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# Flavored Extract Recipes



## Flavored Coffee

A good option for flavored coffees is to flavor your own! You only need a few drops to flavor a cup.

## Basic Ricotta Crème Dessert Using Flavored Extracts

1/2 cup part-skim ricotta cheese  
**Any flavoring you like usually 1/4 to 1/2 teaspoon**  
2-3 packets sugar substitute

Mix and chill. Can top with nuts, if desired. Yields 1 serving

## Vanilla Maple Cookies

1 cup shortening  
1/2 cup butter  
2 cups brown sugar  
2 eggs  
1 tsp **maple extract**  
1 tsp **pure vanilla extract**  
3 cups all purpose flour  
2 tsp baking soda  
2 cups vanilla chips  
1/2 cup pecans halves

Cream shortening, butter, and brown sugar. Add eggs, one at a time, beating well after each addition. Beat in vanilla and maple extracts. Combine the flour and baking soda, then gradually add to creamed mixture. Stir in chips and pecans. Drop by spoonfuls 2 inches apart on ungreased baking sheets. Bake at 350 degrees 8-10 minutes. Cool for 2 minutes before removing to wire racks to complete cooling. Frost cooled cookies and top each one with a pecan half.

## Flavored Frostings

1/4 cup butter  
4 cups confectioners sugar  
1 tsp **any flavored extract**  
4-6 Tbsp milk or water

Cream butter and confectioners sugar. Beat in extract and enough milk to make a spreading consistency.

## Flavored Syrups

2 cups firmly packed brown sugar  
1 cup water  
1 tsp **any flavored extract**

Combine sugar and water in a medium saucepan. Bring to boil, stirring constantly, until the sugar is completely dissolved. Remove mixture from heat and let cool at least 30 minutes. Add the extract and stir well. Store tightly covered in the refrigerator.

## Italian Fried Bow Wing Cookies- (FARFELLETTE)

6 eggs  
3 Tbsp. granulated sugar  
3 cup flour  
1/2 tsp. **orange extract**  
Frying oil  
1 tsp. **almond extract**  
1/2 cup confectioners sugar  
1/4 tsp. salt  
2 Tbsp. butter, softened

Cut the butter into the flour as though you were making pie pastry or biscuits. In a separate medium-size bowl, beat together the eggs, sugar, extracts, and salt. Combine all and knead until you have a smooth ball. If the dough is too sticky, gradually add in a little flour. Divide the dough into 4 or 5 sections and work with a small bit at a time, leaving the remainder covered. Roll each piece out on a lightly floured board to 1/4 inch thickness. Cut with a wavy edged pastry cutter into 6 inch by 1 inch strips. Tie each one into a bow shaped loose knot. Deep-fry bows until lightly golden brown, drain on paper towels. Sprinkle well with confectioners sugar.

## Lemon Extract Cake

1 lb. butter (do not substitute)  
2 1/2 cup sugar  
6 eggs  
3 oz. **lemon extract**  
3 1/2 cup sifted flour  
1 1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 lb. cherries  
2 slices chopped candied pineapple  
3/4 cup white raisins  
4 cup chopped pecans  
1/2 cup flour

Combine fruit, pecans and raisins with 1/2 cup flour and let set overnight. Cream butter and sugar. Add eggs, one at a time, add lemon extract and then add dry ingredients. Fold in fruits and nuts. Cook in two long pans 1 1/2 to 2 hours at 300 degrees. Do not substitute any ingredients.

## Flavored Powdered Sugar Cookies

1/2 lb. butter, softened  
1 cup confectioners' sugar  
1 egg  
1 tsp. **Any Flavored Extract**  
2 cup flour  
1/2 tsp. baking soda

Preheat oven to 350°F. Cream butter until light and fluffy, stirring in sugar gradually. Add egg and vanilla or other flavoring. Combine flour and baking soda until well mixed. Stir into creamed mixture. Shape into 1 inch balls and arrange 2 inches apart on a lightly greased cookie sheet. Press each ball down with the tines of a fork. Bake for about 6 minutes. Cool on wire racks. Yields 5 dozen.

## Angel Berry Cake

1 Angel food cake  
10 ounces raspberries, frozen, thawed and drained\*  
1 cup frozen cherries, thawed and drained\*  
13 packages Sweet 'n Low sweetener, or Equal  
1 envelope gelatin, unflavored  
2 Tbsps **rum extract**  
1 Tbsp orange juice, unsweetened

### Topping:

1 tsp gelatin, unflavored  
2 tsp water  
1/4 cup nonfat dry milk powder  
1/2 cup skim milk  
1/2 tsp **vanilla extract**  
1 Tbsp sugar

In a blender, puree raspberries, 1/2 at a time. Remove and set aside. Puree cherries. Mix cherries and raspberries together, set aside. Combine gelatin with rum extract and orange juice in a small bowl. Place bowl in a saucepan of hot water and stir mixture constantly until gelatin is dissolved (or microwave uncovered on low for 1 minute). Add gelatin, Equal and raspberry mixture to blender and blend for 2 minutes. Transfer to a mixing bowl, cover and refrigerate about 1-1/2 to 2 hours until mixture is set and sufficiently thickened to spread. Soften gelatin in water 5 minutes. Stir dry milk powder into skim milk in saucepan. Heat to simmering. Add softened gelatin, stir until dissolved. Add vanilla and sugar. Chill until mixture begins to thicken and ice crystals begin to form on sides of bowl. Beat with electric mixer until very thick and light, about 10 minutes. To assemble: Split angel food cake into three layers. Place 1 cake layer on serving platter and top with 1/2 of filling. Repeat. Place last layer on top, frost cake with mock whipped topping. Serves 12

## Anise Liquor

1 lemon  
3 cup granulated sugar  
2 cup water  
1 1/3 cup vodka  
1 1/4 cup basic sugar syrup, (No. 1, 2, 3)  
2 tsp. **vanilla**  
1 tsp. **anise extract**  
Yellow food coloring

Pare very finely the bright-colored rind from the lemon (no white). Blot peel on paper toweling to remove any excess oil. Combine sugar, water and peel in a large saucepan, heat to boiling, stirring often. Lower heat, simmer for 5 minutes. Strain syrup into a glass container. Cool to room temperature before preparing liqueurs. Combine vodka, sugar, syrup, vanilla and anise extract in a 4 cup screw-top jar. Stir in just enough yellow food coloring to tint liquid a pale yellow. Close jar. Store in a cool, dark place for at least 1 week to age. Yield: about 1 1/4 pints.

## Self Frosting Anise Drops

3 eggs (room temp.)  
1 cup plus 2 tbsp. sugar  
1 3/4 cup flour  
1/2 tsp. baking powder  
1 tsp. salt  
1 tsp. **anise extract**

Beat eggs medium speed until fluffy. Add sugar gradually, beating constantly. Beat 20 minutes or more. Reduce speed. Add flour, salt, baking powder. Beat 3 minutes more. Add anise. Drop by heaping teaspoon on greased and floured cookie sheet. Let stand 8 hours or overnight until dry. Bake at 325 degrees for 10 minutes or creamy golden brown. I put the cookie sheet in oven overnight.

## Pizzelles

6 eggs  
3 1/2 cup flour  
1 1/2 cup sugar  
1 cup butter, melted  
4 tsp. baking powder  
2 Tbsp. **Vanilla extract**  
2 Tbsp. **Anise extract**

Mix everything but the flour together until creamy. Then add flour gradually; mix well. This dough will be sticky. Drop teaspoon or so on hot pizzelle iron.

## Hard Candy

3 3/4 cups white sugar  
1 1/2 cups light corn syrup  
1 cup water  
1 Tbsp **orange, or other flavored extract**  
1/2 tsp food coloring (optional)  
1/4 cup confectioners' sugar for dusting

1. In a medium saucepan, stir together the white sugar, corn syrup, and water. Cook, stirring, over medium heat until sugar dissolves, then bring to a boil. Without stirring, heat to 300 to 310 degrees F (149 to 154 degrees C), or until a small amount of syrup dropped into cold water forms hard, brittle threads.

2. Remove from heat and stir in flavored extract and food coloring, if desired. Pour onto a greased cookie sheet, and dust the top with confectioners' sugar. Let cool, and break into pieces. Store in an airtight container.

