

## Crème de la Crop

### What do I get?

Quantity represents ½ membership

Epicureans: 4 Mangos, Locally Grown Mini Yellow Meat Watermelon, 6 Pluots (Dapple Dandy), 3 Gala Apples

Standard: Locally Grown Mini Yellow Meat Watermelon, 6 Pluots (Dapple Dandy), 6 Gala Apples

## Mango and Melon Dessert

SELF | September 2006

by Mridula Baljekar

This refreshing treat, from Mridula Baljekar, author of *Indian Cooking Without Fat* (Metro Books), is a cool finish to spicy dishes.

- 2 1/2 cups diced fresh mango
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- Confectioners' sugar
- 1 small watermelon (preferably seedless)
- Mint sprigs, for garnish

In a food processor, purée mango, adding 1 tbsp water, if necessary, to achieve a puddinglike consistency. Add spices; blend thoroughly. Add sugar to taste. Cover and chill 3 to 4 hours. When ready to serve, cut watermelon in half. Using a melon baller, scoop out about 2 cups of balls. Pour purée into 4 shallow bowls and arrange melon balls on top. Garnish with mint sprigs.

## Broiled Plums with Mango Sorbet

Gourmet | September 2005



photo by: Romulo Yanes

- 1/2 lb plums (about 2 medium), pitted and cut into 1/2-inch wedges
- 1 tablespoon sugar
- 1/4 teaspoon vanilla
- 1/8 teaspoon cinnamon
- 3 tablespoons water
- 2 cups (1 pint) fat-free mango sorbet

Preheat broiler. Toss plums with sugar, vanilla, and cinnamon in a 1 1/2- to 2-quart (9- to 10-inch round) gratin or other flameproof shallow dish (not glass). Let plums stand 5 minutes in dish to macerate.

Add water to dish and broil plums 6 to 8 inches from heat, gently stirring once or twice, until fruit is softened, 7 to 10 minutes. Serve fruit and juice from pan topped with sorbet.

Cooks' note: Plums can be broiled 2 hours ahead and divided among serving dishes while still warm.

## Mango Sorbets

Gourmet | July 1997

yield: Makes 6 cups

- 4 ripe mangoes (about 3 1/2 pounds total)
- 1 cup [Simple Syrup](#)
- 3 tablespoons fresh lime juice, or to taste

Line a baking sheet with plastic wrap.

Wash and dry mangoes. Using a sharp knife, remove the 2 flat sides of each mango, cutting lengthwise alongside pit and cutting as close to pit as possible so that mango flesh is in 2 large pieces. With a spoon carefully scoop flesh from mango sides into a blender, leaving shells intact. With a knife cut remaining flesh from pit and add to blender. Add syrup and lime juice to blender and purée until smooth. Put mango shells on baking sheet and freeze while making sorbet.

Freeze mango purée in an ice-cream maker. Scoop sorbet into frozen shells, mounding slightly, and smooth surfaces. Freeze filled mango shells at least 6 hours, or until frozen hard. Frozen sorbets in shells may be wrapped individually in plastic wrap and kept in freezer 1 week.

## Simple Syrup

Gourmet | July 1997

- 3 cups sugar
- 3 cups water

In a saucepan bring sugar and water to a boil, stirring, and boil until sugar is completely dissolved. Cool syrup. Syrup may be made 1 week ahead and chilled, covered.

# Pluot Pinwheel Tart

Bon Appétit | July 2009  
by Amelia Saltsman

**yield:** Makes 8 to 10 servings

## **Crust:**

1 1/4 cups all purpose flour  
1/4 cup whole wheat flour  
2 1/2 teaspoons sugar  
1/4 teaspoon salt  
1/2 cup (1 stick) unsalted butter, chilled, cut into 1/2-inch pieces  
1/4 cup (or more) ice water

## **Meringue:**

1 large egg white, room temperature  
1/4 cup plus 2 tablespoons sugar  
1/4 cup almond flour or almond meal\*  
13/4 pounds Pluots (about 5 large or 12 small)  
1 tablespoon butter, melted

## **For crust:**

Whisk flours, sugar, and salt in large bowl. Add butter. Using fingertips, rub in butter until coarse meal forms. Add 1/4 cup ice water, stirring until clumps form, adding more water by teaspoonfuls if dough is dry. Gather into ball; flatten into disk. Wrap in plastic; chill 1 hour. DO AHEAD: *Can be made 1 day ahead.* Keep chilled. Let rest 15 minutes at room temperature before rolling out.

