

A photograph of three scoops of vanilla parfait on a white plate. The background shows a blue book titled 'Dinner for Two' and a wooden surface with some papers and a stamp.

Vanilla Parfait

2 eggs, separated 3 tbsp sugar
1 cup whipping cream 2 tsp vanilla

Beat the egg whites until stiff. Whip the cream until stiff. Beat the egg yolks and sugar until pale and fluffy. Fold in the cream and then fold in the egg white. Freeze until firm, at least four hours.

Adapted from *Betty Crocker's New Dinner for Two Cook Book* (1964).