### **Almond Anise Biscotti** -yields 2 doz.

13 Tbsp unsalted butter  
1 cup sugar  
1 tsp **anise extract**  
2 medium eggs  
2 2/3 cups all purpose flour  
3/4 cup blanched whole almonds  
1 egg  
Granulated sugar for sprinkling

Preheat oven to 375 degrees. Cream butter and sugar together on low speed in a mixer with a paddle attachment. Add anise extract. Mix just to blend. Add eggs one at a time and mix until just blended. Scrape bowl between egg additions. Add flour and mix until incorporated. Add almonds and mix to distribute. Turn out dough onto a lightly floured surface and roll into a log the length of a cookie sheet. Beat the remaining egg. Brush the surface of the log with the egg and sprinkle with granulated sugar. Bake for 30 minutes. Allow to cool. Lower oven temperature to 300. Slice biscotti into 1/2" slices, but keep them side by side. Place on cookie sheet and separate slightly. Dry the biscotti in the oven for about 30 minutes. Allow to cool. Cookies will become completely crisp as they cool.

### **Blackberry Pancake**

2 eggs, separated  
1 1/2 cups sifted all-purpose flour  
2 1/4 tsp baking powder  
3 Tbsp sugar  
3/4 tsp salt  
1 cup milk  
1/2 tsp **blackberry extract**  
3 Tbsp melted butter  
1 cup fresh or frozen thawed blackberries

In a small bowl, beat egg whites until stiff; set aside. In a separate bowl, sift together flour, baking powder, sugar and salt. Beat egg yolks in a medium mixing bowl; add milk, blackberry extract and melted butter. Stir egg mixture into dry ingredients; mix until batter is smooth and stir in blueberries. Fold in beaten egg whites. Bake on hot greased griddle. Use fresh or frozen blackberries as a garnish.

### **Flavored Powdered Sugar Icing**

1 cup sifted powdered sugar  
1/4 tsp. **Any Flavored Extract**  
Milk

In a mixing bowl, stir together powdered sugar, vanilla, and enough milk to make of drizzling consistency, about 1 1/2 tablespoon. Drizzle over top of a 10-inch tube cake.

### **Grandma's Maple Nut Cake**

1/2 cup shortening  
3/4 cup brown sugar, packed  
1/2 cup white sugar  
3 egg yolks  
1/2 tsp. **maple flavoring**  
2 1/2 cup cake flour  
1/4 tsp. salt  
3 tsp. baking powder  
1 cup milk  
3 egg whites, beaten stiff  
1/2 cup nuts

Cream shortening and sugars. Add egg yolks and flavoring, beat until fluffy. Sift together dry ingredients. Add alternately with milk. Fold in nuts and stiffly beaten egg whites. Bake in two 9 inch cake pans for 30 minutes at 350 degrees.

### **CARAMEL FROSTING:**

2 cup brown sugar, packed  
1/2 cup butter  
1/2 cup milk  
4 cup powdered sugar

Combine brown sugar, butter, and milk. Heat to boiling. Cook over low heat for 3 minutes. Cool. Stir in powdered sugar. Beat thoroughly. Spread on cake and decorate with walnut halves.

### **Peppermint Ice-Cream**

1 quart half and half  
1 cup granulated sugar-divided  
2 Tbsp. corn syrup  
14 egg yolks  
1 1/4 tsp. **peppermint extract**

Optional:

Add 3/4 cup chocolate chips or chocolate shavings

Place egg yolks into a medium size bowl. Add half of the sugar and thoroughly whip to combine. Set aside. Place the half and half, the other half of the sugar and corn syrup in a two quart saucepan and bring to a boil. Watch carefully. As soon as the liquid comes to a boil remove it from the heat and pour into the egg yolk mixture in a slow, steady stream while whipping the egg yolks. When fully combined, pour the mixture back into the saucepan and place on medium heat. Cook mixture, stirring constantly until it reaches 180\* on a candy thermometer. Mixture will thicken as it cooks. Strain mixture through a sieve into a bowl and cool as quickly as possible in a larger bowl filled with ice. Chill in refrigerator overnight. Use mixture in your ice cream maker and follow manufacturers instructions. Chill until ready to serve.

Optional: Once ice cream is almost frozen stir in chocolate chips. Another option is to add crushed hard candy peppermints and a little red food coloring to the ice cream mixture.