

## **The No Bake Cake Class for Chefs**

A new concept for chefs in a healthcare facility **and** the home chef in a dysphagia kitchen.

The no-bake cake is a new idea, an easy and simple dessert recipe from the author of *Cooking For Dysphagia and Other Swallowing Disorders*.

The cake may be a dessert or a snack at tea time.

The No Bake Cake is IDDSI Level 4 Pureed. It is suitable for IDDSI Levels 4-7.

According to Denise Pickett- Bernard, R.D., “For dietitians trying to inspire increased caloric intake for those with swallowing disorders, desserts are excellent menu items.”

Cooking for Dysphagia recipes use good quality ingredients with no additives or preservatives.

The creation of this dessert was inspired by a nutrition therapist, Chrisanna Harrington-Wright, a nutrition consultant for a group of nursing homes. She told me that the most difficult thing in their nursing home kitchens was the creation of desserts. The most common desserts were pureed fruit and yogurt or pudding. They also served basic flavors of thickened ice cream ordered from the manufacturer.

Most healthcare facilities do not have pastry chefs. The chefs who work in kitchens do not have time to bake cakes and freezer space is limited.

I created this recipe as one of the signature concepts of *Cooking for Dysphagia*, the deconstructed dessert.

My second inspiration was the British Baking Show. Contestants used several thin layers of cake, with frosting or whipped cream or fruit filling in between, to make a tall cake. I thought this was a good idea for the dysphagia kitchen.

I discovered pizzelles, a delicious Italian cookie made in a special pizzelle maker. The crisp cookies are beloved in Italy and are made at the Christmas holidays.

The pizzelle maker is basically a waffle iron. I experimented and found that a slightly thicker soft-cooked pureed pizzelle could become cake.

The cake puree is easy to make and easy to store. You make the number of servings you need. Make it for one person or scale up and make it for all the residents who want a dessert. There is no cake to store. One stores either batter or cookies in a silicone freezer bag that lies flat. It takes up very little space.

The recipe uses the *Cooking for Dysphagia* technique of batch cooking.

Cook once, eat multiple times.

Each layer of cake takes 4 cookies.

Equipment needed is a pizzelle maker, available in cooking stores, online and from Amazon. These are priced at about \$60. They are well worth the investment over time.

You will need a small-sized ice cream scoop, stainless steel, 1 tablespoon, for measuring batter. These are available at most supermarkets.

You will need silicone zip bags for freezer storage. These are available in supermarkets and online. Silicone is preferable to plastic because of the presence of microplastics in plastic bags.

I use Sharpie pens for labeling. I use a whiteboard on the front of the freezer for keeping track of what's on hand.

You will need a mold for making a slice of cake. These are available at cooking supply stores, craft stores such as Michaels, in the cake decorating department, or online through Amazon.

Tip: Purchase a cake decorating rack from a cooking or craft store. The rack is for holding the silicone zip bags erect while you fill the bags with batter.

You can also use a tall glass or a flower vase for the transfer.

Cookie storage containers are available at [King Arthur Baking Company](#).

I recommend using unbleached flour for the pizzelle. Buy it in your supermarket or from King Arthur Baking Company. (See my blog on the Cooking for Dysphagia website, “Why You Should Use Unbleached Flour.”)

**Note:** This class includes a handout with a recipe for a light version of the pizzelle. It uses no butter and no sugar.

### **ON THE DESSERT COOKING DAY:**

The No-Bake Cake has four elements: cookies, pudding, frosting and whipped topping. The last three components are from recipes in the *Cooking for Dysphagia* cookbook.

Get the Healthy Pizzelle recipe handout that comes with this course.

This is a light version of the traditional Italian recipe. Use it to make your batter in the quantity desired for the number of cookies you wish to make.

The Italian cookie is traditionally eaten crisp. The dysphagia cookie should be soft like cake. It should only be cooked until it is moist for the puree. It can be made in either chocolate or vanilla flavors.

Measure batter for each cookie with the small stainless steel ice cream scoop, 1 tablespoon.

Each cake slice uses 4 pizzelles.

Using a pizzelle maker, make the cookies.

Use one scoop of batter per cookie in the pizzelle maker.

Using the ice cream scoop means the cookies will be uniform. They will cook at the same time.

Do not cook until the cookie is dried out. You want the cookie to be done, but you want it as moist as possible for the puree.

Make enough for one serving. Or make extra servings and freeze the cookie puree. When you want to make a piece of cake, simply thaw the frozen cookies in the refrigerator for 4 hours.

Pipe out thickened pizzelle puree into a cake mold. Add the extra layers, using your imagination for original combinations, and serve.

You can make extra servings of batter and freeze the batter. On a day you would like to make a piece of cake, you defrost the batter in the refrigerator for several hours and cook the pizzelle as you normally would.

One scoop of batter, slightly behind the center of the pizzelle maker. Cook for 30 to 45 seconds.

After cooking, cool the cookies until they are easy to handle.

Break the warm soft cookies into small pieces into the mini-food processor.

(Use a regular 6-9 cup food processor for larger amounts.)

Pulse 5 or 10 times until the cookie pieces turn to sand. Add two tablespoons of simmering water and puree until smooth. Add more simmering water as needed for puree, 1 tbsp at a time.

Bind with a pump of Simply Thick gel thickener.

