

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead (1901-1978)

Crème de la Crop

What do I get?

Quantity represents ½ membership

Epicureans: 8 Apples, 3 Avocados, 4 Nectarines

Standard: 6 Apples, 2 Mangos, 3 Avocados, 4 Nectarines

Mango Yogurt Mousses

Recipe Adapted From Gourmet May 1991

yield: Serves 4

Can be prepared in 45 minutes or less but requires additional unattended time.

1 envelope (1 tablespoon) unflavored gelatin
2 cups fresh mango purée (about 2 peeled and pitted mangoes) plus mango slices for garnish
1/3 cup sugar
1/2 teaspoon vanilla extract
1 cup plain yogurt
1 cup well-chilled heavy cream

In a small saucepan sprinkle the gelatin over 1/4 cup cold water, let it soften for 1 minute, and heat the mixture over low heat, stirring, until the gelatin is dissolved. In a blender blend together the mango purée, the sugar, and the vanilla, add the gelatin mixture, and blend the mixture well. Transfer the mixture to a bowl and stir in the yogurt. In a chilled bowl beat the cream until it holds stiff peaks, fold it into the mango mixture gently but thoroughly, and divide the mousse among 4 dessert glasses. Chill the mousses for at least 4 hours or overnight. Garnish the mousses with the mango slices.

Mango and Avocado Salad

Recipe Adapted From Sunny Anderson, 2008
Show: Cooking for Real Episode: Caribbean Getaway

1 tablespoon balsamic vinegar
1 tablespoon lime juice
2 tablespoons extra-virgin olive oil
2 mangos, cubed
2 avocados, cubed
1/2 small red onion, diced
Salt and freshly ground black pepper

In a large serving bowl, whisk together vinegar, lime juice, salt and pepper to taste. Slowly whisk in oil. Toss in mangoes, avocado and red onion to coat. Serve immediately.

Avocado & Tomato Salad

Recipe courtesy of Kathryn McMillan

1 Tomato Sliced
1 Avocado quartered and sliced
1 – 14 oz. Can Heats of Palm
¼ cup Extra Virgin Olive Oil
1 Tbsp. Orange Juice
1 Tbsp Lime Juice

On a platter, arrange the tomato, avocado, and hearts of palm slices in a single overlapping layer.

Sprinkle with salt and pepper to taste.

Wisk together the olive oil and juices and drizzle over the salad

Nectarine Cloud Pie

Recipe AdApted FRom Gourmet August 2006

yield: Makes 8 servings

active time: 1 hr

total time: 6 hr

This smooTh and creamy chiffon pie is utterly dependent on the fruit; be choosy and select only perfectly ripe, aromatic nectarines to produce the ambrosial flavor you're after.

Pastry dough for a single-crust pie

1 1/4 lb ripe nectarines (3 large)
4 teaspoons fresh lemon juice
3/4 teaspoon pure almond extract
3/4 cup sugar
1 envelope unflavored gelatin (1/4 oz)
1/2 cup water
4 teaspoons pasteurized egg white powder such as Just Whites
2/3 cup chilled heavy cream

Special equipment: pie weights or raw rice
Garnish: sliced nectarines

Nectarine Golden Cake

Recipe Adapted From *Gourmet* September 2009
by Maggie Ruggiero



photo by: Romulo Yanas

The nectarine, a subspecies of peach, generally has a sharper, more intense taste. The homey yellow cake here is studded with wedges of them, their summery, sunshiny essence set off by a trace of nutmeg. It's buttery and flavorful yet not too rich; a sprinkle of sugar on top gives it just enough crustiness to hold up a dollop of softly whipped cream, but it's delicious stark naked as well.

1 cup all-purpose flour
2 teaspoons baking powder
Rounded 1/4 teaspoon salt
1 stick unsalted butter, softened
3/4 cup plus 1/2 tablespoon sugar, divided
2 large eggs
1 teaspoon pure vanilla extract
1/8 teaspoon pure almond extract
2 nectarines, pitted and cut into 1/2-inch-thick wedges
1/2 teaspoon grated nutmeg
Equipment: a 9-inch springform pan

Preheat oven to 350°F with rack in middle. Lightly butter springform pan.

