

FAST & FANCY MOUSSE MIX



Mousse, Smoothies, Pies, Frozen Desserts, Salads

Express yourself with ONE unique
mix for Creative Indulgences.



FIRST FOOD COMPANY

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214-637-0214 • 214-905-0605 Fax

FAST & FANCY MOUSSE MIX

RECIPE GUIDE

You can create an array of desserts and salads that are uniquely your signature Whips, Creams, Mousses or Bavarians with this one product.

FAST & FANCY is packaged in 3 sizes: 17oz. Pkg., 4.25lb. Pkg., and Sugar Free 15.2 oz.

** Recipe ingredients are standardized per package size*

Column 1

Use with
FAST & FANCY
17 oz. Pkg. **

Column 2

Use with
FAST & FANCY
4.25 lb. Pkg.

FAST & FANCY - Plain

Serving Size: 1/2 Cup

Ingredients	Servings			
	25	100		
FAST & FANCY	1 Pkg. (17 oz.) **	1 Pkg. (4.25 lb)	1.	Add Fast & Fancy to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	3 Qts.	2.	Whip at high speed 5 minutes.
			3.	Refrigerate at least 4 hours or overnight.

IT'S AS EASY AS 1 - 2 - 3

1. All liquids must be ICE COLD.

2. The TOTAL ice cold liquid amounts should not exceed:

3 Cups for the 17 oz. Package

3 Quarts for the 4.25 lb. Package

1/2 of these amounts MUST BE ICE COLD WATER.

You may use ice cold lemonade, juices, etc. for the other 1/2 for different flavors.

3. Just whip 5 minutes and refrigerate at least 4 hours.

FAST & FANCY can be whipped and refrigerated a day in advance.

**FOR WHIP TOPPING CONSISTENCY:
USE 4 CUPS ICE WATER.**

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

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FAST & FANCY FRUIT RECIPES

PARTY DIP (For Fresh Fruit Trays)

Ingredients	Yield 2 1/2 Qts.		
FAST & FANCY	1 Pkg. (17 oz) **	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Maraschino Cherry Juice	1 Qt.	2.	Whip at high speed 5 minutes.
Honey	2 Tbsp.	3.	Add remaining ingredients. Mix until well blended.
Poppy Seeds	1 Cup	4.	Refrigerate before serving.

STRAWBERRY-CREAM CHEESE SPREAD

Ingredients	Yield: 8 Cups		
FAST & FANCY	1 Pkg. (17 oz) **	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl.
Ice Cold Water	1 1/2 Cups	2.	Whip at high speed 5 minutes.
Strawberries, Sliced (Frozen, thawed)	1 1/2 Cup	3.	Add thawed strawberries (with juice). Whip at med/high speed 2 minutes.
Cream Cheese, softened	6 oz. (1/2 Cup)	4.	Cut cream cheese into small pieces; add slowly and continue whipping until all lumps disappear.

* Use as a specialty spread with breads and crackers for catering, buffets and afternoon tea.

CREAMY APPLE WALDORF

Serving Size: 1/2 Cup

Ingredients	Servings			
	35	140		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	1 1/2 Qts.	2.	Whip at high speed 5 minutes.
Pineapple Tidbits (drained)	2 Cups	2 Qts.	3.	Fold in remaining ingredients.
Red Apples - Cubed	2 1/2 Qts.	2 1/2 Gal.	4.	Portion. Refrigerate at least 4 hours before serving.
Celery - Diced	2 Cups	2 Qts.		
Nuts - Chopped (Optional)	1 Cup	4 Cups		

** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.

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FAST & FANCY PIE RECIPES

PEANUT BUTTER PIE

Ingredients	Yield			
	11 Cups	10 Qts.		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2 1/2 Qts.	2.	Whip at high speed 5 minutes.
Crunchy Peanut Butter	2 Cups	5 lbs.	3.	Add Peanut Butter and Whip at medium speed until well blended.
Pie Shell (9")	2	8	4.	Portion 5 cups per pie shell.
Graham Cracker		5.		Refrigerate at least 4 hours or overnight.

VARIATIONS:

- * Use creamy or crunchy peanut butter
- * Use Regular or Chocolate Graham Crust
- * Make Graham Cracker Crumb Crust in a sheet pan. Spread mixture over crust. Refrigerate and cut into squares.

JOHN AKERS, NEW PIONEER RESTAURANT, MARION, VA, ADDS 12 CHOPPED REESE S CUPS TO THE ABOVE. Yum!!!

FROZEN PEPPERMINT PIE

Ingredients	Yield			
	14 Cups	3 1/2 Gal.		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	3 Qts.	2.	Whip at high speed 5 minutes.
*Peppermint Candy (crushed)	8 oz.	2 lbs.	3.	Gradually fold in candy and food color. Mix until well blended.
Red Food Coloring	2-3 Drops	1/4 tsp.		
9" Chocolate Graham Shells	3	10	4.	Portion 4 1/2 cups per pie shell. Cracker Refrigerate or freeze before serving.
*Or Peppermint Extract to taste				Garnish with peppermint.

