

Week 2

Online Cookery

Course

20th April 2020



Cold Dessert

Parfait Dairy Option or Vegan Option



Parfait in French means PERFECT; in France, where the dish originated, parfait is made by boiling cream, egg, sugar and syrup to create a custard-like puree which is sometimes served in a parfait glass.

Shortbread is a traditional Scottish biscuit usually made from one-part white sugar, two parts butter, and three parts plain wheat flour. Other ingredients like ground rice or cornflour are sometimes added to alter the texture.

Choose your preferred option and gather ingredients.

Serves 6 Preparation Time: 15- 20 minutes

Chilling Time: Approx 40 minutes

Baking Time Shortbread: (15 minutes See separate Recipe)

Ingredients

FOR THE BERRY SYRUP

300g package of frozen blackberries or fresh - reserve 6-10 fresh berries for garnish
2 tablespoons of honey or a vegan sweetener of your choice
2 tablespoons of water

* Contains Eggs 1 Jar Lemon Curd or Jam shop bought fine or a vegan version coulis. This can be used to make the Easter Biscuits too.

FOR THE CHEESECAKE MIXTURE

450g Soft cheese e.g. Philadelphia or own brand (room temperature) or Vegan Equivalent
450g Greek Yoghurt low fat option ok or Vegan Equivalent e.g Alpro Soya
2 teaspoons vanilla essence
½ tablespoon icing sugar
2 tablespoons of blackberry syrup

Equipment – REFER TO VISUAL GUIDE

- 1 Small Saucepan
- 1 wooden spoon
- 1 Fine Sieve
- 1 Bowl or Jug for syrup
- 2 Bowls for Cheesecake Whip
- 1 Hand Whisk or electric whisk
- 1 Teaspoon or measuring spoons
- 1 Tablespoon
- 1 Mixing Spoon
- 6 Parfait/Water Glasses or Jars don't buy anything use what you have already

Skills Mastery You can tick ✓ ✎ these off if you feel you or your grown up have mastered them 😊

- Measuring small amounts – refer visual guide
- Measuring Liquid
- Hand Whisking
- Using Electric Power Tool if using electric whisk
- Weighing wet ingredients or checking labels for weight
- Straining/passing syrup to remove seeds
- Control heat to simmer so to not burn the syrup
- Rubbing in method
- Using a rolling pin
- Using a cutter to cut out shapes

Preparation List – Gather Ingredients Tick ✓ ✎ off with a pencil as you go

- Measure and Wash all fresh fruits in cold water in the sieve (put water in the bowl first and lower fruits in so you don't damage them)
- Measure Yoghurt or check pot quantity
- Measure Soft Cheese or check tub quantity
- Measure out vanilla essence in tiny dish
- Measure out honey/sweetner in a small dish
- Measure out icing sugar in small dish
- Measure water in small dish
- Measure out uncooked rice put in a dish
- Measure out olive oil put in tiny dish

COOKING INSTRUCTIONS BLACKBERRY SYRUP:

Step 1

Put water, sugar, and blackberries in a small saucepan over medium heat. Stir occasionally so that the honey/sweetener doesn't burn.

Step 2

Cook down and simmer until the mixture thickens. (About 10 minutes.) Continue to stir. **ALLOW TO COOL!! Once cooled you can blend with a hand blender, in a Nutri bullet or smoothie maker if you have one. If not squash down first before you sieve.**

Step 3

Strain the mixture through a fine-mesh sieve reserving the liquid. Let the syrup cool in the fridge while you complete the rest of the steps.

COOKING INSTRUCTIONS CHEESECAKE WHIP:

Step 1

Make Cheesecake mixture – Place the Greek yoghurt into a bowl and stir to loosen a little with a mixing spoon. Add 1 teaspoon of vanilla and honey.

Step 2

Whip cream cheese – whip up the cream cheese with a hand mixer or whisk until softened. Gently whisk the cream cheese with the yoghurt. Split the mixture into two bowls.

Step 3 (Bowl 1)

Vanilla Cheesecake Whip – take one of the cream cheese/ yoghurt mixtures add the remaining 1 tablespoon honey and 1 teaspoon vanilla. Mix well.

Step 4 (Bowl 2)

Blackberry Cheesecake Whip – take the remaining cream cheese/yoghurt mixture and add in 2 tablespoons of chilled blackberry syrup. Mix well. This mixture will be thinner than the previous mixture.

Step 5

Chill – place the yoghurt, vanilla cheesecake whip, and blackberry cheesecake whip in the fridge for 30 minutes before building your parfait.

Step 6

Build – after the mixtures have chilled, build your parfaits. Layer in pre-made curd to knock this dessert out of the park! Top the mixture with blackberry syrup and garnish with blackberries

(LEMON CURD (SHOP BOUGHT IS FINE))

SERVING AND STORING

How long can I store leftovers?

If you have too much leftover parfaits will last for up to 1-2 days if stored covered with cling film or equivalent in refrigerator.

Can I make this recipe vegetarian/vegan?

Parfaits can easily be made vegan/vegetarian by substituting out the yoghurt and cheese with vegan equivalents. Make shortbreads with vegan spread.

Video Links - Copy and Paste into Browser

PARFAIT Equipment Visual -

<https://www.youtube.com/watch?v=Z8vDJmrEVOY>

PARFAIT Ingredients Visual -

<https://www.youtube.com/watch?v=Dil-vjDnJqA>

SHORTBREAD EQUIPMENT VISUAL -

<https://www.youtube.com/watch?v=D9076TyGh0Q>

USING ELECTRIC WHISK SAFELY

https://www.google.com/search?q=using+a+hand+whisk&oq=using+a+hand+whisk&aqs=chrome..69i57j0l5.4983j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=_j_SKXr3wLNPXgQaD7YygAw31

USING HAND WHISK

<https://www.greatbritishchefs.com/how-to-cook/how-to-whisk-cream>

RUBBING IN METHOD

https://www.youtube.com/watch?v=LW6H_SL_TJo

HANDY REFERENCE SHEETS - TO DOWNLOAD AND KEEP FOR REFERENCE

BASIC SHORTBREAD RECIPE

PARFAIT VISUAL STEP GUIDE

Skills - Refer to skills mastery tick list. ✍

