

# Cheesecake Mousse Parfaits

Recipe By Janie Chazanoff



Cooking and Prep:  30  
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Serves:  6

Contains:   

Preference: Dairy

A delightful dairy dessert for a special occasion. Yield: 6 to 12 parfaits (depending on size)

Difficulty: Medium

Occasion: Chanukah

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami

Magazine

## Ingredients (13)

### Mousse

- 8 ounces brick-style cream cheese (not whipped), at room temperature
- 1/2 cup confectioner's sugar
- 2 teaspoons Gefen Vanilla Extract
- 3/4 teaspoon orange zest
- 1 cup heavy cream

1 packet graham crackers, crushed

1/2 teaspoon cinnamon

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## Caramel Sauce

3/4 cup sugar

1/3 cup water

1/3 cup heavy cream

6 tablespoons butter, cubed

1 teaspoon Gefen Vanilla

pinch Tuscanini Sea Salt or kosher salt

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## Start Cooking

### Prepare the Mousse

1. In the bowl of an electric mixer, combine cream cheese, sugar, vanilla, and zest. Beat until smooth and set aside.
2. Add cream to the bowl and beat until stiff peaks form. Fold into cream-cheese mousse.
3. Cover with plastic wrap and refrigerate until ready to assemble parfaits.

### Prepare the Caramel

1. In a small saucepan, combine sugar and water. Mix to combine, then place over medium-high heat. Do not mix again.
2. Cook, swirling the pot, until caramel is a light brown color. Remove from heat and slowly whisk in cream and vanilla. It will boil vigorously.
3. Return caramel to low heat and stir in butter. Keep stirring until butter melts and caramel is smooth and creamy. Remove from heat and stir in salt.

### To Assemble

1. Combine crushed graham crackers with cinnamon.
- 2.

Layer graham cracker crumbs, cream-cheese mousse, and caramel, and repeat.

## **Credits**

Photos by Dan Engongoro