

# *Cheeky Monkey* **CREAM CHARGERS**

The *Cheeky Monkey* Recipe Book

Get adventurous with your Cream Chargers!

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## **Get Adventurous With Cream Chargers**

All the recipes selected for this book has been written keeping in mind a whipped cream dispenser and the various ways it can be used to create a number of dishes. Most people think of the whipped cream dispenser as a product that can be of only one use, that is, to make whipped cream. However, the truth is, as they are easily washed by the dishwasher, has easily identifiable parts and can be charged with nitrogen chargers quite easily, they are really simple to work with. In this particular guide, you would find a number of uses of the whipped cream dispenser in making not just desserts, but also drinks and savoury items. This cream chargers recipe book is broken down into three sections: (i) Savoury, (ii) Desserts and (ii) Drinks. You can dip in and out of the recipes or why not go the whole hog and plan a dinner party to celebrate the versatility of the whipped cream dispenser?

The key is to never stop thinking of the possibilities of making a recipe and changing it slightly to give that restaurant-like feel. The ingredients can be substituted for anything similar in most recipes – so each idea can have multiple variations. Where the charger is used for creating something like an espuma to accompany a dish then don't feel constrained to that particular pairing – it is the creative foams and whips that we are trying to encourage you to make, anything else is simply the icing on the cake.

The recipes chosen in this section covers a wide range of bases, where there is something for everyone. The best part is, the recipes here are mostly incredibly simple to prepare and can be made within a short period of time, and they are all unique in their own way.

Most of the recipes selected here are familiar ones, yet they have that something extra in them that add a dash of mystery to them, a change in a key ingredient or the texture of it. You would find breakfast recipes, dinner recipes, beautiful side dishes, desserts, and an entire section dedicated to drinks. Both alcoholic and non-alcoholic drinks are presented, so that you can select the one you want.

## How Cream Chargers Work

When you understand the actual mechanism at work with cream whippers and the role of the nitrous oxide chargers then you will be able to appreciate exactly what is going on within each recipe – and this will allow you to expand the ideas and also to notice when something is not going according to plan. The art of cooking is that it really is actually a science and not an art at all!

The process of using a gas whipped is simply a process of injecting gas into a liquid – in this sense it is no different from the process of using a soda syphon. The real difference is the actual gas that you are using – a soda syphon cartridge is a pressurized canister of carbon dioxide (CO<sub>2</sub>) whereas a cream charger is a canister of Nitrous Oxide (N<sub>2</sub>O). It is the different properties of these two gasses that give them entirely different culinary purposes.

1. CO<sub>2</sub> is more soluble in water than N<sub>2</sub>O – this is why carbonated drinks are fizzy but a product from a cream whipper is not.
2. CO<sub>2</sub> is acidic but N<sub>2</sub>O is neutral – the acidity is what makes fizzy drinks tangy, and is why seltzer tastes considerably different to the water that it was created from. Nitrous imparts precisely no flavour upon anything that it is passed through which is why it can be used for sweets, savouries and drinks.
3. Nitrous can dissolve in fat when held under pressure – this is why liquids with a fat content of approx. 27% can easily be whipped using the equipment from [creamchargers.org.uk](http://creamchargers.org.uk) – this could be fat within whipping or double cream or some recipes call for the addition of another type of fat (usually butter)

So, what actually happens when you use a cream charger to prepare some food or drinks? Well the process is quite straight forwards – whatever you intend to foam is placed into the bottle of the dispenser this is then made pressure-tight when the head is screwed down. The charger canister which contains either 8gm or 16gm of gas is used to pressurize the liquid and force the N<sub>2</sub>O to dissolve into it. Depending upon the recipe this might need to be done while the contents are still warm to give the gas a chance to penetrate the substance at a molecular level.

When the trigger is pulled then the contents of the dispenser will be propelled out under pressure and simultaneously the encapsulated nitrous oxide will expand. All the recipes include some form of fat or a gelling/thickening agent to make sure that the gas does not simply bubble out and disappear into the atmosphere.

When you understand the process above then you'll get much more from the recipes in the Cheeky Monkey Cream Chargers Recipe book.

A few tips: Give the contents of the wiper time for the gas to infuse, always shake the contents to ensure even gaseous distribution. Try to avoid any lumps, seeds, pips or bits in your mixture that might block the dispenser nozzle.

## Measurements

The online world being what it is creamchargers.org.uk knows full well that there will be people from all countries on earth reading these recipes and trying their best to recreate them. We also know that not everyone gets decimal – so for those of you in the US of A and those old folks in the UK here are some conversion to help you figure out exactly what is going on and how much is going in!

The chargers themselves are very metric with either 8gm or 16gm sizes – so people of any age on either sides of the pond are going to have to get at least a little bit metric!

Here is a simple list of measurements for those who are not confident with the measurement charts and would like to stick to the grams and ounces rather than cups.

### **Cup Measurements:**

- 1 fluid cup (sugar/butter) = 250 gm.
- 1 cup of flour = 150 gm.
- 1 cup of rice/legumes = 250 gm.

### **Spoon Measurements:**

- 1 pinch = 1/16<sup>th</sup> teaspoon
- 1 dash = 1/8<sup>th</sup> teaspoon
- 1 teaspoon (tsp.) = 5 gm.
- 1 tablespoon (tbsp.) = 15 gm.
- 1 ounce = 30 gm. (roughly)
- 1 pound = 450 gm. (roughly)

### **Liquid Measurements:**

- 1 shot = 45 ml.
- 1 peg = 60 ml.
- 1 squirt = 25 ml.

## **Savoury Dishes**

It is no secret that we all love using a good whipped cream dispenser for different uses. However, how about using it in ways that go beyond making cream? You can so easily whip up a number of very tasty, ethereal dishes within minutes with this! And the best part is, people actually think you have worked hard on creating them when you probably have spent 20 minutes in the kitchen from the start. One of the things we created the whipped cream dispenser for was to reduce effort and energy wastage in our kitchens, while making the end result look good to the senses.

In our savoury section, we will show you how to use a good whipped cream dispenser to make some of your favourite global classics from around the world, as well as some of the recipes served here that look so complicated but is actually pretty easy to make. Plus, the fact that the aeration enhances the texture quite a lot makes our choice of savouries pretty incredible. From breakfast delights like Eggs benedict to a fabulous recipe of really light and fluffy mashed potatoes, we have a few really great recipes revamped to make your life easier and tastier.

The top chefs use cream chargers to create flavour and air – an intense flavour floating upon a wisp of nitrous oxide bubbles – this is an effect that is all but impossible to recreate with anything but a cream whipper.

The best part is, when you serve them up, you can be as creative as you want and create a feel of a gourmet kitchen right in the comfort of your home. No one will believe that you made all that right inside your kitchen, or, in some cases, right on your dining table.

## **Prawn Cocktail**

Get a little bit retro in the kitchen with a kitsch rose-pink starter. The addition of the chargers lightens up the whole prawn affair and gives it a real lift into the modern dimension of technocuisine.

A classic dish gets a new life when a light, ethereal, airy dressing replaces the usual, boring concoction that passes for prawn cocktail sauce. Make this for the extra oomph that will be added to your dinner table. The best way of serving this would be in chilled cocktail glass, with one or more cooked shrimps dangling from the side of the glass, inviting you to take a bite. This recipe will easily feed four people.

### **Ingredients:**

1 pound cooked prawns, shelled and beheaded  
200 gm. baby lettuce leaves  
1 lemon, sliced

### **Dressing:**

½ cup mayonnaise  
2 tablespoon Greek Yoghurt  
3 tablespoon tomato ketchup or relish  
1 teaspoon creamed horseradish  
1 teaspoon Worcestershire sauce  
Dash of cayenne pepper  
A few drops of lime juice  
Salt to taste

### **Procedure:**

Combine all the ingredients for the sauce and strain into a whipped cream dispenser. Charge with one nitrous charger and shake vigorously. Remove the charger and cap tightly. Keep in the fridge for fifteen minutes.

Meanwhile, chop up most of the shrimps, reserving four or five for the final presentation. Take four baby lettuces leaves, and cover the bottom and part of the side of each cocktail glass. Chop the remaining lettuce leaves and put it in a bowl with the shrimp. Add about half of the cocktail dressing to this, and toss thoroughly. Chill for 10 minutes.

To serve, place 1/4<sup>th</sup> of the prawn-lettuce mixture over the lettuce leaves in the cocktail glass. Using a thin piping nozzle, add a good bit of the dressing to cover the prawns slightly, and then place one cooked shrimp on the edge of the glass, along with one slice of lemon, to complete the presentation.

## Chicken Liver Pâté

As a child, we would have a strong love for offal, and chicken liver pâté would be a fabulously decadent affair for us, a complete and utter delicacy, handed over to us on tiny crackers. We would close our eyes and savour the taste of the delicious combination of creamy and crunchy texture, and a smoothness that would linger on the palate. This recipe of chicken liver pâté is so simple, and it is a great canapé for those who really do not have much time to cook. It takes only about 20 minutes of cooking time, and serves about 8-10 people over graham crackers. You can keep it in the fridge for up to 3-4 days without this getting spoiled. The nitrous oxide from the cream charger will actually improve its keeping ability so make sure you charge it before you store it.

### **Ingredients:**

250 gm. chicken liver, washed and cleaned  
2 tablespoon butter  
1 teaspoon chopped parsley  
½ teaspoon pepper  
Salt to taste  
2 cloves of garlic, minced  
100 ml. double cream  
2-3 sleeves of Ritz or graham crackers, or Melba toast, or toast triangles  
Red currant jelly, if required, as an optional topping  
A few Drained Capers

### **Procedure:**

Clean the livers and set aside. Heat a flat frying pan over medium heat and add the chicken livers, laying them in a single layer, and let cook, undisturbed for 4 minutes on one side. Flip over and let cook for 3-4 minutes on the other side too. At this point, add the minced garlic to the liver, and stir it in to let the garlic get slightly cooked.