Preheat oven to 425°F. Place sheet of parchment on work surface; sprinkle with flour. Roll out crust on parchment to 13-inch round. Using pot lid as guide, trim dough to 12-inch round. Slide crust on parchment onto rimless baking sheet. Chill dough.

## **For meringue:**

Using electric mixer, beat egg white in medium bowl until foamy. With machine running, gradually add 1/4 cup sugar, beating until firm peaks form. Fold in almond meal. Set 1 Pluot, stem side up, on work surface. Working parallel to pit, cut 1/8-inch-thick rounds off both sides of Pluot. Repeat with remaining Pluots.

Spread meringue over crust. Arrange Pluot slices, slightly overlapping, in spiral pattern atop meringue, beginning at outer edge and working toward center, turning any end pieces cut side up. Finish with 1 Pluot slice in center. Brush melted butter over Pluots; sprinkle tart with 2 tablespoons sugar. Bake tart 15 minutes. Reduce heat to 400°F and bake tart until edges are brown, about 20 minutes. Cool tart slightly on pan. Loosen with spatula. Serve warm or at room temperature.

\* Sometimes labeled "ground almonds"; available at specialty foods stores and natural foods stores.

# Plum Applesauce

Gourmet | September 2006

**yield:** Makes about 6 cups

**active time:** 15 min

**Total time:** 1 1/2 hr

Only one more fruit is added to this vibrant red applesauce, yet its fragrance and tastiness seem to triple.

Smooth and elegant, it complements roast meats and makes a wonderful dessert on its own.

2 lb Gala or McIntosh apples, quartered and seeded (left unpeeled)

2 lb red or black plums, quartered and pitted  
1/4 cup water  
1/4 cup sugar

Cook all ingredients in a 4- to 5-quart heavy pot, covered, over moderately low heat, stirring occasionally, until fruit is very tender and falling apart, 1 to 1 1/4 hours. Force mixture through a large medium-mesh sieve using a rubber spatula, discarding peels.

Cooks' note: Plum applesauce keeps, covered and chilled, 1 week.

## Pluots are a hybrid of a plum and apricot.

# Apple Prune Brown Betty

Gourmet | February 2004

**yield:** Makes 6 servings

**active time:** 35 minutes

**total time:** 1 3/4 hours

3/4 cup pitted prunes (dried plums; 6 ounces)  
1 1/4 lb Gala apples (3 medium), peeled, halved, cored, and cut into 1/3-inch-thick slices  
2 tablespoons fresh lemon juice  
2 cups toasted baguette crumbs  
3/4 stick (6 tablespoons) unsalted butter, melted  
3/4 cup packed dark brown sugar  
3/4 teaspoon cinnamon  
1/4 teaspoon salt  
Accompaniment: heavy cream

Put oven rack in middle position and preheat oven to 350°F.

Cover prunes with boiling-hot water in a bowl and let stand 15 minutes. Drain and quarter prunes, then toss with apples and lemon juice. Stir together crumbs and butter in another bowl. Stir together brown sugar, cinnamon, and salt in a separate bowl. Spread one third of crumbs in a 9-inch pie plate. Cover with half of apple mixture, then sprinkle with half of sugar mixture. Sprinkle with half of remaining crumbs and cover with remaining apples, then remaining sugar mixture. Top with remaining crumbs.

Bake, covered with foil, until apples are tender, about 40 minutes. Increase oven temperature to 425°F, remove foil, and bake until top is golden brown, about 10 minutes more. Serve warm.