

Crème de la Crop

What do I get?

Quantity represents ½ membership

Epicureans: 1 lb Seedless Red Grapes, 6 oz.
Kiwi Berries, 2 Avocados, 7 Elephant Heart
Plums, 4 D' Anjou Pears

Standard: 5 Fuji Apples, 6 Elephant Heart
Plums, 4 D' Anjou Pears

All about Kiwi Berries



Photo from <http://media.photobucket.com>

Wording from B & B Organics

A small, green to purple skinned fruit similar to kiwifruit, kiwi berry is a grape-sized fruit. Often sweeter than the kiwifruit, kiwi berries can be eaten whole and do not need to be peeled. Thin-walled, its exterior is smooth, providing a stark contrast to the fuzzy, brown exterior of its larger sibling fruits. The kiwi berry is a nutritional powerhouse and considered a super fruit, containing almost 20 vital nutrients! They are rich in antioxidants which are known to reduce the risk of cardiovascular disease, cancer, and help slow the aging process. In a 6 ounce serving you will find: twice the amount of Vitamin E of an avocado fruit (with only 60% of its calories,) five times the Vitamin C content of a medium orange, and enough Vitamin B6 equal to the amount of a serving of spinach. Super fruit

– Super Tasty!

Plum Sorbet

*adapted from Emily Luchetti's A
Passion for Ice Cream*

Makes one 9 1/2-in cake

2 pounds red fleshed plums

1/2 cup (100g) sugar

1/4 cup (45 g) water

pinch of salt

1 teaspoon lemon juice

Cut the plums into small pieces (about 1/2-in) and discard the pits. Place plums in a food processor and puree until smooth.

Strain the puree into a bowl - there should be about 2 3/4 cups.

Add in the sugar, water, salt, and lemon juice and combine. Taste and add more sugar if necessary.

Refrigerate the base for at least 2 hours to thoroughly chill.

Freeze in an ice cream machine per manufacturer's instructions. You will get a very soft sorbet that will require further freezing (about 4 hours) in the freezer before you can scoop and serve it.

Chicken Waldorf Salad

Recipe adapted from Suki Hertz



Photo from food network's website

Salad:

1 medium apple, unpeeled,
chopped

Juice of 1 lemon (about 2
tablespoons)

2 cups diced cooked chicken
(about 1 large breast)

1 cup red seedless grapes, halved

1 stalk celery, finely chopped

1/4 cup golden raisins

1/2 cup toasted walnuts,
coarsely chopped

Dressing:

3/4 cup yogurt (preferably Greek
non-fat)

1/4 cup mayonnaise

Juice of 1/2 orange (about 1/4 cup)

1/4 teaspoon kosher salt

Directions

Serving suggestion: Baby greens,
extra grapes, raisins and walnuts
for garnish

Coat the chopped apple with the
lemon juice in a large bowl. Add
the chicken, grapes, celery, raisins
and walnuts, and gently combine.

In a small bowl, combine the
yogurt, mayonnaise, orange juice
and salt. Gently fold the dressing
into the salad. Serve
on a bed of greens.

Plum Cornmeal Cake

adapted from Emily Luchetti's A Passion for Ice Cream

Makes one 9 1/2-in cake

4-6 ripe red fleshed plums
1 1/2 cups (212 g) flour
1 teaspoon baking powder
1/8 teaspoon ground cinnamon
pinch of salt
1/2 cup plus 1 tablespoon (64 g) cornmeal
6 oz (172 g) unsalted butter, room temperature
1 cup (200 g) sugar
3 large eggs
1/3 cup (60 g) milk
1/2 teaspoon lemon juice
1/2 teaspoon vanilla extract

Cut up the plums into small even pieces (eighths are a good size).

Preheat the oven to 350 degrees F. Grease the bottom and sides of a 9 1/2-in springform pan.

Sift the flour, baking powder, and cinnamon into a bowl. Add in the salt and 1/2 cup cornmeal and stir together to combine.

Put the butter and sugar into a mixer bowl and beat on medium speed until light-colored and fluffy.

Add in the eggs one at a time, making sure one is incorporated before adding the other.

