Recipe For Bahama Breeze Key Lime Pie

Recipe for Bahama Breeze Key Lime Pie - A tropical delight that captures the essence of the Bahamas, this key lime pie is a favorite among dessert lovers. Known for its vibrant tartness balanced by a creamy texture, this dessert is perfect for any occasion, whether it's a casual family dinner or a festive gathering. The recipe combines fresh key lime juice, sweetened condensed milk, and a buttery graham cracker crust, creating a dessert that is both refreshing and indulgent. In this article, we'll explore the history of key lime pie, the ingredients needed for the Bahama Breeze version, step-by-step instructions on how to make it, and tips to elevate your pie-making experience.

Understanding Key Lime Pie

Key lime pie has a rich history that dates back to the late 19th century. Originating in the Florida Keys, this dessert is traditionally made with small, yellow key limes that are sweeter and more aromatic than the common Persian limes.

The Origins of Key Lime Pie

1. Historical Roots: The first key lime pie is said to have been created by a woman named Aunt Sally, who lived in the Florida Keys. The pie was popular among fishermen and locals who found it easy to make with the limited ingredients available.

2. Evolution of the Recipe: Over the years, key lime pie has evolved into various forms, with the addition of toppings like whipped cream and meringue. The classic version, however, remains a simple combination of lime juice, egg yolks, and sweetened condensed milk.

3. Cultural Significance: The pie is not just a dessert; it's a symbol of the Florida Keys' culinary heritage and has become a staple in many restaurants, including the popular Bahama Breeze chain.

Ingredients for Bahama Breeze Key Lime Pie

To recreate the delightful experience of Bahama Breeze's famous key lime pie, you'll need the following ingredients:

For the Crust

- 1 ½ cups graham cracker crumbs (about 10 full sheets)
- 6 tablespoons unsalted butter, melted
- ¼ cup granulated sugar
- 1/8 teaspoon salt

For the Filling

- 1 can (14 ounces) sweetened condensed milk
- ½ cup sour cream
- ¾ cup fresh key lime juice (about 20-25 key limes, or you can use bottled key lime juice)
- 3 large egg yolks
- Zest of 2 key limes (optional, for added flavor)

For the Topping

- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar
- Lime slices or zest for garnish (optional)

Step-by-Step Instructions

Making Bahama Breeze key lime pie is a straightforward process that anyone can follow. Below are the steps to create this delicious dessert from scratch.

Step 1: Prepare the Crust

1. Preheat the Oven: Start by preheating your oven to 350°F (175°C).

2. Mix the Ingredients: In a medium-sized bowl, combine the graham cracker crumbs, melted butter, granulated sugar, and salt. Mix until the crumbs are thoroughly coated and resemble wet sand.

3. Form the Crust: Press the mixture firmly into the bottom and up the sides of a 9-inch pie dish. Use the back of a measuring cup or your fingers to make sure it's packed tightly.

4. Bake the Crust: Place the crust in the preheated oven and bake for 8-10 minutes, or until golden brown. Remove from the oven and allow it to cool completely.

Step 2: Make the Filling

1. Combine Ingredients: In a large mixing bowl, whisk together the sweetened condensed milk, sour cream, key lime juice, and egg yolks until smooth. Ensure there are no lumps, and the mixture is well-combined.

2. Add Zest (Optional): For an extra burst of flavor, mix in the lime zest.

3. Pour into Crust: Once the crust has cooled, pour the filling into the prepared graham cracker crust, spreading it evenly.

Step 3: Bake the Pie

1. Bake the Filling: Return the pie to the oven and bake for an additional 10-12 minutes. The filling should be set but still have a slight jiggle in the center.

2. Cool Down: Remove the pie from the oven and let it cool at room temperature for about 30 minutes. Then, refrigerate for at least 3 hours, or overnight for the best results.

Step 4: Prepare the Whipped Topping

1. Whip the Cream: In a medium bowl, use an electric mixer to beat the heavy whipping cream until soft peaks form. Gradually add the powdered sugar and continue whipping until stiff peaks form.

2. Top the Pie: Once the pie is fully chilled, spread the whipped cream over the top of the pie. You can use a spatula or a piping bag for a decorative

touch.

Step 5: Garnish and Serve

1. Add Garnish: Optionally, you can garnish the pie with lime slices or additional lime zest for an appealing presentation.

2. Slice and Serve: Cut the pie into wedges and serve chilled. The tartness of the key lime pairs wonderfully with the sweet whipped cream topping.

Tips for Making the Perfect Key Lime Pie

1. Use Fresh Ingredients: Whenever possible, opt for fresh key limes rather than bottled juice. This will enhance the flavor of your pie significantly.

2. Don't Overbake: A perfectly baked key lime pie should have a slight jiggle in the center. Overbaking can lead to a rubbery texture.

3. Chill for Best Results: Allowing the pie to chill for several hours helps the flavors meld together and ensures that the filling sets properly.

4. Experiment with Flavors: Feel free to add a twist to your key lime pie by incorporating additional flavors such as coconut or ginger.

5. Storage Tips: Store leftover pie in the refrigerator, covered with plastic wrap, for up to 3 days.

Conclusion

The recipe for Bahama Breeze key lime pie is not just a dessert; it's an experience that brings the tropical flavors of the Bahamas right to your kitchen. With its refreshing taste and creamy texture, this pie is perfect for any occasion, from summer barbecues to holiday feasts. By following the steps and tips outlined in this article, you can create a delightful dessert that is sure to impress your family and friends.

Embrace the spirit of the islands and enjoy a slice of this delicious key lime pie, complete with its sweet, tangy filling and light whipped topping. Whether you serve it at a party or enjoy it as a special treat, this key lime pie is bound to be a hit!

Frequently Asked Questions

What are the main ingredients needed for Bahama Breeze key lime pie?

The main ingredients include key lime juice, sweetened condensed milk, cream cheese, and a graham cracker crust.

How do you make the crust for Bahama Breeze key lime pie?

To make the crust, combine crushed graham crackers, melted butter, and sugar, then press the mixture into a pie pan and bake it until golden.

Is it necessary to use fresh key limes for Bahama Breeze key lime pie?

While fresh key limes provide the best flavor, you can also use bottled key lime juice as a convenient alternative.

What is the recommended baking time for the key lime pie?

Bake the key lime pie for about 15-20 minutes at 350°F (175°C) until the filling is set but still slightly jiggly.

Can I make Bahama Breeze key lime pie ahead of time?

Yes, you can prepare the pie a day in advance; just refrigerate it after baking and let it chill before serving.

What toppings are suggested for Bahama Breeze key lime pie?

Popular toppings include whipped cream, lime zest, and thin lime slices for garnish.

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