PUMPKIN PIE

Ingredients	Yield			
	15 Cups	3 1/2 Gal.		
FAST & FANCY	1 Pkg. (17oz.) **	1 Pkg. (4.25 lb.)	1.	Add Fast & Fancy and pie spice to ice cold water. Mix at low speed until moist. Scrape Bowl. Whip at high speed 5 minutes.
Pumpkin Pie Spice	2 Tbsp.	1/2 Cup		
Ice Cold Water	3 Cups	3 Qts.	2.	Whip at high speed 5 minutes.
Pumpkin Pie Filling*	3 Cups	1-#10 Can	3.	Add pumpkin and whip on med. speed 1-2 minutes or until well blended.
*May substitute pumpkin solids				
Pie Crust (9") Pre-baked	3	12	4.	Portion 5 cups per pie shell. Refrigerate at least 4 hours.

Try Gingersnaps for pie crust.

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

FAST & FANCY FRUIT RECIPES

FANTASY FRUIT

Serving Size: 1/2 Cup

Ingredients	Servings			
	35	130		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	1 1/2 Qts.	2.	Whip at high speed 5 minutes.
Cold Fruit Juice	1 1/2 Cups	1 1/2 Qts.	3.	Drain canned fruit and reserve juice amount specified in recipe.
* Fruit Cocktail	6 Cups	2 - #10 Cans	4.	Add juice to mix and continue (Drain and reserve juice) to whip on high speed 1 min. Fold in drained fruit.
			5.	Portion. Refrigerate 4 hours or overnight.

RECIPE VARIATIONS

Prepare recipe as shown. Fold in these additional ingredients:

	17 oz. Pkg. **	4.25lb. Pkg
I. <u>Ambrosia</u>		
Mini Marshmallows	2 Cups	2 Qts. (8 oz)
Coconut Flakes	1 Cup	3 Cups
Nuts-Chopped(Opt)	1 Cup	3 Cups
II. <u>Glorified Rice</u>		
Rice - Cooked	2 Cups	2 Qts.

Use any canned, fresh, or frozen fruit

* Note: Recipe standardized with canned fruit packed in lite juice. Fruits packed in heavy syrup will decrease total servings per recipe.

* Amounts of drained fruit may be increased as desired; DO NOT EXCEED LIQUID AMOUNTS.

ORANGE ZEPHYR

Serving Size: 1/2 Cup

Ingredients	Servings			
	24	96		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold juice and mix at low speed until moist. Scrape bowl sides.
Ice Cold Orange Juice	2 1/2 Cups	2 1/2 Qts.	2.	Whip at high speed 5 minutes.
Crushed Pineapple (drained)	1 1/2 Cups	1 1/2 Qts.	3.	Fold in drained pineapple and mix until blended.
Orange Food Color	2 drops	As Desired	4.	Add food color and nuts (opt.)
Nuts - Chopped (Optional)	1/4 Cup	1 Cup	5.	Portion. Refrigerate at least 4 hours or overnight.

VARIATION: Pour into Graham Cracker Crust (sheet pan) and cut into bars after chilling.

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

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FAST & FANCY PIE RECIPES

KEY LIME MOUSSE PIE

Ingredients	Yield		
	8 Cups	8 Qts.	
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1. Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides
Ice Cold Water	1 1/2 Cups	1 1/2 Qts.	2. Whip at high speed 5 minutes.
Limeade Concentrate, Whip Frozen (Thawed)	1 1/2 Cups (12oz.)	1 1/2 Qts.(48 oz)	3. Add Limeade concentrate. on med. speed until blended.
Food Coloring (Opt)	As Desired	As Desired	
Pie Shell (9") Graham Cracker	2	8	4. Portion 4 cups per pie shell. Refrigerate 4 hours or overnight.

* Garnish with Fresh Lime and Mint.

****Note:** Follow method of preparation as listed. Do not add Limeade Concentrate until after FAST & FANCY has been whipped with water for 5 minutes.

MARGARITA MOUSSE PIE

Ingredients	Yield		
	10 Cups	10 Qts.	
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1. Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 Cup (8 oz.)	2 Qts.	2. Whip at high speed 5 minutes.
Margarita Concentrate Frozen (Thawed)	2 Cups	1 Qt.	3. Add Margarita concentrate. Whip on med. speed until blended
Green Food Coloring	As Desired	As Desired	
Pie Shell (9") Graham Cracker	2	8	4. Portion 5 cups per pie shell. Refrigerate 4 hours or overnight.

VARIATIONS: * Use other frozen concentrate mixes to make Daiquiri Pies, Pina Colada Pies, etc.
* Liquid drink mixes can be substituted for frozen canned concentrates if chilled before adding.

