

Strawberry Pleasures

Drink and Dessert Cookbook



Introduction to the Strawberry

The strawberry is a genus of the *Rosaceae* family of plants; its technical name is *Fragaria*. There are more than 20 named species of strawberry. The seeds are the actual fruit of the strawberry, while the flesh is modified receptacle tissue. The strawberry is therefore an accessory fruit.

Fragaria comes from “fragans”, meaning odorous, an allusion to the perfumed flesh of the fruit. Madam Tallien, a great figure of the French Revolution, nicknamed Our Lady of Thermidor, used to fill her baths with strawberries to keep the full radiance of her skin. Fontenelle, centenarian writer and gourmet of the 18th century, attributed his longevity to the strawberries he ate.

Strawberry Trivia



The Norwegian municipalities of Norddal and Kvæfjord have strawberries in their coat-of-arms.



The strawberry is the state fruit of Louisiana.



Strawberry is a clothing store in The Mall at the World Trade Center that survived the collapse; the store was next to New Balance and Tie Rack, and across Casual Corner.



Strawberry was one of the fruits offered for bonus points in the game PacMan.



The strawberry has various medicinal uses including treatment for colitis, jaundice, ulcers, and other diseases.



Strawberry is also widely used in cosmetics to get rid of pimples, spots from the face. In these cases, strawberry juice is mixed with egg yolk (1 tea-spoon of juice to 1 egg yolk) and put on the face.

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Reserve Dark Chocolate Mousse with Strawberries



1 pkg. (4 oz.) Dark Bittersweet
Chocolate Baking Bar
1 tub (8 oz.) Whipped Topping, thawed
6 fresh strawberries, cut into fans

Microwave chocolate in medium
microwaveable bowl on medium
(50%) 1-1/2 min., stirring after
45 seconds. Stir until chocolate is
completely melted.

Stir in 1 cup of the whipped topping
until well blended. Gently stir in
remaining whipped topping.

Spoon evenly into 6 dessert dishes.
Top each with a strawberry fan. Store
leftover desserts in refrigerator.





Strawberry Pink Lemonade

1 tub Crystal Light Pink Lemonade Flavor Low Calorie Soft Drink Mix
7 cups cold water
1 cup frozen strawberries, divided
Ice cubes

Place drink mix in plastic or glass pitcher. Add cold water; stir until drink mix is dissolved.

Pour half of the prepared drink mix and half of the strawberries into blender; cover. Blend on high speed until smooth. Pour over ice cubes in tall glasses. Repeat with remaining prepared drink mix and strawberries.

Serve immediately.



Triple Berry Cheesecake Tart

1-1/4 cups finely crushed Vanilla Wafers (about 45 wafers)
1/4 cup (1/2 stick) butter, melted
1 pkg. (8 oz.) Cream Cheese, softened
1/4 cup sugar
1 cup thawed Cool Whip Whipped Topping
2 cups mixed berries (raspberries, sliced strawberries and blueberries)
3/4 cup boiling water
1 pkg. (4-serving size) Lemon Flavor Gelatin
1 cup ice cubes

Mix wafer crumbs and butter in small bowl until well blended. Press onto bottom and up side of 9-inch tart pan. Place in freezer while preparing filling.

Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Gently stir in whipped topping. Spoon into crust. Arrange berries over cream cheese filling. Cover and refrigerate.

Stir boiling water into dry gelatin mix in medium bowl 2 min. until completely dissolved. Add ice cubes; stir until ice is completely melted. Refrigerate about 15 min. or until slightly thickened (consistency of unbeaten egg whites.) Spoon gelatin over fruit in pan. Refrigerate 3 hours.



Chocolate-Strawberry Cake

5 squares Semi-Sweet Baking Chocolate, divided
6 Tbsp. butter or margarine
3/4 cup sugar
1 tsp. vanilla
2 eggs
1-1/4 cups flour, divided
1/2 tsp. baking soda
3/4 cup water
1-1/2 cups thawed Lime Whipped Topping
1 cup sliced strawberries

Preheat oven to 350°F. Place 3 of the chocolate squares and the butter in large microwaveable bowl. Microwave on high 2 min. or until butter is melted. Stir until chocolate is completely melted.

Stir in sugar and vanilla until well blended. Add eggs, one at a time, beating with electric mixer on low speed after each addition until well blended.

Add 1/4 cup of the flour and the baking soda; mix well. Add remaining 1 cup flour alternately with the water, beating until well blended after each addition. Pour evenly into 9-inch round cake pan sprayed with cooking spray.

Bake 30 min. or until toothpick inserted in center comes out clean. Cool in pan 10 min.; remove from pan to wire rack. Cool completely. Top with the whipped topping and strawberries just before serving. Melt remaining 2 chocolate squares as directed on package; drizzle over cake. Let stand until chocolate is set. Store in refrigerator.



Strawberry Banana Smoothie

1/2 cup frozen strawberry fat free yogurt
3/4 cup fat free milk
1/3 cup Bran Flakes
3 medium strawberries, sliced (about 1/4 cup)
1/2 of a medium banana (about 1/4 cup)

Place all ingredients in blender container.

Blend on high speed until smooth.



Strawberry Ice Cream

1 1/2 cups whole milk
1 1/2 cups whipping cream
1 vanilla bean, split lengthwise
9 egg yolks
1 cup plus 2 tablespoons sugar
6 cups strawberries, hulled (about two 1-pint baskets)
1/4 cup light corn syrup
6 fresh whole strawberries

Combine milk and cream in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer. Remove from heat. Cover; let steep 1 hour. Bring milk mixture to simmer. Whisk yolks and 1/2 cup sugar in medium bowl. Gradually whisk in hot milk mixture. Return mixture to saucepan and stir over medium heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 10 minutes (do not boil). Strain into bowl.

Cover and refrigerate custard until cold. Puree 6 cups berries, corn syrup and 1/2 cup plus 2 tablespoons sugar in processor. Mix puree into custard. Process custard in ice cream maker according to manufacturer's instructions. Transfer to container and freeze. (Ice cream can be prepared 2 days ahead.)

Scoop ice cream into bowls. Garnish each with whole berry and serve.



Strawberry-Peach Crisp

1/2 cup flour, divided
2 cans (15-1/4 oz. each) peach slices, drained
2 cups halved strawberries
3/4 cup plus 2 Tbsp. firmly packed light brown sugar
1/4 cup (1/2 stick) cold butter
3 cups Post Honey Bunches Of Oats
With Almonds Cereal, lightly crushed
1/2 cup thawed Cool Whip
Whipped Topping

Preheat oven to 350°F. Remove 2 Tbsp. of the flour; set aside. Toss peach slices with strawberries, 3/4 cup sugar and remaining flour in large bowl. Place in ungreased 9-inch square baking dish.

Mix reserved 2 Tbsp. flour and the 2 Tbsp. sugar in separate large bowl. Cut in butter until mixture resembles coarse crumbs. Add cereal; stir until well blended.

Sprinkle over fruit mixture. Bake 25 min. or until topping is lightly browned. Serve topped with whipped topping.



Sources

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The Strawberry introduction and trivia are from Wikipedia



