

KEY LIME PIE

Serving Size: 12 cups, 1 per student

Ingredients:

Crust

- 1 sleeve graham crackers (NUT & SESAME FREE)
- 4 tbsp unsalted butter, melted

Filling

- 12 oz cream cheese, room temperature
- 1/3 cup and 1 tbsp sugar
- 1 tsp vanilla extract
- 4 key limes: zest and 3 tbsp juice
- 1 1/2 cup whipping cream
- Graham cracker crumbs for garnish
- 12 cups for serving
- 6 small ziplock bags

PREP BEFORE CLASS:

Set oven to a low temperature. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl). Wash limes.

Directions:

Crust:

1. Divide graham crackers evenly between ziplock bags and have students crush them. Add crumbs into bowl, and spoon 1 tbsp crumbs into each student's cup. Add melted butter. Have students mix well and set aside.

Filling:

1. Have students zest 2-4 limes and then juice the limes into bowl.
2. Add 1 cup whipping cream, vanilla extract and 1 tbsp of sugar to the food processor and blend until whipped.
3. Have students take turns measuring and mixing together cream cheese, 1/3 cup sugar, 3 tbsp lime juice, and zest until well combined. If the mixture is too lumpy, blend in the food processor until smooth.
4. Fold in 1/2 cup of whipping cream into the cream cheese mixture. Save the rest for garnish.

Assembly:

1. Press down graham cracker and butter mixture to form a crust. Spoon cream cheese mixture on top of graham cracker crust.
2. Garnish with extra graham cracker crumbs and whipped cream. Enjoy!



CUCUMBER MINT COOLER

Serving Size: 12 cups, 1 per student

Ingredients:

- 1 large or 2 medium cucumbers
- 1/3 cup sugar
- 1/3 cup lime juice (4-6 limes)
- 3 cup water
- 1 tsp salt
- 1 bunch mint leaves, stems removed
- Plastic cups for serving

PREP BEFORE CLASS:

Wash cucumbers, limes, and mint. Remove stems from mint. Prepare the blender.

Directions:

1. Chop cucumber.
2. In a blender, add chopped cucumber, mint leaves, 1 cup of water, salt, and sugar. Blend everything well.
3. Pour lime juice along with 2 cups of water and salt. Mix well.
4. Prepare the drink. When pouring the drink, try to pour as much liquid as you can and discard the pulp. Enjoy!

DID YOU KNOW?

A true key lime pie is actually pale yellow in color rather than the bright green color we more commonly see!

LESSON 7:

MODERN DESSERT TRENDS

SHOPPING LIST

Ingredients to buy:

- 8-10 key limes
- 1 bunch mint leaves
- 1 large or 2 medium cucumbers
- 1 sleeve graham crackers (NUT FREE)
- 4 tbsp. unsalted butter, melted
- 12 oz cream cheese
- 1 1/2 cup whipping cream

Ingredients in the bin:


- Sugar
- Vanilla extract
- Salt
- 12 cups for serving
- 6 small ziplock bags

OBJECTIVES



Students will have a basic understanding of popular dessert trends, their origins, and the creative techniques used to make them

INTRODUCTION

 3-5 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- What is your favorite fast food restaurant and why? Discuss.
- What would happen if you ate at your favorite fast food location for every meal? Discuss.
- Greet the students and briefly discuss their favorite desserts.
- Explain that today, they will be exploring the world of modern dessert trends and learning about the exciting and innovative creations that have gained popularity in recent years.
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STAR INGREDIENT: KEY LIMES



- Key limes are smaller and more acidic than regular limes. In fact, they are one of the most acidic citrus fruits. This makes them perfect for use in cooking and baking, as their tartness can help balance out the sweetness of other ingredients.
- Key limes are commonly used in Caribbean and Latin American cuisine. In these cultures, they are often used to marinate meats and seafood, as their acidity helps to tenderize the proteins and adds a bright, zesty flavor.
- Key limes were originally grown in the Florida Keys, where they were cultivated by Spanish explorers in the 1500s.

What Are Modern Dessert Trends?

- The term "dessert trends" refers to new and popular dessert styles, flavors, and presentation techniques.
- Some examples of modern desserts are unicorn cakes, galaxy-themed desserts, or rainbow ice cream.
- Here are some popular modern dessert trends:
- Minimalist Desserts: This trend focuses on simplicity and clean flavors.
- Dessert Mashups: Combining different desserts into one has become a popular trend. Examples include the cronut (croissant-donut hybrid) and brookies (brownie-cookie hybrids). These creations provide a fun twist and unexpected flavor combinations.
- Desserts with Savory Elements: Blurring the line between sweet and savory, this trend incorporates unexpected savory ingredients or flavor profiles into desserts.

LESSON 7: MODERN DESSERT TRENDS

COOKING PRO

The practice of tasting food as it's being cooked is a fundamental technique in cooking, particularly in professional kitchens. Chefs taste their food as they cook for several reasons, but primarily to ensure that the flavors are balanced and that the seasoning is on point. By tasting the food as they cook, chefs can adjust the seasoning as needed. For example, if a soup tastes bland, chefs might add more salt or other seasonings to give it more depth of flavor. On the other hand, if a dish is too salty, they might dilute it with additional liquid or balance it out with a sweet or acidic ingredient.

DEVELOPMENT

🕒 5–7 min

- Continue discussing some of the most popular modern dessert trends, such as:
 - Drip cakes: Cakes with colorful drips of icing running down the sides.
 - Freakshakes: Over-the-top milkshakes with elaborate toppings like cookies, candy, and whipped cream.
 - Geode cakes: Cakes with a crystal-like design made from rock candy or colored sugar.
 - Sushi donuts: Sweet variations of sushi made with colorful rice, fruit, and other toppings.
- Discuss the origins and inspiration behind these trends, highlighting how they combine traditional desserts with creative twists.
- Explain that modern dessert trends often involve creative techniques that make them visually appealing.
- Discuss some of the techniques used, such as:
 - Marbling: Creating swirling patterns using different-colored batters or icing.
 - Airbrushing: Spraying edible color onto desserts for a vibrant and artistic effect.
 - 3D printing: Using specialized machines to create intricate dessert decorations.
- Discuss with students what future trends may look like. Can future trends in desserts reflect some of the general trends in culinary arts? Here are some general trends that may influence dessert-making as well:
 - plant-based and vegan cuisine
 - locally sourced ingredients
 - fusion cuisine
 - global flavors
 - molecular gastronomy



🕒 2–3 min

CONCLUSION

- Summarize the key points discussed during the lesson, emphasizing the importance of creativity and innovation in the culinary world.
- Encourage students to explore their own ideas and experiment with traditional desserts to create their own modern twists.
- Thank the students for their participation and excitement in learning about modern dessert trends.

END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal