



**PAPER & FOOD SERVICE, INC.**

# Strawberry Lemon Fool Parfait

**Ingredients** **Yield: 12 Servings**

- 6 c. Fresh Strawberries
- 3/4 c. Lemon Juice
- 3/4 to 1 1/2 c. Sugar, granulated (depending on sweetness of strawberries)
- 1 1/2 c. Fresh Strawberries
- 6 c. Heavy cream, whipped
- 6 ea. Lemons, zested strips
- 4 c. Sugar, granulated
- 3 c. Water

**Preparation Instructions:**

1. In a saucepan, combine the strawberries, lemon juice and sugar. Cook over medium heat until the strawberries begin to soften, about 10 minutes. Remove the pan from the heat.
2. Place the strawberry mixture in a food processor and process until smooth. Remove the mixture from the food processor and strain through a fine mesh strainer. Mix in the sliced strawberries and place in refrigerator. Refrigerate until very cold.
3. In a cold mixing bowl, whip the cream until firm peaks. In parfait glasses, layer the strawberries and whipped cream, starting and ending with the whipped cream. Place in the refrigerator and chill for about 4 hours
4. Remove the zest of the lemons using a vegetable peeler. Be careful not to get any of the white pith. Julienne the zest. Blanch the julienned zest in boiling water for 5 minutes to remove any bitterness.
5. In a small saucepan, combine 3 cups of sugar and the water. Bring to a boil. Add the blanched zest to the sugar syrup. Remove the sugar syrup from the heat and let the zest steep for 10 minutes. Remove the zest from the syrup and lay out on a rack. Sprinkle with the remaining sugar.
6. Top the parfaits with the candied lemon just before service.

Ingredients		Maines Product Code #	Amount	Ingredient Cost
Strawberries	Fresh	O96533	6 c.	\$7.17
Lemon Juice	Fresh	O96185	3/4 c.	\$0.00
Sugar, granulated	Domino	380424	3/4 to 1 1/2 c.	\$0.36
1 1/2 c. Fresh Strawberries	Fresh	O96533	1 1/2 c.	\$2.39
6 c. Heavy cream, whipped	Crowley	O15500	6 c.	\$3.84
6 ea. Lemons, zested strips	Fresh	O96185	6 ea.	\$2.46
4 c. Sugar, granulated	Domino	380424	4 c.	\$0.96
3 c. Water	N/A	N/A	3 c.	\$0.00

Recipe Cost	\$17.18
Portion Cost	\$1.43

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$4.95	\$1.43	\$3.52	28.89%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$5.95	\$1.43	\$4.52	24.03%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$6.95	\$1.43	\$5.52	20.58%