Meanwhile, in a food processor fitted with a blending attachment, or a blender, add the double cream, parsley and pepper. Add the chicken liver to the blender with the garlic and butter, scraping the pan clean, and cover the blender lid, blending over high speed for about 2-3 minutes, or until the concoction is thoroughly blended.

Strain this mixture in a whipped cream dispenser and charge with one nitrous charger, shaking vigorously. Remove the charger and cap tightly. Using a thin nozzle, pipe out the amount preferred on a piece of graham cracker, or toast triangle, or even on a slice of pita bread, toasted till it is crisp. This chicken liver pâté can be stored and used as well, so this makes a great appetizer for the busy person. You can also dot the top of the canapé while serving with a dollop of redcurrant jelly on top, or a single caper, to add more flavours.

## **Pan-fried Trout with Parsley foam**

If you want to serve something seriously exotic without having to think too much, this recipe is the best one to run off to. A good idea would be to get the freshest trout available in the market, pan fry quickly and serve it with foam redolent of parsley and cream. Add a light salad to this, and you would be left with a beautiful recipe which is not just tasty but also incredibly nutritious. This recipe can be also made with other white fish fillet like flounder and hake. The principal of this recipe can be repeated with any aromatic herb to make a similar style of cream chargers herby foam.

### **Ingredients:**

4 trout, cleaned  
1 lemon cut in half  
Kosher salt  
Pepper to taste  
2 tablespoon butter

### **For the Parsley Foam:**

100 gm. parsley  
25 g chopped onions  
100 ml chicken stock  
A dash of pepper  
1 tablespoon butter  
150 ml. heavy cream  
Salt to taste

### **Procedure:**

Prepare the parsley foam first. Heat butter over medium-low heat and fry the onion in it. Once the onion becomes fragrant, add the parsley to it, combine quickly and remove from the heat. Let cool slightly. Pour the chicken stock, heavy cream, parsley-onion mixture, salt, pepper into a food processor and puree thoroughly, making sure no lumps remain. Strain the puree once and put it in a whipped cream dispenser. Add one nitrogen charger and shake well. Remove the charger and cap firmly until it is time for it to be used. This foam can stay in the fridge for up to 2 days without spoiling.

Clean and gut the trout fish, remove the head, gills, and blood line from the backbone of the fish. Then wash and pat dry. Make a few incisions on each side to let the flavors enter the trout more easily. Rub all over with a lemon half dipped in a mixture of salt and pepper. Heat a pan over medium heat and add butter. Carefully lower the fish on the butter, and cook till light golden on each side, about 5-6 minutes per side. Serve with some of the parsley foam on top. The foam forth will release its nitrous bubble if it warms up again so be sure to only add the cream immediately prior to the serving.

## Eggs Benedict

Imagine the humble eggs benedict looking truly different and decorated for a change. A beautiful sight of warm, buttered English muffin covered with bacon, eggs and topped with an airy Hollandaise Sauce which is ethereally light and fluffy. It is the perfect breakfast for those who want to impress the taste buds as well as the eyes. This is a simple and light twist on the standard sauce – the whipper foam lightens and lifts the whole dish. This recipe serves two people.

### **Ingredients:**

2 English muffins, split in half  
2 teaspoon butter  
4 eggs  
1 teaspoon vinegar  
1 teaspoon salt  
4 rashers of bacon cut in half

### **For the Hollandaise Sauce:**

3 egg yolks  
150 gm. butter  
1 tablespoon lemon juice  
Dash of cayenne pepper (optional)

### **Procedure:**

Make the Hollandaise sauce first, by melting the butter first. Then, beat the egg yolks in a bowl with the cayenne pepper and lemon juice in a food processor for 30 seconds over high speed. Then lower the speed to low, and drizzle in the melted butter, a bit at a time, and combine thoroughly. Adjust salt and other seasonings if required. Remove from the blender and put in a whipped cream dispenser. Cover the lid tightly and charge with a nitrous cream charger. Shake vigorously. Remove charger, cap tightly, and reserve.

Heat a skillet and fry the bacon rashers till they are crisp and brown. Remove from the fat, drain over paper towels.

Break eggs in bowls, being careful not to break the yolks in the process. Heat a large pan with about 3 inches of water on it. Poach the eggs in boiling water seasoned with vinegar and salt till they are done. Remove the eggs with the aid of a slotted spoon, carefully, so the yolks don't break. However great you might the modernist cream charger is – it will not save you from a broken yolk!

To serve, toast the English muffins and smear with butter. Place on a serving dish, and arrange the bacon on top of the muffins. Cover with one poached egg on each muffin, and then, using a thin nozzle, pipe some of the hollandaise sauce on top of the eggs. Serve immediately.

## Lamb Chops with Mint Jelly-Foam and Mashed Peas

The English Classic of lamb chops gets a makeover when it is served with decadent mint jelly foam and mashed peas, which gives this otherwise simple recipe a lovely twist. The cream charger jelly foam turns the normal into the special. This recipe easily serves four people, and presenting it in a fancy manner really conceals the fact that this recipe takes very little time to make. The key is to make sure the lamb is done to perfection, and the best way would be to check with a meat thermometer.

### Ingredients:

700 gm. lamb roast (preferably from the shoulder region)  
2 teaspoon salt (more if the texture of the salt is coarse, less if the texture is fine) + more to taste  
½ teaspoon allspice  
½ teaspoon peppercorns  
½ teaspoon dried sage leaves  
3 teaspoons fresh mint leaves, sans stem, chopped  
1 clove garlic  
1 teaspoon gelatin powder  
2 teaspoon chopped onion  
3 tablespoon vegetable oil  
2 tablespoon vinegar  
2 teaspoon sugar  
2 cups shelled peas  
2 tablespoon butter

### Procedure:

Make the mint jelly by heating the sugar with the vinegar and 3 tablespoons of water. Let the sugar dissolve. Soak the gelatin in cold water, then add 2 tablespoons of hot water and combine well till the gelatin dissolves. Add this to the sugar-vinegar mixture. Add the mint, garlic and shallot and blend together till smooth. Strain into a whipped cream dispenser and charge with a nitrous charger. Shake vigorously, remove the charger and cap tightly. Keep in the fridge for one hour.

Clean the lamb shoulder, and wipe down to make sure it is mostly dry. Combine 2 teaspoons of the salt with pepper, sage, allspice and in a coffee grinder or with the help of a mortar and pestle, break it down till it is coarse. Rub this all over the lamb.

Heat vegetable oil in a pan and sear the meat all over. Put the meat in a baking tray and bake at 350 degree centigrade for 18-20 minutes, or until a thermometer reads 135-140 degree centigrade when inserted at the thickest part of the roast. Remove and let rest, uncovered, for 15 minutes.

While the lamb was cooking, boil the peas till soft in hot, salted water. Once done, strain and roughly mash with a potato masher or ricer. Add the butter, salt and pepper, and keep aside. To serve, cut the lamb across the grain in thin slices. In a plate, arrange the lamb over some of the peas, and with a thin nozzle, pipe some of the mint jelly as required over and around the lamb. Serve immediately.

## Shepherd's Pie

One of the quintessential comfort food for a lot of people, including me, would be a hearty dose of shepherd's pie. A lovely meaty base, covered with a fantastic light topping makes anyone happy, and this recipe is so easy to make with the help of just a few ingredients. Minced lamb, carrots, vegetables form the perfect base for a light mashed potato topping, baked just right to get the topping done well. It is food well-worth consuming. As with many of the dishes in the recipe book by [creamchargers.org.uk](http://creamchargers.org.uk) what you are really doing is just lightening a standard dish with the use of the new cream chargers.

### Ingredients:

400 gm. coarsely minced lamb  
2 tablespoon vegetable oil  
1 shallot, chopped fine  
1 carrot, chopped fine  
½ cup peas  
1 tablespoon flour  
1 big pinch pepper  
1 teaspoon chopped parsley  
2 medium potatoes  
1 egg yolk  
3 tablespoon half and half or milk  
1 tablespoon butter  
Salt to taste

### Procedure:

To make the lamb filling, heat the oil over medium-high heat and tip in the chopped shallot. Stir briskly for a couple of minutes before adding the lamb mince. Stir fry, breaking up any lumps, and fry for about 7-9 minutes, or until the mince is browned slightly. Add the peas, carrots and sprinkle with the flour. Stir gently over medium-low heat for another 5-6 minutes. Add 1.5 cups of boiling water, slowly, and stir well. Cover and let cook for another 5-6 minutes or until the meat is cooked. Add the pepper, parsley and adjust salt. Remove from heat and pour in the bottom of a buttered ovenproof 7x7 dish.

Cook the potatoes till fully cooked in boiling water. Remove and immediately pass through a potato ricer while still hot. Let cool slightly. Add the egg yolk beaten together with the half and half or milk, the butter, and put this mixture in a whipped cream dispenser. Cover tightly and charge with a nitrous charger, shaking well. Remove the charger and replace with a fat nozzle or tip. Pipe the mashed potato right over the lamb filling in the dish, making sure the entire top is covered.

Bake the pie at 350 Degree Fahrenheit for 15-20 minutes, or until the top is golden brown. Remove from the oven and let rest for 5-6 minutes before serving.

