

2020 ICA CATIE AWARDS SUBMISSION

Best Dessert



Popsicles for Grown-Ups!



Cherry Beet
Ombre

White Chocolate
Cherry

Watermelon
Jalapeño

Honey Yogurt,
Fig & Chevre

Strawberry
Grapefruit

SYNOPSIS

Nothing beats an icy-cold popsicle when the summer sun is blazing at al-fresco events. For most people, popsicles are loaded with great associations of nostalgic outdoor fun. However, traditionally popsicles were also loaded with artificial flavors and colors. Well, not any more! We've elevated this frozen treat into our all-natural house-made gourmet popsicles.

They are chock full of unique and unexpected natural flavors, varied textures, and rich colors. As frozen works of art, they hold their own at any style event. They are sure to delight the senses of sophisticated grown-up foodies, as well as actual children.

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CONCEPT

Creating innovative and unique menu items for our guests is always top of mind for us. Early in 2019 we created a hugely successful station with aerialists pouring Prosecco over strawberry/grapefruit popsicles in a brandy snifter. That's when we caught popsicle fever and started developing recipes for spring, summer and fall.

Our Pop Art popsicles impress everyone with their vibrant flavors (from spicy hot to cool and creamy), saturated colors (cue the instagrammers), and surprising textures (crispy, crunchy, chewy and smooth). The sophisticated adult flavors are perfect for a variety of events.

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OBJECTIVES

We had several objectives in mind as we developed our artisan popsicles:

- First the presentation had to be versatile. These can be set up at a station, or they can be butler-passed.
- Second, the flavors should have a modern twist, and be adaptable for any season. For example...we created bright and tangy—strawberry grapefruit; savory—yogurt, fig, chevre; and creamy sweet—white chocolate cherry.
- Third, they had to look amazing. We used colorful and textural ingredients to take these popsicles to a whole new level of artsy deliciousness.

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PRESENTATION

When a passed dessert is the best option, as it was for the “All American Picnic” we catered at a mountain ranch, we built a popsicle tray to nestle in one of our “hawker trays”. The inner tray kept the popsicles lined up with the sticks up as the server passed the popsicles. The server could describe in detail each of the unique (and unusual looking) popsicles, and guests could make a very educated choice about which flavor to try first.

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PRODUCTION DETAILS

Dry ice is the magic that makes popsicles work at events. We put 5-10 lbs of dry ice in a cold taker. Usually one or two big pieces in the bottom and then a few smaller pieces scattered through the hotel pans. Then we lined out the popsicles in 2" hotel pans and held them in the cold takers. They would last 12-20 hours stored this way before they would start to melt. Once they are taken off the ice they remain well frozen for at least 20 minutes. This helps with the serving factor.

When we serve them as a passed dessert, we place them in a hawkery tray where we have put down a layer of ice with little pieces of dry ice scattered throughout. This really adds to the aesthetic of the tray as well as prolongs the time in which you can serve them.

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CHALLENGES AND HOW THEY WERE OVERCOME

The concept of turning popsicles on their heads a little led us in the direction of savory/sweet flavor combinations. A challenge we faced in developing the recipes was that flavors that are usually quite potent and strong become rather muted and dull when frozen. So we developed combinations with very, very bright flavors. Most people really love fudgesicles and creamsicles versus fruit-juice popsicles. This prompted us to experiment with a cherry and white chocolate ganache recipe. The ganache gave our popsicle the texture of a fudgesicle. Fudgesicles are traditionally made with a cream added to the base flavor and then combined.

When the ganache worked out so well we got to thinking of more dairy products we could use. Cheese seemed like cool idea. So we tried fig and chevre. When we made this the first time we used a fig puree and mixed it together with the chevre. When frozen it looked like a seeded brown mess. So we decided to try making a layered popsicle. We decided on a honey yogurt bottom layer, the fig puree for the middle, and then a chevre layer on top. This made for quite a lovely eating popsicle. Unique and beautiful, but not so overwhelmingly cheesy that people would get tired of the flavor half way through the popsicle.

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RECIPES

Honey Yogurt, Fig & Chevre Popsicle

Ingredients

1 cup fresh figs - about 8 figs
6 tbsp honey (divided)
1 tsp fresh rosemary
1 tbsp brown sugar
1/4 cup water-as needed
3 oz goat cheese (divided)
2 cups plain Greek yogurt (divided)
popsicle mold
popsicle sticks

Directions

In a medium bowl mix 1 oz goat cheese, 1 3/4 cups yogurt, and 3 tbsp of honey. Mix until combined. Pour 1/3 of a cup per popsicle of the yogurt mixture into your mold. Place in freezer.