****Note:** Follow method of preparation as listed. Do not add Margarita Concentrate until after FAST & FANCY has been whipped with water for 5 minutes.

LEMONADE MOUSSE PIE

Ingredients	Yield		
	10 Cups	10 Qts.	
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1. Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 Cup (8 oz.)	2 Qts.	2. Whip at high speed 5 minutes.
Ice Cold Lemonade Concentrate*	2 Cups	1 Qt.	3. Add Lemonade concentrate. Whip on med. speed until well blended.
Food Coloring	As Desired	As Desired	
Pie Shell (9") Graham Cracker	2	8	4. Portion 5 cups per pie shell. Refrigerate 4 hours or overnight.

* Use Frozen (thawed) canned lemonade concentrate, or make a concentrated lemonade with water and dry lemonade mix. Follow method of preparation as listed. Don't add Lemonade Concentrate until after FAST & FANCY has been whipped with water for 5 minutes.

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

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FAST & FANCY DESSERT BAR RECIPES

RUM RAISIN SQUARES

INGREDIENTS	Yield			
	16 Cups	4 Gallons		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	3 Qts.	2.	Whip at high speed 5 minutes.
Raisins	5 Cups (24oz)	5 Qts. (6 lbs)	3.	Plump raisins by soaking in water 10 minutes. Drain water.
Rum Extract	1 tsp.	1 Tbsp.	4.	Add raisins and rum extract. Blend well.
Graham Cracker Crumbs	2 Cups Makes: 1/2 Sheet pan	2 Qts. Makes: 2 Sheet pans	5.	Make graham cracker crust in sheet pan. Spread filling over crust. Refrigerate at least 4 hours or overnight.

FROZEN COOKIE SANDWICHES

Serving Size: 1 Cookie Sandwich

Ingredients	Servings			
	60	250		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	3 Qts.	2.	Whip at high speed 5 minutes.
Peanut Butter	3 Cups	5 lbs.	3.	Add Peanut Butter and whip on medium speed until well blended.
Chocolate Cookies	120	500	4.	Portion 1/4 cup mixture between 2 cookies. Pre-Baked (3"). Serve as is or Freeze..

VARIATIONS:

- * Chocolate Chip Cookies with chocolate filling.
- * Sugar Cookies with lemon filling.
- * Fruit Fillings.
- * Coffee & Cocoa for Cappuccino filling.

CREAMY CHERRY MOUSSE PIE

Ingredients	Yield			
	16 Cups	3 1/2 Gal.		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 Cups	2 Qts.	2.	Whip at high speed 5 minutes.
Cherry Pie Filling	6 Cups	1 - #10 Can	3.	Fold in pie filling and mix until well blended.
Pie Crust (9") Pre-Baked	3	10	4.	Portion 5 cups per pie shell. Refrigerate at least 4 hours.

VARIATIONS:

- * Substitute other fruit pie fillings such as blueberry, raspberry, etc.

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

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FAST & FANCY FROSTING RECIPES

VANILLA FROSTING

Ingredients	Yield			
	10 Cups	2 1/2 Gal.		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 1/2 Cups	2 1/2 Qts.	2.	Whip at high speed 5 minutes.
Vanilla Flavoring	2 Tbsp.	1/2 Cup	3.	Add remaining ingredients and blend..
(USE PEPPERMINT EXTRACT IN PLACE OF VANILLA FLAVORING FOR PEPPERMINT FROSTING)				4. Spread over cooled cake.

VARIATIONS (Yields may vary)

	17 oz. Pkg. **	4.25 lb. Pkg.
I. Chocolate Frosting (Semi-Sweet)		
Fast & Fancy	1 Pkg. **	1 Pkg
Ice Cold Water	2 1/2 Cups	2 1/2 Qts.
Vanilla Flavor	2 tsp.	2 Tbsp.
Cocoa Powder	1/4 Cup	1 Cup
(USE ICED COFFEE AS LIQUID FOR CAPPUCINO FROSTING)		

II. **Peanut Butter Frosting**

Fast & Fancy	1 Pkg. **	1 Pkg.
Ice Cold Water	2 Cups	2 1/2 Qts.
Peanut Butter	3 Cups	5 lbs.

Coconut Frosting

	17oz Pkg
Fast & Fancy	1 Pkg .
Ice Cold Water	3 cups
Almond Flavoring	1 Tbsp
Coconut Flakes	2 cups (6oz)

Strawberry Frosting

	17oz Pkg
Fast & Fancy	1 Pkg
Ice Cold Water	1 1/2 cups
Frozen Strawberries (Thawed with juice)	1 cup
Red Food Color	As desired

* **Note:** 1] Powdered sugar may be added to Frosting, if desired

2] Refrigerate frosting 4 hours and use with a pastry bag/tip for cake decorating.

