

Cream Cheese Mints all the tips and tricks including how store and freeze

Cream cheese Mints have been a traditional favorite for many celebrations for a very long time. We at Edelaine's want to modernize this little gem. Whether you are making them for a wedding, anniversary, graduation, birthday, holiday event or just because they are so yummy you will love these bite size morsels.

These bite-size treats are yummy and so easy to make and the whole family can get in the act!!



How many do I need?

This is one of the most asked question we get, and the answer can be slightly different depending on the event and timeframe. So, there is no specific rule of thumb for this answer. First let's talk about the size of the mint you are making example the small Leaf, Heart, Bell, or Rose are small single bite portions. The Daisy, Apple Blossom and Calla Lily would be considered 3 bite portions because of their larger size. You guessed it we are going to talk about how many bite portions you need for your event.

Recommended is 3 to 5 bite portions per person. So, if you have 100 guests attending and you are using the Leaf you will want to create between 300 to 500 pieces. If you are using one of the larger "3" bite molds, then you will only need 100 to 170. The amount of dough you make is the same in either instance because the larger molds consume more dough per piece than the smaller molds. One additional item to think about if you are offering multiple flavors expect everyone will want to try at least one of each flavor and once they have found their favorite most likely they will go back for one or two more.

The last item we need to think about since mints are often made for weddings or special events is when the mints will be set out for consumption. For example, if you are having an afternoon wedding around 3pm and the reception following around 5pm. People will begin gathering at the reception hall and if there are goodies set out (mints) they are just too tempting to ignore. You know what they are thinking no one will miss a few of these delights. If you are setting the mints out before the food or cake being served, I recommend using the 5 portions per person rule and only setting out half of the mints. Reserve the other half for when the cake or deserts are served.

Here is the recipe - So simple and we give you all the tips and tricks so keep reading.

Please note you can double or triple this recipe. 4 oz. of cream cheese below will give you approximately 100 mints.
(small 1 portion mold) (75 approximately for the "3" portions mold)



From the Market – 3 ingredients to make the dough

- 4 oz. Cream cheese -let's get the good stuff we recommend Philadelphia
- 16 oz Powder Sugar
- 1/4 tsp. flavoring – recommend LorAnns flavorings (types of flavorings Extracts, Artificial, Oil based flavors can be used) we find an oil base flavoring from LorAnns is just right for our project.
- 1 cup granulated sugar (table sugar or colored sanding sugar) reserve for when you roll the dough into balls and press into the molds.

Flavoring - 1 dram size will make about 300 single bite portions (3 batches of 4 ounces cream cheese)

This is where you can spice things up our favorite flavoring is **Cheesecake**. Lovely small portions of heavenly cheesecake flavored mints.

Cinnamon is great for Christmas and Valentine's Day treats.

Our favorite flavors are Cheesecake, Cinnamon, Crème de Mint, Black Cherry, Wintergreen, Spearmint (Mint), Peppermint or your favorite flavor - enjoy remembering to break away from tradition – we have even made coffee flavored mints.

Food Coloring – Gel, Paste or Dry Powder



Food Coloring optional (dry powder or gel paste) – please remember dark colors can stain lips, tongue and teeth and that can be great at a birthday party but might not be quite what you are looking for at a wedding or anniversary. If you are wanting a deep color like red, navy blue or other dark colors we recommend dry powder food coloring. Remember it needs to be food coloring not a topical powder that is food safe. Currently at this writing there are only 3 manufacturers of dry powder food coloring Americolor, Chef Master and The Sugar Art Master Elite collection. If you know of others that produce dry power food coloring, please let me know.



Saran wrap or Press'n Seal – we prefer Press'n Seal
Ziplock bag for each flavor that you are making

The below items are not required but they make things quick and easy

- Trays - Cake boards (trays) and Cake boxes for storing and drying- depending on the height of the separator we can get 3 trays into one box. (10 X 14 tray holds about 75 leaf mints per tray)

- Separators - Condiment cups to separate the trays. Cups just need to be higher than the mint. You can also use soda cap lids. Really anything that you can have 4 of that will separate the trays and is food safe.



Making the Dough - Mixing it Up

Now that we have all our supplies, we want to get everything ready to mix it up.



Kitchen aide - If you have a mixer with a dough hook you will be in heaven because everything can be done in the mixer. We have also used the standard whisk attachment and that works also but we prefer the dough hook.

Hand Mixer

If you have a hand mixer you will only be able to mix a portion with the hand mixer and then as it forms into a dough you will need to turn it out and continue mixing by hand.

2 Hands Ready to Go

Or you can mix everything by hand that works also. You may want to wear gloves especially if you have strong colorings as they can stain your hands.

It is best to let your cream cheese come to room temperature before starting - let set out 30-60 minutes so it can come to room temperature.

- Note the expiration date on the cream cheese package. You can refrigerate your dough or finished mints up to this date. If you have not eaten the evidence by the cream cheese package date, then they should be frozen. When properly frozen they can last up to 6 months.

Begin mixing your cream cheese, flavoring, and food coloring low to medium speed throughout the mixing process.



Once these are mixed you can begin adding the powdered sugar 1/3 of the bag at a time. If using a mixer, you may want to cover the mixer with a towel to keep the powder sugar from flying everywhere, you will want to scrap the sides down between adding additional powder sugar, so everything gets incorporated.

Once you have mixed in all the powder sugar it should be a dough consistency. You may want to turn it out if you have been using a mixer and turn it by hand a few times just to make sure everything is incorporated.

