

Melt-In-Your-Mouth Raspberry Cheesecake

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

CRUST

3/4 cup all-purpose flour
3 tablespoons sugar
1 teaspoon lemon peel, finely grated
6 tablespoons butter or margarine
1 egg yolk, beaten
4 drops vanilla extract

FILLING

24 ounces cream cheese, softened
1 tablespoon lemon peel, finely grated
1 cup sugar
2 tablespoons all-purpose flour
2 eggs
1 egg yolk
1 teaspoon vanilla extract
1/4 cup milk
3 cups raspberries
*1 cup raspberry glaze (see Desserts/
Sauces and Coulis)*

For the crust: Preheat the oven to 375 degrees.

Butter the bottom of a springform cake pan. Set aside.

In a bowl, mix the flour, sugar and lemon peel. Add the butter, mixing until granular. Set aside.

In a second bowl, whip the egg yolk and vanilla extract. Fold into the pastry crust. Press one-third over the bottom of the pan. Wrap the remainder, setting aside.

Bake the bottom crust (without the sides of the pan) around 6 minutes or until golden brown. Remove from the oven. Let cool.

Butter the sides of the pan. Attach to the bottom. Line with crust, up to two inches from the top. Set aside.

For the filling. In a large bowl, whip the cheese and lemon peel until creamy. Fold in the sugar and flour. Whip. Set aside.

In a second bowl, mix two eggs, the egg yolk and vanilla extract. Fold into the cheese mixture. With a spatula, lightly blend in the milk. Pour into the crust. Bake in the oven for 30 to 40 minutes.

Remove from the oven. Let cool 30 minutes. Unclip the pan. Let the cake cool for 30 more minutes. Wrap the cake. Refrigerate for two to three hours.

Remove the cake from the refrigerator. Decorate with raspberries. Cover with raspberry glaze. Return to the refrigerator until the glaze sets. Serve.

Variation: Cover the raspberries with 1-1/2 cups of Chantilly Cream (see Sauces/ Sauces and Coulis).

Per Serving (excluding unknown items): 601 Calories; 41g Fat (61.0% calories from fat); 11g Protein; 49g Carbohydrate; 4g Dietary Fiber; 224mg Cholesterol; 363mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 7 1/2 Fat; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	601	Vitamin B6 (mg):	.1mg
% Calories from Fat:	61.0%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	31.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	41g	Folacin (mcg):	57mcg
Saturated Fat (g):	25g	Niacin (mg):	1mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	2
Cholesterol (mg):	224mg	% Refused:	0.0%
Carbohydrate (g):	49g		
Dietary Fiber (g):	4g		
Protein (g):	11g		
Sodium (mg):	363mg		
Potassium (mg):	226mg		
Calcium (mg):	106mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	13mg		
Vitamin A (i.u.):	1752IU		
Vitamin A (r.e.):	497RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 601 Calories from Fat: 367

% Daily Values*

Total Fat	41g	64%
Saturated Fat	25g	125%
Cholesterol	224mg	75%
Sodium	363mg	15%
Total Carbohydrates	49g	16%
Dietary Fiber	4g	15%
Protein	11g	
Vitamin A		35%
Vitamin C		22%
Calcium		11%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.