



## Pumpkin Mousse Parfaits with Balsamic-Glazed Pecans\*

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prep time:  
20 minutes\*\*

cook time:  
25 minutes

\*\*cool and chill  
time extra

makes 12 servings

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### grocery list

1 (29-oz.) can ShopRite 100%-pure  
pumpkin purée

**Lyle's Golden Syrup**

**Morton & Bassett Pure Vanilla Extract,  
Ground Cinnamon, Coriander, Nutmeg,  
and Cloves**

heavy cream

**Modenaceti Gold Balsamic Vinegar**

ShopRite butter and shelled pecan halves

\*Exclusive Chef Faith Alahverdian recipe.

## pumpkin mousse parfaits with balsamic-glazed pecans

Balsamic-Glazed Pecans (recipe follows)

1 (29-oz.) can ShopRite 100%-pure pumpkin purée

1/2 cup **Lyle's Golden Syrup**

1 tsp. **Morton & Bassett Pure Vanilla Extract**

1 1/2 tsp. **Morton & Bassett Ground Cinnamon**

1/2 tsp. **Morton & Bassett Ground Coriander**

1/4 tsp. **Morton & Bassett Ground Nutmeg**

Pinch **Morton & Bassett Ground Cloves**

2 cups heavy cream, well chilled

2 tbsp. **Lyle's Golden Syrup**

1. Prepare Balsamic-Glazed Pecans. Store until ready to serve.
2. Purée pumpkin with 1/2 cup of the syrup in food processor until combined. Transfer to large bowl. Stir in vanilla, cinnamon, coriander, nutmeg and cloves; mix well.
3. Whip heavy cream with remaining 2 tablespoons syrup in medium bowl until soft peaks form. Fold whipped cream mixture into pumpkin mixture.
4. Place in dessert or champagne glasses, or in hollowed-out baby pumpkins. Cover and chill at least 1 hour or up to 24 hours. Serve topped with Balsamic-Glazed Pecans.

## balsamic-glazed pecans

2 cups **Modenaceti Gold Balsamic Vinegar**

1/2 stick ShopRite butter

1 cup **Lyle's Golden Syrup**

3 (6-oz.) pkg. ShopRite shelled pecan halves

1. Preheat oven to 350°F. Line baking sheet with parchment paper.
2. Place vinegar, butter and syrup in heavy medium saucepan; bring to boiling. Insert candy thermometer in mixture and boil until thermometer registers 270°F, the soft crack stage. While still over medium heat stir in pecans. Cook 1 minute and remove from heat.
3. Spread pecan mixture on prepared baking sheet. Bake 3 to 5 minutes or until bubbly and mahogany in color.
4. Allow to cool; break into pieces. Store in tightly sealed container.

Per Serving: 349 calories, 24g carbohydrate, 3g protein, 29g fat, 3g fiber, 58mg cholesterol, 32mg sodium

## kitchen tools

liquid measuring cup

measuring spoons

baking sheet

parchment paper

heavy medium

saucepan

candy thermometer

heatproof spoon

food processor

large bowl

medium bowl

rubber spatula

whisk or electric

mixer

dessert glasses

## recipe note

Purèed fresh pumpkin also may be used.

## a good idea

These rich, candied pecans would be delicious on a salad.