## Roasted Turkey

The traditionally roasted turkey is one of the most difficult things to work with because of its sheer size. A lot of times, by the time your meat is cooked on the inside, the outside is charred to a crisp, or you take it out when the outsides are well-cooked and the insides are raw. The key is brining and temperature control while cooking, and using a whipped cream dispenser is a great way of brining a turkey. This recipe will yield a perfect roast every time you make it if you follow a few simple rules. The cream chargers in this case are really used to power the brine into where it is needed with the use of the cream whipper nozzle.

### **Ingredients:**

1 turkey, 12-15 pound turkey, thawed  
Salt to taste  
1 teaspoon chopped rosemary  
1 teaspoon chopped sage  
1 onion, sliced  
1 head of garlic cut in half  
Vegetable oil, to baste

### **For the Brine:**

½ cup sugar  
½ cup salt  
1 teaspoon crushed pepper  
½ cup plain vinegar  
1 liter water  
1 teaspoon allspice

### **Procedure:**

Heat all the ingredients of the brine together until the concoction is hot and the salt and sugar is dissolved. Let steep for 4 hours in the fridge. Strain and put in a whipped cream dispenser. Charge with one nitrous charger and shake vigorously. Remove the charger and fit in a very thin nozzle or piping nozzle that will be able to deliver an injection of the brine whenever necessary. Take the thawed turkey and put it in a big container, enough to fit it well. Inject the brine inside the turkey, especially around the thighs, breasts, and other parts where the meat tends to be tougher. Force the brine in between the skin and the meat and then let rest for about 24 hours in the fridge. Once you are ready to cook the turkey, lift it up from the container, and drain off most of the moisture, before placing it on a roasting pan. Smear with vegetable oil and rub with rosemary, sage and salt. Put the halved garlic head inside the cavity of the turkey along with the onion.

Bake the turkey at 500 degree Fahrenheit for about 20 minutes, and then lower the temperature to 325 degree Fahrenheit and cook for a further of 2 hours (or more if required, until the internal temperature of the thickest part of the turkey hits 160 degree Fahrenheit). Remove from the oven and let rest for 20 minutes before carving. Remove the garlic head and onion from the cavity. You can use these with the turkey innards to make giblet gravy.

## **Creamed Corn Soup with Bacon Espuma**

Creamed corn soup gains a particularly amazing dimension when there's delicious and lovely foam of bacon added on top to make it extra delicious. The buttermilk adds a bit of tang which lifts the otherwise creamy flavour nicely. Make this bacon espuma easily and use it for a number of other purposes – to add more flavours to your Carbonara sauce for example! The choices are endless with the soup as well, and this can very well be a cream of vegetable soup as well. This soup recipe serves six people easily, and can be stored for up to four days in the fridge. The idea of an espuma, created with the cream whipper is one of the cornerstones of the creamchargers.org.uk cook book.

### **Ingredients:**

400 gm. creamed corn  
4 rashers of bacon  
1 teaspoon butter  
1 shallot, chopped  
1 liter chicken stock  
½ teaspoon crushed pepper  
1 cup or buttermilk  
100 gm. mild cheddar cheese

### **For the Bacon Espuma:**

3 rashers of bacon  
1 cup heavy cream

### **Procedure:**

Begin by sautéing all the bacon in the butter. Once the bacon turns crisp and most of its fat is rendered, remove four slices, and crumble them. Take the three slices reserved for the espuma, and add it to a pan where the heavy cream was heating gently. Remove the pan from fire and let steep for 30 minutes for the cream to soak up the flavours properly. Add a large pinch of salt, and strain into a whipped cream dispenser. Charge with one nitrous charger, and shake vigorously. Remove the charger and cap tightly.

Remove all but 1 tablespoon of the bacon dripping to the pan. To this, add the shallot, and stir fry over gentle heat for 4-5 minutes, or until its slightly soft. Add the creamed corn, vegetable stock and combine thoroughly (at this point, if the pan looks to be too small, remove the contents to a Dutch oven or saucepan). Let come to a boil. Add the buttermilk, pepper, cheese and let the cheese melt, without letting the soup boil up. Turn off heat and adjust seasoning. If you want, use an immersion blender to puree the soup as per the consistency you require it to be.

To serve, pour some of the soup in a bowl and add a generous squirt of the bacon espuma on the soup. Cover with some of the crumbled bacon rasher and serve. Note that before releasing the cream chargers into the mixture you need to strain out the bacon – remember espuma should always be smooth!

## **Eggplant with Shiro Miso Glaze and Honey Foam**

One of the most difficult to look at, yet delicious and easy to prepare recipes in this book, this eggplant dish is a vegetarian's dream. Silky, tasty miso, airy honey cream chargers foam and well-cooked, soft eggplants form a tremendous recipe which is well-worth raving about. This recipe easily feeds four people and can be served to vegetarians who are not comfortable eating meat and dairy.

### **Ingredients:**

#### **For the Miso-glazed eggplant:**

- 1 large eggplant (or 4 small ones, cut in halves)
- 3 tablespoon shiro miso (white miso)
- 1 tablespoon honey
- 1 tablespoon mirin
- 1 tablespoon soy sauce
- 1 teaspoon grated ginger
- Salt to taste
- 3 tablespoon vegetable oil
- Fresh mint leaves (for garnishing)

#### **For the Honey Foam:**

- 1 sheet gold-leaf gelatin
- 2 tablespoon honey (preferably wildflower or elderflower)
- 1 tablespoon lemon juice

### **Procedure:**

For the honey foam, soak the gelatin sheet in cold water. Heat 2 tablespoon water till its boiling and add the gelatin to it. Stir thoroughly till the gelatin fully dissolves. Add the honey and lemon juice and stir to combine. Pour in a whipped cream dispenser and charge with one nitrous charger. Shake thoroughly. Store in the fridge for 2 hours, shaking every half an hour to not let the foam set fully. Using gelatine in conjunction with cream chargers is essential when there is no fat, cream or butter to make the bubbles remain after dispensing from the whipper.

To make the miso-glazed eggplant, cut the eggplant into large steaks (or, if using small eggplants, cut them in halves). Rinse and then apply salt on them and then sit them over a colander and let the water drain off, about half an hour. Once the water is drained off, wipe the eggplants down to get rid of the excess moisture and salt. Brush with 2 tablespoon of vegetable oil on them.

For the glaze, combine 1 tablespoon vegetable oil with the miso, mirin, ginger, soy sauce, honey, and bring to a boil. Remove and let steep for an hour. Strain off the bits of ginger and set aside.

On a flat grill pan or broiler, arrange the eggplants, and broil till the outsides start turning golden, about 3-4 minutes on each side. Brush with the glaze, and broil/grill, turning every minute, for 3-4 minutes more.

To serve, in the bottom of a large serving plate, brush some of the miso glaze, top with the warm slices of cooked eggplants and pipe small amounts of the honey foam in dots and squirts. Decorate with fresh mint leaves, if desired.

## **Bacon and Mushroom Risotto with Parmesan Foam**

Truly, a risotto is really decadent as a recipe, and cooking it needs a good bit of time and energy. However, add dimensions to it by adding a rich layer of Parmesan cream chargers cheese foam on top in place of the boring shavings of parmesan, and a few other “extras” to transform this into a concoction fit for the Gods. This recipe serves two-three people easily, depending on the level of hunger of the persons concerned.

### **Ingredients:**

#### **For the Bacon and Mushroom Risotto:**

3/4<sup>th</sup> cup Arborio rice

6 rashers of thick-cut bacon (with fat)

5 shiitake mushrooms, washed and sliced (if you find them dried then reconstitute in hot water before washing and cutting)

3-4 cups chicken stock (low-sodium will be preferred)

4 cloves crushed garlic

1 tablespoon butter

1/2 cup white wine (dry)

#### **For the Parmesan Foam:**

100 ml. double cream

1 slice of parmesan rind (optional)

2 tablespoon grated parmesan cheese

### **Procedure:**

Remember to make the cream chargers parmesan foam at the start so it'll be ready to go as soon as the risotto is done – don't let the risotto hang around for too long.

To make the Parmesan foam, heat the double cream with the parmesan rind till the cream is just at the boiling point. Turn off heat and add the parmesan cheese, stirring briskly. Let steep for 10 minutes. Remove the parmesan rind and strain the mixture into a whipped cream canister. Charge with one nitrous cream charger, shake vigorously; then remove the charger and cap tightly.

Chop the bacon and add it to the butter in a pan. Cook till the bacon is crisp. Remove the bacon and drain off all but 2 tablespoon of the bacon fat in the pan. To this, add the garlic. Stir a few times and then add the mushrooms to the pan. Stir fry over medium-low heat till the mushrooms are well-coated with the fat. Add the rice to the pan and stir to combine. Deglaze with the wine and make sure all the alcohol is evaporated before adding 1 cup of the stock. Keep stirring and cooking, adding 1/2 cup of stock when the rice looks dry, till you have reached the desired level of consistency and tenderness with the rice. Adjust seasoning and remove from heat. In a shallow serving dish, ladle an amount of the risotto. Top with a generous squirt of the parmesan foam and pile some crispy bacon bits on top. Serve immediately. Any of the cream chargers parmesan foam can be kept in the fridge for up to a week and works well as little squirt to top off burgers or bacon butties – adding chargers class to mid-week munchies.

## **Drinks – powered up with cream chargers!**

Keeping a whipped cream dispenser around the house can be dangerous if you are seriously in love with mixing drinks. Not only does this particular product make excellent drinks, but it also introduces a brand new way of looking at your favourite drinks, changing elements of the particular drinks to make it taste much more amazing.

The best thing is the visual appeal of the drink that actually gets enhanced so much more with different textures that can be achieved so easily with this product. One of the key things to this section is the drama the bartender can easily create while working with the drinks, adding a dash of this and that, and juggling the cream dispenser. The fact that it's made of stronger stuff than glass makes it great for learners in the art of cocktail-making, especially after the bartender had sampled a few of his own concoctions.

