

## Barbara's Favorite Small Cheesecake

### About this recipe

The problem with cheesecakes is that they are so good, and so big. Once you've invested 40 ounces of cream cheese, and the other ingredients, you have no choice but to eat it all. This recipe substitutes low fat ingredients wherever possible and uses only one package of cream cheese. **Do not use fat-free cream cheese or sour cream!**

The most important part of this recipe, or any cheesecake recipe for that matter, is to let all of the ingredients come to room temperature before mixing. This is necessary due to the low baking temperature that is used. Allow 4 – 6 hours for the cream cheese to warm up, and 2 – 3 hours for the sour cream and eggs to come to room temperature. The baking pan size is also important. Use a pan that is 6 inches in diameter and 3 inches deep. The absolute minimum pan depth is 2 inches. Small Pyrex casserole dishes work well.

### **Crust:**

2½ sheets of low fat graham crackers, crushed into medium-coarse crumbs  
1½ tablespoons melted unsalted butter  
½ tablespoon sugar

### **Filling:**

8 ounces low fat cream cheese, at room temperature  
½ cup low fat sour cream, at room temperature  
¼ cup plus 2 tablespoons sugar (3/8 cup)  
1½ teaspoons vanilla  
1 egg, at room temperature  
1 egg yolk, at room temperature

### **Instructions:**

Preheat oven to 300°F. Coat the inside of a 6 by 3 inch pan with butter. Adhere parchment paper to the bottom and sides.

**Crust** – In a small bowl combine graham cracker crumbs, the sugar and melted butter. Press onto the bottom and sides of the parchment-lined pan. Bake for 10 minutes. Cool while making filling.

**Filling** – In the bowl of a mixer, beat the sour cream for a few seconds just to thoroughly blend. Add the cream cheese and sugar and mix on low for 30 seconds, then turn up to medium until well blended. Scrape the bowl often to ensure proper mixing.

In a separate container, combine the egg, egg yolk and vanilla. Add half to the cream cheese mixture, mix well, scrape the bowl, and add the remaining egg mixture until well blended. Pour into the baked crust.

**Baking** – Place the cheesecake into preheated water bath. If you use a spring form pan, be sure to wrap in foil to prevent water from leaking into the cheesecake. Lower the oven temperature to 250°F. Bake in the water bath for 1½ hours. The internal temperature should be at least 150°F. Turn the oven off and keep the door closed for 1 more hour. Remove the cheesecake from the oven and refrigerate for at least 6 hours before serving.

When ready to serve, place the cake pan into a hot water bath for a short time. This will loosen the parchment paper by softening the butter that coated the pan. Unmold the cake onto the serving dish. Top with fresh fruit if desired.

Serves 4.