

# How Will You Celebrate National Parfait Day?



Usually served in a specially styled glass, layers of fruit, yogurt or ice cream, and nuts, chocolate or even whipped cream are the ingredients on National Parfait Day on November 25.

**A French word that literally means perfect was originally used to describe a kind of frozen dessert beginning in 1894.**

In the United States, parfaits are served in the traditional French style by layering parfait cream, ice cream, gelato or pudding in a clear, tall glass topped with whipped cream, fruit or liqueurs.

The Northern United States expanded on the parfait and began to use yogurt layered with nuts or granola or fresh fruits which may be, but are not limited to, strawberries, blueberries, bananas or peaches. This idea spread quickly across all parts of the country, and the yogurt parfait gained popularity as a breakfast item.

Times have changed over the years, and now parfaits are made up of almost any dessert combination that works well put into layers in a tall, clear glass, ranging from crushed Oreo cookies and cheesecake with whipped cream to angle food cake pieces and lemon cream filling with whipped cream.

From **Foodimentary**:

**Here are today's five things to know about parfaits:**

Parfait is a French word that means perfect.



It is often served in a tall, clear glass and topped with whipped cream and fruit.



The oldest recipe with the name parfait comes from a French cookbook dated 1869.



The original parfait recipe was a frozen coffee-flavoured French ice dessert constructed in parfait-shaped (tall and thin) ice cream moulds.



French style parfait is served on decorated plates instead of tall, thin glassware.

