

## CHAPTER 22

# DESSERTS

### GENERAL

Desserts are normally served with each lunch and dinner meal. In addition, breakfast pastries are highly accepted and could be considered as a dessert. Desserts are sometimes classified as heavy or light. They can be served hot or cold. The standard is to offer a variety of choices to the diner.

### ICE CREAM

Current equipment authorizations and support from local commercial vendors provides the FSS a wide variety of choices to satisfy diner desires. Home-made ice cream is not permitted, because the raw eggs used as an ingredient may contain harmful bacteria. Choices include soft serve and specialty ice creams.

#### Soft Serve

Soft serve ice cream comes in several flavors, such as vanilla, chocolate, and strawberry. If you have the equipment available, you can offer milk shakes. Another highly accepted option is yogurt. It comes in many flavors. In addition, the soft serve products can be enhanced with various toppings (for example, chocolate, strawberry, cherry, or coconut).

#### Specialty Ice Creams

There is a wider variety of specialty (hard) ice creams. There are many flavors in individual serving cups, on sticks, and in cones. They must be kept frozen and removed from the freezer a few servings at a time. Ice cream freezers may be located so that the diner removes the product himself.

### FRUIT

Fruits are an excellent dessert and provide soldiers with a nutritious alternative. They can be served alone or as a component in most other desserts (for example, in jello, cake, cookies, pies, ice cream, or custards).

#### Fresh Fruit

Fresh fruit is normally served whole or processed into a dessert. Fresh fruits served in dining facilities and suggestions for the preparation are in Chapter 20.

#### Canned Fruit

Canned fruit can be served just as it comes from the can or used as a component of a dessert. When used as a dessert, chill for several hours or overnight before serving them. Open cans as needed, and place the fruits in individual dishes or serving pans.

### GELATIN DESSERTS

You can make gelatin desserts with fresh, frozen, or canned fruits. However, do not use fresh pineapple since it will keep the gelatin from setting. The suggestions in Chapter 21 for preparing gelatin salads also apply to gelatin desserts. To keep the gelatin cold, remove only one pan from the refrigerator at a time. Transfer the contents to individual serving dishes, and place them on the refrigerated counter.

### SHORTCAKES

Peach, strawberry, and raspberry shortcake are made using shortcake biscuits or cake, fresh or

frozen fruit, and dehydrated dessert topping. Thaw frozen fruit unopened in the refrigerator. Place the biscuits or cake and fruit and topping in separate containers. When possible, make individual shortcake as they are needed.

### **PUDDINGS**

Make butterscotch, chocolate, and vanilla puddings from dessert powders and nonfat dry milk. After you make the pudding, pour it into serving pans and refrigerate it until serving time. Close to serving time, spoon the pudding into individual dishes, and place the dishes on the cold-food counter. Recipes for other puddings are in TM 10-412. Serve puddings, such as rice pudding or pudding cakes, hot or cold in individual serving dishes.

### **DESSERT SAUCES AND TOPPINGS**

You may serve dessert sauces with puddings, nonfrosted cakes, or ice cream. Find recipes for dessert sauces in TM 10-412. Sauces include butterscotch, chocolate, lemon, orange, vanilla, and pineapple. Close to serving time, spoon the sauce over the desserts which are served in

individual dishes. You can also use dehydrated powdered dessert topping. Reconstitute it following the directions on the package. Then cover the topping, and refrigerate it until you are ready to use it.

### **DEHYDRATED APPLES**

Reconstitute dehydrated apples in boiling water. Add apples to water and bring to a boil. Stir the mixture once to moisten all apples thoroughly. Simmer apples for 10 to 15 minutes or until tender. Remove them from the heat, and use them in any recipe calling for prepared sliced apples.

### **CRISPS AND CRUNCHES**

Make crisps and crunches by arranging sliced fruits, such as apples, apricots, cherries, peaches, or pineapples on sheet pans. Sprinkle dry ingredients on the fruit to form a topping. Bake crisps and crunches until the topping is golden brown and the fruit is tender. Serve them either warm or chilled. You may also serve them with ice cream. Specific recipes are in TM 10-412.