



Heeman's Dessert Recipes

Strawberry-Lemon Cream Puffs

A tangy lemon filling chock-full of berry slices is tucked inside these tender puffs. "My husband is impressed with their great taste and appearance. I like how easy the puffs are to make," pens Janice Mitchell from Aurora, Colorado.

Yield: 10 servings.

1 cup	water	250 mL
¼ cup	butter (no substitutes)	50 mL
1 cup	all-purpose flour	250 mL
4	eggs	4

FILLING:

1 cup	sliced fresh strawberries	250 mL
1 cup	8 oz vanilla yogurt	250 mL
1 can	5 oz evaporated milk	
¼ cup	sugar	50 mL
1 ½ tbsp	cornstarch	23 mL
1 ½ tsp	lemon extract	7 mL
¼ tsp	butter flavouring	1 mL
½ tsp	confectioners' sugar	2 mL

Directions:

1. In a saucepan, bring water and butter to a boil. Add flour all at once, stirring until a smooth ball forms. Remove from the heat; let stand for 5 minutes.
2. Add eggs, one at a time, beating well after each addition. Continue beating until mixture is smooth. Drop by ¼ cupfuls 3 inches apart onto greased baking sheets.
3. Bake at 400° for 30 minutes or until golden brown. Remove to wire racks. Immediately split puffs open and remove tops; discard soft dough from inside. Set puffs and tops aside to cool.
4. For filling, combine sugar and cornstarch in a saucepan. Stir in milk and yogurt until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat.
5. Stir in lemon extract and butter flavouring. Cool.
6. Fold in strawberries. Refrigerate until serving.
7. Fill cream puffs; replace tops.
8. Dust with confectioner's sugar.

Heeman Greenhouses & Strawberry Farm

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Heeman's Dessert Recipes

Cool Strawberry Cream

"This fruity luscious dessert makes a wonderful ending to a special dinner," says Joyce Cooper of Mount Forest, Ontario. "When fresh strawberries are not available, I substitute two packages of the frozen unsweetened kind, thawed and drained."

Yield: 10 - 12 servings.

2 pkgs.(8 oz)	cream cheese, softened	250 g each
$\frac{3}{4}$ cup	sugar	175 mL
$\frac{1}{2}$ cup	sour cream	125 mL
3 cups	fresh strawberries, mashed	750 mL
1 cup	whipped topping	250 mL

Blueberry sauce:

1 pkg.	12 oz frozen unsweetened blueberries	375 g
$\frac{1}{3}$ cup	sugar	75 mL
$\frac{1}{4}$ cup	water	50 mL

Directions:

1. Line the bottom and sides of a 9-in. x 5-in. x 3-in, loaf pan with a double layer of heavy-duty foil; set aside.
2. In a mixing bowl, beat the cream cheese, sugar and sour cream until light. Fold in strawberries and whipped topping.
3. Pour into prepared pan. Cover and freeze for several hours or overnight.
4. In a saucepan, bring the blueberries, sugar and water to a boil; cook and stir for 3 minutes. Cool slightly.
5. Transfer to a blender; cover and puree until smooth. Cover and refrigerate.
6. Remove strawberry cream from the freezer 15-20 minutes before serving. Use foil to lift out of pan; remove foil.
7. Cut into slices with a serrated knife.
8. Serve with blueberry sauce.

Berry Special Whipped Cream

Enjoy the flavour of berries delicately blended with real Whipping Cream.

Easy to make: whip up a small carton of real Whipping Cream. As it thickens, whip in about 4 – 6 spoonfuls of room temperature strawberry or raspberry jam. Continue whipping until soft peaks form.

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Heeman's Dessert Recipes

Heeman Sundae Sauce Recipe

(Heeman's)

This is truly one of our most requested and enjoyed recipes. It is a simple "year round" favourite for our family and we are sure it will be for yours.

Ingredients:

10 cups	finely chopped or crushed strawberries or raspberries (do not purée)	Yield: 11 cups 2 L
1 ½ cups	granulated sugar	375 ml
1 pkg.	Garden Fare Freezer Jam Gelling Powder (available at Heeman's)	1 pkg.

Directions:

1. Stir sugar into fruit in a large bowl, let stand 15 minutes
 2. Sprinkle Gelling Powder into fruit mixture slowly while stirring, let stand 5 minutes.
 3. Stir again for 1 minute; pour into sterilized containers with tight seals and freeze. (Reusable plastic tubs work well - leave 1" of space to expand when frozen)
- Will store for up to 1 year in the freezer or 2 weeks in the refrigerator.
 - A great way to freeze your berries when you are tight on space; one that can be pulled out quickly and easily for many uses. Remember to freeze in portions suitable for a variety of purposes.
 - Great in milkshakes, as waffle, crepe or pancake topping, for banana splits and daiquiri's, parfaits, great filling for fruit tarts, a great change from cherry sauce in your black forest cake and much more. Just use your imagination.

