

# 2021 HOLIDAY COOKBOOK

by  
STUDENTS  
of  
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## SALAD OLIVIER

From Dr. Yelena



The original version of the salad was invented in the 1860s by a cook of Belgian origin, Lucien Olivier, the chef of the Hermitage, one of Moscow's most celebrated restaurants. Olivier's salad quickly became immensely popular with Hermitage regulars, and became the restaurant's signature dish.

The exact recipe—particularly that of the dressing—was a zealously guarded secret. The original Olivier dressing was a type of mayonnaise, made with French wine vinegar, mustard, and olive oil; its exact recipe, however, remains unknown.

At the turn of the 20th century, one of Olivier's sous-chefs, Ivan Ivanov, attempted to steal the recipe. While preparing the dressing one evening in solitude, as was his custom, Olivier was suddenly called away. Taking

advantage of the opportunity, Ivanov sneaked into Olivier's private kitchen and observed his ingredients, which allowed him to make reasonable assumptions about the recipe of Olivier's famed dressing. Ivanov then left Olivier's employ and went to work as a chef for Moskva, where he began to serve a suspiciously similar salad under the name "metropolitan salad". The salad and the recipe are widely popular in Russia and other countries

The modern ingredients:

5-6 boiled medium potatoes, peeled

5-6 boiled eggs

7-8 baby dill pickles

1/3 large onion

3/4 cup cooked carrots (may be from a can)

1 cup green peas (from a can, drained)

7-8 tbsp mayonnaise

Salt (as much as you like to your taste)

Optional additions: cooked chicken, crab meat-very popular, or crab substitute, ham.

All ingredients, except peas, must be chopped to 1/4 inch size cubes. Then mix all ingredients in a large bowl and add mayonnaise and salt. Refrigerate until serving.

You can use any mayo substitute you prefer, for example, vegan.

The leftovers can be refrigerated for 3 days.







# Zaatar Croissant

from Aisha

## *Aisha, Farah and Nala's Lebanese Zaatar Croissant Recipe*



*Illustration of Aisha & Farah with necessary ingredients/materials. Nala The Dog is responsible for Quality Assurance.*

Ingredients/Materials Required To Make Lebanese Zaatar Croissant:

- Aluminum Reynolds Wrap
- Aluminum Tray
- Refrigerated Crescent Rolls
- PAM or Other Non-stick Spray
- Olive Oil
- Zaatar (Arabic Mix of Herbs and Spices pictured below)







*Nala's Role is Quality Assurance to ensure that croissant is within spec. Designate someone to check your quality.*

**INSTRUCTIONS:**

1. Place zaatar (Arabic spice available at any Arabic market) into a bowl and mix with olive oil.



*Picture of Aisha and Farah mixing Zaatar (Arabic Spice) With Olive Oil. Spice should not be dry.*

2. Next get out a baking tray and wrap with aluminum foil.
3. Coat the aluminum foiled tray with non-stick spray of your liking (see image below)



*Aisha and Farah coating baking tray with non-stick spray. This ensures that croissant when baked does not stick and rip when removed after baking.*

4. Next open pressurized tube of refrigerated crescent rolls. Adult can assist in this. The dough is rolled up as shown in picture below:



*Illustration of Rolled Up Crescent Roll*



5. Next unroll the dough and tear across the dotted seam. You should be left with a triangular slice of raw dough (Caution the dough is very elastic and can tear easily. Also do not eat raw though tempting!):



*Illustration of Triangular Shaped Raw Dough after Unrolling and Tearing at Seam*

6. Carefully spread the zaatar/olive oil mix onto the raw dough:



*Spread Zaatar/Olive Oil Mix onto Raw Dough*



7. Gently roll the dough over the zaatar to make unbaked zaatar croissant:



*Roll Up the Dough Over the Zaatar/Olive Oil Spread*

8. Ensure that someone from Quality is pleased with the shape and form of the uncooked croissants:



*QA investigating each croissant. Nala focusing on croissant in upper left.*



9. Upon buy-off from Quality and if satisfied, prepare to place tray in convection bake oven:



*Tray of Raw Zaatar Croissants Ready to Be Baked in Convection Bake Oven*

10. Set the oven to 375F for a duration of 12 minutes:



*Set Convection Bake to 375F for Duration of 12 Minutes*





*Voila Final Lebanese Zaatar Croissant (Golden and Fluffy)*

Note To Reader: Zaatar is a very popular spice in the Arab world, particularly Lebanon. It is a common staple and is most consumed at breakfast time though it is not uncommon to be eaten as a dinner snack. Pictured below is thyme, which is essentially the main ingredient in Zaatar (see image below).