Whisk together flour, baking powder, and salt.

Beat butter and 3/4 cup sugar with an electric mixer until pale and fluffy. Add eggs 1 at a time, beating well after each addition, then beat in extracts. At low speed, mix in flour mixture until just combined.

Spread batter evenly in pan, then scatter nectarines over top. Stir together nutmeg and remaining 1/2 tablespoon sugar and sprinkle over top. Bake until cake is golden-brown and top is firm but tender when lightly touched (cake will rise over fruit), 45 to 50 minutes. Cool in pan 10 minutes. Remove side of pan and cool to warm.

Dessert Pizza

Recipe Adapted From Aida Mollenkamp
Show: Ask Aida Episode: Pizza

1 (1 pound) loaf plain ciabatta or focaccia
1 stick (8 tablespoons) unsalted butter
1 teaspoon vanilla extract
1/4 teaspoon kosher salt
8 cloves
3/4 cup packed light brown sugar
1 1/2 pounds Gala, Braeburn, or Pink Lady apples, peeled, cored, and cut into sixths
Ice cream or whipped cream, for serving

Heat oven to 450 degrees F and arrange rack in the middle. Line a baking sheet with aluminum foil, place bread on top, and set aside.

Melt butter in a large nonstick frying pan over medium heat. When foaming subsides, remove from heat, add vanilla, salt, and cloves and sprinkle sugar evenly into pan.

Place apples in a single layer and return to stove. Cook over medium heat, turning apples once, until apples are knife tender, about 10 minutes. Arrange apples on bread and pour all but 1/4 cup caramel sauce on top. Bake in oven until caramel sauce bubbles and bread is heated through, about 5 to 7 minutes. Remove from oven, pour remaining caramel on apples and let pizza sit for 5 minutes before cutting. Serve with ice cream or whipped cream.

Apple and Smoked-Bacon Salad with Lychees and Chili Nuts

Recipe Adapted From *Gourmet* October 2007
David Chang Momofuku Noodle Bar and Momofuku Ssäm Bar

yield: Makes 8 (first course) servings
active time: 35 min
total time: 45 min

For chili nuts

1 cup unsalted dry-roasted peanuts
2 tablespoons Asian fish sauce (preferably Tiparos brand)
1 teaspoon chili powder
1/8 teaspoon cayenne

For salad

1 1/2 pounds Winesap or Gala apples (3 to 4)
1 1/2 pounds Mutsu (also called Crispin) or Golden Delicious apples (3 to 4)
1/2 pound slab bacon, any rind discarded, cut crosswise into 1/2-inch lardons (sticks)
3 tablespoons fresh lime juice
16 canned lychees (from a 20-ounce can), drained and quartered, at warm room temperature
1/2 cup chopped scallions at room temperature
Equipment: an adjustable-blade slicer

Make chili nuts:

Preheat oven to 350°F with rack in middle.

Stir together all chili nut ingredients in a metal pie plate. Bake, stirring occasionally, until liquid is absorbed and nuts are coated with spice mixture and dry, about 20 minutes. Cool to room temperature, stirring occasionally.

Make salad while nuts bake:

Warm apples in a large bowl of warm water, turning occasionally, about 15 minutes, then drain and pat dry.

Meanwhile, cook bacon in a 12-inch heavy skillet over medium heat, stirring occasionally, until browned and crisp, about 12 minutes. Transfer with a slotted spoon to paper towels to drain and reserve 6 tablespoons fat in skillet.

Using slicer, cut apples into 1/8-inch-thick slices into a large bowl, rotating apple a quarter turn each time you reach core, then continuing to slice until left with nothing but core. Gently toss with lime juice.

Heat fat in skillet over medium heat until hot, then pour over apples and gently toss with bacon and 1/4 teaspoon pepper. Divide among 8 shallow bowls and sprinkle with lychees, scallions, and chili nuts.