

## Crème de la Crop

What do I get?

Epicureans: Cantaloupe, Seedless Red Grapes, Peaches, Valencia Oranges & Blueberries

Standard: Cantaloupe, Peaches, Valencia Oranges (more)

## Cantaloupe

## Yogurt Drink

Adapted From Martha Stewarts  
Everyday Food July/August 2006



Photo from marthastewart.com

Serves 2

- 3 cups cantaloupe chunks (from 1/2 cantaloupe)
- 2 cups low-fat plain yogurt
- 2 to 3 tablespoons honey
- Ice cubes, for serving

In a blender, place cantaloupe, yogurt, and honey. Blend on high speed until smooth. Serve over ice.

## GRILLED PEACHES WITH MASCARPONE AND HONEY

Recipe adapted from Emeril Lagasse, 2006

Cook Time: 10 min  
Yield: 6 servings

6 large ripe peaches, halved and pits removed  
6 tablespoons honey, plus more for serving if desired  
8 ounces mascarpone cheese, at room temperature

Preheat a grill to medium-high.

Place the peaches cut-side down onto the grill and cook until lightly charred, 2 to 3 minutes, depending on the grill. Transfer the peaches, cut sides up, to a grill-proof baking dish or baking sheet and drizzle evenly with the 6 tablespoons of honey. Place the dish on the grill and cover the grill. Continue to cook until the peaches are soft, about 5 minutes, again depending on the grill. Remove the baking dish from the grill and divide the peach halves between 6 dessert plates. Divide the mascarpone evenly among the plates and drizzle with additional honey, if desired. Serve immediately.

## Orange Granita

Recipe adapted from Wolfgang Puck, 2004, Food Network Show: Wolfgang Puck's Cooking Class Episode: Frozen Desserts

Prep Time: 40 min  
Yield: 6 servings



Picture from foodtv.com

6 oranges  
4 cups freshly squeezed orange juice  
Sugar, to taste  
3 sprigs basil  
2 tablespoons orange-flavored liqueur (recommended: Grand Marnier)

*Clean and wash the oranges. Cut off the top 1/4 of the oranges and shave a small slice off the bottom so it stands easily.*

*Using a grapefruit knife, cut out the flesh of the oranges and place in a strainer set over a bowl. Be careful not to cut through the bottom. Stand the oranges on a cookie sheet and place in the freezer and freeze until solid.*

*Press the flesh of the oranges through the strainer to extract all of the juice. You should end up with about 1 1/2 to 1 3/4 cups of orange juice. Add the extra 4 cups orange juice. Stir in sugar, a tablespoon at a time, until the mixture is of desired sweetness. Add the basil and orange-flavored liqueur and let sit for 15 minutes.*

*Strain the mixture into a roasting pan or baking dish. The dish should be large enough so the liquid is not more than 1-inch deep. Freeze the mixture for 1 hour. Remove from the freezer and scrape with 2 forks to break up ice. Return to the freezer and freeze until solid, about 2 to 3 hours, scraping with forks every hour or so.*

*When the granite is frozen, scoop it into the orange shells and serve immediately.*

# Cucumber, Cantaloupe, and Squash Salad

Martha Stewart Living July 2007



Picture from marthastewart.com

**Prep:** 5 min.

**Total:** 25 min.

**Serves:** 4

1 cup plain whole-milk yogurt  
Finely grated zest of 1 lime  
1 tablespoon fresh lime juice  
1/2 teaspoon coarse salt  
1/4 teaspoon ground cumin  
1/8 teaspoon freshly ground pepper  
3 yellow summer squashes  
(about 1 pound), unpeeled  
1 English cucumber (about 10 ounces),  
unpeeled  
1 1/2 tablespoons unseasoned rice-wine  
vinegar  
1 teaspoon coarse salt  
1/4 large cantaloupe, rind removed

Make the dressing: Combine yogurt, lime  
zest and juice, salt, cumin, and pepper.  
Cover, and refrigerate 20 minutes.

Make the salad: Using a vegetable peeler  
or a mandoline, shave squashes and  
cucumber into wide ribbons, stopping when  
you reach seeds. Toss with vinegar and  
salt. Cover, and refrigerate. Shave  
cantaloupe into ribbons, and refrigerate.  
Just before serving, drain cucumber and  
squash ribbons, and toss with cantaloupe.  
Drizzle with dressing.

# Cantaloupe and Grape Compote

Gourmet | June 2000

**yield:** Makes 4 servings

**active time:** 15 min

**total time:** 2 1/4 hr

1 ripe cantaloupe (1 1/2  
pounds), halved and  
seeded  
1 cup dry white wine  
1/3 cup sugar  
1/3 cup water  
1 strip fresh lime zest  
1 to 2 tablespoons fresh  
lime juice  
2 cups seedless green  
grapes, halved lengthwise

Scoop cantaloupe into  
balls with a melon-ball  
cutter and reserve rinds.

Bring wine, sugar, water,  
and zest to a boil in a small  
saucepan, stirring until  
sugar is dissolved.

Squeeze juice from rinds  
into wine mixture. Boil,  
skimming froth, until  
reduced to about 1 cup, 15  
to 20 minutes. Remove  
from heat. Discard zest and  
stir in lime juice.

Combine grapes, melon  
balls, and warm syrup in a  
bowl and chill, covered,  
stirring occasionally, 2  
hours.

# Moby's Vegan Blueberry Pancakes

Epicurious | March 2008 by Moby



photo by: Zoe Singer

**yield:** Makes 4 servings (12 pancakes total)

1 1/2 cups whole-grain spelt flour  
1/2 cup oat bran  
1/2 cup wheat bran  
1 teaspoon baking soda  
1/2 teaspoon fine sea salt  
2 cups plain full-fat soy milk or  
rice and soy milk blend\*  
Vegetable oil for cooking  
1 cup (1/2 pint) fresh blueberries or frozen,  
unthawed, plus 1/2 cup fresh blueberries or  
raspberries for serving  
Maple syrup for serving

*In medium bowl, stir together spelt flour,  
oat bran, wheat bran, baking soda, and  
salt. Add soy milk and stir until  
thoroughly combined.*

*Brush large nonstick or cast-iron griddle  
or skillet with oil and heat over moderate  
heat until hot but not smoking. Working in  
3 to 4 batches, pour 1/4 cup batter per  
pancake onto griddle and press 12 to 15  
blueberries into each pancake. Cook until  
bubbles appear and pop on surface and  
undersides are golden brown, 3 to 4  
minutes. Flip pancakes, then turn off heat  
and let pancakes continue to cook in pan  
until undersides are firm and light golden  
brown, about 3 minutes more. Transfer to  
plate, berry side up, and keep warm.*

*Repeat to cook remaining pancakes, oiling  
and reheating griddle between each batch.  
Serve pancakes warm with additional  
berries and maple syrup.*