In this part, we would be discussing some of our favourite drink recipes, and there are a few lovely alcoholic as well as non-alcoholic recipes, which are bound to suit virtually all taste buds. Try them out and you would immediately fall in love with the concept of adding just that little extra to your drink.

The use of the cream dispenser and chargers lets you blur the line between the notion of drinking and eating – the molecular foams that you can mix in with your drinks will turn you into a molecular mixology miracle worker!

Don't get confused between the nitrous of the cream chargers and the carbon dioxide of the soda syphon – we sell both at Cheeky Monkey Cream Chargers – ut they serve entirely different purposes.

Some of these recipes call for both – the cream whipper for making a foam and the soda syphon for creating a drink to go with it.

Another key to remember with modernist mixology is to be gentle – the cream charegrs cocktail will not stand up to the treatment that traditional shake-shake cocktail makers inflict upon their drinks.

## Long Island Iced Jelly Tea

So you have had long island iced tea, but have you ever had long island iced jelly tea? With gelatinized foam of alcohol in a concoction made of a number of different alcohols, this drink is not just potent it is also an aesthetic pleasure to the person consuming it, due to the different textures, tastes and incredible flavours. Serve this with a caution though – one is enough to raise the blood alcohol levels to danger zone. The recipe given here is slightly confusing, for the tequila jelly can make about 5-6 drinks, while the ingredients for the long island iced tea is for only one person. Feel free to make as many drinks from it as you want to. There will be a strong tequila jelly and a lot of alcohol in this, so indulge safely!

### **Ingredients:**

#### **For the Tequila Jelly:**

120 ml. golden tequila (from a reputed brand)  
40 ml. sugar syrup  
40 ml. lemon juice  
1 teaspoon powdered gelatin or ½ teaspoon agar agar

#### **For the Long Island Iced Tea:**

1 shot triple sec  
1 shot vodka  
1 shot tequila  
1 shot white or golden rum  
1 shot gin  
1 squirt tequila jelly  
Coke or other cola  
1 slice of lime

### **Procedure:**

Make the tequila jelly first by combining the tequila with the lemon juice and sugar syrup. Combine gelatin with 2 tablespoons of boiling water. Stir till the gelatin dissolves. Add this to the tequila-sugar syrup mixture. Strain this concoction into a whipped cream dispenser. Cap tightly and charge with nitrous from 2 cream chargers, shaking well to dispense the nitrous oxide well after each application. Then let set for 2 hours, shaking once after every thirty minutes.

To make the long island iced tea, you would need a tall glass, which must be chilled. In a cocktail shaker, mix together the gin, vodka, rum, tequila and triple sec together with some ice. Shake well to combine. Fill a tall glass partway with ice. Add a squirt of the tequila jelly on top of the ice, and strain the vodka-gin-rum-tequila mixture on top of the ice to fill up 2/3<sup>rd</sup> of the glass.

Add the long island mix carefully because if poured in a rush it can knock out all of the nitrous that the cream chargers put into the tequila – and wouldn't that be a disappointment to you new cream whipper?

Top with cola, and garnish with a lemon slice on top of the glass. Serve immediately.

## Deconstructed Mojito

This recipe is definitely a pleaser for those who want to taste the aesthetic beauty of the mojito, tasting each component separately. In this recipe, there would be elements like a beautifully done mint and sugar candy, aerated lime jelly flavoured with white rum, and a granita of white rum infused with mint. The components can be served separately, to be put together in a glass, or in a dessert plate, to let each element stand out. This recipe easily serves 2 people

### Ingredients:

#### For the White Rum Granita:

50 ml white rum  
2 tablespoon castor sugar  
1 teaspoon crushed mint leaves  
120 ml. water

#### For the Mint and Sugar Candy:

100 grams plain white sugar  
3 tablespoon water  
1 drop mint extract

#### For the Lime Jelly:

1 package lime jelly powder – to set in the nitrous form the cream whipper  
1 cup water  
Mint leaves and lime wedges to garnish

### Procedure:

**Mint and Sugar Candy:** Place the sugar, mint extract and the water in a cold heavy-bottomed saucepan. Bring to heat gently. Let the sugar melt in the water and then slowly let the water get evaporated. Do not touch it, otherwise, it might form crystals and that will ruin the candy. Insert a candy thermometer and check till the temperature goes up to 245-250 Degree F temperature. Immediately remove and spread on a well-greased piece of parchment over a baking sheet or on a silicon mat. Let cool for 3 hours. Chop roughly into uneven pieces.

**Lime Jelly:** to make the lime jelly, prepare the package of jelly according to the package instructions. Let the jelly cool down slightly, till it is starts setting. Stir thoroughly, and put in a whipped cream dispenser. Charge it with two nitrous chargers, shaking vigorously after using each cream charger, and then remove charger and replace with a cap. Then, store in the fridge for 3 hours before using.

**White Rum Granita:** To make this, combine the water with the mint leaves and sugar syrup, and boil once. Add the rest of the ingredients, cool, strain, and then put in a flat tray. Let infuse for 5-6 hours. Put the tray in the deep fridge, and turn the setting to the coldest temperature. The presence of the rum will make it slightly more difficult to let the granita fully get solid. However, after three hours, remove and score with a fork to make sure the granita is properly formed.

**To serve:** This is evidently the best part. You would need to serve this either in a glass or in a dessert plate. To serve in a dessert plate, take a long plate, and put each element separately, decorating with a couple of mint leaves and lime wedges. You can also dot the plate with a few drops of the lime jelly – to make a visual cream chargers feast.

To serve in a glass, use a cocktail glass which is chilled. Carefully scrape and put a measure of the white rum granita at the bottom of the glass. Cover with a few pieces of the mint candy. Then, top with a large squirt of the lime jelly. Decorate with more mint candies and sprigs of mint. Arrange a slice of lime on the side of the glass.

## Strawberry Foam Margarita

When it comes to drinking, we love our margaritas. In fact, a lot of times, we make a conscious decision drinking these so-called girly drinks because they are so tasty. Strawberry foam margarita is definitely a delicious twist on the normal strawberry margarita. Traditionally, margaritas are served in a cocktail glass. What you should do to make this drink a more dramatic, and texturally different one, is add a lovely little chargers foam of strawberries, intensely flavoured with Cointreau or other strong liquor (you can also add a hint of blue curacao to really bring out the color difference. The end result would be a light pink concoction with a dark hue in the bottom. It is a good idea to serve this drink with a swizzle stick, to make sure the drinker mixes everything together according to their palate.

### Ingredients:

1.5 pounds fresh strawberries  
3-4 tablespoon Cointreau  
1/4<sup>th</sup> cup + more sugar  
1 teaspoon Blue Curacao  
2 cups crushed ice cube  
150 ml. tequila  
100 ml. lime juice  
1 big pinch of salt

### Procedure:

To make the strawberry foam, take the strawberries and hull them. Puree them roughly and then add the sugar to them. Heat this concoction over low heat, to make a coulis or jelly-like formation, strain and add 3-4 tablespoons of Cointreau to it, along with the Blue Curacao, to make sure the color changes dramatically. Divide this into two equal parts. Put one part inside a whipped cream dispenser, and double charge with two nitrogen cream chargers, shaking well between each injection to make sure that the concoction is well-mixed. Remove charger, screw on the lid tightly and put in the fridge until serving time. You can keep this concoction, chilled, in the fridge, for up to one week, and besides using it in drinks, you can also make this a great dessert topping.

To bring together the drink, in a blender, put the crushed ice or ice cubes, tequila, lime juice, and a big pinch of salt, together with the reserved half of the strawberry concoction which was not aerated. Blend thoroughly till the mixture is really well blended.

Prepare the cocktail glass by chilling it first in the fridge for 10 minutes, and then rubbing its rim with some lime and then dipping it in salt or sugar, according to your taste. To serve, put a generous shot of the strawberry foam in the bottom of a cocktail glass, and then pour the tequila mixture over till it fills the brim. Decorate with a slice of lime.

The whipper powered strawberry foam with its devilish cream chargers hint of Cointreau makes a great addition to many other dishes and is a wonder when you simple whip it out onto a chocolate or coffee ice cream – this is one simple, decadent idea that makes the cream chargers sing out their value to the modernist chef.

## Dark Desire

The name sounds so intriguing, right? And the best part is this is one cocktail you will not forget in a long time if you are a chocolate lover. With a decadent chocolate undertone, topped with chocolate liquor and a light chocolate cream chargers espuma in it, this is one of the ultimate drinks that you will be able to find. This recipe makes two drinks. The best thing is, the chocolate espuma itself is an amazing mousse that can be consumed alone – so the kids get to benefit from the love of the whipper without getting drunk.

### **Ingredients:**

#### **For the chocolate espuma:**

2 tablespoon crème de menthe

4 ounce cooking chocolate, grated or chopped very fine

2 tablespoon heavy cream

#### **For the Drink:**

4 ounce white rum

2 ounce Kahlua

1 cup ice cubes

Chocolate curls to decorate with

### **Procedure:**

To make the chocolate espuma, heat the cream till it is just about to boil. Remove from heat and add the crème de menthe. In a bowl, put the cooking chocolate and pour the heavy cream concoction on top of it. Cover and let stand for 5-6 minutes. Remove the lid and stir briskly until the concoction is melted and glossy. Beat for 2-3 minutes, and then put in a whipped cream dispenser. Charge with a cream nitrous charger and then shake vigorously. Remove the cream charger and cap tightly. Keep in the fridge for at least one hour.