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Heeman's Dessert Recipes

Heeman's Shortcake

2 cups	flour	500 mL
3 tbsp	baking powder	45 mL
1/2 tsp	salt	2 mL
3/4 cup	sugar	200 mL
1	egg	1
2 tbsp	margarine, melted	45 mL
1 cup	milk	250 mL

Directions:

1. Preheat oven to 325 degrees F (160 C). Prepare an 8x8-inch (20x20 cm) square pan with nonstick cooking spray.
2. In a bowl, sift together flour, baking powder, salt and sugar.
3. Add egg, margarine, and milk; mix well.
4. Bake for 25-30 minutes or until light brown.
5. Remove from oven; cool.

Billy's Famous Fresh Strawberry Pie

Makes: 1 pie

2 quarts	fresh Heeman strawberries	500 mL
1	10 inch cooked pie shell	1

Glaze:

1 cup	crushed berries	250 mL
1 cup	sugar	250 mL
3 tbsp	cornstarch	45 mL
1/2 cup	water	125 mL
1 tbsp	butter	15 mL
1 tbsp	lemon juice	15 mL

Directions:

1. Mix crushed berries, sugar, cornstarch and water in a saucepan. Cook over medium to high heat, stirring constantly until the mixture boils.
2. Add the butter and lemon juice.
3. Put remainder of the strawberries into the bottom of the cooked pie shell. Reserve some for garnish.
4. Pour cooked glaze evenly over the whole berries in the cooked pie shell.
5. Let stand to cool (we refrigerate ours, until we need to top the pie).
6. Top the pie with fresh whipped cream or a good topping, then garnish with the berries that remain.

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Heeman's Dessert Recipes

Summer Fruit Trifle

A perfect finale for a hot summer's day. If you prefer, use 2 cups (500 mL) of your favourite custard recipe.

Yield: 6 to 8 servings

¼ cup	orange marmalade	50 mL
¼ cup	orange juice	50 mL
12 to 16	ladyfingers, cut in half	12 to 16
2 cups	sliced strawberries or raspberries	500 mL
2 cups	blueberries	500 mL
2	peaches, peeled and sliced	2
1 can	custard	425 g
¼ tsp	vanilla	1 mL
2 cups	Whipping Cream, divided	500 mL
2 tbsp	granulated sugar	30 mL
1 tbsp	sliced almonds, toasted	15 mL

Directions:

1. In a small saucepan, melt marmalade with juice over medium heat until dissolved. Let cool slightly.
2. Dip ladyfingers into orange mixture and arrange in two layers on the bottom of an 8-cup (2 L) trifle or glass bowl. Arrange remaining ladyfingers up the sides of the bowl; cut sides down.
3. Gently mix fruit together; arrange one-third of the fruit over the ladyfingers; set aside.
4. In a medium bowl, stir together custard, vanilla and any remaining orange mixture; set aside.
5. In a small bowl, beat ½ cup (125 mL) of the Whipping Cream until soft peaks form; fold into custard. Spread half of the custard over the fruit and repeat with another layer of fruit and remaining custard.
6. Beat remaining Whipping Cream with sugar until soft peaks form; spoon over custard. Top with remaining fruit and toasted almonds.
7. Chill for 3 hrs or overnight.

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Heeman's Dessert Recipes

Lemon Berry Flan

A light summer treat that looks fabulous requires no baking and is topped with your choice of fresh berries.

Yield: 8 servings

1 cup	strawberries or raspberries or a combination	250 mL
1 cup	Whipping Cream	250 mL
2	eggs	2
2	egg yolks	2
1/3 cup	granulated sugar	75 mL
1/2 cup	lemon juice	125 mL
2 tbsp	butter	30 mL
1 tsp	finely grated lemon peel	5 mL
1/2 tsp	unflavoured gelatin	2 mL
1	flan shell (store-bought)	1

Directions:

1. In the top of a double boiler whisk together eggs, egg yolks, sugar and lemon juice.
2. Set over simmering water; stir constantly until mixture thickens, about 5 to 6 mm. Remove from heat; add butter in pieces, stirring until butter melts. Stir in lemon peel. Place plastic wrap over the surface; refrigerate until cool.
3. While the lemon mixture cools, in a small saucepan, sprinkle gelatin over 2 tbsp (30 mL) water. Let stand for 5 mm or until softened. Over low heat, stir until gelatin is completely dissolved.
4. In a separate bowl, beat Whipping Cream until soft peaks form. Beat gelatin into lemon mixture. Fold in Cream.
5. Spoon Cream mixture into flan; refrigerate
6. Scatter berries over top and serve.

