



## Southern Belle Cherry "Yum-Yum" No-Bake Dessert + Creamy Frozen Cherry Lemonade

By Dylan Sabuco

**Prep Time** 25 / **Cook Time** 5 / **Serves** 4 - 6

### Shopping List

☐ FRESH AND FROZEN

☐ 4 C pitted frozen cherries

☐ 2 lemons

☐ DAIRY

☐ 2 T unsalted butter

☐ 2 1/2 C heavy whipping cream

☐ PANTRY

☐ 10 or more graham crackers

☐ 1 1/4 C granulated sugar

☐ 1 14-oz can sweetened condensed milk

☐ HAVE ON HAND

☐ 3 C water

### Fun-Da-Mentals Kitchen Skills

**crush:** to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

- ☐ Square baking dish (8 x 8 or 9 x 9)
- ☐ Medium mixing bowl (or large sealable plastic bag)
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Small pot or saucepan
- ☐ Wooden spoon
- ☐ Large mixing bowl + whisk (or jar + lid)
- ☐ Can opener
- ☐ Rubber spatula
- ☐ Blender (or pitcher + immersion blender)
- ☐ Liquid measuring cup
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)

## Ingredients

### Southern Belle Cherry "Yum-Yum" No-Bake Dessert

- ☐ 10 or more graham crackers **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free graham crackers or cookies)**
- ☐ 2 T unsalted butter **\*\*(for DAIRY ALLERGY sub 2 T coconut oil)\*\***
- ☐ 3/4 C granulated sugar, divided
- ☐ 2 C pitted frozen cherries
- ☐ 2 C heavy whipping cream **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free heavy whipping cream)\*\***

☐ 1 14-oz can sweetened condensed milk **\*\***(for DAIRY ALLERGY sub 1 C dairy-free/nut-free plain yogurt + 1 T granulated sugar)**\*\***

## Creamy Frozen Cherry Lemonade

☐ 2 C pitted frozen cherries

☐ 1/2 C heavy whipping cream **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free heavy whipping cream)**\*\***

☐ 3 C water

☐ 1/2 C granulated sugar

☐ 2 lemons, juiced

## Food Allergen Substitutions

### Southern Belle Cherry "Yum-Yum" No-Bake Dessert

**Gluten/Wheat:** Substitute gluten-free/nut-free graham crackers or cookies.

**Dairy:** For 2 T unsalted butter, substitute 2 T coconut oil. Substitute dairy-free/nut-free heavy whipping cream. For 1 14-oz can sweetened condensed milk, substitute 1 C dairy-free/nut-free plain yogurt + 1 T granulated sugar.

## Creamy Frozen Cherry Lemonade

**Dairy:** Substitute dairy-free/nut-free heavy whipping cream.

## Instructions

### Southern Belle Cherry "Yum-Yum" No-Bake Dessert

#### intro

Yum-yum is a delicious dessert, sometimes called an icebox (refrigerator) cake, made by layering fruits, cream, and graham cracker crumbles to form a super easy, no-bake dessert. One of the best parts about this dessert is that you can change the flavors to match your taste or the occasion. All you need are 15 minutes, 6 ingredients, and a big appetite, and you will have a new favorite dessert in no time!

#### crush + simmer

In a medium bowl or large sealed plastic bag, crush approximately **10 graham crackers** or more, **2 tablespoons butter**, and **1/3 cup sugar**. You need **2 cups of finely crumbled graham crackers**. Reserve for later. Into a small pot, pour **2 cups pitted cherries** and **1/2 cup sugar**. Turn the heat to medium and cook for 5 minutes, until the sugar is melted and simmering. Then remove from the heat to

cool. The cooler this mixture is, the easier your yum-yum will be to assemble.

### recipe tip

Your heavy whipping cream will turn into whipped cream a lot faster if you use a cold metal whisk and a cold metal bowl.

### scrumptious science

Creating the whipped cream requires friction. Friction is the resistant force that is present when two objects move across each other. In this instance, the cream will be whisked against the walls of the container. This friction causes the cream to become whipped cream. Friction can help to force air into the cream molecule, changing the fat structure of the cream. The fat, or lipid, molecule contains all sorts of fat, water, and a little air, protected by a barrier of triglycerides. When you whisk the cream, the triglyceride barrier breaks down, allowing the contained fat to clump together and appear thicker. You will notice the cream is becoming thicker but not yet whipped cream. Now that the triglyceride barrier is broken down, air can more freely integrate into the cream, and before you know it, the cream will be standing tall because it is full of air bubbles. Now put that cream into some Cherry Yum-Yum quickly before it deflates.

### whip + fold

In a large bowl, whisk **2 cups of heavy whipping cream** until stiff peaks form. You can also shake the cream in a jar with a lid until stiff peaks form. Once the cream is whipped to stiff peaks, fold in **1 can of sweetened condensed milk**. Reserve the mixture for the next step.

### measure + serve

Time to build our Yum-Yum! First, measure **2/3 cup of graham crackers crumbles** into the bottom of a square baking dish. Lightly press the crumbles into the bottom of the dish in a thin layer. Then, pour in a layer of the whipped cream mixture. Spread it out into a thin layer with a rubber spatula. Then, pour another thin layer of cherries over the cream. Repeat until all the ingredients are used up. Scoop out heaping scoops of the Cherry Yum-Yum onto each plate and dig in! Or, you can store it overnight in the refrigerator or freezer and then eat some for breakfast!