To make the drink, in a tall martini glass, pipe half the chocolate concoction at the bottom of the glass, making sure it forms a small mound at the bottom. Combine the white rum with the Kahlua with plenty of ice cube in a cocktail shaker, and carefully strain half of it in the glass, avoid pouring it directly on top of the chocolate espuma. Serve immediately, decorated with chocolate curls. Then curls and the cream chargers work well together.

If you want to make simply the chocolate espuma it is great to let it cool fully. The nitrous from the cream chargers is held in place both by the cream (as is standard with whipped cream) and also the cooling chocolate. The result is that the cream whipper creates large bubbles and the chocolate makes firm foam for a different type of mousses to that made with standard cream whipping by hand.

## Café Frappe

Want to make café frappe at home? This recipe is going to be a great one for the time when you do not want to shell out the money for an expensive café frappe, but you want a good drink to soothe you inside the house. This recipe makes two people happy quite easily. Happier still when they use 16gm cream chargers (for twice the oomph!)

A great way to perk up this recipe is by adding a number of flavourings to the coffee. From mint, hazelnut to caramel and other add-ons, the choices are endless for anyone who wants his/her coffee to be decadent and tasty at the same time.

### **Ingredients:**

1 cup whole milk

½ cup whipping cream

2 tablespoon castor sugar

1 tablespoon instant coffee powder (or more, or less... adjust according to your taste)

4 tablespoon water

1 cup ice cubes

### **Procedure:**

Heat the water till it boils rapidly. Add the coffee powder, and stir to combine. Once the coffee is fully dissolved, add 1 teaspoon castor sugar to it, and stir well. Remove from heat and let cool down completely. Take the whipping cream and add 1 tablespoon of the sugar to it. Stir to combine. Stir in the remaining sugar to the milk, adjusting it according to your taste (if you like your coffee sweeter, add more, if you like it less sweet, add less) and make sure the sugar is completely dissolved. Chill the milk in the freezer. Empty everything into the body of the cream dispenser and charge with single cream chargers in the usual fashion. Shake well, and then dispose of the cream charger. Chill in the freezer for one hour before using.

To serve up, fill two tall glasses up partway with ice. Take the milk and add half of it in each glass, and then top with half of the coffee concoction. Using a spoon, stir gently. Fit the whipped cream dispenser with a thin nozzle, and put the nozzle in the glass, immersing it slightly. Then release half of the whipped cream in the milk, and then stir slightly to allow the whipped cream to combine. Once the whipped cream is combined thoroughly with the milk-coffee mixture you can top with more of the cream, making patterns on top of the drink. You can serve it like this, or you can then drizzle on some chocolate or caramel syrup on the top of the frappe, or, even add ice cream to make the frappe more decadent.

## Special Hot Chocolate

In the darkness of the night, a craving for hot chocolate often spreads through me, and I keep an extra-special recipe in my head just in case that strikes me. This recipe is so rich and decadent that it is not even funny how good it tastes. With the addition of fine dark chocolate, whipped cream and a creamy yet bitter aftertaste, this is exactly what you might need to warm up your insides on a day which is particularly blustery and nasty. Drink up and feel happy almost instantly. This recipe serves three people easily. You can also store the chocolate cream in the fridge for up to 5 days or longer after the cream chargers have performed their nitrous oxide magic, so making this in a big batch and savouring it over a few days makes sense too. You can also add delicate flavourings to this, to make the recipe really rich and tasty. The recipe can also be modified to be used with white chocolate or milk chocolate.

### Ingredients:

#### For the Decadent Chocolate Cream:

150 grams good quality plain dark chocolate (preferably 65% or above) at room temperature  
150 ml. heavy cream  
1 tablespoon castor sugar

#### For the Hot Chocolate Base:

400 ml. whole milk  
2 tablespoon cocoa  
2 tablespoon condensed milk (or you can use sugar)

### Procedure:

**For the decadent chocolate cream:** Heat the cream with the sugar until it is just about to boil. Chop the chocolate into small pieces. Combine the cream with the chocolate in a bowl and cover. Let the mixture steam for 10 minutes. Remove cover and whisk to combine. You would notice that the chocolate has melted. Put this in a whipped cream dispenser after straining and charge with one nitrous charger. Make sure it is well mixed before getting rid of the cream chargers.

To make the hot chocolate base, Heat the milk with the cocoa and condensed milk in it until it boils. Once it does, remove from the heat, strain, and pour in three cups. Using a thin nozzle, add 1/3<sup>rd</sup> of the chocolate cream mixture to each cup. Serve immediately.

The beauty of this recipe lies with the fact that the person drinking the chocolate can stir as much or as little to make this chocolate taste as rich as he/she wants it to be. Additional flavoring, like mint, hazelnuts, and/or chili, can be added during boiling the milk, and can also be used for garnishing the finished dish.

## Eggnog with a Twist

One of the favorites for the holidays would be Eggnog, a warming concoction made of eggs and brandy. However, at times, the humble eggnog needs a little bit extra to be more delicious and totally amazing. Aerating it with the help of a whipped cream dispenser boosts the creamy quotient and makes this particular drink one of the most palatable ones to the tongue. Try this one evening, and we swear you will not be able to go back to the normal ones again. This recipe serves four people easily, and can be served by itself, or topped with some ice cream to make a really rich dessert. The cream chargers make this oldie into a modern classic – your Granny would certainly approve of the magic you perform with your whippers.

### **Ingredients:**

5 egg yolks

4 egg whites

1/3<sup>rd</sup> cup castor sugar

600 ml. half and half (you can substitute this with light cream or whole milk, but in our opinion, half and half is actually the best way to go for this recipe)

50 ml. brandy

50 ml. bourbon whiskey

2 drops vanilla extract

5 gm. crushed nutmeg

A pinch of salt

### **Procedure:**

Combine the egg yolks with half of the sugar for about 4-5 minutes, until thoroughly combined. At this point, remember you are making light custard, so beat the eggs thoroughly so that they are very light and fluffed out. Add the half and half slowly, combine thoroughly. Heat this over a double boiler, till the mixture starts thickening slightly, about 10 minutes. At this point, add the brandy, whiskey, nutmeg and salt to it. Combine thoroughly and let cool down slightly. Pour this inside a whipped cream dispenser and charge with a nitrous charger. Shake vigorously to make sure that the eggnog is fully infused with the gas from the cream charger.

On another bowl, whip the egg whites with the remaining sugar until soft peaks form. Now, flavour this with the vanilla extract. To serve the concoction, in a tall glass, spoon some of the egg white mixture, and then, fitting a thick nozzle, spray a generous amount of the brandy-bourbon-cream mixture over the egg white. Do not stir, but let the two mixtures have their own separate layers. Serve with a spoon to the guests so that they can mix the concoction according to their liking. This is a fabulous drink which can be served at parties and the brandy cream mixture can be kept in the fridge for up to 2 days without it getting spoilt.

As with other foams created with the cream chargers – it is important to be gentle when you put the drink together – keep the strata separate please.

## Mango Smoothie

Making a mango smoothie might be the easiest thing to do, but what if we take it a few steps further than just blending some mango slices with ice and yoghurt? Let the cream chargers do the work so that you don't have to. This decadent smoothie is definitely healthy, but it is so gorgeous to look at and texturally different, that you would have no trouble convincing someone to drink it. You might just have a fight in hand about the last drops of this gorgeous whipped concoction, so be prepared with a lot of it. Also, this smoothie can be made with other fruits, including berries and pineapples and other ripe fruits. The key is to blend the concoction well and straining it before adding it. This recipe easily serves three people.

### **Ingredients:**

2 cups chopped mangoes (or other fruits)  
1 cup yoghurt (Greek Yoghurt works the best, however, low fat and/or nonfat yoghurt can be used too. People who are lactose-intolerant can definitely add alternatives, as well as silken tofu, which is a brilliant addition)  
3 tablespoon honey (stevia can be used as well)  
1 pinch cayenne pepper  
10 blanched and peeled almonds  
1 pinch salt  
1 tablespoon chia seeds  
1 tablespoon lime juice  
Maraschino cherries and crushed chia seeds to serve with

### **Procedure:**

Blend together the mangoes, yoghurt, almonds, chia seeds, honey, pepper, lime juice together in a big blender. Once the concoction is fully blended, strain it once and then pour it in a whipped cream dispenser. Charge this with one or two cream charger, according to your need for stability of the foam, shaking vigorously after each addition. Cap tightly, and then keep in the fridge for up to 3 hours to make sure the concoction is chilled.

To serve, in a squat glass, put a Maraschino cherry in the bottom and then using a big nozzle, add as much of the smoothie to fill the glass up to the rim. Top with some crushed chia seeds, if you like, and serve cold. This recipe can stay in the fridge for up to 3 days, and it can also be used as the base for a mango mousse, or as a part of a dessert. You can also use other fruits in place of mangoes; the key is to use fresh, seasonal fruits, which will lend as much nutrition as possible to the concoction. You can also avoid the stevia or honey if you want a healthier version.

## Piña Colada

Piña Colada is a wonderfully versatile cocktail which can be twisted to make sure it becomes something much more intriguing and complicated than a concoction made of coconut and pineapples. The key is to make one or more of the key ingredients mysterious, and the otherwise familiar drink all of a sudden will become an elusive little thing that stands out from the crowd. This recipe easily makes 2-3 drinks, depending on the size of your glass. For fun, raise the alcohol quotient. Forget the whipped cream – coconut milk is the way for some to appreciate their cream chargers.

