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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

My Favorite Cheesecakes

By Stephen Whiteside

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Lemon, vanilla and the more elaborate concoctions such as pumpkin, chocolate chip, cranberry and blueberry are just a few of my favorite cheesecakes. The delight you experience when you take that first bite of your favorite cheesecake can be exhilarating and soothing at the same time.

And remembering loved ones at gift-giving time brings to mind even more exciting flavors that are available like raspberry, Neapolitan, bing cherry and key lime, another of my favorite cheesecakes, and one sure to be your favorite as well once you give it a try. There are times when nothing but the best will do, and that's the time to decide to give a freshly baked cheesecake instead of flowers and chocolates.

There are many sources from which to buy your favorite cheesecakes. There's the frozen section at your supermarket, specialty retail shops, and now the Internet is a reliable source as well. Ordering online is an experience in itself as you browse through the pages looking at luscious cheesecakes that are sure to please everyone on your gift list. Once you make a selection, the cheesecake is packed in a special container and can be delivered as soon as the next day for your convenience.

You are certain to find a cheesecake to please even the most discriminating palate when you view the selections and discover a world of delicacies that can be yours at the click of a button. Cheesecakes are usually available with a crumb crust or a more traditional crust that has been rolled thin.

And don't forget the wonderful selections of a unique personalized cheesecake for special occasions such as anniversaries, birthdays, holidays, Secretaries Day, Mother's Day, Father's Day and other occasions to make cheesecake a favorite with everyone.

Stephen Whiteside is the head cheesecake tester at
<http://cheesecake-express.com/imf/cheesecake.html>

A Brief History Of Cheesecake

My Favorite Cheesecakes

By Brittney Foster

What's your favorite birthday cake? For me, nothing beats cheesecake. In fact, I can't imagine what the world was like before cheesecake was created!

Turns out, you'd have to search back pretty far to find a time when the Earth was cheesecake free. In fact, way back in 776 BC, long before the first Cheesecake Factory opened, the Greeks are said to have served cheesecake to the athletes at the first Olympic games. The Romans soon caught on and spread the divine taste of cheesecake throughout Europe. From there it was only a matter of time before European immigrants brought their cherished cheesecake recipes to America.

It seems that every region of the globe has embraced cheesecake in one form or another, adapting the recipe to local tastes and adding local flavors. In America, cheesecakes are typically made with a cream cheese base, but even here we vary the recipe by region. New York cheesecake is famous for its ultra-smooth texture and decadently rich flavor- achieved by adding extra egg yolks and a hint of lemon - and you'll find other regional variations from Chicago-style to Pennsylvania Dutch. Many American bakers add sour cream for a creamy cheesecake that can be frozen without compromising taste or texture.

Italian cheesecakes generally use ricotta cheese, which makes them drier than their American cousins. The French prefer Neufchatel cheese and often add gelatin for a light and airy consistency. The Greeks might use ricotta, mizithra, farmers, feta, Swiss, or a combination of cheeses, while the Germans typically rely on cottage cheese or quark. The Japanese incorporate cornstarch and whipped egg whites into their cheesecakes for a more custard-like effect, and I've even heard you can find cheesecake in vending machines in Japan. Now why didn't I think of that?

You'd be hard pressed to find a culture that doesn't - or didn't - enjoy a good cheesecake. Culinary historians cite cheesecake recipes dating back to the first century AD, with additional recipes floating around from the centuries that followed. You'll find every imaginable flavor and topping in today's cheesecake recipes, but the basic premise, baking creamy cheese with wheat and sweetener, has stood the test of time.

And let's not forget savory cheesecakes featuring blue cheese, garlic, seafood, chiles, and other tasty cheese-friendly flavors, or vegan versions of cheesecake-like desserts made with tofu. With so many varieties, you'd need a lot more than a "Cheesecake of the Month" club to sample them all!

Clearly, cheesecake has lived long and continues to prosper. Whether it's a birthday cake, anniversary treat, or just a "Make-Everyday-Special" indulgence, cheesecake is an ancient delight that will never go out of style!

Cheesecake aficionado Nick Watson believes that researching the history of cheesecake is a great way to perfect your own cheesecake recipe. Find the perfect birthday cake with a

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