

Death with all the Trimmings

Book 5 of the Key West Food Critic Mysteries

Recipe

Decadent Key Lime Parfaits

BEEP! BEEP! BEEP! A calorie alert has been issued for this recipe. You should not go in with the idea that a Key Lime Parfait is a light dessert because of the citrus.

Also be forewarned that although key limes have a lovely flavor, they are small and a bit of a nuisance to juice. Be patient—it might take a pound of key limes to produce the juice you need.

- 5 whole graham crackers, crushed (about 1 cup)
- 2 tablespoons melted butter
- 1 tablespoon brown sugar
- 1 (14-ounce) can sweetened condensed milk
- 1/2 cup key lime juice
- Key lime zest

Preheat the oven to 350°F. Crush the graham crackers by sealing them in a ziplock bag and rolling them with a rolling pin. Mix the crumbs with the melted butter and brown sugar. Spread the mixture on a foil-covered baking sheet and bake for ten minutes or until golden. Let it cool, then break it into crumbs again.

Meanwhile, in a large bowl, whip the cream with the powdered sugar and vanilla until soft peaks form. Set half of the cream mixture aside for the topping.

Mix the condensed milk with the lime juice. The citrus will cause the milk to thicken. Gently fold in one cup of the whipped cream.

Set out eight parfait or martini glasses. Reserve a couple tablespoons of the crumbs for topping. Layer some of the baked crumbs into each glass, then add some of the key lime mixture. Repeat. When you have distributed all the ingredients, top with dollops of whipped cream and sprinkle with reserved crumbs and some zested lime if you want a stronger citrus flavor.