*Illustration of Thyme (Main Ingredient in Zaatar) [Image Courtesy of Wikipedia]*

The thyme is ground dried and mixed with sesame seed, sumac and salt. In addition to croissants, most Lebanese scoop and eat zaatar via pita bread.



Most popular Lebanese breakfast is Zaatar pizza called Manakish:



*Illustration of Zaatar Manakish (Image Courtesy of Wikipedia)*

**BON APETIT!**

# Soy Sauce Quail Eggs

from Gavin

This recipe is adapted from a Japanese dish called Shoyu Tamago (Soy Sauce eggs).

You will need:

12 quail eggs (or just regular eggs)

Soy Sauce

Japanese Mirin (can be substituted by rice cooking wine mixed with sugar at the ratio 2:1)

Water



1. Add quail eggs to boiled water, cook for 4-5 mins. (For regular eggs, cook for 6 mins if you like soft-boiled egg and cook for 8 mins if you prefer hard-boiled egg.)
2. Cool down the eggs in a bowl of ice water.



3. Crack and peel the shell off the eggs. Set aside.
4. Mix soy sauce, mirin and water at the ratio of 1:1:2. You will need to make enough sauce mixer to soak all the eggs in a container.





5. Put the container in the refrigerator and enjoy the delightful soy sauce eggs after 6hrs. (Overnight if you prefer stronger flavor. For regular eggs, soak at least 8hrs.)

Eat directly, put them on rice, or add in ramen.

We started to hatch and raise quails this summer. It was such a fun thing to watch the quails hatch and grow. They were super-fast grower and started to lay eggs in just 6 weeks!



# Costa Rican Rice and Beans

from Lucas

## Ingredients:

- 1 cup uncooked black beans
- 3 cups day-old cooked rice
- 1 cup diced onion
- 2 tbsp minced garlic
- ½ lime
- 1 cup chopped cilantro
- ¼ cup Worcestershire sauce
- Olive oil
- ½ tsp cayenne pepper
- Salt
- Pepper



## Instructions:

- Rinse black beans
- Put the black beans in a cup or bowl and add enough water to allow the beans to double in size overnight (results in 2 cups of black beans)
- Soak the beans overnight
- Cook the black beans with the soaking liquid and an additional cup of water in an instant pot pressure cooker for 45 minutes at high pressure
- In a large pan, sauté onions and garlic with olive oil until fragrant and slightly brown.
- Add the black beans, about 1½ of the cooking liquid, Worcestershire, cilantro, and cayenne pepper to the pan. Simmer until half of the liquid is gone.
- Add salt and pepper to taste
- Add rice and stir.
- Serve with lime slices, fried eggs, and your choice of meat



# Chicken Tenders with Tortilla Chips

from Courtney

## Chicken Tenders with Tortilla Chips

By Courtney Tam

Have you ever noticed that the deeper you get into a bag of tortilla chips, the smaller they get, until you're left with almost nothing but a sizeable amount of crumbs? With this simple recipe, those will no longer go to waste. Instead, they'll be a big part of these crispy, fun chicken tenders that anybody can make.

### Ingredients:

- 1lb chicken tender or chicken breast
- ¼ cup flour
- 1 egg
- Salt & pepper to taste
- Kinder's Buttery Steakhouse to taste (optional)
- 2 cups crushed tortilla chips (Juanita's are recommended)
- Vegetable oil for frying

### Instructions:

1. If you're not using pre-cut chicken tenders, first cut your chicken into smaller strips.
2. Lightly tenderize your chicken, then pat it dry with paper towels.
3. Season generously with salt, pepper and Kinder's Buttery Steakhouse. Other seasoning may also be used.
4. Crush your tortilla chips until you have about 2 cups' worth. I put them into a plastic bag, then used a rolling pin to crush them into tiny pieces. You can also use a mortar and pestle.
5. Lay out three bowls beside your chicken. In order, put flour, egg, and the crushed tortilla chips into each bowl. Beat the egg with a fork.
6. To assemble your chicken tenders, first coat them with a layer of flour. Make sure to cover every surface (this is so the egg and tortilla chips will stay on later).
7. Then, put your flour-covered chicken into the egg. It's efficient to do them all at the same time, but since the next step is to coat the chicken with the tortilla chips, I would recommend using one hand for the egg and the other hand to cover the chicken with tortilla chips.
8. Pour vegetable oil into a frying pan and heat it up. Next, gently place the chicken inside and fry until golden brown and crispy (about 1 minute each side).
9. Enjoy!