### **Ingredients:**

2/3<sup>rd</sup> cup coconut milk

1 cup pineapple bits from a can, with ½ cup of the juices in which they were preserved  
150 ml. rum, preferably white rum (you can also use a mixture of dark and white, or gold and white rum)

½ cup vanilla ice cream

Pineapple slices to garnish with

Maraschino cherries to garnish with

### **Procedure:**

In a big blender, combine the pineapple bits and half the syrup from the can, reserving half of the syrup for another purpose. Add to it the rum and blend till the concoction is thoroughly blended. Let this mixture sit for 2 hours in the fridge for the concoction to get infused. In a blender, mix the coconut cream with the reserved syrup from the pineapples and the vanilla ice cream. Blend at high speed for 1 minute, and then strain this concoction in a whipped cream dispenser. Use one or two cream chargers to foam up the mixture than allow to sit in a fridge for an hour or so. It is the cream in the ice cream that is going to hold the nitrous from the cream chargers in place in this recipe so make sure you add plenty of it – and use good quality ice cream – your cream whipper deserves the respect!

To serve, chill a tall cocktail glass first for 10 minutes. Then in the bottom of the glass, put one maraschino cherry at the bottom, and then cover with a hefty squirt of the coconut cream mixture. Add the blended pineapple mixture on top of it, and garnish with a swizzle stick and a pineapple slice. Serve immediately.

## Berry Blast Soda

Berry blast soda is one of the favorites in our household, and we make it often when we want to eat something cold and at the same time not too decadent or sinful, but just as tasty all the same. The combination of a jam and berry concoction with clear soda is a beautiful concept in a glass, and you would know that you have just sneaked in a healthy dose of fruits in this otherwise sinful to look at drink. The key is to use soda which is clear and add sugar syrup to slightly sweeten it. This recipe will make about four glasses, so work accordingly. If you had two whipped cream dispensers and enough cream chargers you could make this one into a foam on foam combination.

### **Ingredients:**

#### **For the berry jelly:**

150 gm. raspberries, blackberries, strawberries, or an assortment of the three  
1 sachet lime flavored jello mix

#### **For the drink:**

1 recipe berry jelly  
4 tablespoon assorted berries (chopped if the pieces are too large)  
500 ml. chilled club soda  
60 ml. chilled sugar syrup

### **Procedure:**

Blitz the berries in a blender till well-blended but still slightly pulpy. Heat 1 cup of water and add the jello mix to it. Stir to combine making sure there are no lumps in the mixture. Add to the berry mixture, and stir thoroughly. Pour into the canister of a whipped cream dispenser. Charge with one cream charger and then shake well to distribute the nitrogen oxide thoroughly. After shaking, cap tightly and store in the fridge for a minimum of two hours, shaking well after every half an hour to make sure the jelly does not set too well – you want it to ticken so it holds the gas from the cream chargers but what you don't want is a solid jelly within the whipped cream dispenser.

To serve, in a tall glass, put in 1 tablespoon of the berries in the bottom. Add 1 tablespoon (15 ml.) of the sugar syrup and macerate the berries with the syrup slightly so that the juices mingle with the syrup. Add 125 ml. of the chilled club soda to this concoction, gently, to make sure that the club soda does not get mixed with the berry-sugar concoction at the bottom of the glass. Now, take the berry jelly mixture out of the fridge. Shake well. Fit the mixture with a thin, long nozzle and pipe one fourth of the concoction right in the middle of the glass. Add a straw and a spoon on the side, and serve. Guests should stir together the berries with the jelly before drinking and scrape up the berries at the bottom of the drink with the spoon. The cream chargers foam and the fizzy seltzer make a great combination, but it only works if you can keep all of the layers separate and distinct.

## **Desserts – the journey beyond *Whipped Cream***

Well, a whipped cream dispenser should be, technically, the best thing to use to make desserts, right? And it does! However, this segment is broken down into not just things you can serve up whipped cream with, but also to explain and describe how the selfsame dispenser can be used to create a number of scrumptious desserts totally worth sighing over.

In this segment, we have got a few amazing desserts – from cupcakes to mousse to ethereally tasty trifles, all made so simple that it will take you a very short time to put them together. However, they are amazing to taste and looks so great that you will have a tough time telling them apart from the ones in the gourmet restaurants.

The recipes that are going to be talked about here all have one thing in common – they can be made by virtually anyone who has a whipped cream dispenser. In a lot of cases, as you might have seen through this book, the recipes are really easy to prepare and what we have done is replaced something important with a whipped cream version of it just to shock the taste buds. In the desserts section, not only there is going to be a lot of whipped cream, but also a number of other things you had no idea could be put inside a whipped cream dispenser. You would be surprised, stunned and overjoyed to see them! What's even better, a few of them are actually not too high in the calories section, so you can totally make and eat them when it strikes your fancy.

The use of the cream chargers and the nitrous gas they contain will in most cases create a lighter dessert – this means a large portion can really contain lots of flavour but without the actual volume thanks to the cream chargers – so eat less but enjoy it more.

When you have tried a few of the desserts then look again at the cocktails in the cream chargers drinks section (previous chapter) because these often would work as an partner to the dessert with the chargers whipping up an alcohol foam accompaniment.

The whipped cream dispenser really is the dessert companion – for everything except for the standard cakes and biscuits.

## **Marinated Raspberries with Honey Cream**

Have you ever tried your hand at marinating fruits? They are not just incredibly receptive to a number of flavors, but fruits add to the healthy factor of a dessert incredibly. Plus, this dessert does not have any processed sugar in it, just a good bit of honey and a hit of alcohol to really make this dessert decadent. However, if you are not that into alcohol, you can also make this dessert without it. The beauty of this recipe is that you can actually replace the raspberries with other berries like strawberries, blackberries, blueberries, as well as with an assortment of them. Also you can use different vegetables like apples, oranges, mangoes, grapes, pineapples and a number of other fruits for this dessert. It feeds 5-6 people easily. To mke it extra frothy then use two cream chargers.

### **Ingredients:**

1 pound fresh raspberries

### **For the Honey Marinade:**

2 tablespoon honey

1 pinch salt

5 tablespoon merlot or water

1 pinch cinnamon

1 pinch allspice

### **For the Honey Cream:**

3 tablespoon good quality honey, preferably wildflower or elderflower honey

250 ml. whipping cream

### **Procedure:**

Combine the ingredients of the honey marinade. Heat lightly over low heat so that the honey mixes properly and can be added to the berries. Remove and pour over the berries and put the berries in a refrigerator in a tight fitting container. Keep overnight or at least for five to eight hours. Once the berries are marinated, remove and strain thoroughly, reserving the fruits.

Combine the honey with the whipping cream and heat gently for 1 minute over low heat. After a minute, turn off the heat, and with the aid of a spatula, stir briskly. Remove and strain into a whipped cream dispenser. Infuse the mixture with a single or double dose of nitrous cream chargers, and then shake well after each charge, keep the honey cream in the fridge for 2 hours minimum, shaking after every 30 minutes.

To serve, in the bottom of a serving bowl or glass, squirt a small amount of the honey cream using a thin fitted nozzle to make a base. Then, spoon 2-3 tablespoons of the berries on top of the cream. Squirt a good bit of the cream right on top of the berries. Serve immediately. The honey will help the combination of cream chargers and cream to remain inflated for longer than usual as long as the temperature is kept quite low.

## **Eight Texture Chocolate Dessert Chargers**

Do you want to really knock someone's socks off? This textured dessert has it all – a crumbly chocolate biscuit base, a soft chocolate sponge, chocolate mousse, chocolate ganache, a fluffy chocolate cream chargers whip on top, powdered chocolate, and crunchy chocolate coated nuts. The best part is the presentation, which is as incredible as it sounds. The recipe here serves six people easily, but if shared, can easily make for eight people.

### **Ingredients:**

- 1 loaf of plain chocolate cake
- 15 Oreos (preferably doublestuf white ones)
- 1 tablespoon butter
- 100 gm. dark chocolate (70% or higher is preferred)
- 150 gm. milk chocolate, chopped
- 300 ml. whipping cream
- 2 tablespoon icing sugar
- 2 tablespoon chocolate liquor or Kahlua
- 20 chocolate coated almonds
- 4 tablespoon chocolate syrup

### **Procedure:**

Grate 30 gm. of the dark chocolate in a plate and freeze it. Pulverize the Oreos till very finely crumbed. Add the butter, and pat it down in an 8" spring form pie tin. Chill the tin for half an hour. The topping will also need to be chilled after the cream chargers are used.

Heat 100 ml of the whipping cream till very hot and just about boiling in a small pan. Remove from heat and pour over the milk chocolate. Let sit covered for five minutes. Remove cover and using a whisk, stir vigorously to let no lumps form. Pour over the Oreo base evenly and smooth out. Chill for 2 hours.

Chop the chocolate sponge roughly, and place over the Oreo base snugly, so that the ganache does not show. Pour the chocolate liquor or Kahlua over the chocolate sponge.

Chop and melt the remaining dark chocolate in a microwave for 1-2 minutes in 20 second bursts, stirring after each burst. Once the chocolate is fully melted, remove from the heat and stir till it is smooth. Combine the whipping cream with the icing sugar and add a very small measure of this to the dark chocolate to loosen it out. Once the dark chocolate is loosened enough, pour it in the cream mixture and put it in a whipped cream canister. Charge with one nitrous charger and shake well. When you have removed the cream chargers then you can store in the fridge for 1 hour.

Combine the chocolate syrup with 30 gm. chopped dark chocolate and 2 tablespoon water in a microwave and cook, stirring, after every 30 seconds, for about 2-3 minutes, or till the chocolate syrup is not lumpy. Keep the syrup warm until serving time (its best that the syrup is cooked right before serving).

