutes. (The meringue will be glossy.)
3. Pass the cocoa powder through a sieve or sifter and add to the meringue. Add the vinegar and chopped chocolate. Using a large rubber spatula, fold the mixture until well combined. It should be a light mocha color with no white or brown streaks.
4. Secure the parchment paper to the baking sheet by adding a dab of meringue under each corner. Mound the meringue onto the parchment inside the circle. Using the spatula or a butter knife, spread the meringue to fill the circle. Even the top and sides just slightly -- it shouldn't be perfectly smooth or overworked. Place in the oven and cook for 1 hour and 15 minutes, or until the meringue is puffed and crisp all over, yet still a bit wobbly underneath if you touch the center. Don't worry if the top is cracked -- that's normal and it all gets covered with whipped cream in the end. Turn off the oven, prop the oven door open, and leave the meringue in the oven to cool to room temperature, at least 30 minutes. (The meringue won't collapse as much if it cools gradually.)
5. Before serving, carefully peel the meringue off of the parchment paper and place it on a serving platter. In a medium bowl, beat the mascarpone cheese, heavy cream and vanilla until combined. Gradually add the sugar and continue beating until it holds soft, pillowy peaks. Do not overbeat; it should not be too stiff or grainy. Mound the mascarpone cream onto the meringue and gently spread it out about an inch from the edge (don't worry if the meringue cracks in the process). Top the pavlova with the raspberries and sprinkle the shaved chocolate over top. Cut the pavlova into wedges, wiping the knife in between slices, and serve.
6. Note: If you don't have superfine sugar, place regular granulated sugar in a food processor and pulse until fine, about 30 seconds.
7. Note: This pavlova can be made ahead and assembled up to 12 hours ahead of time. Keep in the refrigerator.

# Steamed Carrots With Olive Oil and Lemon



**Yield:** serves 4-6

## Ingredients

2 bunches of small carrots with tops

Ice

1 teaspoon salt

1/2 teaspoon black pepper

2-3 tablespoons olive oil

1/2 lemon

## Directions

1. Peel the carrots and cut off the tops, leaving just about 1/2 inch on.
2. Place them in a steamer basket and steam over medium-high heat for about 10 to 15 minutes until they are tender enough to be pierced with a fork, but not overcooked or mushy.
3. While the carrots are steaming, fill a large bowl with ice water.
4. When they're cooked, dunk the carrots in for just a few seconds to stop the cooking process.
5. Place them on a serving plate, sprinkle with salt and pepper, and drizzle with olive oil. Squeeze the juice from the lemon over the carrots.

# Rosemary-Roasted Leg of Lamb



**Yield:** serves 6-8

## Ingredients

1 7- to 9-pound leg of lamb, bone in  
1 large bunch of rosemary  
5 cloves of garlic, peeled  
2 tablespoons salt  
1 tablespoon black pepper  
1 cup red wine

## Directions

1. Let your leg of lamb sit at room temperature for an hour before you plan to cook it.
2. Preheat your oven to 425°F.
3. In a large roasting pan, prepare a bed of rosemary. Lay your leg of lamb on top of the rosemary.
4. With a knife, make incisions all over the surface of the lamb, and insert a garlic clove into each. Push the cloves in so that they are buried in the meat.
5. Sprinkle the top and bottom of the leg of lamb with salt and pepper. Pour red wine into the roasting pan.
6. Cook the lamb for 25 minutes at 425°F then turn the oven temperature down to 375°F and continue to roast until a meat thermometer reads 145°F (for medium-rare) to 160°F (for medium), about an hour and a half.
7. Let the roast sit for 20 minutes before carving.

# Almond Joy Macaroons

Recipe adapted from [My Name is Yeh](#)

**Yield:** About 24 cookies

## Ingredients

1 14 oz can sweetened condensed milk  
1 tsp vanilla extract  
1 14 oz bag sweetened shredded coconut  
2 large egg whites  
1/4 tsp salt  
24 raw almonds  
9 oz semisweet chocolate chips or dark chocolate baking melts

## Directions

Preheat the oven to 350 degrees and line two baking sheets with parchment paper or Silpat mats.

In a large bowl, combine the sweetened condensed milk with the vanilla. Add the coconut, mix well and set aside.

