

Crème de la Crop

What do I get?

Epicureans: Watermelon (Red Mini Seedless), Nectarines (Yellow), Apples Fuji & Cherries (Red)

Standard: Watermelon (Red Mini Seedless), Nectarines (Yellow), & Apples Fuji (More)

Watermelon, Feta, and Arugula Salad with Balsamic Glaze

Bon Appétit July 2009
by Fred Thompson



photo by: Elinor Carucci

Yield: Makes 8 servings

- 1 5-ounce package baby arugula
- 8 cups 3/4-inch cubes seedless watermelon
- 1 7-ounce package feta cheese, crumbled
- 2 tablespoons balsamic vinegar glaze

Arrange arugula over large platter. Scatter watermelon, then feta over. Drizzle with balsamic glaze and sprinkle with pepper.

Ingredient tip: Balsamic vinegar glaze can be found in the vinegar section at many supermarkets. If unavailable, boil 3/4 cup balsamic vinegar in a small saucepan until reduced to 3 tablespoons, 6 to 7 minutes.

Cherry Ice

Adapted from marthastewart.com



photo from marthastewart.com

Prep: 10 minutes

Total: 45 minutes

Serves: 4

- 1/2 cup dry white wine
- 1/3 cup honey
- 2 tablespoons freshly squeezed lemon juice
- 2 cups pitted cherries, fresh or frozen, plus whole ones for garnish

In a medium bowl, whisk together wine, honey, and lemon juice until combined. Set aside.

Place cherries in a food processor; pulse until finely chopped. Transfer to bowl with liquid mixture; stir until combined. Pour into a shallow metal pan and place in freezer. Stir with a fork every 10 minutes until mixture is slushy and partially solidified, about 35 minutes. Spoon into serving cups; garnish with whole cherries.

Grilled Nectarines with Feta

Bon Appétit July 2009 by Phil Barber



photo by: Richard Foulser

yield: Makes 8 servings

4 nectarines, halved, pitted

Melted butter (for brushing)

1 cup coarsely crumbled feta cheese (preferably sheep's-milk feta)

Prepare barbecue (medium-high heat). Brush nectarines with butter. Grill nectarines; cut side down, until grill marks appear, 4 to 5 minutes. Turn nectarines over. Sprinkle with cheese, then pepper. Grill until grill marks appear on bottoms, 4 to 5 minutes.

Arugula Salad with Manchego, Apples, and Caramelized Walnuts

Bon Appétit October 2003
Catal Restaurant & Uva Bar, Disney, Anaheim, CA

Makes 6 to 8 servings

Linda Forst of Mukilteo, Washington, writes: "I attended a conference in Anaheim, California, and went to dinner at Catal Restaurant & Uva Bar in Downtown Disney. The whole meal was outstanding, especially the 'compressed salad.'" For a "compressed" presentation, the chef uses a three-inch ring mold to mound the salad in the center of each plate. You can use a cleaned-out can, with top and bottom removed, as a mold.

1/2 cup balsamic vinegar
1/2 cup walnut oil
3 tablespoons Champagne vinegar or white wine vinegar
8 cups arugula
2 Red Delicious or Fuji apples, unpeeled, cored, thinly sliced
6 ounces Spanish Manchego cheese or sharp white cheddar cheese, shaved
1 1/2 cups pitted dates, sliced or raisins
1 cup Caramelized Walnuts

4 large shallots, minced Boil balsamic vinegar in small saucepan over medium-high heat until syrupy and reduced to 1/4 cup, about 4 minutes.

Whisk oil and Champagne vinegar in bowl. Season with salt and pepper. (Can be made 4 hours ahead. Keep at room temperature. Rewarm balsamic syrup before using. Rewhisk vinaigrette before using.)

Toss arugula, apples, half of cheese, dates, walnuts, and shallots in large bowl with enough vinaigrette to coat. Season salad with salt and pepper.

Mound salad in center of each plate. Drizzle balsamic syrup around salads. Sprinkle remaining cheese atop salads.

Watermelon Gazpacho

Gourmet Magazine June 2000



photo by: Romulo Yanes

yield: makes 4 to 6 first course servings
active time: 30 min
total time: 30 min

1 (4-lb) piece watermelon, rind discarded and flesh cut into large chunks (7 cups)
1 1/2 cups ice cubes
3/4 cup whole blanched almonds
3 garlic cloves, coarsely chopped
8 slices firm white sandwich bread, crusts discarded and bread torn into pieces
2 tablespoons red-wine vinegar
2 teaspoons kosher salt
1/4 cup extra-virgin olive oil

Seed 1 cup watermelon chunks and cut into small dice. Purée remaining watermelon in a blender (in batches if necessary). Pour purée through a sieve into a bowl, pressing on solids, and discard seeds.

Return juice to blender and blend together with ice, almonds, and garlic (in batches if necessary) until smooth. Add bread, vinegar, salt, and pepper to taste and blend, adding oil in a slow stream, until smooth.

Old-Fashioned Oatmeal with Apples, Raisins and Honey-Toasted Walnuts

Bon Appétit February 1997

This homey, comforting cereal is like warm granola, especially with the crunchy honey-toasted walnut topping.

1/4 cup coarsely chopped walnuts
1 tablespoon honey
3 cups water
2 cups old-fashioned oats
1 teaspoon salt
1 cup unsweetened apples juice
1 cup finely chopped peeled apple
1/4 cup (packed) golden brown sugar
1/4 cup raisins
1/2 teaspoon ground cinnamon
1/2 cup nonfat vanilla yogurt

Stir chopped walnuts in small nonstick skillet over medium heat until lightly toasted, about 3 minutes. Drizzle honey over and stir until honey thickens and coats nuts, about 2 minutes. Remove skillet from heat. Stir to loosen nuts from skillet and cool.

Bring 3 cups water to boil in heavy medium saucepan. Add oats and salt and stir over medium heat until oats are softened and very thick, about 5 minutes. Stir in apple juice, chopped apple, brown sugar, raisins and cinnamon. Reduce heat to low, cover and cook until apples are tender, about 5 minutes.

Divide cereal among 4 bowls. Top with vanilla yogurt and honey-toasted walnuts and serve

