

## Cape creates desserts for good

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May 06, 2009 6:00 AM

It's not just Boston baking this year to beat breast cancer.

As the effort to raise research funds with baked goods hits its 10th year, more and more Cape and Islands restaurants and bakeries are signing up to help.

From now until Mother's Day, nearly a dozen local eateries will donate all proceeds from sales of a designated dessert to Boston Bakes for Breast Cancer, raising money for research and care at the Dana-Farber Cancer Institute.

"This is our first year of being involved ... They came to us, which I thought was great," says Heidi Parent, co-owner of La Petite France in Hyannis.

As someone whose family has been touched by cancer, Parent was pleased to help raise money and awareness.

"Having a grandmother who survived a double mastectomy, I started getting mammograms when I was 24," she says. "My mother and aunt have also been religious about it."

Parent put "Nana's Lemon Poppy Seed Cookies" on the La Petite France menu to honor her grandmother, who lived for years after her breast cancer battle before succumbing to another cancer.

The designated dessert, Parent says, has been so popular she and her husband, chef/co-owner Ian Parent, are thinking of having it replace La Petite France's regular sugar cookie after the promotion ends.

Also in Hyannis, Not Your Average Joe's is donating proceeds from its strawberry shortcake with homemade biscuit.

The designated desserts vary greatly from the simple (a chocolate chip cookie at Roche Bros. in Mashpee) to the divine (pineapple chiffon cake with toasted coconut at Mediterranean on Martha's Vineyard) to the downright decadent (a warm brownie sundae with homemade whipped cream, walnuts and a cherry at Pies a la Mode in Falmouth.)

There's also the very Cape Cod offering of cranberry bread pudding at Great Island Bakery in South Yarmouth.

For a list of participating restaurants throughout the state, visit [www.bostonbakesforbreastcancer.org](http://www.bostonbakesforbreastcancer.org). The site includes information on the history of the fundraiser, as well as links to each restaurant. Most restaurants list the dessert from which they are donating proceeds through Sunday (May 10). Some restaurants, like La Petite France, are sharing the recipe for their special dessert.

As Parent writes on the café's Web site, "Your mother wants you to eat dessert. It's for a good cause."

### **Nana's Lemon Poppy Seed Sugar Cookies**

*2 cups all purpose flour*

*1/2 teaspoon baking powder*

*1/4 teaspoon salt*

*2 sticks (16 tablespoons) unsalted butter, softened but still cool*

*1 cup granulated sugar plus 1/2 cup for rolling dough*

*1 tablespoon light brown sugar*

*1 large egg*

*1 1/2 teaspoons pure vanilla extract*

*1 tablespoon poppy seeds*

*1 tablespoon grated lemon zest*

- Adjust the oven racks to the upper and lower middle positions and heat oven to 375 degrees. Line 2 large baking sheets with parchment paper or spray them with nonstick cooking spray.
  - Whisk the flour, baking powder, salt and poppy seeds together in a medium bowl, set aside.
  - Either by hand or with an electric mixer, cream the butter, 1 cup granulated sugar and brown sugar at medium speed until light and fluffy. Add the egg, vanilla, lemon zest beat at medium speed until combined about 30 seconds.
    - Add the dry ingredients slowly and beat at low speed until just combined.
- Place the 1/2 cup sugar for rolling into a shallow bowl. Roll a heaping tablespoon of dough into a 1 1/2-inch ball and roll into sugar to coat all sides. Place on cookie sheet.
- Bake until the cookies are golden brown around the edges and their centers are just set and lightly colored, approximately 15 to 18 minutes. Cool and enjoy.