

COOKING CLASSES FOR STUDENTS

PUMPKIN PIE PARFAITS

YIELD: 4 SERVINGS

For the Spiced Crunch:

- ½ cup graham cracker crumbs
- ½ cup pecans (finely chopped)
- 2 tablespoon unsalted butter
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon

For the Pumpkin Mousse and Cream:

- 1 cup canned 100% pure pumpkin puree
- 4 ounces cream cheese (softened to room temperature)
- ½ cup powdered sugar
- 1 teaspoon pumpkin pie spice
- 1 cup heavy whipping cream (divided: half for the mousse, half for topping)
- 1 teaspoon vanilla extract

Instructions:

Spiced Pecan Crunch

1. Toast: Melt butter in a skillet over medium heat. Add the chopped pecans, graham cracker crumbs, brown sugar, and cinnamon.
2. Cool: Stir constantly for 3 to 5 minutes until fragrant and golden. Pour onto a plate or parchment sheet to cool completely so it gets crunchy. Set aside

The Mousse & Whipped Cream

1. Whip the Cream: pour heavy cream and vanilla into a bowl. Whip using a whisk until stiff peaks form. Divide this into two bowls (half for the mousse, half for layering).
2. Blend Pumpkin Base: In a large bowl, students beat the softened cream cheese, pumpkin puree, powdered sugar, and pumpkin pie spice until completely smooth.
3. Fold: Gently fold half of the whipped cream into the pumpkin mixture until light and airy.

The Layering

1. Using a clear cup or a wine glass, layer the spiced crunch at the bottom. Spoon a thick layer of pumpkin mousse, followed by a layer of white whipped cream. Repeat the layers to the top.
2. Top with a final sprinkle of the pecan-graham crunch and a dust of cinnamon.
3. Eat them immediately, or pop them in the fridge to chill.