

## Oh! So Fluffy! Japanese Cheese Cake



This Japanese Cheesecake is fluffy, delicate and not overly sweet. When I make this recipe, I like to make a double batch, creating two nice six-inch Cheesecakes. I usually give one away and enjoy the other as either a dinner dessert, or a small slice as the perfect breakfast finisher.

This is basically a soufflé so any rising that occurs is as a result of the eggs fluffing and not any baking powder action. There is very little flour used and Almond Flour can be substituted for Wheat Flour if desired. You can also substitute Stevia or Monk Fruit Sugar for the small amount of sugar called for in the recipe.

Gather all of your equipment and ingredients in place in preparation.

### **Equipment**

- 2 - 6" x 3" deep Cake Pan or Spring-Form Pans
- 1 - Whisk (or mixer with Whisk attachment)
- 2 - Stainless-Steel or Glass Mixing Bowls
- 1 - Small bowl
- 1 - Wooden Spoon
- Flour sifter or fine strainer
- Parchment Paper
- Small amount of cooking spray of neutral oil
- 1 - Shallow Baking Pan
- Enough hot water to ride about 1" up the side of the baking pans



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### Ingredients (Makes TWO 6" Cheesecakes)

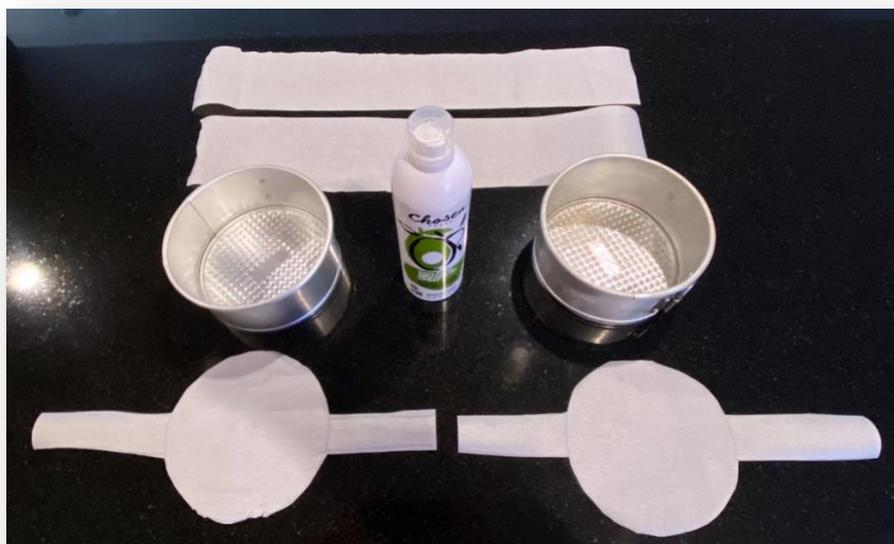
- 1 – 8oz (226 Grams) Cream Cheese (full fat please... NOT THE LITE VERSION!)
- 6 oz Whole Milk
- 5 TBLS Unsalted Butter
- 5 TBLS Flour (All Purpose Wheat or Almond Flour)
- 4 Eggs separated
- 4 TBLS Sugar (or Stevia or Monk Fruit Sweetener)



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## Making your Cheesecakes

1. **Bring Cream Cheese, milk and eggs to room temperature**
2. Pre-Heat Oven to 315° F
3. Prepare the baking pans by rubbing or spraying the interior of the pan with a small amount of oil wiping away any excess with a paper towel. Cut the Parchment Paper to size for the bottom of the pans and place in the bottom of each pan. Cut two 3.5" wide strips of Parchment Paper long enough to completely line the sides of each pan. Lightly cover the parchment paper with a cooking spray or small amount of oil wiping any excess away with a paper towel. If you are using Spring Form Pans that are not watertight form an single unbroken piece of Aluminum Foil around the bottom of the pan to prevent water infiltration thru the bottom of the cake pan. If you are using a watertight or one-piece pan there is no need for the Alum Foil.



