

## Crème de la Crop

What do I get?

Quantity represents ½ membership

Epicureans: Honeydew, 10 Apricots, 4 Avocados, 5 Oranges, 7 Pears

Standard: Honeydew, 4 Avocados, 5 Oranges, 7 Pears

## Frozen Yogurt Melon Shake

Gourmet June 1992

**yield** Makes about 3 cups, serving 2.

- 2 cups scooped-out melon, such as honeydew or cantaloupe
- 1 teaspoon fresh lemon juice
- 1 1/2 cup vanilla frozen yogurt

In a blender purée the melon with the lemon juice and a pinch of salt. Add the frozen yogurt and blend the shake until it is smooth

## Honeydew and Cucumber Salad with Sesame

Gourmet June 1993

**yield:** Serves 4 to 6

- 1 tablespoon plus 2 teaspoons rice-wine vinegar
- 1 tablespoon minced peeled fresh gingerroot
- 2 teaspoons tamari or soy sauce
- 1 1/2 teaspoons sugar
- 1 teaspoon Asian (toasted) sesame oil, or to taste
- 1/4 teaspoon dried hot red pepper flakes, or to taste
- 1/4 cup vegetable oil
- 1 seedless cucumber, halved lengthwise and slice thin (about 2 cups)
- 2 cups 1-inch cubes of honeydew melon
- 2 scallions, minced
- 1 tablespoon sesame seeds, toasted lightly and cooled

In a bowl whisk together the vinegar, the gingerroot, the tamari or soy sauce, the sugar, the sesame oil, the red pepper flakes, and the vegetable oil until the dressing is combined well. Add the cucumber, the melon, and the scallions, toss the salad until it is combined well, and sprinkle it with the sesame seeds.

**Quote of the Week:**

*The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.*

Denis Watley

## Brown Sugar Apricots with Vanilla Yogurt

Gourmet July 2002

**yield:** Makes 4 servings  
**active time:** 5 minutes  
**total time:** 25 minutes

- 1 1/2 lb fresh apricots, halved and pitted
- 2 tablespoons packed light brown sugar
- 8 oz vanilla nonfat yogurt

**Special equipment:** a 12- by 8- by 2-inch disposable aluminum roasting pan

Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill and on lid. Arrange apricots, cut sides up, in disposable roasting pan and sprinkle with brown sugar, patting and pressing with fingers to help evenly adhere.

When fire is low (you can hold your hand 5 inches above rack for 4 to 5 seconds), cook apricots in pan, covered with grill lid, without turning, until sugar is melted and apricots are softened, about 5 minutes.

Serve apricots with yogurt on the side.

**Cooks' note:** -Apricots can also be broiled on lightly oiled rack of a broiler pan 4 to 5 inches from heat 2 to 3 minutes.

## Pears in Honey and Pine Nut Caramel with Artisanal Cheese

Bon Appétit February 2008  
Deborah Madison



photo by: Marcus Nilsson

**yield:** Makes 6 servings

1/4 cup (1/2 stick) unsalted butter  
3 firm but ripe Bosc pears or other pears, peeled, halved lengthwise, cored  
3 1/2 tablespoons mild honey (such as orange blossom or clover)  
4 ounces artisanal cheese (such as Point Reyes Original Blue, Humboldt Fog, dry Monterey Jack, sheep's-milk ricotta, tangy soft fresh goat cheese, or other local cheese), sliced or crumbled, room temperature  
3 tablespoons pine nuts  
Pinch of fine sea salt

Cook unsalted butter in large nonstick skillet over medium-high heat until beginning to brown. Add pear halves, cut side down, to skillet. Drizzle honey over pears and swirl pan slightly to blend butter and honey. Reduce heat to medium, cover, and cook until pears are tender when pierced with paring knife, swirling skillet occasionally and adding a few tablespoons water to skillet if caramel sauce turns deep amber before pears are tender, about 12 minutes.

Transfer pears, cut side up, to serving platter. Top pears with cheese. Return skillet with caramel sauce to medium-high heat; add pine nuts to skillet and sprinkle lightly with sea salt. Cook until sauce in skillet is brown and bubbling, about 2 minutes. Spoon sauce over pears and serve.

## Tortilla Soup with Crisp Tortillas and Avocado Relish

Gourmet | October 1997 Robert  
Del Grande  
Cafe Annie, Houston TX

**yield:** Makes about 9 cups

### For tortilla soup

1/2 white onion  
1 pound plum tomatoes  
6 peeled garlic cloves  
2 [dried] guajillo chilies\* (about 1 ounce)  
2 [dried] ancho chilies\* (about 1 ounce)  
ten 5- to 6-inch white corn tortillas  
about 2 cups peanut or vegetable oil for deep-frying  
8 cups chicken stock\*  
1/2 teaspoon dried oregano, crumbled  
1 teaspoon coarse salt

### For avocado relish

2 ripe California avocados  
1 small vine-ripened tomato  
2/3 cup finely chopped white onion (about 1/2 onion)  
1 to 2 fresh serrano chilies  
2 tablespoons chopped fresh coriander sprigs  
2 teaspoons fresh lime juice  
1 teaspoon coarse salt  
1/2 teaspoon coarsely crushed black peppercorns  
8 fresh coriander sprigs  
Garnish: lime wedges

\*available at Latino markets, specialty foods shops, and some supermarkets

### Make soup:

Preheat broiler.

Coarsely chop onion. In a well-seasoned 9-inch cast-iron or other heavy ovenproof skillet arrange onion, tomatoes, and garlic in one layer and broil about 2 inches from heat, turning vegetables occasionally with tongs, until tomato skins are blistered and lightly charred, about 20 minutes. Cool vegetables.

While vegetables are broiling, remove stems, seeds, and ribs from chilies (wear rubber gloves). Heat a dry griddle or heavy skillet over moderate heat until hot but not smoking and toast chilies, 1 or 2 at a time, pressing down with tongs, a few seconds on each side, or until more pliable. Transfer chilies as toasted to a bowl. Cover chilies with hot water and soak about 20 minutes, or until soft.

Drain chilies, discarding soaking liquid, and in a blender purée with vegetable mixture until smooth.

Cut 6 tortillas into quarters and cut remaining 4 tortillas into 1/4-inch-wide strips. In cleaned 9-inch skillet heat 1/2 inch oil until a deep-fat thermometer registers 375°F. and fry tortilla quarters in 3 batches, turning them, until crisp and pale golden, 30 seconds to 1 minute. With a slotted spoon transfer quarters as fried to paper towels to drain.

Fry tortilla strips in 2 batches in same manner, transferring with tongs to paper towels to drain and keeping them separate from fried tortilla quarters. In a plastic bag with a rolling pin finely crush tortilla quarters.

In a 5-quart heavy kettle bring stock and chili purée to a boil, stirring. Stir in crushed tortillas, oregano, and salt and simmer, uncovered, whisking occasionally, until tortillas are soft and soup is slightly thickened, 30 to 45 minutes. If necessary, season soup with salt and pepper.

### Make relish while soup is simmering:

Quarter avocados, removing pits, and peel. Cut avocados into 1/4-inch dice and finely chop tomato. Wearing rubber gloves, finely chop chilies, including seeds if desired. In a bowl gently stir together avocados, tomato, onion, chilies, and remaining relish ingredients until combined well.

Divide relish, fried tortilla strips, and coriander among 8 soup plates and ladle soup over mixture. Garnish soup with lime wedges.