



BARLOW



desserts from my kitchen

from the creator of
raincoast crisps®

COMING
FALL
2•0•1•4

LESLEY STOWE



summer berry gratin with cointreau sabayon

Makes 6 servings

This traditional French summer dessert can be prepared using any type of fruit, but is especially lovely when made with fresh, ripe seasonal berries. The berries aren't actually cooked, but rather warmed to bring out their flavors; the sabayon is quickly browned otop them. The trick to making sabayon is being sure to whisk the ingredients constantly until thick ribbons form.

6	large free-range egg yolks	6
¾ cup	sparkling white wine	175 mL
¼ cup	Cointreau liqueur	60 mL
½ cup	granulated sugar	75 mL
2 cups	berries (raspberries, blueberries, blackberries, red or black currants, or any combination)	500 mL

1. In a medium heatproof bowl, whisk together egg yolks, wine, Cointreau, and sugar. Set over a saucepan of simmering water (make sure water does not touch bottom of bowl) and whisk constantly until mixture forms thick, frothy, pale ribbons, 4 to 6 minutes.
2. Turn oven on to broil and move a rack to highest position.
3. Divide berries among 6 individual gratin or shallow ovenproof dishes. Spoon sabayon over berries. Arrange dishes on a baking sheet and broil for 1 to 2 minutes, or until sabayon is just slightly golden. Serve immediately.

tip

For a family-style presentation, make this in a casserole dish rather than in individual serving bowls, as we've done in the photo (left).

winterfruit drops

makes 3 dozen cookies

My mother's friend Aggie gave me a variation of this recipe years ago, and it's since become a staple in my pantry during the winter months. These cookies are moist and chewy, and the dried fruit—especially the dates—provide a nice amount of natural sweetness. Make this recipe your own by substituting your favorite fruits and nuts.

2 cups	Medjool dates, pitted and quartered	500 mL
½ cup	dried apricots	125 mL
½ cup	dried cranberries or blueberries	125 mL
½ cup	pecan halves, toasted	125 mL
½ cup	slivered almonds, toasted	125 mL
1½ cups	all-purpose flour	325 mL
¾ tsp	baking soda	3 mL
½ tsp	fine sea salt	2.5 mL
¾ tsp	ground cinnamon	3 mL
¼ tsp	ground nutmeg	0.5 mL
¾ cup	salted butter, softened	175 mL
1 cup	packed golden brown sugar	250 mL
2	large free-range eggs	2
½ tsp	pure vanilla extract	2.5 mL

tips

These cookies do not spread much in the oven, so flatten the tops slightly using the palm of your hand or the back of a fork before baking.

Change the combination of fruit and nuts depending on your tastes and what you have on hand, but don't remove the dates—they are a key ingredient needed to help bind and sweeten this cookie.

Store in an airtight container at room temperature for up to a week (the dried fruit keeps them moist and chewy).

1. Preheat oven to 350°F (180°C). Line 2 baking sheets with parchment paper.
2. In a large bowl, combine dates, apricots, cranberries, pecans, almonds and ½ cup (75 mL) of the flour. Set aside.
3. In a separate bowl, sift together remaining flour, baking soda, salt, cinnamon, and nutmeg. Set aside.
4. In a mixing bowl, using an electric mixer on medium-high speed, cream butter and sugar until light and fluffy. Add eggs and vanilla and mix until well combined. Add dry ingredients and mix until just combined. Add dried fruit and nuts and, using your hands, combine the ingredients well (the mixture will be a little stiff).
5. Drop dough, a heaping 1 tbsp (15 mL) at a time, on prepared baking sheets, spacing about 2 inches (5 cm) apart. Bake in preheated oven for 8 to 10 minutes, or until slightly golden but still soft. Remove from oven and cool on baking sheets for 5 minutes before turning out onto a wire rack to cool completely.

Winterfruit Drops (this page) and Reserve Power Cookies (page 44)





tip

To finely dust cocoa powder, place it in a small fine-mesh sieve and tap the edge of the sieve slightly while holding it over the cake, being careful to evenly cover the desired areas.

beijing chocolate spice cake

Makes one 9-inch cake

Don't let the simplicity of this single-layer cake fool you. The aromatic spices blended with the chocolate create a depth of flavor that is far from ordinary. In fact, all you need to do is glaze the cake with a light ganache. If you want to take it a step further, serve it with some crème anglais, marscapone, or crème fraîche alongside. It's sure to impress even the most discerning crowd.

6	large free-range eggs	6
1¼ cup	granulated sugar, divided	300 mL
7 oz	unsweetened chocolate	210 g
6 oz	bittersweet chocolate	175 g
½ cup	water	125 mL
1 tbsp	Chinese 5-spice powder	15 mL
½ cup + 2 tbsp	salted butter	125 mL + 30 mL
•	Unsweetened Dutch-process cocoa, to dust	•