Coating the chicken with flour, egg and tortilla chips



Finished product

# Two-Bite Peanut Butter Lollipop Lamb Chop

from Claire and Jaden



Prep Time: 30 minutes

Cook Time in the Oven: 63 minutes

Total Time: 100 minutes

Servings: 2-4

## The Magic Ingredients

### Marinade:

- 8 1-inch thick lamb rib chops 700g
- Minced garlic 1 tbsp
- Ground cumin 1 tbsp
- Chilli powder ¼ tsp
- Salt ¼ tsp
- Peanut butter 2 tbsp

### Brush-on Sauce:

- Maple syrup or honey 1.5 tbsp
- White vinegar 1 tsp

### Sprinkles:

- Cumin seeds 1tbsp

# Instructions

Follow these steps to treat you and your family some serious good eats!

1. Rinse the lamb chops and soak in room temperature water for 15 minutes
2. In a food processor or mortar, combine all marinade ingredients and process until smooth like a paste
3. Dry the lamb chops with paper towels and rub the marinade on to the surface of the chops to form a thin layer of paste
4. Marinate in refrigerator for 10-12 hours
5. Preheat oven to 400 degrees
6. Move the lamb chops into a roasting pan or a deep dish baking pan, cover with aluminum paper and tightly seal the pan
7. Bring the pan to preheated oven, middle rack, and roast for 1 hour
8. Take the pan out of the oven, uncover, and then apply the brush-on sauce to both sides of the lamb chops
9. Sprinkle cumin seeds on the top of the lamb chops
10. Bring the pan back to the oven, middle rack, and broil for 1-3 minutes until the surface turns golden brown
11. Bon appetit!



# Chinese Sweet and Sour Spare Ribs

from Kevin

## ***Ingredients:***

|   |                               |
|---|-------------------------------|
| 1 pound spare ribs , cut into ~1.5 inch ones; | 2 tablespoons cooking oil     |
| 3 tablespoons brown sugar                     | 2 tablespoon vinegar          |
| 2 tablespoons black soy sauce                 | 3 tablespoons light soy sauce |
| 3 tablespoons cooking wine                    | 5 ginger slices5-8            |
| 5 pieces of star anise                        | 5 garlic cloves               |
| 4 green onion, cut into ~1 inch ones;         | hot water as needed           |

## ***Instructions***

### **1. Prepare:**

Cut ribs into ~1.5 inch sections, place them into a pot of cold water, cook until boiling, take out the ribs and rinse with hot water, put the ribs on a piece of towel for use;

### **2. Cook:**

Heat up a pot over medium heat for 2 minutes, add cooking oil and brown sugar; when the sugar melts, turn the heat to high and add the ribs, stir the ribs until they are covered by the brown sugar; add vinegar, black soy sauce, light soy sauce and cooking wine, in the above order, and stir for another 1 minute;

Add star anise and ginger slices, pour just enough hot water to cover the ribs, leave heat on high, continue to cook for 10 minutes after boiling; turn the heat to medium, cover the pot with lid, and continue to cook additional 25 minutes; stir a couple of times during the 25 minutes;

### **3. Finish:**

Add garlic, close the lid and cook on medium heat for 5 minutes; open the lid, turn the heat to high, continue to cook until the sauce thickens and sticks to the ribs; turn off the heat, transfer the ribs to a plate, add green onions on the top, and serve.



