

No-Bake Cheesecake

Michael Marwell has loved this cake ever since his grandmother made it on the family farm on a hot day when he was a boy.

INGREDIENTS:

- 3 cups graham crackers crumbs
- ½ cup softened butter
- One 15-ounce can crushed pineapple in juice, drained; juice saved
- Juice from pineapple + enough water to make 1 cup
- One 3-ounce package lemon-flavored gelatin dessert
- 1 envelope unflavored gelatin
- One 8-ounce package cream cheese, at room temperature
- ½ cup sugar
- 1 teaspoon vanilla
- 1½ cups evaporated milk, chilled in the can in the refrigerator overnight; whipped until stiff

INSTRUCTIONS: Mix together graham cracker crumbs and butter. Pack ⅓ of the mixture on bottom and sides of a 9 x 13-inch cake pan.

Bring pineapple juice just to a boil, then remove from heat. Stir in gelatin dessert mix and unflavored gelatin until completely dissolved. Chill until slightly thickened.

Cream together cream cheese, sugar and vanilla. Add chilled gelatin mixture and blend well. Fold in stiffly whipped evaporated milk. Add crushed pineapple and mix well. Pour the mixture into the crumb-coated cake pan and sprinkle with the remaining graham cracker crumb mixture.

Chill several hours or overnight.

Serves 8-10

PER SERVING: 434 calories, 8 g protein, 53 g carbohydrate, 22 g fat (12 g saturated), 53 mg cholesterol, 431 mg sodium, 1 g fiber.

Souffled Cheesecake

Borrowing from Emeril Lagasse, Emma Posey likes to bake this in a water bath for outstanding texture.

INGREDIENTS:

- 1½ pounds cream cheese
- 6 eggs, separated
- ¾ cup sugar
- 1 tablespoon flour
- 1 cup sour cream
- 1 tablespoon lemon juice
- 1 teaspoon vanilla
- 1½ teaspoon grated lemon rind
- 1½ teaspoon grated orange rind
- ¼ teaspoon cream of tartar

INSTRUCTIONS: Using an electric mixer, beat cream cheese with egg yolks until smooth. Beat in sugar, flour, sour cream, lemon juice, vanilla and grated rinds.

In a large, clean bowl with clean, dry beaters, beat egg whites with the cream of tartar until the whites hold short peaks and no longer slide when you tilt the bowl. Fold about ⅓ of the whites into the cheese mixture to lighten; then fold in

the rest. Pour into an ungreased 9- or 10-inch round pan.

Place the pan in a large baking pan set in a 325° oven and add hot water to reach halfway up the sides of the cake pan.

(If using a springform pan, over-wrap the outside of the pan with metal foil to avoid water seeping in.) Bake about 75 minutes, or until the cake is slightly browned on top and no longer jiggles when you move the pan.

Place pan on rack for 15 minutes. Loosen the cake from the pan by running a spatula around the sides (or release the sides of a springform pan). Remove to a serving platter. Let cool for 1-2 hours before serving. Chill to hold longer.

Serves 10

PER SERVING: 395 calories, 10 g protein, 19 g carbohydrate, 32 g fat (19 g saturated), 213 mg cholesterol, 252 mg sodium, 0 fiber.