Susan Pagliarulo's Family Treats

Fast & Fancy	1-17oz
Orange Juice	2 cups
Mandarin Oranges (drained)	4 cups
Pineapple Tidbits (drained)	2 cups
Coconut Flakers	1 cup

Mix Orange Juice and Fast & Fancy on low speed 1 minute. Scrape bowl. Mix on high speed 5 minutes. Fold in all fruit. Refrigerate 4 hours and serve on lettuce leaf or in a dessert cup or over unfrosted cake. YUM!!!!!!

Bobby L's Oreo Delight

Fast & Fancy	1-17oz
Ice Water	3 cups
Oreo Cookies	24
Reeses Pieces	1 cup
Chocolate Chips	1 cup
Mini Marshmallows	1 cup

Mix Water and Fast & Fancy on low speed 1 minute. Scrape bowl. Mix on high speed 5 minutes. Fold in all other ingredients. Refrigerate 4 hours and serve in dessert or parfait cup. Nuts optional.

APPLESAUCE FROST

Serving Size: 1/2 Cup

Ingredients	Servings			
	24	96		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	1 1/2 Qts.	2.	Whip at high speed 5 minutes.
Applesauce (undrained)	2 1/2 Cups	2 1/2 Qts.	3.	Add applesauce and mix on med. speed until blended.
Cinnamon	1 tsp.	1 Tbsp.	4.	Portion. Refrigerate 4 hours or overnight.

*** Use as a topping with spice cake; as a filling between oatmeal cookies; or a topping on hot oatmeal.**

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

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FAST & FANCY NON-DAIRY MOUSSE RECIPES

CHOCOLATE MOUSSE

Serving Size: 1/2 Cup

Ingredients	Servings			
	25	100		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 1/2 Cups	2 1/2 Qts.	2.	Whip at high speed 5 minutes.
Cocoa Powder	4 Tbsp.	1 Cup	3.	Add remaining ingredients and mix until well blended.
				4. Portion. Refrigerate at least 4 hours or overnight.

USE ICED COFFEE AS LIQUID FOR CAPPUCCINO MOUSSE)

overnight.

RECIPE VARIATIONS: (Yield may vary slightly)

	<u>17 oz. Pkg. **</u>	<u>4.25 lb. Pkg</u>
I. <u>CAPPUCINO Mocha Mousse</u>		
FAST & FANCY	1 Pkg. **	1 Pkg.
Ice Cold Water	1 1/2 Cup	1 1/2 Qt.
Ice Cold Coffee	1 Cup	1 Qt.
Cocoa	2 Tbsp.	1/2 Cup
II. <u>Chocolate Cherry Mousse</u>		
FAST & FANCY	1 Pkg. **	1 Pkg.
Ice Cold Water	2 Cups	2 Qts.
Cold Maraschino	1/2 Cup	2 Cups
Cherry Juice		
Cocoa Powder	4 Tbsp.	1 Cup

Add Kahlua, Tia Maria, Bailey's, or Amaretto for additional fun!!!!

STRAWBERRY MOUSSE

Serving Size: 1/2 Cup

Ingredients	Servings			
	20	80		
FAST & FANCY	1 Pkg. (17 oz) **	1 Pkg. (4.25lb)	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	1 1/2 Qts.	2.	Whip at high speed 5 minutes.
Strawberries, Frozen (Thawed)	1 1/2 Cups	1 1/2 Qts.	3.	Puree strawberries to liquid state. Add to mixture. Whip 1minute on med. speed.
Red Food Color	As Desired	As Desired	4.	Portion. Refrigerate at least 4 hours or overnight.

*** Substitute other fruits for variety of flavor: Raspberry, Blueberry, Apricots, Peaches, etc.**

MOUSSE - Sweetened/Flavored with Puddings

VARIATIONS: Chocolate, Butterscotch, Lemon, Banana, Coconut, etc.

I. Made with Dry Pudding Mix

	<u>17 oz. Pkg. **</u>	<u>4.25 lb. Pkg.</u>
Fast & Fancy	1 Pkg. **	1 Pkg.
Ice Cold Water	3 Cups	3 Qts.
Pudding Mix, Dry	1/2 Cup	1 Cup

Directions: Add Fast & Fancy to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides. Whip at high speed 5 minutes. Gradually add Dry Pudding Mix to whipped base. Whip on med/high until blended. Refrigerate.

II. Made with Prepared Pudding

Fast & Fancy	1 Pkg. **	1 Pkg.
Ice Cold Water	2 Cups	2 Qts.
Pudding, Prepared	3 Cups	3 Qts.

Directions: Add Fast & Fancy to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides. Whip at high speed 5 minutes. Add Prepared Pudding and mix at medium speed until blended. Refrigerate.

