

Crème de la Crop

What do I get?

Quantity represents ½ membership

Epicureans: 3 lemons, 1 lb red seedless grapes, 2 grapefruit Star Ruby, 5 apples
Pinata/Pinova, 2 pears D'Anjou

Standard: (2 lemons or 1 xtra grapefruit Star Ruby), 1 grapefruit Star Ruby, 5 apples
Pinata/Pinova, 3 pears D'Anjou

All about Pinata Apples

Adapted From adamapples.blogspot.com including photo



Pinata appeared at the market complete with snazzy name and the slogan, "Classic apple flavors with a tropical twist." Clearly the marketing gurus pulled an all-nighter on this one, but let's have a look.

This is a medium-large apple with a streaky pink blush over yellow; the fusion effect is a variegated flamboyant orange and very pretty. My photographed sample is a bit lopsided but most of the apples were more symmetrical and had a pronounced conical silhouette. These are moderately ribbed and firm, with a clenched calyx and small light lenticels (many surrounding a tiny dark spot). The unbroken apple has a lovely lush aroma with hints of melon.

Wow! What a surprising bouquet of flavors. Okay, the light yellow flesh is juicy and crunchy crisp, on the coarser end of fine-grained. This is a sweet apple with notes of honey, pineapple, and banana. There's even a little something suggestive of coconut. These tastes are most prominent in the first few bites, after which the sweetness starts to overwhelm them.

This apple is sweet enough for modern sensibilities but offers some bold new tastes. I have to believe it will prove popular; it should certainly give apple lovers something to think about.

Pinata was bred near Dresden, Germany, and introduced under the name Pinova in 1986. It is also known as Sonata and Corail.

Lemon Pepper Roast Chicken

Recipe adapted from Chef Keith Snow, from www.harvesteating.com

Active Time: 5 minutes

Total Time: 30 minutes

Servings: 2

Recommended Beverage:

Pinot Noir

Created by

Description:

This is a simple roasted chicken recipe that bursts with the flavor of lemons, thyme, and good black pepper.

Ingredients:

2 6-8 ounce chicken breast

3 tbs extra virgin olive oil

2-3 tbs Aromatica Lemon-Pepper seasoning

2 32 inch pieces butcher twine

8-10 sprigs thyme

Method:

Coat the chicken with the olive oil and season with the spice mixture.

Tie the chicken with the butchers twine following the directions on the video.

Heat an oven proof saute pan over high heat and add a little more oil to the chicken. Sear the chicken skin side down for about 1 minute, until a deep color has formed. Flip the chicken and place it and the pan in a 375-degree preheated oven. Cook for about 20 minutes.

Use the basil vinaigrette as a sauce, serve the chicken garnished with balsamic vinegar, lemon and basil.

Quote of the Week:

Civilization is a method of living, an attitude of equal respect for all men.

Jane Addams (1860 - 1935),

Honolulu (1933)

Pinata Apple Salad

Recipe adapted from Chef Jason Wilson from Crush restaurant in Seattle, WA from www.stemilt.com photo from same site

To learn more about Pinata Apples, visit www.PinataApple.com



3 Fresh Stemilt Pinata Apples

1 bunch of Sage, picked leaves only

2 heads of Frisee

2 heads of Endive

12 slices of Prosciutto, shaved thin with a peeler

3 ounces Pecorino Cheese

4 tbsp. Extra Virgin Olive Oil

2 tbsp. Cider Vinegar

1 tsp. Grain Mustard

1 tsp. Chopped Shallots

1tbsp Kosher Salt

1 tsp. Black Pepper

Instructions:

Preheat the oven to 375 F.

Place the prosciutto slices on a parchment paper lined sheet pan/baking pan and spread them out evenly spaced. Place another piece of parchment over the top and bake for 12 minutes. Rotate the pan in the oven for a full turn and bake another 12 minutes, remove from oven and allow some time to cool before removing and storing.

In a medium sauce pan, simmer the shallots in the olive oil on medium high heat for 4 minutes, add the mustard and vinegar and remove from heat.

Pick the heads of frisee so that the green is discarded and the small parts of yellow are tender and saved, refrigerate. Slice the endive thinly on a bias cut and add to the frisee. Lightly chop the sage and add it to the vinaigrette, along with the salt and pepper.

Using a sharp knife or mandolin, shave the Pinata Apples very thinly. Toss the apples with all remaining ingredients and top with pecorino and prosciutto shavings.