Combine the milk, lemon juice, and vanilla extract in a small bowl.

Add the flour mixture and the milk mixture to the mixer bowl in additions, starting and ending with the dry flour mixture. Beat just until all the ingredients are combined.

Spread about half of the mixture into the springform pan, spreading evenly. Place about half of the plum pieces over the batter.

Spread the rest of the batter into the springform pan and top with the remaining plums. Sprinkle the 1 tablespoon of cornmeal over the top of the batter.

Bake in the oven for about 50 minutes until a tester inserted into the center of the cake comes out clean.

Grilled Flat Bread Topped with Caramelized Onions and Blue Cheese Mascarpone and Crunchy Red Grapes

Recipe adapted from Tyler Florence, 2007 Show: Food Network Specials

2 (16-ounce) store-bought pizza dough
Extra-virgin olive oil
3 large onions, sliced
All-purpose flour, for dusting
1 (8-ounce) container mascarpone cheese
1 cup crumbled blue cheese
Kosher salt
Freshly ground black pepper
1 cup toasted walnuts, roughly chopped
1 cup firm California red grapes, slit down the middle
2 tablespoons freshly chopped flat-leaf parsley

Remove the pizza dough from the refrigerator 1 hour before you ready to start.

In a large saute pan over medium low heat add 2 tablespoons of olive oil. Add onions and slowly caramelize until brown and creamy about 20 minutes. Set aside to cool.

Preheat oven to 500 degrees F.

Heat the grill over medium-high heat and wipe down with oiled paper towels to create a non-stick surface. On a floured surface, roll out each of the pizza dough into an elongated shape, about 12 by 8-inches and about a 1/2-inch thick. Brush with olive oil and grill on both sides until warmed through and grill marked, about 4 minutes per side. Transfer to a baking sheet.

In a medium bowl, mix together the mascarpone and blue cheese. Smear the cheese mixture over each of the grill pizza crusts. Place in oven for 2 to 3 minutes until the cheese melts. Remove from oven and transfer to cutting board or platter.

Top with caramelized onions, toasted walnuts and fresh grapes. Season with a few turns of freshly ground black pepper, drizzle with some more extra-virgin olive oil and top with fresh parsley.

Riesling Poached Pears with Cardamom Cream

Adapted from Food Network Kitchens

Pears:

1 (750 ml) bottle Riesling, preferably Spatlese
2 cups sugar
4 ripe pears, such as Bartlett, Bosc, D'Anjou, Fabelle or Seckel

Cardamom Cream:

1 cup heavy cream
1 tablespoons superfine sugar
1 teaspoon ground cardamom

Directions

Pour the Riesling into a medium saucepan and whisk in the sugar until it dissolves. Peel the pears, leaving stem intact, if present. Remove bottom stem end with a small melon baller, and continue to scoop up into the pear to remove the core. Place the pears right in the Riesling mixture (poaching liquid) after they are peeled and cored to prevent them from discoloring. (The acidity of the wine keeps them from browning). Add just enough water to cover the pears.

To keep the pears submerged in the poaching liquid, cut a circle of parchment paper the size of the pan and lay on the surface of the liquid. Place a small plate on top of the paper to make sure the pears are completely submerged. Cook the pears over medium-high heat, just until the liquid comes to a boil. Reduce the heat to low and poach the pears until they are just soft. The pears should be tender enough to pierce with a knife. This takes about 20 to 25 minutes for ripe medium pears, but this can vary depending on the size, variety and ripeness of the pear.

Remove the pan from the heat and cool the fruit completely in the poaching liquid. Refrigerate the fruit in the liquid in a sealed container until ready to serve. (The fruit will hold for 4 to 5 days, the longer the fruit is stored in the poaching liquid, the fuller the flavor).

Pour about half of the poaching liquid into a skillet and bring to a boil over high heat. Continue to cook and reduce until the liquid gets syrupy and about the consistency of honey.

Meanwhile, whip the cream together with the sugar and cardamom until cream just holds soft peaks. Refrigerate until ready to serve.

To serve, place a pear in a bowl or on a plate. Drizzle with reduced Riesling syrup and garnish with a dollop of whipped cream.