

## IN SEARCH OF COMFORT FOOD

BY SOBIA AMEEN



# Sweet delights

## FRENCH YOGHURT CAKE

### Ingredients

For the cake—

3 large eggs  
 ½ cup plain yoghurt, or Greek yoghurt  
 1 cup granulated sugar  
 1½ cups all-purpose flour  
 2 tsp baking powder  
 ½ tsp salt  
 1 medium size lime's zest, grated  
 ½ cup olive oil  
 For the glaze—  
 ¼ cup fresh lime juice  
 ¾ cup of powdered sugar

### Method

Preheat the oven to 180° C. Butter a round, or loaf cake pan (8-inch round cake pan works for this batter). Line the bottom of the pan with parchment paper and rub butter on it lightly and set aside.

Combine the flour, baking powder, salt, and zest in a dry bowl and set aside.

In a large bowl, whisk the eggs, sugar, and yoghurt until well blended. Add the oil and keep whisking. Gradually, add the dry ingredients while whisking until the batter is smooth. When the batter is ready, pour the batter into the buttered pan and bake for 30-35 minutes until the cake feels springy. Check with a toothpick in the centre on the cake to see if it comes out clean, if there is any batter on the toothpick, let the cake bake a little longer, but do not overbake.

Place a saucepan over medium heat, combine the lime juice and powdered sugar until it forms a sticky syrup. Once the cake has cooled, pour the syrup over the cake and sprinkle icing sugar before serving.

## JAPANESE COTTON CHEESECAKE

### Ingredients

5 large eggs (room temperature)

¼ tsp cream of tartar  
 ½ cup sugar  
 1 cup cream cheese (room temperature)  
 ½ cup low-fat milk  
 ¼ cup unsalted butter (room temperature)  
 1 tbsp lemon juice  
 ¼ cup all-purpose flour  
 2 tbsp corn starch

### Method

Preheat the oven to 180° C. Line the bottom of an 8-inch springform pan with parchment paper and wrap the pan with foil to seal the pan well. Fill a larger baking pan halfway with water and place it in the oven.

Separate the egg whites in a mixing bowl and the yolks into a separate bowl. Beat the egg whites on low speed for 30 seconds. Increase the speed to medium low and beat for another 30 seconds or until foamy.

Add the cream of tartar and increase the



speed to medium high and beat until the egg whites just start to thicken and start forming a meringue. Gradually, add ¼ cup of sugar and continue beating until the egg whites have formed soft peaks. Set aside.

In a medium pan, add the cream cheese and milk and combine over low heat. Keep stirring so that the mixture does not burn. Keep stirring until smooth and add the butter, lemon juice and remaining ¼ cup of sugar and continue stirring. Remove from heat and add the flour and corn starch and mix for another minute. Finally, add the egg yolks and mix. Strain the batter through a sieve to make sure the batter has no lumps.

Gently fold 1/3 of the egg whites into the batter until combined. Keep doing this until the egg whites are combined with the batter, but do not overmix. Pour the

batter into the prepared springform and spread it evenly, until the top is smooth. Gently lift and drop the pan on the kitchen counter about 6 times to remove any large air bubbles.

Place the pan into the water bath and bake for an hour and ten minutes. Check the cake by inserting a toothpick in the centre, it should come out clean when done. Bake another 10-15 minutes to give the top a tan. Turn the oven off and let the cotton cheesecake cool in the oven for an hour with the oven door slightly open.

Remove the cotton cheesecake from the pan and place on a platter and let it rest for at least 4 hours. Serve with fresh fruit, whipped cream, chocolate sauce, or any topping of your choice.

Photo courtesy: Sobia Ameen

## TIPS

# Coffee, mate?

With tea, we always seem to have a wide selection of snacks to serve as sides, be it alu-puri, toast or muri. However, it gets more difficult with coffee, and even harder so when it is served cold.

Cold coffee is one of those soothing drinks that cools us down while keeping us energised and on our feet. But this refreshing drink too can be well paired with a variety of snacks to further enhance its taste and feel.

### A SELECTION OF FRUITS

When having fruits and coffee simultaneously, be sure to check that your selection of fruits are sweet and not sour. Berries make the best combo, or even desserts that incorporate a lot of fruits, like tarts. This is a healthy combination that most people would love without worrying about the calories or sugar intake.

### SWEET CARBS

When we want something that is more filling, carbs are what we turn to. Croissants and cold coffee are a dainty pairing we can

never get enough of, more so when they have cream fillings, or are sugar coated. Another similar dessert is the 'churro', which is a little denser, or even doughnuts and cream puffs and their many variations.

### BAKED DESSERTS

Ever wonder why coffee shops always have baked goods? It is because they are a match made in heaven. Cookies, cakes, brownies, or biscotti — baked desserts just have their way with coffee!



### BREAKFAST GOODIES

A steaming cup of coffee is a breakfast staple for most people, but throughout the day we like it colder, especially in this weather. But the breakfast menu is one we can accept no matter what the time is. Avocados on toast taste great with iced Americano, while crepes and cream complement a cold cappuccino. English scones stay mid-way and taste great with all sorts of cold coffee.

### SAVOURY BITES

Although cold coffee is most often consumed with desserts, some savoury foods can crawl their ways into the compliments list. BBQs are a good example which go great with cold brew espressos, be it a vegetarian option like BBQ corn, or a meatier one like charred chicken. Various kinds of chips also work pretty well.

Many of us live on coffee, and during the warmer months, cold coffee can be a saviour. These little snacks are small enough to carry during rush hours and filling enough to enjoy during a break. Keep these in mind next time while you pick the perfect carrot cake or doughnut to go with your coffee.

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