## Nala's Wontons

from Andrew



### *Nala's 上海荠菜馄饨 (Wontons)*



#### *馄饨 Ingredients:*

- *Wonton wraps (regular/vegetable)*
- *Ground pork (ours is from Uwajimaya)*
- *Frozen shepherd's purse (2/3 pack)*
- *Ginger water*
- *Rice wine (2/3 tablespoon)*
- *Salt and black pepper*
- *Sesame oil (1 tablespoon)*

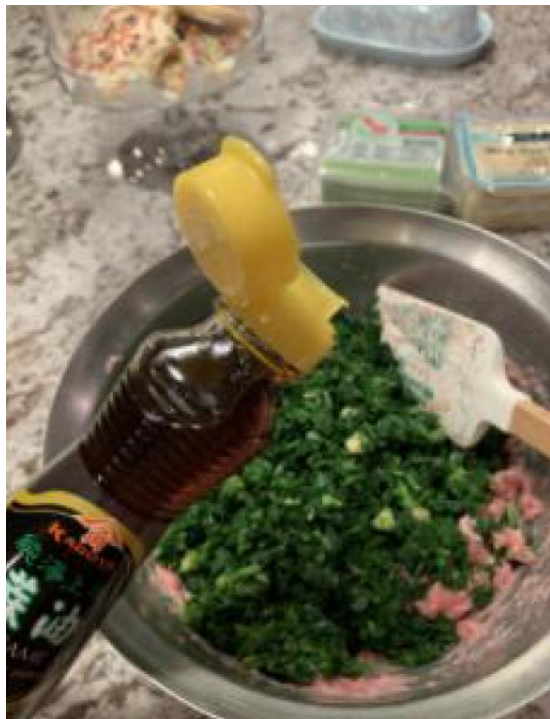


#### *Soup Ingredients:*

- *Green onion*
- *Cilantro*
- *Pinch of salt*
- *Soy soy sauce*
- *Vinegar*
- *Sesame oil*
- *White pepper powder*

*Add rice wine, ginger water, salt, and pepper to the ground pork in a bowl  
Stir in one direction (can use spatula, chopsticks, etc.) until it gets to a very sticky consistency*

- *While stirring, you can periodically add some water to keep the meat fluffy*



*Chop the frozen shepherd's purse into smallish pieces and make sure to not get rid of the ice/water in the vegetable  
Mix in the sesame oil with the vegetable first before mixing it with the meat*





*Next comes the wrapping process (aka the fun part)*

- 1. Take a wonton wrap and place it flat with the side with the least flour facing up, then add a reasonable amount of filling (you may also add cheese along with the filling if you'd like, as shown in the fifth picture)*
- 2. Dip your finger in water and wet two adjacent edges of the wrap, so that it can stick, and then fold it over to make a triangle shape*
- 3. Fold the top corner of the triangle over to make a flap*
- 4. Turn it upside down (flap on bottom), then pull in the other two corners into each other and connect them using the water*

*Nala is practically a professional at wrapping them (◡‿◡)💎*





*Put the 馄饨 in a pot of boiling water and continuously stir them (to prevent sticking to the pot) for 2-3 minutes*

*Put the lid on until the water boils up (like, the foamy bubbles), then add a half cup of cold water and cover it again **\*do this step twice\****

*As for the soup, put all the soup ingredients listed at the beginning, and dump the 馄饨, along with the water used to boil it into a bowl*

- *Alternatively you can use chicken or bone broth*

*And that's all! Now enjoy your well-deserved meal <(˘˘)>*



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## How to Make Yam and Date Paste Cake

Ingredients:

- Iron Stick Yam
- Date Paste
- Coconut Flakes





Method:

1. Peel the yams, cut them into small pieces, and steam them until they are fully cooked.
2. Wait until it is cool and mash it.
3. Cover the mold with preservative film, put the yams in the mold to make a layer. Then put a layer of date paste and finally put another layer of yam on top.
4. Turn the mold upside down on a plate and cut it into small cubes.
5. Sprinkle some coconut flakes on top to add some flavor.
6. Enjoy!











# Sticky Rice

from Joyce

## Sticky Rice Cake

By Joyce Ye

**Ingredients:** One pound of Sticky Rice, 1 ¼ cup of Milk, 5 Eggs, 1 cup of Oliver Oil, 1 cup White Sugar, 1 ¼ tsp of Baking Powder, 1 ½ cup of Pecans.



Step 1: Mix Sticky Rice, Milk, Eggs, Oliver Oil, White Sugar, and Baking Powder together into the mixer. All of the contents of those foods said in the ingredients.



Step 2: Put chopped pecans into the mixer.

Step 3: Then put everything in the mixer into a 9x13 oven plate.



Step 4: Preheat the oven to 350 degrees and put the oven plate inside of the oven.

Step 5: Bake the cakes until they appear as a slightly pale beige color on the top, and a golden-brown color on the sides, it takes around 30 minutes.



