



*Cheesecake Custard Parfait with Fresh Fruit*



Cheesecake Custard Parfait

I've had such good luck with the summer fruits I just couldn't resist getting more. This time they were even better, the raspberries and cherries were great and I have never seen such large white peaches - only 5 of them weighed over 4 pounds and they were sweet and juicy!



Giant White Peaches and cherries

Since Son is about to go back to college and of course I bought the industrial size package of cherries, I needed a way to use them fast. Not a surprise, cheesecake came up but to compromise (since we've had several cheesecakes in the very recent past) I decided on the parfait which is simple, no baking (or hot oven) and they just look beautiful. You can substitute any fruits you have for the peaches and cherries.

Ingredients:

- 1 pounds of fresh peeled diced peaches (2-3 medium or 1 giant)
- 2 cups of pitted and sliced cherries
- 2 tablespoons brown sugar
- 1 cup of half and half cream (you can use whole milk if you prefer)
- 5 tbsp. of sugar
- 4 egg yolks
- 2 1/2 tbsp. of cornstarch
- 6 ounces of cream cheese (just enough left for the cooks breakfast bagel)
- 1/4 cup lemon juice
- 1 tbsp. of almond or vanilla extract
- 1 cup(s) of heavy whipping cream
- 1 pound(s) of fresh fruit and cookies for garnish (I used peaches, cherries, raspberries and chocolate drizzled shortbread cookies from the store)

Procedure:

1. Place peaches, cherries and brown sugar in a small saucepan and cook over medium heat stirring occasionally until the fruit is soft and has released some of its juice – about 15 minutes. Cover with plastic and set aside in refrigerator.
2. In a small saucepan, bring 3/4 cup of the half and half and the sugar to a boil.
3. In the bowl of your mixer using the whip attachment, whisk the egg yolks, cornstarch and remaining half and half together.
4. With the mixer on its lowest speed, add the boiling milk in a very slow stream into the egg yolk mixture.
5. Return the mixture to the saucepan and whisking constantly, cook over low heat for about 2 minutes until it thickens.



Incorporating the cream cheese

6. Add the cream cheese and extract and whisk until smooth, about 1 minute. Cover the surface with plastic wrap and refrigerate for about 2 hours.



Cheesecake Custard ready to chill

7. When the custard is well chilled, whip the heavy whipping cream to soft peaks and then on the lowest speed, add the custard in small amounts until it is well mixed.



Custard and cooked fruit

8. Remove 1/2 of the mixture to a separate bowl. Add the cooked fruit to the remaining half, gently folding it into the custard/whipped cream mixture.
9. In serving glasses or cups, layer the custard and fruit custard with fresh peach slices, cherries or other fruits and garnish with a small cookie. This will make 6-8 parfaits depending on how much fruit and what size cups you use.



Cheesecake Custard Parfait with Fresh Fruits