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

CHOCOLATE MINT MOUSSE PIE		Serving Size: 1/2 Cup
Ingredients	Yield: 25 1/2cups	
FAST & FANCY	1 Pkg (15.2 oz.)	1. Add FAST & FANCY cold water
and mix at		low speed until moist. Scrape
bowl sides		
Ice Cold Water	3 Cups	2. Whip at high speed 5 minutes.
Chocolate Mint Cookies (Crushed)	1 Pkg	3. Fold in crushed cookies
Pie Shell (9 inch)	2	4. Portion per pie shell.
CHOCOLATE Graham Cracker		Refrigerate 4 hours or overnight
<u>**Garnish with Chocolate Syrup**</u>		

NO BAKE PECAN PIE				
Ingredients		Yield: 15 Cups	3 1/2 Gal.	
FAST & FANCY	1 Pkg. (17 oz) **		1 Pkg. (4.25lb)	1.
Dark Corn Syrup	6 Tbsp.		1 Cup	
Water	3 Cups		3 Qts.	2.
Butterscotch Topping	2 Tbsp.		1/2 Cup	3.
Imitation Vanilla	1 Tsp.		2 1/2 Tsp.	
Crushed Pecans	3 Cups	6 Cups		
Pie Crust (9")	3		12	4.
Butter-Flavor Graham Crust				Portion 5 cups per pie shell. Refrigerate at least 4 hours.

PEACHES & CREAM PIE				
Ingredients		15 Cups	Yield	3 1/2 Gal.
FAST & FANCY	1 Pkg. (17 oz) **		1 Pkg. (4.25lb)	1.
Water	2 Cups		2 Qts.	2.
Peach Juice	1 Cup		1 Qts.	3.
Almond Extract	1/4 Tsp.		2 Tsp.	
Sliced Peaches	16 oz. can		4 - 16oz. cans	
Nilla Wafers (crushed)	1 1/2 Cups		5 Cups	
Pie Crust (9")	3		12	4.
Nilla Wafer Crust				Portion 5 cups per pie shell. Refrigerate at least 4 hours or overnight.
Garnish with sliced Peaches.				

FROZEN COOKIES & CREAM PIE				
Ingredients		16 Cups	Yield	3 1/2 Gal.
FAST & FANCY	1 Pkg. (17 oz) **		1 Pkg. (4.25lb)	1.
Ice Cold Water	3 Cups		3 Qts.	2.
Crushed Oreo Cookies	3 Cups		6 Cups	3.
Pie Crust (9")	3		10	4.
Pre-baked				Refrigerate at least 4 hours.

** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.

2010 RECIPES

ALAN'S FAVORITE FROSTING:

FAST & FANCY

1 Pkg (17oz)*

1 Pkg (4.25lb)

1. Add Fast & Fancy to ice water and mix at low speed 1 minute. Scrape bowl sides.

Softened Cream Cheese

2 8oz blocks

8 8oz blocks

2. Fold in softened cream cheese blocks and fudge topping.

Smuckers Fudge Topping (Use Sugar Free with SF Fast & Fancy)

Substitute any fruit pie filling for fudge (cherry, strawberry, blueberry) for even richer frosting.

ROCKY ROAD MOUSSE PIE

Ingredients

Yield 15 Cups

FAST & FANCY	1 Pkg. (17 oz) **	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Prepared Chocolate Pudding	5 Cups	2.	Whip at high speed 5 minutes.
Mini Marshmallows	2 Cups		
Chopped or Crushed Nuts	1 Cup	3.	Fold in pudding, marshmallows, nuts, chocolate. chips. Mix well.
Semi Sweet Real Chocolate Chips	1 Cup	4.	Spoon mix into pie shells. Refrigerate at least 4 hours or overnight.
PieShells (9") Prebaked	6		

ANGEL FRUIT DELIGHT Mr. William Bloss, Ft. Sam Houston, San Antonio, Texas

Ingredients

Yield 15 Cups

FAST & FANCY	17 oz. **	1.	Mix Fast & Fancy with 3 cups ice cold water. Blend Fruit Cocktail
5 Maraschino Cherries	11 oz.		low for 1 minute. Scrape bowl and blend on high for 5 minutes.
Pineapple Tidbits	8 oz.	2.	Using half of mixture fold in fruit cocktail, pineapple tidbits, and maraschino cherries.
Angel Food Cakes	6	3.	Cut off top of cake and hollow out. Fill with fruit mixture. Top cake and frost with remaining Fast & Fancy mixture

ORANGE & PINEAPPLE MOUSSE CLOUD

Ingredients

Yield 15 Cups

FAST & FANCY	17 oz. **	1.	Dissolve gelatin in boiling water. Combine water and ice cubes to make 1 cup.
cold Orange Gelatin	24 oz.	2.	Add to gelatin, stirring until ice is melted.
Mandarin Orange Sections	11oz.	3.	Let stand, stirring occasionally, until slightly thickened ,about 5 minutes.
Crushed Pineapple	11 oz.	4.	Fold approximately 3/4 of prepared Fast & Fancy into the gelatin. Pour gelatin mixture into a cobbler pan, filling about halfway.
		5.	Place a layer of the Fast & Fancy across the gelatin mixture and the cover with fruit. Top with remaining gelatin mixture. Refrigerate at least 4 hours or overnight.

*** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

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NEW FAST & FANCY RECIPES

JOHN'S PEANUT BUTTER RUSH • John Akers, New Pioneer, Marion, VA

17oz. FAST & FANCY
2 ½ C. ICE COLD WATER
1 C. PEANUT BUTTER
6 CHOPPED REESE'S CUPS

Mix 1 pkg Fast & Fancy with 2 ½ cups
Ice Cold Water for 5 minutes. Fold in
Peanut Butter and Chopped Reeses Cups.
REFRIGERATE 4 HOURS

ROBERTA'S CHOCOLATE ROMANCE MOUSSE

Ingredients	15 Cups		
FAST & FANCY	17oz. **	1.	Prepare Fast & Fancy per pkg directions with ice cold water.
Ice Cold Water	3 cups	2.	Fold in Pecans or Walnuts and Rice Crispies with spoon - not electric mixer.
Chopped Pecans or Walnuts	1 cup	3.	Serve in chocolate shells.
Rice Crispies	2 cups	4.	Refrigerate overnight.
Chocolate Shells		5.	Drizzle with chocolate syrup.
Chocolate Syrup			

CRAZY COCONUT PIE

Yield

Ingredients	15 Cups		
FAST & FANCY	1 Pkg. (17 oz.) **	1.	Add Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl.
Ice Cold Water	3 Cups	2.	Whip at high speed for 5 minutes.
Coconut Extract	2 Tbls.	3.	Toast Coconut
Toasted Coconut	2 Cups	4.	To the Fast & Fancy, add 1½ cups toasted coconut & 2 tbls. of coconut extract
(9") Graham Cracker	2 Shells	5.	Pour into 2 9" Graham Cracker Pie Shells and top with remaining coconut. Pie shell Refrigerate overnight.

CAPPUCINO MOUSEE PER JOHN LEONARD-PEAK SALES, PA

FAST & FANCY	17oz. **	1.	Mix Fast & Fancy with Ice cold strong coffee at low speed for 1 minute. Scrape bowl.
Ice Cold Strong Coffee	3 Cups	2.	Whip at high speed 5 minutes and fold in Vanilla & Cocoa while mixing.
Cocoa	2 Tbsp	3.	Refrigerate 4 hours.
Vanilla	1 Tbsp		

WATERGATE SALAD

Fast & Fancy	17oz	1.	Mix Fast & Fancy with ice cold water 1 minute at low speed. Scrape bowl. Mix at high speed 5 minutes.
Ice Cold Water	3 cups	2.	Mix Pudding (dry) with Crushed Pineapple (not drained).
Pistachio Pudding	3 oz Pkg	3.	Fold in Fast & Fancy Mixture, chopped pecans & marshmallows.
Crushed Pineapple	20 oz	4.	Refrigerate 4 hours.
Pecans (slightly chopped)	1 cup		
Mini Marshmallows	1 cup		

BREAKFAST PARFAIT

Layer prepared Fast & Fancy with sliced strawberries and granola for a delicious breakfast parfait!!!!
Top with fresh strawberry slices!

** 15.2OZ SUGAR FREE FAST & FANCY MAY BE SUBSTITUTED FOR 17OZ FAST & FANCY MOUSSE MIX.

First Food Company Dallas, Tx 800-527-1866 214-637-0214

FAST & FANCY SMOOTHIE RECIPES

Compliments of **The Daily Grind**
Watkinsville, GA

BLUSHING GEORGIA PEACH

Ingredients

FAST & FANCY (17oz**)	2-2½ oz.	1. Add all ingredients to blender. Mix until ice is gone.
Ice Cold Orange Juice	2-3 oz.	2. Service in tall ice cream soda glasses.
Strawberries	2-3	3. Top with dollop of topping & drizzle some
Peach Slices	7	Orange Juice on topping.
Ice	5 cups	

STRAWBERRY FROST

Ingredients

FAST & FANCY (17oz**)	2-2½ oz.	1. Add all ingredients to blender. Mix until ice is gone.
Strawberries	3-4	2. Service in tall ice cream soda glasses.
Strawberry Tarani Sauce or Flavored Syrup	1 oz.	3. Top with dollop of topping & drizzle some
Skim Milk	2-3 oz.	Strawberry flavoring on topping.
Ice	5 cups	

HAWAIIAN FROST

Ingredients

FAST & FANCY (17oz**)	2-2½ oz.	1. Add all ingredients to blender. Mix until ice is gone.
Hazelnut Coffee	4 oz.	2. Service in tall soda glasses.
Ice	5 cups	3. Top with dollop of whipped topping.