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4. Separate the 4 Eggs and set aside
5. Using a double boiler (or just set a heat safe bowl over a pan with simmering water) melt the Butter.
6. Remove the bowl with the melted Butter from the heat and whisk in the softened Cream Cheese. Continue whisking until smooth.



7. Whisk the Milk into the Butter and Cream Cheese mixture. Whisk until a smooth, creamy batter is formed.



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8. Slowly sift the Flour in batches onto the top of the batter and combine using a wooden spoon.
9. Add the Egg Yolks one at a time to the batter and continue stirring to completely combine.



10. Strain the batter through a fine strainer into another bowl. If the batter is clumpy force any remaining batter/clumps through the strainer using the back of the wooden spoon. Set batter aside.
11. Whisk (or use a mixer with a whisk attachment) the Egg Whites in a mixing bowl until soft peaks form. Add the Sugar and continue whisking until stiff peaks are formed.
12. Gently, softly, slowly FOLD the whipped Egg Whites, in two or three batches, into the Batter until thoroughly combined.



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13. Pour the batter equally into both of the prepared Cake Pans. Eliminate any air bubbles or spaces in the batter by first stirring the batter briskly with a fork (or chop sticks), and then by rapping the bottom of the Cake Pans on a flat surface several times.
14. Place the Cake pans on the shallow baking tray or roasting pan. Pour enough HOT WATER (doesn't have to be too hot! 110° - 120° is fine) to about 1" on the side of the Cake Pans.
15. Carefully place the baking pan/sheet with the Cake Pans in the Pre-Heated Oven on a center rack. Bake for 25 minutes. Prop open the oven door with a wooden spoon or oven mitt for 10 minutes (to release any steam generated) then remove the prop and close the oven door and continue baking for 20 minutes.
16. After the previous step is complete open the oven and GENTLY rotate the baking/roasting tray 180°. Close the oven door and continue baking for another 20 minutes.
17. Check the Cheesecake. It should be just starting to brown on top and should be firm but a bit jiggly in the center when the cake pan is tapped.
18. Remove from the oven and remove the Cake Pans from the baking tray. Allow to cool. The Cheesecakes should pull slightly away from the sides of the Cake Pans as they cool.



19. When cooled you can release the spring form pan latches, if you are using, and just lift the pan away from the cake. If using a solid Cake Pan let the Cheesecake cool completely and gently turn over the pan with a plate hugging the top of the Cake Pan. Turn over allowing the Cheesecake to drop onto the plate. Place another plate (one that will be the cakes final resting place) over the now exposed bottom of the Cheesecake,

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and gently flip the two plates 180° and remove the plate from the top of the Cheesecake.



You can eat warm or cold. Either way it is delicious. If presenting to guests sprinkle a few berries on the plate or make a nice berry compote and drizzle on the top and around the sides of the cheesecake.

### Simple Berry Compote

#### Ingredients

1 cup Berries - Blueberry, Blackberry, and/or Raspberries in any combination  
1 TBLSP of Unsalted Butter  
2 – TBLSP of Dark Brown Sugar  
Zest of ½ Lemon  
Zest or ½ Lime  
Juice of ½ Lemon  
Juice of ½ Lime  
¼ cup of Brandy (or Bourbon)  
Pinch of Salt

#### Making your Compote

1. Wash and clean your berries. I suggest Blueberry, Blackberry, and/or Raspberries in any combination. Let them dry.
2. In a non-reactive, non-stick pan over Medium-High Heat melt the Butter.
3. Add the Berries to the pan and give them a good stir.
4. Sprinkle the Brown Sugar on top of the Berries and stir.
5. Add the Zest to the pan and stir in.
6. Continue to gently stir until you see the berries soften and JUST START to breakdown
7. Add the Lemon and Lime Juice and stir

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8. When the Berries are breaking down a little and the sauce is starting to thicken add the Brandy/Bourbon on top of the Berries. If you want to impress your guests ignite the alcohol and Flambe for a few seconds before stirring the liquor into the Berry Compote.
9. Remove from the heat and allow to cool before spooning on top of the Cheesecake.

If you want more garnish add some edible flowers or a couple of Mint leaves to the plate before serving.

*Buon Appetito!*