To serve, remove the pie from the pie tin. This can be easily achieved with a spring form pie tin. Cut it into six to eight pieces. Arrange one piece of the chocolate dessert on a serving dish and squirt some of the whipped chocolate mousse from the whipped cream dispenser, using the regular nozzle. Then, arrange some chocolate coated almonds on top of that. Sprinkle a few pinches of the grated chocolate on the sides of the plate to give the illusion of chocolate "powder". Now, pour some of the chocolate syrup on top, and then immediately serve.

The pouring of the chocolate syrup can be done right at the table for an extra visual dimension of the dessert.

## **Cream Chargers - Orange Marmalade Cup Cakes**

Who said cream chargers cupcakes are dry and boring? This recipe brings together the classic orange marmalade together with tasty cupcakes, filled with a light jelly and covered with a thick whipped cream layer which is bound to tempt even a saint. A lovely, light cupcake, the flavors can be played with and a number of other variations can be made. This recipe makes a good number of cupcakes, so go ahead and be tempted by these lovely mini-cakes which are going to be decadent and delicious!

### **Ingredients:**

#### **For the Cupcake:**

4 eggs  
1.5 cup flour  
1 cup butter  
1 cup castor sugar  
1 cup buttermilk  
2 teaspoon baking powder  
1 pinch salt  
1 tablespoon orange zest

#### **For the Cupcake filling:**

½ cup orange marmalade

#### **For the Whipped Cream Topping:**

1.5 cup heavy whipping cream  
4 tablespoon icing sugar  
1 drop orange food coloring  
1 drop orange essence

### **Procedure:**

To make the cupcakes, cream butter and sugar, and add eggs one by one. Stir after each addition until the mixture is smooth. Combine flour with baking powder and salt in another pan. Once the eggs are incorporated, add the buttermilk, orange zest and mix that in. Add the flour mixture to the wet ingredients, and stir to combine. Do not over mix the ingredients.

Line a cupcake pan with cupcake liners, and fill them up 2/3<sup>rd</sup> with the batter. Bake at 350 degree Fahrenheit for 12-15 minutes or until the cupcakes are done, i.e. a toothpick inserted at the center of the cupcake comes out clean. Remove and let cool for 15 minutes before taking them out of the pan and letting them cool further.

Fill orange marmalade in a piping bag with a thin, long tip or in a syringe. Pierce each cupcake with it and push in a bit of the marmalade in each cupcake's centre.

To make the whipped cream topping, combine the cream with the icing sugar, orange flavoring and colour and stir. The use of colour will not affect the use of the cream chargers so simply put everything into the cream dispensers, charger and use as normal. Using a thick nozzle, pipe some of the whipped cream topping on each cupcake, making sure the top is covered. You can decorate the cupcakes with sprinkles and candy shapes if you like, or with preserved orange zest. Another great decoration idea would be to add tiny dots of orange marmalade on top. The colour and the cream chargers make this a funky little dessert and great for charger loving children.

**Note:** If you don't like orange marmalade, replace it with your favorite fruit jam or preserves. A smooth jam can be added to the whipper before using the cream chargers

## Lemon Icebox Cake

This is a recipe which is quite old, and a lot of people around the world have probably made it at least once in their life time. With the help of a whipped cream dispenser and cream chargers this recipe becomes so easy to make that you would be able to whip this up in no time. Plus, the best part is, you can substitute any other flavor for lemon. I love lemon because it gives clean flavors, but you can also make vanilla, or strawberry, or other flavor icebox cakes. This recipe easily serves 6-8 people, depending on the serving size or greed quotient.

### **Ingredients:**

500 ml. whipping cream  
200 gm. vanilla wafers  
250 ml. lemon curd  
200 ml. plain vanilla ice cream  
4 tablespoon condensed milk  
Lemon slices, to decorate with

### **Procedure:**

Melt the vanilla ice cream down and add the whipping cream and half the lemon curd to it, stirring lightly. Put the two in a whipped cream dispenser. Attach a single cream charger and release the gas then shake and use the second of the cream chargers. Once that is done, remove the charger and fit a nozzle tightly, so that the mixture is ready. Apply the remaining lemon curd on the top of each wafer.

In a flat, square baking pan, spread about 1/3<sup>rd</sup> of the cream - lemon curd mixture. Top with half the vanilla wafers and cover with the next 1/3<sup>rd</sup> quantity of the lemon curd - cream mixture. Drizzle 2 tablespoon of the condensed milk on this. Add a second layer of the wafers and top with the remaining of the lemon curd-cream mixture. Drizzle again with the remaining 2 tablespoon of the condensed milk. Keep in the fridge for at least 12 hours before serving. Decorate with lemon slices on top. This recipe is excellent for a dinner party where you have to make ahead some parts of the meal. You can either make lemon curd at home or use store-bought lemon curd.

## **Pineapple Caramel Coconut Casserole**

The fact that this beauty is made in a casserole makes it so easy to carry around and present it on potlucks. Although it does not look like much, the taste of this dessert is just plain amazing, and we guarantee a few moments of silence after a bite is consumed. Decadent caramel, coconut, pineapple and cake float on a light and fluffy bed of whipped cream, all the fluffier for the use of the cream chargers - and tart cherries just add to the flavors of the dish immensely. The recipe is enough for 10-12 people for dessert, but you can easily double or triple the recipe to feed more people.

### **Ingredients:**

2 cups whipping cream  
½ cup icing sugar  
1 cup caramel syrup  
1 store-bought sponge cake (1 pound size)  
1 cup chopped canned pineapples  
½ cup of the liquor from the can of pineapples  
½ cup shredded coconut  
1-2 drops of vanilla extract (or 1 teaspoon vanilla essence)  
Maraschino cherries for decoration

### **Procedure:**

In a bowl combine the whipping cream with the vanilla essence and icing sugar. Pour it in the bottle of the cream whipper and use with two cream nitrous chargers immediately, shaking after each application. Remove the cream chargers and put the dispenser in the fridge. Cut the pound cake into 1-inch square pieces. Toast the shredded coconut on a flat pan, stirring briskly, till lightly golden. Remove from the heat and spread out over a flat surface. Let cool. Meanwhile, in an 8 x 10 (or 10 x 10 baking dish, or whatever suits your fancy, as long as the bottom can be covered by sponge cake without much leftover remaining) put the sponge cake pieces down, taking care to cover the surface of the bottom of the dish fully, but not crowding it. Drizzle the pineapple liquor over the layer of cake, and then lay down a layer of the whipped cream, using a little more than half of the total amount of the cream. Over this layer, arrange most of the chopped pineapples, reserving a few for decoration and sprinkle with the toasted coconut, reserving a couple of teaspoons' worth to decorate the top. Drizzle most of the caramel syrup on top of the coconut and cover with the remaining whipping cream. Decorate the top with the reserved pineapple bits, maraschino cherries, caramel syrup and coconut. Let sit in the fridge for at least an hour before serving. This recipe is best served cold, but not frozen, and can be kept in the fridge for up to a week. The topping will last longer due to preserving with the cream chargers' nitrous oxide gas.

## Homemade Vanilla Ice Cream

If you say that you don't like homemade ice cream, we just might have to kill you. But then again, perhaps you have not had the ice cream that you can actually prepare with the aid of a whipped cream dispenser and its better tasting than most other brands out there. We recommend using real flavors while making these ice creams. For example, for the best results in making vanilla ice cream, we recommend you use a real vanilla pod, rather than vanilla extract. Believe us, the recipe is totally worth it, and you will never regret a single spoonful. The only regret you might have later is that you did not make enough. OK we know that vanilla is used as an insult – but the cream chargers will give it enough of an edge to make it special.

### Ingredients:

- 1 cup castor sugar
- 1/4<sup>th</sup> cup icing sugar
- 1 pinch of salt
- 4 egg yolks and 3 egg whites
- 3 cups whole milk
- 2 cup heavy cream
- 1 vanilla bean (or 1 tablespoon good quality vanilla extract)

### Procedure:

First, make the custard which will form the base of this ice cream. The key is to make good custard which would in turn make great ice cream. To make that, take the egg yolks and whites and put them in a wide bowl. Start beating them up, and add to this the salt and the castor sugar, beating with a whisk till the sugar is partially dissolved and the mixture looks glossy and creamy. The color of the egg will become lighter and the texture will look silkier somehow. Combine the heavy cream with the icing sugar in a bowl. Put this in the whipped cream dispenser and charge with a nitrous charger. Shake vigorously. Remove the charger and cap tightly. Do not fill the cream dispenser more than specified, otherwise the cream will not be properly whipped. Keep aside. The cream chargers do need some room to do their magic! Split the vanilla bean in half. With a sharp knife, scrape the vanilla bean to get the seeds out. In a large saucepan, combine the milk with the split vanilla bean and the seeds. Over medium-low heat, let the milk come to a stage of steady simmer, keeping the heat constant.

Turn off the heat. Now, add a few teaspoons of the milk to the eggs, stirring briskly to avoid the eggs from scrambling. You will have to do this very gently, or the eggs will scramble. Once the milk has raised the temperature of the eggs sufficiently, add the egg mixture to the milk, and stir with a whisk. Constantly whisking now, let the milk mixture cook over a low simmer until the milk is thickened and coats the back of a spoon.

Remove from heat, strain, and let cool in the fridge for about 1 hour. Add the whipped cream to it, but do not over mix. Just fold in the cream gently, and then put this concoction in a tightly lidded container, and chill in the lowest setting of the fridge for 3 hours, stirring once after each hour. After the third hour, the ice cream will be mostly set. Let it freeze for 3 more hours before serving.

**Note:** You can substitute vanilla flavoring with any other flavoring of your choice, like fruit purees, mint extract, espresso coffee, and you can add a number of additives to make the ice cream more decadent, like swirls of caramel, chopped fresh fruits and nuts, and other similar options.