Step 6: Enjoy!



# Lavender Lemonade

from Perrie



*Lavender Lemonade can help to relieve stress, improve digestive issues, and heal infections.*

## Ingredients

- A bag of lemons (6-8 pieces)
- 8 tablespoon of dried organic lavender flowers
- 5 cups of water
- ½ cup of honey



## **Instructions**

1. Bring 5 cups of water with 8 tablespoons of lavender bud to a boil then turn off the heat and steep for overnight if you prefer for more of lavender taste.
2. Strain the liquid, pressing the lavender down to make sure you get all of those juices into your mixture!
3. In 2-liter pitcher, combine freshly squeezed lemon juice, lavender mixture, half cup of honey and add extra water until it reaches the 2-liter level. Remember to stir it so that the honey dissolves completely.
4. If the lavender lemonade is a little sweet/ strong for your taste, add a little more water.
5. Refrigerate 30 mins or serve hot.

# Classic Apple Spice Cake

from Ruohan

## Ingredients:

- 1 cup pecans, chopped
- 1 cup golden raisins (optional, but recommended)
- ½ cup dark rum (optional – only if you want to soak the raisins in rum)
- 1 cup granulated sugar
- 1 cup dark brown sugar
- 3 extra large eggs
- ¾ cup vegetable oil (or melted butter)
- 2 tsp vanilla extract
- 1-2 oranges (for zest)
- 2 ½ cup all purpose flour
- 2 tsp baking powder
- ½ tsp kosher salt (any coarse salt will do)
- 2 tsp ground cinnamon (optional, but recommended)
- ½ tsp ground nutmeg (optional, but recommended)
- ½ tsp ground ginger (optional)
- 1/8 tsp ground cloves (optional)
- 3 to 4 (tart) apples
- French Vanilla Ice Cream (optional, but highly recommended 😊)
  - Whipped Cream can be used as an alternative to ice cream
- Caramel Sauce or Passionfruit Jam (optional, but recommended)

## Instructions:

1. Preheat the oven to 350 degrees F. Grease and flour a 9-by-13-by-2-inch baking pan.
2. Place the pecans on a sheet pan and toast them for 5 to 10 minutes, until lightly toasted. (Combine the rum and raisins in a small bowl, cover with plastic wrap, and microwave for 60 seconds.)
3. In the bowl of an electric mixer fitted with the paddle attachment, beat the granulated sugar, brown sugar, eggs, vegetable oil, vanilla, and orange zest on medium speed for about 3 minutes. Sift the flour, baking powder, salt, cinnamon, nutmeg, ginger, and cloves into a medium bowl. With the mixer on low, slowly add the flour mixture to the wet

mixture, just until combined. (Drain the raisins, discarding the rum.) With a rubber spatula, fold the raisins, pecans, and apples into the batter. Spread into the prepared pan and smooth the top.

4. Bake for 35-40 minutes, until a toothpick inserted in the center comes out clean. Set aside to cool, cut into squares, and serve warm with a scoop of vanilla ice cream and a drizzle of warm caramel sauce (or passionfruit jam). Enjoy!





# Chocolate Crinkle Cookies

from Allison

(This recipe is from America's Test Kitchen "The Complete Baking Book for Young Chefs")

## **Prepare Ingredients:**

1/2 cup all-purpose flour  
1/4 cup Dutch-processed cocoa powder  
1/2 teaspoon baking powder  
1/8 teaspoon baking soda  
1/4 teaspoon salt  
3/4 cup packed brown sugar  
1 large egg plus 1 large egg yolk  
1/2 teaspoon vanilla extract  
2 ounces unsweetened chocolate  
2 tablespoons unsalted butter  
1/4 cup sugar  
1/4 cup confectioners' sugar

## **Gather Baking Equipment**

Rimmed baking sheet  
Parchment paper  
3 bowls (1 large, 1 medium, 1 small microwave-safe)  
whisk  
Large zipper-lock plastic bag  
rolling pin

Oven mitts

Rubber spatula

2 shallow dishes

1 tablespoon measuring spoon

Cooling rack

### Start Baking

1. Adjust oven rack to middle position and heat oven to 325 degrees. Line rimmed baking sheet with parchment paper.
2. In Medium bowl, whisk together flour, cocoa, baking powder, baking soda, and salt. In large bowl, whisk brown sugar, egg and egg yolk, and vanilla until combined.
3. Place chocolate in large zipper-lock plastic bag and seal, removing as much air as possible from bag. Use rolling pin to gently pound chocolate into small pieces.
4. In small microwave-safe bowl, combine pounded chocolate and butter, Heat in microwave at 50 percent power until melted. 1 to 2 minutes. Use oven mitts to remove bowl from microwave. Use rubber spatula to stir chocolate mixture until well combined and shiny.
5. Add chocolate mixture to brown sugar mixture and use rubber spatula to stir until combined. Stir in flour mixture until no dry flour is visible. Let dough sit at room temperature for 10 minutes.