In the bowl of an electric mixer with the whisk attachment, beat the egg whites and salt until stiff peaks form. Gently fold the eggs into the coconut mixture until evenly distributed.

Form balls with about 2 tsp of batter each, or use a small ice cream scoop to portion out the balls. Place on the prepared baking sheets about 1" apart and bake for 20-25 minutes, until golden brown. Allow cookies to cool on the tray for 5 minutes, then transfer to a wire rack to cool completely.

Melt the chocolate in the microwave in a small bowl in 30 second intervals, stirring well between each interval, until completely melted. Dip the bottoms of each macaroon into the chocolate and transfer back to the lined baking sheets. Place an almond atop each cookie, and drizzle remaining chocolate over the tops of each cookie either with a spoon or with the chocolate in a piping bag (or ziploc bag with the corner snipped off). Allow the chocolate to set completely before serving.

# Matsah Recipe

## Ingredients

1 1/2 cups flour  
2/3 cup water  
1 1/2 tsp. salt  
2 tsp. olive oil

## Directions

Preheat oven to 475. Mix all ingredients together in bowl to form dough. Knead dough adding flour or water to make a soft but not sticky consistency. When formed and not sticky separate dough into four equal balls and flatten each ball slightly. Then roll out on flat surface into very thin circles. Then prick each piece multiple times with a fork to prevent bubbling while baking in the oven. Place on either greased baking sheet or baking sheet with parchment paper and bake in the preheated oven 2-2.5 min. and then flip the bread. Ovens vary and also it varies if it is on the top or bottom rack. Bread should be slightly soft when done. Bake longer for a crispier bread if desired.

# Charoset

**Yield:** Serves 8 (makes 4 cups)

## Ingredients

1. 1cup walnuts
2. 1cup raisins
3. 1/2cup fresh orange juice
4. 1/4cup kosher red wine (such as Manischewitz)
5. 1/4cup honey
6. 1teaspoon finely grated lemon zest
7. 1/2teaspoon ground cinnamon
8. kosher salt
9. 2 crisp apples (such as Gala or McIntosh), peeled and roughly chopped

## Directions

1. Heat oven to 350° F. Spread the walnuts on a rimmed baking sheet and toast in oven, tossing occasionally, until fragrant, 8 to 10 minutes. Let cool, then roughly chop.
2. Meanwhile, combine the raisins and orange juice in a small saucepan; simmer over medium-low heat until most of the liquid is absorbed, 5 to 7 minutes. Let cool, then stir in the wine, honey, lemon zest, cinnamon, and ¼ teaspoon salt.
3. In a large bowl, combine the apples and walnuts with the raisin mixture and toss to combine. Cover and let sit for at least 4 hours.

# Avocado Grapefruit Salad

This tasty salad is so beautiful. Red grapefruit is full of [lycopene](#), which is more easily absorbed with some oil, thus the avocados and olive oil.

## Ingredients

1 red grapefruit  
1 white grapefruit  
1 large [avocado](#)  
Couple of fresh mint sprigs, with stems removed  
1 Tbsp Virgin [olive oil](#)  
Sprinkle of Himalayan salt

## Directions

1. Prepare grapefruit by peeling and sectioning.
2. Remove skin from grapefruit.
3. Remove avocado from peel and cut into sections as shown in photo.
4. Arrange avocado onto plate.
5. Cover with grapefruit.
6. Now drizzle olive oil and sprinkle with salt and mint.

# Grapefruit, Walnut, and Feta Salad

You can use oranges or tangerines instead of the grapefruit, and goat cheese in place of feta.

**Yield:** Serves 4

## Ingredients

1 small red grapefruit  
2 tablespoons extra-virgin olive oil  
1/2 teaspoon sugar  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
4 cups torn butter lettuce  
4 tablespoons crumbled feta cheese  
4 tablespoons toasted walnuts

## Directions

1. Peel and section grapefruit over a bowl; squeeze membranes to extract juice. Set sections aside; reserve 3 tablespoons juice. Discard membranes.
2. Combine juice, olive oil, sugar, salt, and pepper, stirring with a whisk. Divide lettuce evenly among 4 plates; sprinkle 1 tablespoon crumbled feta cheese and 1 tablespoon toasted walnuts over each salad. Divide grapefruit sections evenly among salads, and drizzle with vinaigrette.