It might be slightly sticky but that is okay at this stage normally it is not. If it is very sticky check to make sure you have added enough powdered sugar.

Time to chill out

Form the dough into fist size balls and wrap with Press'n Seal, 4 oz cream cheese usually yields 2 fist size dough balls. Place the wrapped dough balls in a Ziplock bag remove as much air as possible. Place in refrigerator for at least an hour letting it rest. Your dough can be left to chill out for several days if the air has been removed and drying is not taking place.

- Note if you are making different flavors each flavor should be in its own Ziplock bag. Peppermint is a very strong flavor and should be stored separately from the other flavors. Also, if you have any strong flavors or smells in your refrigerator like peppers the dough should not be stored next to them as the dough can absorb smells and flavors.



Before we get Molding

We need our cake boards(trays) or if you have heavy cardboard that can hold up this will work also. Cover your trays with Press'n Seal. I do this for 2 reasons. 1st it keeps the mints from staining and sticking to the tray. 2nd the Press'n Seal will help trap the sugar granules from running all over the place. Nothing drives me crazier than hearing that crunch under my feet when the sugar goes everywhere.

If you have a box that you are storing the mints to dry in (Cake box or cardboard box) assemble it so the cardboard trays can slide easily into the box. Your condiment cups or separators keep these handy.



Option 2

If you do not have trays or cardboard you can also use cookie sheets with parchment paper once the mints are made you will need to cover with paper towel or dish cloth so the mints can dry but still keep dust and dirt from landing on your beautiful treats.

Let's Get Molding

You have invited several friends over to the mint molding party. Everyone has their favorite drink handy – mine happens to be Cupcake Moscato. :0) Never fails when the wine is gone the mints are done it's like magic.

Now that your dough is ready take out one ball at a time. You will need your granulated sugar, mold(s), and trays.

Prepare your molds. Place your mold in regular sugar. Fill the mold and then dump the sugar out. This will season the mold to assist the dough in releasing from the mold. We like to use a shallow sandwich plastic container for this process.



Pinch off a small amount of dough for many molds this is just a fat pea size. You will want just enough dough to fill the mold. Roll the small pinch into a ball then roll the ball into granulated sugar.



Depending on the mold you are using you may also need to dip the mold into the granulated sugar and dump out the excess sugar before inserting the dough ball each time. I do not know why but it really does help to release the dough even though with the naked eye you cannot see any of the granulated sugar in the mold. Always roll the dough in granulated sugar. Then press the ball into the mold this lets the dough release from the mold.

- Too Little Dough in the mold – best to pop out the dough and add more roll into ball then roll in sugar and press into the mold again.
- Too Much Dough in the mold - If you have excess dough above the mold pinch off a little bit and smooth it down. I do not recommend using a knife to remove the excess as this can damage the mold.

Once you have pressed the dough in the mold it is ready to pop out and place on your prepared trays. You do not need to wait they can come out right away. So how many mold cavities do you need – just one mold cavity is all that is needed. I can turn out the mints faster with just one mold cavity. If I try to use more cavities, then when I flip them over at least one or more gets damaged from the flipping.

If you want to speed up the process once you have figured out the pinch size, you are needing you can pinch and roll several balls and throw into the sanding sugar. Once your container is full simply snap on the lid and shake. Now that they have been sugared you are ready to press each ball into the mold assembly style



When your tray is full of mints if you are using any sparkle dust you can mist them now. Remember to leave an area for your separators place the tray in your box. Place your separators on all 4 corners and you are ready for your next tray. Continue this process until you have used up all your dough.

Your mints will need to air dry for 24 to 72 hours depending on your area and the humidity. Do not seal your mints up in an airtight container they cannot dry properly.

If you are using a cake box just let the lid rest on the top so no dust or dirt lands on the mints and let them air dry. If you are not using a cake box and just using a tray just make sure the mints are covered (paper towel or dish cloth) that allows them to dry while keeping dust and dirt out.

Checking for dryness. The outside should have formed a crust while on the under-side center remains slightly soft.

Refrigeration or Freezing

This part is super easy. Now that your mints are dry leave them on the trays. Cover the trays with Press'n seal sandwiching the mints in remember to leave an area for the separators. Place covered mint trays back in the box using the separators and stack as before but now the mints are sealed in each tray. If for some reason excess moisture happens it will only affect one tray.

Remember also the strong flavorings love to travel to the other mints so they should always be stored and dried separately.

Everything is back in the box close the box. Take a large trash bag and place the box inside the trash bag sealing the box inside. The reason we do this is to protect the box, trays, and mints from moisture and odors.

They are ready for the refrigerator or to be frozen. I use painters' tape or tape a piece of paper on the outside of the bag with the flavor and the good till date from the Cream Cheese box. If freezing add 6-months to the cream cheese best by date.

Sooner or later, they must be removed from the freezer or refrigerator and return to room temperature. I do not remove them from the bag or uncover until they are at room temperature. Here is why when hot air and cold air come together it forms moisture. So, leave fully wrapped until they come to room temperature, so the moisture stays on the outside.

Also, the box(es) are easy to transport and no worries about anything getting damaged.

When you are ready to plate them for your event remove the box from the trash bag. Remove the trays, peel back the top layer of Press N Seal and place the mints on your pretty serving trays. Once all the mints are removed from

the tray peel off the base Press N Seal trapping all that excess sugar and throw away the Press N Seal. The trays can be used again for the next time you want to make mints.



They are ready for your event.

If you have any questions, please feel free to contact us at.

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