Chop figs in quarters and place on baking sheet. Drizzle with 2 tbsp of honey and sprinkle fresh rosemary and brown sugar. Bake at 350 for about 7-9 minutes just until sugar starts to caramelize. Take figs and all syrup from the pan and place them into food processor. Blend figs until smooth - some chunks are fine, add water as needed to get a smooth consistency. Take popsicles from the freezer and add about 1/4 cup per popsicle of the fig mixture to the top of the yogurt mixture. Place back in freezer.

In a separate bowl, mix 2 oz goat cheese, 1/4 cup yogurt and 1 tbsp honey and mix until combined. Remove popsicles from the freezer, and top with the goat cheese mixture - about 1 tbsp per popsicle. Place popsicles sticks into the popsicles and place them back in the freezer overnight.

Use a warm water bath to remove popsicles from the mold. Place popsicles in warm water to melt the sides then gently wiggle the popsicle stick to remove from the mold. Do not pull or wiggle too vigorously.

White Chocolate Cherry Popsicle

Ingredients

1 3/4 cups cherries
3/4 cup of half and half
1/4 cup high quality white chocolate

For Dip

1/2 cup high quality white chocolate
1/2 cup crushed pistachios

6 popsicle sticks
1 popsicle mold

Directions

Remove pit and stem from cherries. Blend well until smooth. A few chunks are fine.

In a 1-quart pan over medium heat, scald half and half. Remove from heat and stir in white chocolate. Add to cherries and mix until combined. Pour into molds. Freeze for about 30 minutes and then add popsicle sticks. This allows popsicle to set and hold the stick in place. Put back in the freezer until frozen all the way through- 3-5 hours. To remove popsicles, take a bowl of warm water and rest the mold in the bowl for 5 seconds and then slide popsicles out. If they don't slide out easily with minor wiggling, put back in the water for another 5 seconds. Do not just pull from the stick.

Once popsicles are removed from molds place on parchment paper and back in the freezer for 10-15 minutes. While the popsicles rest in the freezer, in a microwave safe bowl, heat the 1/2 cup white chocolate and microwave for 1 minute. Remove from microwave and stir. If not completely melted place back in the microwave for 20 seconds, remove, and stir. Continue that process until the chocolate is completely smooth. Place crushed pistachios in a bowl. Remove popsicles from freezer one at a time. Dip top corner in white chocolate and then in the crushed pistachios. Place on parchment and put back in the freezer. Continue with remaining popsicles.

RECIPES

Cherry Beet Ombre Popsicle

Ingredients

1 $\frac{3}{4}$ cups cherries
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ tsp balsamic vinegar
Pinch of pepper
1/2 pound of beets, juiced (1/2 cup of beet juice)
2 tbsps sugar

Directions

Combine beet juice, vinegar, water, sugar, and pepper together. Mix until combined. Pour cherry mixture into molds about two-thirds of the way full. Put into the freezer for about 15-20 minutes, pull out and pour beet juice into the tops of the molds. Using your popsicle stick, distribute the beet juice into the cherry mixture just enough to give it that ombre coloring. Don't stir the cherry but gently disrupt some of it so the beet juice can permeate the top layer. Place back in the freezer until frozen all the way through (3-5 hours)

Strawberry Grapefruit Popsicle

Ingredients

3 cups strawberries
2 grapefruits

Directions

Juice grapefruits. Remove stems from strawberries, place strawberries and grapefruit juice in blenders and blend until smooth. Pour into popsicle molds, add sticks freeze overnight.



Watermelon Jalapeño Popsicle

Ingredients

3 cups seedless watermelon
2 jalapeños

Directions

Slice jalapeños in half and remove seeds. Place jalapeños skin side up on baking sheet, put in broiler for 3-4 minutes until the skins have charred and blistered. Remove from oven. Remove the charred skin by gently rubbing with a towel. Slice jalapeños and set aside

Place watermelon in a blender and blend until smooth. place 2 tbsps of your sliced jalapeños into your watermelon puree. Let rest for 30 min to an hour. This will make your watermelon a little spicy. You can punch up the roasted smoky flavor by adding a drop of liquid smoke. Pour watermelon into popsicle molds. add a few of your jalapeño slices to the popsicle for decorations. add popsicle sticks and freeze over night.

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