

Perfect Parfait

Inspired by *The Fabulous Fannie Farmer* by Emma Bland Smith

Goal: Give precise directions for making a yogurt parfait, a dessert with repeating layers like yogurt, granola, fruit, yogurt, granola, fruit...

You will need:

- Paper and pencil, or something to write with
- Parfait ingredients which might include: yogurt, granola, nuts, fresh or dried fruit, honey, chocolate chips, shredded coconut, whipped cream
- Kitchen measuring tools
- Spoons and clear serving glasses
- A cookbook or several recipes



What to do:

- Look at different recipes. Notice how recipes are written. Can you find an ingredients list? Directions that tell you what to do? What else do you notice?
- Decide how you will build your parfait. What will you place in the glass first? Second? Third? Gather your glass and ingredients and build your parfait. Measure the ingredients as you go. Keep track of what you use.
- Create your own parfait recipe with precise directions that tell how you prepared the ingredients, how much you used, and the steps you followed.

To Think About:

- What do you think makes a recipe successful?