1. Preheat oven to 350°F (180°C). Butter a 9-inch (23 cm) springform pan and wrap around the outside with 2 layers of aluminum foil. Place springform pan in a baking pan of at least the same depth.
2. In a mixing bowl, using an electric mixer on medium-high speed, beat eggs and ¾ cup sugar together until fluffy and light in color. Set aside.
3. Place unsweetened and bittersweet chocolate in a heatproof bowl set over a saucepan of simmering water (make sure water does not touch bottom of bowl) and heat gently, stirring occasionally, until completely melted. (Alternatively, melt in a microwave.)
4. In a medium saucepan over low heat, combine water, ½ cup sugar, and Chinese 5-spice powder and heat until sugar dissolves. Add melted chocolate and stir to combine. Add all of the butter and stir until melted. Working in two or three batches, fold in egg mixture. Pour batter into prepared pan.
5. Bring a kettle of water to boil. Pour the hot water into the baking pan until it reaches halfway up the side of the springform pan. Bake in preheated oven for 40 to 50 minutes, or until the top is set with a slight jiggle in the center. Remove from oven. Carefully lift out of the water bath and place on a wire rack to cool completely. If desired, glaze with chocolate ganache (page xx). To serve, slice and dust with cocoa.

butter tart bars

makes 16 small squares

Who doesn't love butter tarts? They're a quintessential Canadian dessert. The idea for turning them into bars originated with a close family friend who got tired of making individual tarts and opted instead for this deliciously messy, gooey creation—and to be honest, I like them a lot better in bar form. Most people associate butter tarts with the holidays, but these are so good I recommend not waiting until then to try them.

base

1¼ cups	all-purpose flour	300 mL
¼ cup	packed golden brown sugar	60 mL
½ cup	unsalted butter, cold, cut into ¼-inch (0.5 cm) cubes	125 mL

filling

1 cup	packed golden brown sugar	250 mL
1 tbsp	all-purpose flour	15 mL
⅓ cup	salted butter, melted	75 mL
2 tbsp	heavy or whipping (35%) cream	30 mL
1 tsp	pure vanilla extract	5 mL
1	large free-range egg	1
1 cup	Thompson raisins	250 mL

1. Preheat oven to 350°F (180°C). Butter a 9-inch (23 cm) square metal baking pan.
2. **MAKE BASE:** In a bowl, combine flour and sugar. Add the butter cubes and, using your hands, rub the butter into the dry ingredients until the mixture is the consistency of coarse sand. Press the mixture firmly into the bottom of the prepared baking pan. Bake in preheated oven for 15 minutes, or until slightly golden. Remove from oven and set aside.
3. **MAKE FILLING:** Meanwhile, in a small bowl, combine sugar and flour. Set aside.
4. In a mixing bowl, using a whisk, combine butter, cream, and vanilla. Add egg and mix until well combined. Stir in dry ingredients. Stir in raisins.
5. Pour filling over base. Bake in preheated oven for 20 to 25 minutes, or until the top springs back when lightly touched. Remove from oven and set on wire rack to cool completely. Cut into bars.

tip

Using a hot knife to cut the bars will make the job easier (small squares are better here—these bars are sweet ... in a good way!).





desserts from my kitchen

from the creator of *raincoast crisps*®

LESLEY STOWE

Lesley Stowe, famous as the creator of Raincoast Crisps, is passionate about desserts and hopes to revive the art of home-crafted sweets. Crammed with over 100 recipes for cookies, bars, tarts, cakes, show-stopping dinner party finales, frozen desserts, holiday favorites, and sauces, this cookbook will give even the most inexperienced host a chance to experience the fun and delight of making delectable desserts.

With her signature sense of style, Lesley shows us how to create elegant desserts easily and to serve them with flair even on a busy schedule. Beijing Chocolate Spice Cake, Summer Berry Gratin with Cointreau Sabayon, Winterfruit Drops, and Butter Tart Bars are just a few of her mouthwatering creations. *Desserts From My Kitchen* is certain to become the “go to” cookbook for jaw-dropping dinner finales.

LESLEY STOWE is a well-known Vancouver chef and the creator of the famous Raincoast Crisps—one of Oprah’s “10 Favorite Things.” Before becoming the queen of crisps, Lesley ran a highly successful catering and food store in Vancouver that became famous for such delectable desserts as Death By Chocolate, served at Vancouver’s top restaurants. A Paris-trained chef, Lesley has published several successful cookbooks, including *The Lesley Stowe Fine Foods Cookbook*. Lesley shares her tips for delicious cooking and entertaining on shows like *Entertainment Tonight* Canada and *CTV Morning Live*.



marketing & publicity

- PR expert Sarah Miniaci is doing an **aggressive** and **creative** North American **media pitch**, with a specific focus on West Coast media in the U.S. and Canada.
- PR outreach will target **key book and lit industry trade professionals and publications**: e.g., *Publishers Weekly*, *Kirkus*, *Quill & Quire*, *ForeWord*, *Canadian Living*, *Real Simple*, *Redbook*, *O: The Oprah Magazine*, *Food Network Magazine*, *Bon Appétit*, *Epicurious*, *Good Housekeeping*, *Family Circle*, *Food & Wine*, and *Martha Stewart Living* as well as online outlets such as *epicurious.com*, *foodnetwork.ca*, and *yummly.com*.
- Lesley, a **well-known face on national Canadian T.V.**, is planning a **national book tour** and will be available for **interviews, features/profiles, and expert commentary**, especially for seasonal or holiday tie-ins.
- Lesley will be hosting **high-profile book launches** in Toronto and Vancouver in early November.

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