VANILLA CREAM SMOOTHIE

Ingredients

FAST & FANCY (17oz**)	2-2½ oz.	1. Add all ingredients to blender. Mix until ice is gone.
Vanilla Cream Syrup	1-1½ oz.	2. Service in tall ice cream soda glasses.
Skim Milk	2-3 oz.	3. Top with dollop of whipped topping & drizzle some
Ice	5 cups	Vanilla Cream Syrup over topping.

**** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.**

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Chocolate Sour Cream Cake with Peanut Butter Ganache by Chef Emma Gingras

**1st Place Winner in the National Peanut Festival Recipe Contest
1999 & 2000!!**

CHOCOLATE SOUR CREAM CAKE:

Ingredients

Cocoa	¼ cup	1.	In a small saucepan add cocoa to boiling water, stir or whisk until smooth. Cool.
Boiling Water	1 1/3 cup	2.	In large bowl or mixer, cream butter, sugar, eggs and vanilla at high speed until very light and fluffy (about 5 minutes).
Butter	1 cup	3.	Combine flour, soda and salt and add alternately with cocoa mixture and sour cream to creamed mixture, beginning and ending with the flour mixture. Beat just until batter is smooth.
Light Brown Sugar (packed)	3 cups	4.	Pour into well-greased and floured 9-inch cake pans. Bake at 350 degrees for 35 to 40 minutes or until toothpick inserted in center comes out clean.
Eggs	4	5.	Cool 10 minutes, remove from pans and cool completely, then frost.
Vanilla	1 tsp		
Unsifted Cake Flour	2 ¼ cups		
Baking Soda	3 tps		
Salt	1 tsp		
Sour Cream	1 ½ cup		

PEANUT BUTTER GANACHE FROSTING:

Ingredients

FAST & FANCY	17 oz.**	1.	Mix Fast & Fancy with 2 cups ice cold water and mix at low speed until moist. Scrape bowl.
Ice Cold Water	2 cups	2.	Whip at high speed 5 minutes.
Peanut Butter Chips	1 pkg. (24 oz.)	3.	In a small saucepan combine peanut butter chips and whipped FAST & FANCY. Heat over low heat until chips are melted and mixture is smooth and creamy, stirring constantly. Remove from heat and stir in butter. Refrigerate 30 to 45 minutes until cold, stirring occasionally.
Butter	4 Tbsp	4.	With wooden spoon or hand mixer, beat chilled mixture until thick and creamy and of desired spreading consistency. Frost cake.

** 15.2 oz. Sugar Free Fast & Fancy may be substituted for 17 oz. recipes.

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Chef Mark's Selections

Oreo Cookie Mocha Mousse

- 1 17 oz. Fast & Fancy Mousse Mix
- 12 Crushed Oreo Cookies (crushed)
- 3 C. Ice Cold Coffee
- 2 T. Cocoa

Make Fast & Fancy according to package directions using Ice cold coffee in place of water. After mixing for 5 minutes, fold in crushed Oreo Cookie and cocoa and mix for another minute. Refrigerate for 4 hours (or overnight).

Strawberry Kiwi Mousse

- 1 17 oz. Fast & Fancy Mouse Mix
- 3 Kiwis (peeled and diced fine)
- 15 Strawberries (sliced)
- 3 C. Ice Cold Water
- 1 T. Strawberry Extract

Prepare according to package directions. Fold in fruit & extract. Refrigerate at least 4 hours (or overnight)

Mandarin Orange Cremesickle Mousse

- 1 17 oz. Sugar Free Fast & Fancy Mousse Mix
- 2 ½ C. Ice Cold Water
- 3 tsp Orange Extract
- 3 C. Mandarin Oranges (drained and patted dry)

Prepare according to package directions. Fold in oranges and extract. Refrigerate at least 4 hours (or overnight).

Mark's Coconut Craze

- 1 17oz Fast & Fancy Mousse Mix
- 3 Cups Cold Milk
- 1 ½ tsp Coconut Extract
- ½ Cup Coconut Flakes (save 1 Tbsp.)

Prepare according to directions using cold milk in place of ice water. Fold in Coconut Extract and Coconut Flakes. Top with Coconut Flakes.

Chef Mark Dombroski, Executive Chef,

First Food Company Dallas, TX 800-527-1866 214-637-0214

From the test kitchen of our own **Kathy Jagers** Fruit & Nut Fantasies (3)

1. Prepare Fast & Fancy using 3 cups water. Fold in 6 cups Dried Fruit and Nut Mix. Refrigerate 2 hours.
2. Prepare Fast & Fancy using 3 cups Orange Juice. Add 6 cups of Dried Fruit and Nut Mix. Refrigerate 2 hours.
3. Layer prepared Fast & Fancy with dried Fruit and Nut Mix and Granola for breakfast. Kids love it!!!!

Daiquiri Delight

4 cups Lime Sherbet, softened
¼ tsp Lemon Juice
1 17oz Fast & Fancy Mousse Mix

Place Lime Sherbet in loaf pan lined with foil. Freeze sherbet 15 min. Prepare Fast & Fancy according to directions. Fold in Lemon Juice. Spread Fast & Fancy mixture over the sherbet and freeze 4 hours or overnight. Invert loaf pan onto plate and remove foil. Cut into 12 dessert slices. Garnish with lime slice.