## Creamy Frozen Cherry Lemonade

### measure + blend

Into a blender (or pitcher for use with an immersion blender), measure **2 cups pitted frozen cherries**, **1/2 cup heavy whipping cream**, **3 cups water**, **1/2 cup sugar**, and the **juice of 2 lemons**. Blend until smooth.

### pour + cheers

Pour the drink into cups. Give a big CHEERS and enjoy your drink!

## Featured Ingredient: Cherry!

Hi! I'm Cherry!

"My name is a tree, a fruit, a wood, a color, and a female name! My skin is often a rich, dark red color, and when you bite into me, my flesh is the same color! You can eat around the pit in my center and spit it out (or remove it with your fingers). If you want to remove the pit first, pull out my stem and insert the narrow end of a chopstick (or similar tool) into the hole left by the stem. Then push the pit out through the other end, or use a cherry pitter if you have one!"

## History & Etymology

The cherry is a stone fruit or drupe. People have been eating cherries for thousands of years.

Archaeological evidence of wild (sweet) cherries has been found in Europe from the Early Bronze Age, about 2077 BCE. They were probably being domesticated and grown by 800 BCE.

Turkey produces the most sweet variety of cherries, followed by the United States. Russia is the largest producer of sour cherries. Washington, California, and Oregon grow the most sweet cherries in the US, and Michigan grows the most sour cherries.

The Rainier cherry was named for Mount Rainier in Washington State and was developed in 1952 at Washington State University by crossing a Bing cherry with a Van cherry.

Maraschino cherries are sweetened, preserved sour cherries originally made with Marasca cherries from the Dalmatia region on the Croatian coast. They were preserved with Maraschino liqueur made from cherries and their pits, stems, and leaves. However, the maraschino cherries we use now are made with Queen (Royal) Anne cherries soaked in a sweetened, non-alcoholic syrup with artificial red food coloring added and are really imitation maraschino cherries.

Ornamental cherry trees are grown for their beauty when they flower. They grow naturally in Japan and other countries. Large displays of cherry tree blossoms attract tourists in springtime to places in Japan, the US (especially Washington DC), and other countries.

Cherry trees produce a reddish-brown hardwood used to make furniture, cabinets, and musical instruments. You can also smoke meat using cherry wood chips.

The world record for cherry-pit spitting is over 93 feet! Brian Krause, part of the Krause family cherry-pit spitting dynasty, set the record at an annual contest in Eau Claire, Michigan, in 2004.

The cherry is the state fruit of Utah.

The English word "cherry" comes from the Old Northern French "cherise," from the Latin "cerasum," based on the Greek "kerasos."

## Anatomy

The average life for a cherry tree is 15 to 30 years, although black cherry trees can live up to 250 years.

However, the oldest cherry blossom tree in Japan, the "Jindai Zakura," is about 2,000 years old!

Cherry fruit grows on a flowering tree from the *Prunus* genus, which belongs to the Rosaceae (rose) family. The two main species used commercially are the sweet cherry (*Prunus avium*) and the sour cherry (*Prunus*

cerasus). There are over 1,000 varieties; however, we will highlight only four common ones:

Bings are sweet red cherries and dark red when ripe. They taste sweet with just a bit of tartness and are suitable for snacking, salads, ice cream, or baked goods.

Rainiers are sweet cherries that are yellow and reddish-pink. They are good in salads and for snacking.

Queen (Royal) Anne cherries are sweet and look like Rainiers but are more tart. They are often covered in chocolate for candies, used in baking, and to make modern maraschino cherries.

Montmorency cherries are sour cherries primarily grown in the state of Michigan. They are light red, tart, and can be used year-round because they are often canned, dried, or frozen. They are used in pies, cobblers, and, if dried, in trail mix or salads.

Fruit from the Black cherry tree (*Prunus serotina*) can be eaten raw, and the cherries are also added to baked goods, jelly, wine, and yogurt. They are sweet cherries and are dark red to almost black when ripe. In addition, black cherry wood is used in cabinet and furniture-making.

## How to Pick, Buy, & Eat

When picking cherries, make sure they are firm, plump, and shiny, with attached green stems. There should be no bruises, cracks, holes, or wrinkles. Bing cherries should be dark red and Rainier cherries bright yellow and red.

Store unwashed cherries immediately in a plastic bag in the refrigerator with their stems attached. Try to eat or cook them within seven days. Rinse in a colander before using, and then pat them dry with a kitchen or paper towel.

Cherry cake, pie, cobblers, crisps, and tarts are popular desserts. Cherries are also made into jelly or preserves, ice cream, milkshakes, syrups, and sauces to accompany grilled or roasted meat. Raw cherries are great for a snack, but they can also be sliced or chopped to add to salads.

Maraschino cherries are sour cherries soaked in sweet syrup. They are used to garnish ice cream, gelatin desserts, pudding, milkshakes, cocktails, and soft drinks (especially cherry sodas).

It takes about 80 cherries to make a homemade cherry pie!

## Nutrition

Cherries have a moderate amount of vitamin C and fiber, and sour cherries have about 50 percent more vitamin C than sweet cherries.

Some studies indicate that cherries, which have antioxidants, help repair damage to the cells of our bodies and aid our muscles in their recovery after a strenuous workout. They also may help prevent gout or ease its pain and can be used as a sleep aid.

Some of these purported health benefits require eating a lot of cherries, so it may be beneficial to drink a concentrated cherry juice instead.

As their names imply, sweet cherries contain more sugar than the sour varieties, but you would not want to eat the sour type raw.

A cherry pit is inedible, and the kernel inside it is toxic if ingested in large amounts.