Do the spoon test for IDDSI Level 4. The pizzelle puree should be completely smooth and have no lumps.

(See IDDSI chapters in *Cooking for Dysphagia* for a description of spoon and fork tests.)

Transfer to a silicone zip bag.

Use the cake decorating rack for the transfer process.

This is your cake puree.

You can label and freeze it or store it in the fridge while you make the other components.

Use a zip silicone bag for freezing, either cookies or batter. The zip bag lies flat and takes up very little freezer space.

Cookies and batter should be frozen for one week only

### **Make the Pudding.**

Using my recipe Homemade No Sugar Added Pudding Mix from the *Cooking for Dysphagia* cookbook, make chocolate or vanilla pudding.

Each recipe of pudding mix yields five batches. Each batch yields four servings. The total number of servings of pudding from an entire recipe is 20.

The pudding cools for 4 hours in the refrigerator. Pudding is IDDSI Level 4.  
Transfer the cooled pudding to a zip silicone bag by using the cake-decorating rack or a tall glass.

Make the frosting. The recipe for frosting is in the "Cooking for Dysphagia" cookbook.

Transfer to a zip silicone bag.

Tip: For a quick frosting, use two tablespoons of sour cream and 2 tbsp of Hershey's Zero Sugar chocolate sauce. Combine thoroughly and bind with a 1 oz. pump of Simply Thick Thickener.

For the whipped topping, you can either use my recipe from the *Cooking for Dysphagia* cookbook or a store-bought product. I use So Cocowhip from the supermarket freezer section. I use it because it has no trans fats.

I do not recommend Cool-Whip. It is a popular brand, but it contains trans fats. Cocowhip is made from coconut milk. Some people are allergic to coconut milk and should take note.

Do not use store-bought whipped cream. It will separate in the refrigerator. The liquid is not safe for the swallow.

Low-fat cottage cheese whipped together with vanilla and granulated stevia will make a whipped topping. Mix a quarter of a cup of cottage cheese, one half teaspoon of good vanilla extract, and a tablespoon of granulated confectioners sugar stevia. Trivia Sweet Complete is a good brand with no aftertaste. Bind with one pump of Simply Thick gel thickener. Cottage cheese is not recommended for those who are lactose intolerant.

Amazon sells an injector whipped cream maker that will not separate. The whipped cream needs to be bound with gel thickener, but will not separate into liquid in the refrigerator.

Label the silicone storage bags with the name, the date created and the use by date.

The components are ready to pipe into the slice of cake mold.

#### **DIRECTIONS:**

Using the Healthy Pizzelle recipe from the handout attached to this course, make the number of pizzelle you desire. Follow directions and puree to IDDSI Level 4. Perform the IDDSI spoon test.

You are ready to assemble the No-Bake Cake.

Assemble the cake by piping the layers into the slice of cake mold.

A layer of pureed pizzelles, ½ inch

A layer of pudding, 1/2 inch thick

A second layer of pizzelles, if desired, ¼ inch

A thin piping of frosting. This may be in a layer or swirled in a decorative manner.

Decide how you want to use whipped topping. Pipe whipped topping in swirls or rosettes.

### **Bonus recipe: Black Forest Cake**

The fruit sauce recipe from “Cooking For Dysphagia” may be created and thickened to IDDSI Level 4 to make a special dessert.

Make the fruit sauce according to the recipe, using frozen sour pitted cherries.

Using the three elements of chocolate pizzelle, cherry fruit sauce and whipped topping:

Pipe 1/2 in layer of pureed chocolate pizzelle.

Pipe a thin layer of thickened cherry fruit sauce on top of the pizzelle.

Pipe whipped topping in decorative rosettes or swirls.

This creates a Black Forest Cake.

### **Batch Cooking Ideas:**

If you have made larger batches of batter and have cooked off the batter into pizzelles, You can freeze the cooked pizzelles.

To use frozen pizzelles:

Thaw frozen pizzelles in the refrigerator for 2 hours before pureeing. Then follow instructions for puree and assembly.

Break them up and put them in a mini food processor. Pulse until the cookies are a sand consistency. Using simmering water, process to a puree. Test for IDDSI Level 4 Puree. Bind with thickener.

Note: According to Russ Williams, a food product development professional for whom I did a dessert tasting, these pureed desserts are tasty enough to serve to family and friends.

This ability to share dessert gives a caregiver the opportunity to provide social connectedness to the person with a swallow disorder. By sharing with family and friends, one can prevent isolation and loneliness.

This was recommended to me by the eminent SLP, the late David Fagen. As long as the guidelines for the safe swallow are observed, family and friends may enjoy the dessert together.

(Please see the guidelines in SLP chapters by Theresa Richard and Karen Sheffler in *Cooking for Dysphagia*.)

For those with swallow disorders, who will be consuming the no-bake cake: Always consult your healthcare professional for individual medical advice.

Who is this recipe for?

Chefs in healthcare facilities.

The home cook or caregiver.

Family visiting a loved one in a healthcare facility OR visiting someone who is aging in place at home, bringing dessert as a special treat or gift.

The facility manager may be informed. The No Bake Cake conforms to Level 4 IDDSI Pureed.

Disclosure: I do not have sponsorships with any commercial manufacturers. I am not a spokesperson. I am a reviewer.