



The Forum for Atlanta Food Culture and Dining

flavors

A Toast to Traditions

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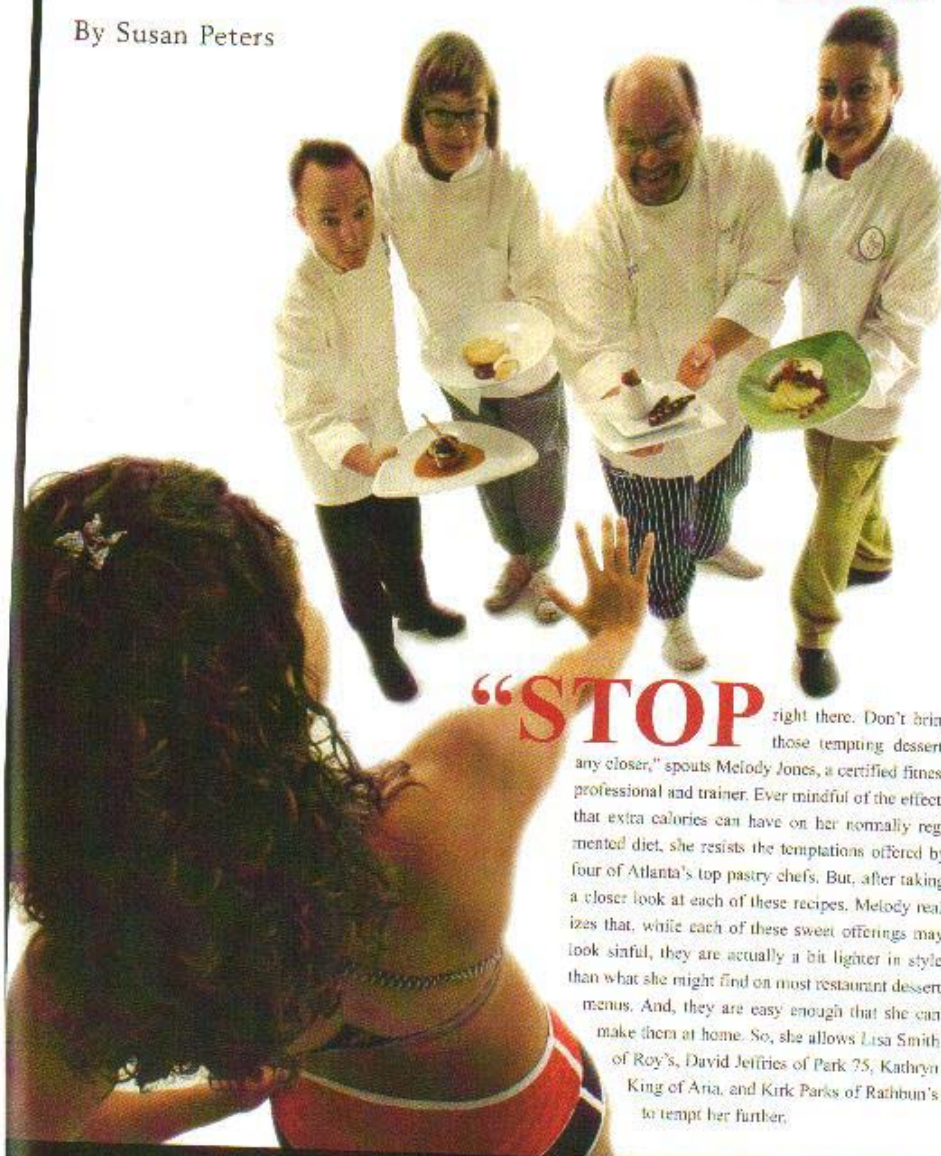
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RESTAURANTS, CHEFS, RECIPES,
WINE TASTINGS AND MORE...

DESSERTS THAT TEMPT

By Susan Peters



“STOP right there. Don't bring those tempting desserts any closer,” spouts Melody Jones, a certified fitness professional and trainer. Ever mindful of the effects that extra calories can have on her normally regimented diet, she resists the temptations offered by four of Atlanta's top pastry chefs. But, after taking a closer look at each of these recipes, Melody realizes that, while each of these sweet offerings may look sinful, they are actually a bit lighter in style than what she might find on most restaurant dessert menus. And, they are easy enough that she can make them at home. So, she allows Lisa Smith of Roy's, David Jeffries of Park 75, Kathryn King of Aria, and Kirk Parks of Rathbun's to tempt her further.

PHOTOGRAPHY BY JOHN HAIGWOOD

PHOTO STYLING BY SUSAN PETERS

Gingerbread Pots de Crème

Chef Kirk Parks, Rathbun's

Yield: 8 Servings

3 cups half & half or whole milk
1 1/2 tablespoons ground ginger
1/4 teaspoon allspice
1/4 teaspoon ground cinnamon
1/4 teaspoon ground black pepper
1/2 vanilla bean, split and scraped
3/4 cup brown sugar
3 eggs
sweetened whipped cream, as needed

Preheat oven to 300° and heat water for a bain marie (water bath). In a saucepan, bring the half & half, spices and vanilla bean to a boil. Add brown sugar and whisk until incorporated. Turn off heat and let everything steep for 10 minutes. Whisk eggs together, add the cream mixture to the eggs and stir until incorporated. Strain mixture and place equal amounts into 8 3-ounce pot de crème cups. Set the cups in the bain marie and bake for 25 minutes. Cool to room temperature and refrigerate until needed.

To assemble, place each Gingerbread Pot de Crème on a saucer. Top with sweetened whipped cream and garnish with optional garnishes: chocolate-dipped spoon, chocolate curls, or mint tip.



Where to find...

Lisa Smith, Roy's,
3475 Piedmont Road.. NE

David Jeffries, Park 75 at
Four Seasons Hotel Atlanta,
75 Fourteenth Street

Kathryn King, Aria,
490 East Paces Ferry Road

Kirk Parks, Rathbun's,
112 Krog Street

In the end, Melody succumbs to temptation and indulges in sampling her tempters' creations. If you find yourself having been tempted too many times and in need of a tone-up, Melody can help you with your fitness plan: Melody Jones, JEM Bodies - Preserving Your Gem, 404/428-0860. She says, "Look deep within yourself to discover the beautiful facets of your inner self, the Perfect Jewel."