Fresh Ontario Raspberries Meringue Shells with Raspberry Sauce

Serves: 6

6	meringue shells	6
Sauce:		
1/2 cup	sugar	125 mL
1/2 cup	water	125 mL
2 tbsp	Grand Marnier	25 mL
2 cups	fresh Ontario Raspberries	500 mL

Directions:

1. In a small saucepan, bring sugar and water to a boil, let cool.
2. Add remaining ingredients let stand 2 min.
3. Drain raspberries, spoon 75 mL (1/3 cup) into each shell.

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Heeman's Dessert Recipes

Ontario Berry Charlotte

Serves: 8

2 cups	strawberries or raspberries	500 mL
1 cup	whole berries	250 mL
24	lady fingers	24
1	envelope gelatin	1
¼ cup	cold water	50 mL
1 tbsp	lemon juice	15 mL
1 cup	plain low-fat yogurt	250 mL
2	egg whites	2
½ cup	icing sugar	125 mL

1. Line a loaf pan on bottom and sides with lady fingers.
 2. Soften gelatin in water, then place over hot water to dissolve.
 3. Blend 500 mL (2 cups) berries for 1 mm, strain into large bowl
 4. Fold in gelatin lemon juice and yogurt.
 5. Beat 2 egg whites until foamy, add sugar slowly, whip until stiff peaks formed.
 6. Fold egg whites into berry mixture, then spoon over lady fingers.
 7. Crumble any remaining lady fingers on top. Cover and refrigerate 4 hours.
- To serve: Invert Charlotte on an oblong platter, garnish with remaining berries and icing sugar.

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Heeman's Dessert Recipes

Strawberries with Lemon Cream in Phyllo Pastry Cups

(Chatelaine)

SUPERB WITH STRAWBERRIES, this dessert, adapted from my book to serve eight for this menu, can show off other fruit, too. I often use seasonal treats such as blueberries and mango and even a combination of berries.

Makes 8 servings, 2 tarts each.

6 Sheets	phyllo pastry	6
2 tbsp	Butter, melted	25 mL
1 Tub	light spreadable cream cheese	250 g
½ cup	1% or 2 % plain yogurt	140 mL
¼ cup	Granulated sugar	55 g
2 tsp	Finely grated lemon rind	10 mL
4 cups	Sliced strawberries	1 L
1 tbsp	Icing sugar	15 mL

Directions:

1. Place 1 sheet of the phyllo on work surface, keeping remainder covered with damp cloth to prevent phyllo from drying out. Brush with 1 tsp (5 mL) of the butter. Layer with second and third sheets, brushing each with butter.
2. Cut layered phyllo in half lengthwise; cut each half crosswise into 4 even pieces.
3. With scissors, round off corners; gently mould into muffin cups. Repeat with remaining phyllo to make 16 cups.
4. Bake in 400 F (200 C) oven for 5 minutes or until golden. (Phyllo cups can be stored in airtight container at room temperature for up to 1 week.)
5. In small bowl, blend together cream cheese, yogurt, sugar and lemon rind. (Filling can be covered and refrigerated for up to 1 day)
6. Divide filling among phyllo cups. Spoon strawberries over filling; sift icing sugar over top.

PER SERVING:

about 205 cal 5 g protein 10g total fat (5 g sat. fat)
25 g carb 2 g fibre 25 mg chol 48mg sodium,

% Recommended Daily Intake:

4% calcium 6% iron 6% vitamin A 72% vitamin C
10% folate

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Heeman's Dessert Recipes

Creamy Berry Mousse

Serves: 6

8 oz pkg.	Cream Cheese, room temp.	250 g
1/3 cup	Sugar	75 mL
2 tbsp.	Lemon juice	30 mL
1 cup	Dairy sour cream	250 mL
1/2 cup	Cold water	125 mL
1 1/4 oz.	Envelope unflavoured Gelatin	7g
2 cups	fresh Heeman strawberries or raspberries	500 mL

Directions:

1. Clean fruit. In a medium bowl, combine cream cheese and sugar; beat until light and fluffy.
2. Add lemon juice and sour cream; beat until barely blended. Pour water into a small saucepan.
3. Sprinkle gelatin over top; let stand 5 minutes.
4. Stir over low heat until gelatin is dissolved. Cool slightly.
5. Gradually stir cooled gelatin into cheese mixture until thoroughly blended. Refrigerate 20 minutes.
6. Gently fold 2/3 of the berries into cheese mixture.
7. Spoon mixture into 6 individual dessert bowls. Refrigerate 2 to 3 hours.
8. Decorate with remaining berries prior to serving.