## Rich Chocolate Cake

This incredibly decadent and super-moist cake is going to make you want to lick the plate clean afterwards. A moist chocolate cake, rich and soft, topped with a rich fudge ganache all the better for the convenience of the cream chargers. This cake is a showstopper to say the very least. One recipe will serve six easily, or one very greedy and very hungry person.

Ingredients:

**For the Cake:**

- ½ cup all-purpose flour
- 3 eggs
- 1 pinch salt
- ½ cup buttermilk
- ½ cup vegetable oil
- 1 cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup Dutch-process cocoa
- ¼ cup condensed milk
- ¼ cup whole milk

**For the Moist Chocolate Ganache frosting:**

- 1 cup whipping cream
- 150 gm. good quality dark chocolate
- 100 gm. icing sugar

**Procedure:**

To make the cake, sift the flour with baking powder, baking soda, salt and cocoa powder. Grease an 8x8 pan with butter and dredge with flour. Set aside. Combine buttermilk with oil. Combine whole milk with condensed milk. Now beat eggs till light, and add the sugar to it. Continue beating and add the buttermilk-oil mixture. Stir thoroughly. Add the wet ingredients on top of the dry ingredients and stir till they are combined. Do not overbeat. Pour into the cake tin. Bake at 180 degree centigrade (350 degree Fahrenheit) for 25-30 minutes, or until a toothpick inserted inside the cake comes out with a few crumbs attached to it, or is clean.

Remove from the heat and let stand for a few minutes. Pour the combination of the milk and condensed milk in a whipped cream dispenser. Charge with a cream charger and shake thoroughly. Remove cream chargers and replace the charger cover. Fitting a long, thin nozzle on the dispenser, poke holes all over the cake and squirt some of the condensed milk-milk mixture inside it the power of the cream chargers is quite effective as an injector. Pour the remaining condensed milk mixture right on top of the cake. Let stand for 3-4 hours, or until the cake is completely cool.

To make the frosting, bring the chocolate to room temperature and put the pieces in a small saucepan. Combine the whipping cream and sugar in a pan and heat till it is just about to boil. Pour over the chocolate, cover, and let the mixture stand for 10 minutes. Remove cover and whisk thoroughly to incorporate the chocolate with the cream. Once that is done, let it cool down completely to room temperature, about 1.5 hours or so.

Put the mixture in the whipped cream dispenser. Charge with two N2O cream chargers to really make the mixture frothy. Using a bigger nozzle, pipe this mixture all over the cake, covering it thoroughly. Let stand for 1 hour more before serving.

## Easy Banana Cream Pie

Whenever we hear of something as difficult as Banana Cream Pie, we let out a groan and choose a readymade one instead of the one made at home. However, with a whipped cream dispenser in hand, the process becomes incredibly easy – this lets the speedy cream chargers show you what they can do! and you would be amazed at the speed with which you can make this dessert, from start to finish. One pie makes about 6-8 people happy, depending on the serving size.

### **Ingredients:**

- 1 9-inch pie crust (store bought or homemade)
- 4 bananas, peeled
- 4 egg yolks
- 50 gm. all-purpose flour
- 150 gm. sugar
- 400 ml. milk
- ½ teaspoon salt
- 50 gm. butter
- 1 pinch salt
- 2 cups heavy cream
- ¾<sup>th</sup> cup icing sugar

Bake the pie crust at 180 degree centigrade for 10 minutes. Remove and let cool down completely. Arrange the banana slices all over the bottom of the pie crust, overlapping slightly. Puree 1 banana and cut the remaining three into 1/3<sup>rd</sup> inch round pieces. The crunch on the crust is a great compliment to the softness that you get from the cream chargers.

Combine milk, flour, sugar and salt together. Bring to a boil. As soon as the mixture thickens slightly, remove it from the heat and add the butter, whisking thoroughly until glossy. Let cool slightly. Beat egg yolks till they are light in color, and then add 2-3 tablespoon of the hot milk mixture to it. Pour the eggs back in the milk mixture and beat thoroughly, this time putting it back on the heat for 3-4 minutes over simmering heat, making sure the mixture thickens further. Add the banana puree to this concoction. Beat again. Pour this in the pie crust so that the banana slices are covered thoroughly.

Combine the heavy cream and icing sugar together and pour in a whipped cream dispenser. You'd probably want to use 2 cream chargers, shaking after each addition. Replace the cap and tightly screw the lid back on.

Let the banana cream pie chill in the fridge for at least 3 hours. Just before serving, remove the pie from the fridge and top with the whipped cream, squirting the cream on the top of the pie till they are really piled up. Cut in slices and serve cold. Don't tell your friends that you used cream chargers – let them guess at the whipped delight you serve.

**Note:** you can make chocolate, raspberry, or other cream pies in the same process.

## Instant Raspberry Mousse Chargers

Mousses are one of the best applications of a whipped cream dispenser and cream chargers. Instead of working for hours over texture, now it has become really easy to make a mousse within a few minutes. This recipe is a superb way of making a good mousse, and the best part is that you can make it within a few minutes if everything is in hand. The raspberry coulis can be made at home, or be purchased from outside, the choice is yours. However, freshly made raspberry coulis is no match for a store-bought concoction, and this version has a handful of cranberries thrown in for some extra depth. This recipe serves about 6 people, and the cream chargers mousse can form the base for many trifles as well as indulgent drinks.

### **Ingredients:**

#### **For the Raspberry Coulis:**

1 pound fresh raspberries, cleaned and cut in pieces

1 handful fresh or frozen cranberries

1/3<sup>rd</sup> cup sugar

1 lime juice

#### **For the Mousse:**

6 tablespoon raspberry coulis, either freshly made or store-bought

1 cup whipping cream

3 tablespoon icing sugar

### **Procedure:**

Prepare the raspberry coulis by combining together the raspberries, cranberry, sugar and lime juice in a heavy-bottomed saucepan. Over low heat, cook for about 15 minutes, or until the sugar is dissolved and the juices start running. Once that is done, remove from heat and let cool. Pour in a blender or food processor and blend till the concoction is well-blended and no chunks remain. Strain and reserve the concoction.

For the mousse, combine 4 tablespoon of the coulis with the whipping cream and icing sugar. Put this mixture into the main body of the whipped cream dispenser – make sure not to overfill the whipper. Then screw down the head and prepare to charge it with two cream charges – after the release of nitrous oxide from each charger then give the whipper a good, brisk shake. Let cool in the fridge for one hour before using. Use a thick nozzle and spray approximately 1/6<sup>th</sup> of the prepared concoction from the dispenser into a small glass. Then drizzle with about 1 teaspoon of the reserved strawberry coulis. Serve immediately.

## Sumptuous Trifle Pudding with Brandy Cream

One of the things that can be made quite easily, without much fuss, and would taste gorgeous, is a trifle pudding made with rich layers of cake and cream. And what better if you make one especially that would reek of flavours from fresh fruits, rich but airy custard, simple pound cake base and plenty of whipped cream on top? This recipe is such a joy to make because with the aid of a whipper and cream chargers, it is truly easy and a joy to make. It can easily serve as a dessert for a crowd particularly as the cream chargers make this into a real crowd-pleaser.. As it is, this recipe serves about 8 people easily. The recipe also freezes well and can be kept in the fridge for up to 4 days.

### Ingredients:

- 1 pound cake (1 pound) cut in 1 inch cubes
- 2 cups (500 ml.) whipping cream
- 2 cups half and half
- 3 egg yolks
- 2 tablespoon honey
- 1 teaspoon vanilla extract
- 1 cup chopped apples and/or pineapples
- 1 cup berries (assorted or of a single kind), cut into small pieces if they are more than an inch in size
- 5 tablespoon castor sugar
- 2 tablespoon icing sugar
- 2 tablespoon brandy (optional)
- 4 tablespoon strawberry preserves (or orange marmalade or blackberry preserves)

### Procedure:

Put the berries and other fruits in a bowl. Spoon the honey over, and macerate gently with the back of a spoon. Let stand for 2 hours at least for the flavors to meld. Once done, strain the mixture to remove the liquid. Reserve the liquid. Before to strain fully to avoid blocking the cream chargers.

In a deep but flat bowl, about 8 x 8 x 3 inch measurement put the pound cake pieces in a way that they cover the base. Combine the strawberry preserves with the brandy and the reserved liquid from the macerated fruits and heat gently, stirring briskly till the concoction is mixed thoroughly. Spread the mixture on top of the cake.

Make custard by whisking together the castor sugar, egg yolks and vanilla extract together. Heat the concoction gently in a double boiler, and add the half and half slowly, incorporating it and letting the concoction thicken while whisking steadily, about 15 minutes. Once the mixture has thickened, remove from heat and let cool. Using a whisk, briskly stir the concoction and then strain in a whipped cream dispenser. Use the cream chargers now – and give it all a good shake!. Remove charger, cap tightly. Using a slightly wide nozzle, pipe this over the cake and preserves. Chill for 3 hours to let the concoction set, the cream chargers need time to work fully. Spread a layer of the fruits on top of the custard. Now, combine the whipping cream with the icing sugar and stir gently. Pour this in the whipped cream dispenser and charge with one nitrous charger. Immediately, pipe it generously over the fruits with the aid of a thin nozzle, making crisscross patterns on top of the fruits, to make the dessert look more appealing. Serve immediately or you can also keep it in the freezer for 1-2 hours before serving to let the concoction settle further. Don't put cream charges themselves into the freezer.

*Cheeky Monkey*  
**CREAM CHARGERS**

# *Cheeky Monkey* CREAM CHARGERS

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