Lemon Curd

Recipe From www.thepioneerwoman.com
Added by LadyInRed on September 23,
2009 in Desserts, Fancy

Prep Time 5 Minutes
Cook Time 30 Minutes
Difficulty Intermediate
Serves 16

4 whole Eggs
2 cups Sugar
1/8 teaspoons Salt
1/4 cups Butter
1/2 cups Lemon Juice (approximately
2 Lemons)
2 Tablespoons Lemon Zest

This recipe is not at all “difficult,” but does require a double-boiler and a little baby-sitting. I usually multi-task with this when I’m already in the kitchen working on something else.

It’s fantastic on scones, biscuits, or spread between the layers of your favorite cake! If you have leftovers, they keep in the fridge for a couple of weeks.

Makes a beautiful hostess, teacher, friend, or Christmas gift. If you can bear to part with it.

1. Prepare the double boiler by adding a couple inches of water to the bottom pot. Place the other pot on top and turn the heat to medium.
2. Zest and juice lemons, carefully removing any seeds. Set aside.
3. Crack eggs into double boiler. Remove the chalaza with two spoons. Whisk eggs, sugar and salt together. Stir in butter, juice and zest.
4. Cook over medium heat, continuing to stir/whisk every few minutes, for about half an hour. The curd should be thick, bubbly, and pale yellow when it’s done.
5. Remove from heat, pour into containers, and let cool on the counter. Refrigerate after completely cooled.

Baked Apple-Raisin Oatmeal

Recipe adapted from
www.eatbetteramerica.com

Fix it and forget it when you bake delicious whole-grain oatmeal. Soymilk and maple syrup are the surprises..

Prep Time:10 min
Start to Finish:1 hr
makes:8 servings

2	cups chopped unpeeled apples or pears (2 medium)
2 2/3	cups old-fashioned oats
1/2	cup raisins
2	teaspoons ground cinnamon
1/4	teaspoon salt
4	cups plain or vanilla soymilk
1/4	cup real maple syrup

Additional soymilk, if desired
Chopped toasted walnuts, if desired

Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In casserole, stir together apples, oats, raisins, cinnamon, salt, soymilk and syrup

Bake uncovered 45 to 50 minutes or until most of liquid is absorbed. Pour additional soymilk over each serving; sprinkle with walnuts.

Nutritional Information

1 Serving: Calories 230 (Calories from Fat 30); Total Fat 3 1/2g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 0mg; Sodium 160mg; Total Carbohydrate 41g (Dietary Fiber 4g, Sugars 18g); Protein 8g %
Daily Value*: Vitamin A 6%; Vitamin C 0%; Calcium 20%; Iron 10%
Exchanges: 1 Starch; 1 1/2 Other Carbohydrate; 1/2 Low-Fat Milk; 0 Vegetable
Carbohydrate Choices: 3
MyPyramid Servings: 1/4 c Fruits, 1 oz-equivalents Grains
*% Daily Values are based on a 2,000 calorie diet.

Glazed Salmon with a Spicy Grapefruit Relish

www.wholeliving.com

This sweet, astringent red grapefruit relish gets a bit of heat from red pepper flakes. A perfect foil for salmon, it also works with chicken or pork.

Per serving: 381 calories; 40 g protien; 13 g fat; 27 g carb; 2 g fiber.

3 Ruby Red grapefruits
3 to 4 tablespoons light brown sugar
1/4 to 1/2 teaspoon red pepper flakes
4 skinless salmon fillets, (about 6 ounces each)

Remove a thin slice from the top and bottom of 2 grapefruits, and discard. Set one of the flat sides on the work surface. From top to bottom, following the curve of the fruit, cut away peel and white pith. Holding fruit over bowl, cut along both sides of each segment (close to the membrane) to release. Reserve segments. Squeeze juice from membrane into a measuring cup. Juice the third grapefruit to total 1 1/2 cups juice.

In a medium non-aluminum saucepan, combine juice, brown sugar, and red pepper flakes. Bring to a boil and cook until syrupy, about 15 minutes (you should have about 1/4 cup). Remove half of the glaze to bowl and let cool to room temperature.

Add 1 cup of grapefruit segments to the pot (reserve remainder for serving); bring to a boil. Cook, stirring occasionally, until segments have broken down and sauce has thickened, about 12 minutes (you should have about 1/4 cup of relish).

Heat broiler with the rack set 4 inches from the top. Line a rimmed baking sheet with aluminum foil. Place salmon fillets on prepared sheet and season with salt and pepper. Brush salmon with reserved glaze and broil, rotating once during cooking, until opaque throughout, 6 to 7 minutes. Serve salmon with relish and reserved grapefruit segments.