6. Place sugar in 1 shallow dish and confectioners' sugar in second shallow dish.

7. Use your hands to roll dough into 12 balls (about 2 tablespoons each). Drop balls directly into shallow dish with sugar and roll to coat. Transfer dough balls to shallow dish with confectioners' sugar and roll to evenly coat.

8. Place dough balls on parchment-lined baking sheet, leaving about 2 inches between balls.

9. Place baking sheet in oven. Bake cookies until puffed and cracked and edges have begun to set but centers are still soft, about 11 minutes.

10. Use oven mitts to remove baking sheet from oven (ask an adult for help). Place baking sheet on cooling rack and let cookies cool completely on baking sheet, about 30 minutes.





Harvey is very patient while waiting for the cookies 😊



## Dark Chocolate and Matcha Madeleines

from Yiling

This famous French desert, madeleine, is our family's favorite as you can enjoy it anytime in the day. The world renowned French novelist Marcel Proust loved it so much that he describe it as "seashell cakes so strictly pleated outside, and so sensual inside". There're are a lot of combination of flavors, but we love dark chocolate and matcha most!

Ingredients: makes 6 shells

One egg (50g), sugar (40g), flour (40g), chocolate powder/matcha powder (10g), baking powder (1g), melted butter (no salt, 50g)

Instructions:

1. Beat up the egg in a large bowl, mix in the sugar and beat until no sugar can be seen obviously.
2. Using a flour sifter, sift all the dry ingredients into the big bowl (flour, baking powder, chocolate powder/match powder), mix well with the wet ingredients using a manual egg beater, but don't mix too much to increase the gluten in the flour.
3. Mix in the melted butter until it is all absorbed. Put the mixture in a pastry bag, store in the fridge and wait for at least 30 minutes.
4. While preheating the oven to 360F, use a butter stick to coat the Madeleine pan.
5. After 30 minutes, squeeze the mixture onto the Madeleine pan, about 90% full in every cup.
6. Bake for 20 minutes and it's done! Take out the pan and use any tool to flip every Madeleine to cool down a little bit.
7. Enjoy while its crust is crisp. Or put it in the fridge to get a different kind of enjoyment the following day.















# Peanut Butter Pie

from Harper

## Ingredients

- 8 ounces cream cheese, at room temperature
- 3/4 cup confectioners' sugar
- 1/2 cup crunchy [peanut butter](#)
- 2 tablespoons milk
- 1/2 cup chopped roasted peanuts
- 4 cups heavy cream, whipped until thick, in all
- 1 1/2 cups [graham cracker](#) crumbs
- 1/2 cup granulated sugar
- 4 tablespoons (1/2 stick [butter](#)) melted
- 1/2 cup chopped salted peanuts
- 1 cup chocolate sauce
- 1/4 pound [chocolate](#), shaved into curls
- Fresh mint sprigs

## Directions

Preheat the oven to 375 degrees F.

In a bowl, mix the graham cracker crumbs, sugar, and butter with your hands. Press the mixture firmly into a 9-inch [pie pan](#), and bake until brown, about 20 minutes. Remove from the oven and allow to cool to room temperature before filling.

Using an electric mixture, fitted with the whip attachment, beat the [cream cheese](#) and sugar until smooth. Add the peanut butter, milk and roasted peanuts and beat well. Fold 2 cups of the [whipped cream](#) into the cheese mixture. Pour the filling into the prepared crust. Place the pie in the refrigerator and chill completely, about 2 hours. Slice the pie into 8 servings. To assemble, place 1 piece of pie on each plate. Dollop each piece of pie with the remaining whipped cream. [Garnish](#) each piece with the salted peanuts, [drizzle](#) of chocolate sauce, chocolate curls and mint.