Strawberry Extravaganza

Prepare 24oz Strawberry Gelatin according to directions. Prepare Fast & Fancy according to directions. Fold in Prepared Fast & Fancy to Gelatin mixture when gelatin has cooled. Refrigerate at least 4 hours. Garnish with fruit.

Grasshopper Pie

Prepare 1 pkg 24oz Pistachio Pudding. Prepare 1 pkg 17oz Fast & Fancy according to directions. Combine Pudding and Fast & Fancy with 1 square Semi-Sweet Chocolate chopped and 1/2 tsp. Peppermint extract. Fold into 9 inch pie plate of crushed Chocolate Wafers. Refrigerate at least 4 hours or overnight. Can be frozen. Garnish with chocolate water bits.

Easy Pie

Prepare any flavor or 24oz gelatin until slightly thickened. Prepare Fast & Fancy Mousse Mix according to directions. Fold in Fast & Fancy with whisk until blended. Refrigerate 30 minutes. Spoon into graham cracker crusts and refrigerate 4 hours of overnight. Garnish with dollop of Fast & Fancy.

Cookies & Fruit Pie or Tart

Prepare Fast & Fancy according to directions. Fold in broken Cookies. Pour into a graham cracker crust or prepared tart shell and top with strawberries and blueberries. Refrigerate at least 4 hours. Yum!!!

Try crushed gingersnaps for pie crust.

Fluffy Cheesecakes

Add prepared Fast & Fancy Mousse Mix to prepared First Food Cheesecake Mixes (use Sugar Free Fast & Fancy with First Food Sugar Free Cheesecake Mix). Refrigerate 4 hours.

Mousse Suggestions:

Add bananas for **Banana Split**. For **Mile High Mocha Mousse** add prepared chocolate pudding and instant coffee in a chocolate cookie crust. **Lemon Mousse** just add lemon extract or lemon juice. Add melons, strawberries, mandarin oranges for a **Summer Melon Mousse**. Add white chocolate, Grand Marnier, almonds and strawberries for **White Chocolate Mousse**. For **Brown Cow** just add cooked rice and chocolate chips. **Mango Mousse** requires mangos, Rum and mint leaves. For **Cannoli Mousse** just add grated orange rind, raisins, semi-sweet chocolate chips, walnuts, orange liqueur and berries.

CREATE SIGNATURE DESSERTS

Customize *Fast & Fancy* With A Wide Variety Of Fruits, Flavors, & Colors.

Dessert Specialties & Menu Applications

WHIPPED DESSERTS: Whip with any fruits & juice for a Non Dairy Refrigerated or Frozen dessert.

PIES AND TARTS: Portion Fast & Fancy into pastry or graham or pretzel pie crust, tart shells or sheet pan for dessert bars or frozen desserts. Use for topping on chilled pies.

FROSTINGS, ICINGS & CAKE DECORATING: Excellent icing on cakes, cupcakes, cookies. Custom tint for cake decorating. Use less water for a yummy pastry filling like almond croissants. Fill éclairs, tortes, cream puff shells, cannoli shells & chocolate cups.

SALAD BARS & "TOPPING" BARS: Add variety to self-serve Condiment bars. Yogurt Topping, Ice Cream Topping, Espresso Cafes. See recipes for uses of gelatin, pudding and fruits with Fast & Fancy on Salad Bars & Cafeterias.

CATERING & HOLIDAYS & SPECIAL EVENTS: Customize each Holiday with your Signature Dessert. Flavor with Daiquiri or Margarita Mixes, Liqueurs, Cordials and Holiday Candies. Prepare refrigerated and frozen salads and desserts utilizing seasonal products or just top one of your favorite recipes.

OVER-PRODUCED MENU ITEMS: Incorporate broken fruits, gelatins, puddings, cookie and cake crumbs, & pie fillings for delicious dessert or salad specialties.

COMMODITY PRODUCTS: Utilize those difficult to incorporate items into your menu, such as frozen or canned items, peanut butter, apple butter, fruits and juices, rice, pumpkin, cranberries, raisins, or use an extract and food color for the economy desserts.

Interesting additions when using *Fast & Fancy Mousse*

Chocolate Mousse, Strawberry Mousse or Sugar Free Fast & Fancy

Mangos

Toffee bits

Sprinkles

Kahlua

Lemon Juice

Brandy

Rum

Raspberries

Gummy Bears

Blueberries

Raspberry Sauce

White Chocolate

Amaretto

Bailey's

Coffee/Espresso

Chocolate Chips

Almond Extract for Croissants

Chocolate Sauce

Grand Marnier

Carmel for flan

Tia Maria

Please ask your *First Food Representative* for more ideas.

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