

Emerald Isle Dessert Cups

Coupes Dessert de l'Île d'Émeraude

Source: The Gilded Table – March Edition

Prep Time: 20 minutes

Chill / Freeze Time: 1 hour|

Total Time: About 1 hour 20 minutes

Yield: 8-10 dessert cups



Recipe Description

Inspired by a 1959 Better Homes & Gardens St. Patrick's Day menu, this vintage dessert has been lovingly revisited for Life in Bianca's Kitchen, celebrating the cheerful spirit of mid-century entertaining.

Ingredients

Mint Cream Filling

- 1 cup white cream mints
- $\frac{3}{4}$ cup milk
- Few drops green food coloring
- 1 cup whipped cream

Chocolate Cups

- 7 oz chocolate mint wafers
or 1 cup semisweet
chocolate chips
- 2 tablespoons shortening

Instructions

Make the Mint Cream

1. Combine the cream mints and milk in a saucepan.
2. Heat gently over low heat, stirring frequently, until the mints melt completely (about 15 minutes).
3. Cool to room temperature.
4. Stir in a few drops of green food coloring.
5. Fold in whipped cream.
6. Freeze until firm.



Make the Chocolate Cups

1. Melt chocolate wafers (or chips) with shortening over **hot, not boiling water** until smooth.
2. Place paper cupcake liners in a muffin tin.
3. Spoon melted chocolate into each liner and swirl it around to coat the inside.
4. Chill until firm.

Assemble

1. Remove paper liners from the chocolate shells.
2. Fill each cup with scoops of mint cream.
3. Garnish with a chocolate mint wafer if desired.

Vintage note:

- The original recipe suggests substituting peppermint, vanilla, chocolate, or coffee ice cream if you prefer a simpler version.