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Heeman's Dessert Recipes

Berry Cheesecake

An elegant dessert to complete a perfect summer meal.

Serves: 8

2 cups	fresh Heeman Strawberries or Raspberries	500 mL
18	crushed Zwieback crackers	18
¼ cup	butter, melted	50 mL
1 tbsp	sugar	15 mL
16 oz.	light cream cheese	500 g
½ cup	sugar	125 mL
2	egg yolks	2
1 tsp	grated orange peel	5 mL
1 tbsp	lemon juice	15 mL
2	stiffly beaten egg whites	2
1 cup	sour cream	250 mL
2 tbsp	sugar	25 mL
1 tsp	vanilla extract	5 mL

Directions:

1. Lightly grease a 22.5 cm (9 inch) round, microwave-safe baking dish.
2. In a small bowl, combine first three ingredients; press into bottom of baking dish. Microwave on HIGH, uncovered, 2 min. Set aside.
3. In a large mixing bowl, beat cream cheese and 125 mL (1/2 cup) sugar together until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Beat in orange peel and juice. Fold in stiffly beaten egg whites.
4. Pour into prepared baking dish; smooth with a spatula. Microwave on HIGH 6 min.
5. In a small bowl, combine sour cream, remaining sugar and vanilla until well blended. Carefully spread over top of cheesecake. Microwave on HIGH 1 min.
6. Arrange berries on top of cheesecake as desired and chill several hours before serving.

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Heeman's Dessert Recipes

Heavenly Strawberry Tarts

Yield: 6 servings

4 oz.	cream cheese, softened	125 g
¼ cup	sugar	50 mL
2 ¼ tsp	milk	12 mL
1 ½ tsp	sour cream	7 mL
½ tsp	vanilla extract	2 mL
1 pkg.	(6 count) individual graham cracker tart shells	1
1 ½ cups	sliced unsweetened strawberries	375 mL
1 cup	strawberry glaze	250 mL

Directions:

1. In a small mixing bowl, beat the cream cheese, sugar, milk, sour cream and vanilla. Spoon into crusts.
2. Combine the strawberries and glaze; spoon over cream cheese.
3. Refrigerate until serving.

Ontario Berries Juliet Adults Dream of Berries & Cream *78 calories per serving*

Serves: 4

2 ½ cups	fresh Heeman Strawberries or Raspberries, chilled (crush 1 ¼ cups (50 mL)); halve remaining berries	625 mL
⅓ cup	frozen whipped dessert topping (<i>thawed</i>)	75 mL
⅓ cup	plain yogurt	75 mL
1 tbsp	sugar	15 mL

Directions:

1. Spoon halved berries into hollow of sherbet glasses.
2. Combine crushed berries with remaining ingredients Spoon over sliced berries.

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Heeman's Dessert Recipes

Melon Berry Parfait

A delicious dessert with only 80 calories per serving

Serves: 6

2 ½ cups	fresh Ontario Strawberries or Raspberries	625 mL
1 tbsp	sugar	15 mL
1	ripe banana, mashed	1
1 ½ cup	plain yogurt	125 mL
2 tsp	sugar	10 mL
	dash ground cinnamon	
2 cups	fresh melon, diced	500 mL

Directions:

- Reserve 6-12 berries; quarter or halve remaining berries (leave raspberries whole); sprinkle with sugar.
- Blend together next four ingredients. Arrange melon in hollow of 6 parfait glasses; spoon half yogurt mixture over melon; top with sweetened berries. Spoon remaining yogurt over berries.
- Garnish with whole fruit.

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Heeman's Dessert Recipes

Strawberries 'N Cream Dessert

(Eagle Brand)

Want something for that special summer party? It's easy with this classic trifle bursting of fresh strawberries.

Serves: 10-12

1 can	Regular or Low Fat Eagle Brand	300 mL
1 ½ cups	cold water	375 mL
1 pkg.	vanilla instant pudding mix	102 g/4 serving
2 cups	whipping cream, whipped	500 ml
1 pkg.	frozen pound cake (thawed & cubed)	298 g
4 cups	fresh strawberries, cleaned, hulled and sliced	1 L
½ cup	strawberry jam	125 mL
	Additional strawberries for garnish	
	Slivered toasted almonds	

Directions:

1. Combine *Eagle Brand* and water. Add pudding mix; beat well. Chill until thickened, about 20 minutes. Fold in whipped cream.
2. Spoon 2 cups (500 mL) of the pudding mixture into a 4 quart/4 L glass serving bowl.
3. Top with half the cake cubes, half the strawberries, half the jam and half the remaining pudding mixture.
4. Repeat Step 3, ending with pudding mixture.
5. Chill at least 4 hours. Garnish with additional strawberries and almonds. Cover leftovers; refrigerate.

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