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U.S. dietetics major Lynn Epstein whips up cheesecake.

Newsletter source of prize-winning recipe

By David Paul Rabalais
USL dietetics student

Looking for a dessert idea? Try leafing through a biochemistry publication, and if something burns and stinks, that may not be all that bad. Maybe it's cheesecake? That's right! Dumas' winning cheesecake.

Lynn Epstein of Lafayette, a USL dietetics major, recently placed second in the dessert division of the Sixth Annual Culinary Competition held in Lafayette. And she found her award-winning recipe in Biology, a Biochemistry newsletter.

Epstein is the first USL student ever to place in the competition. She almost didn't enter as it is not a major in the dessert division, the majority of which are culinary, Epstein says.

More than 100 entrants competed in the dessert division.

The award-winning recipe, "Philly Cream Cheese Cake," is a combination of Epstein's own creativity and the original recipe. She admits that she didn't like the published recipe at first, so she added and deleted ingredients until she was satisfied with the final product.

For example, the original recipe called for lemon, rum and cinnamon in the filling. Epstein added a little sugar and took out the cinnamon. She also added sour cream in the crust and between the layers. And she said she felt that flaming the top of the cake with cinnamon, rather than including it in the crust, would improve the dessert in appearance.

"Extra almonds on top would make mostly for family gatherings rather than professional chefs."

Epstein says having a mature, responsible attitude is an essential part of competition -- another technique she learned at USL.

"I have also learned how to operate industrial cooking equipment. I have learned how to standardize and in-