

## Crème de la Crop

### What do I get?

Quantity represents ½ membership

Epicureans: Heritage Arkansas Black Apples, Navel Oranges, Hachiya Persimmons & Tommy Atkins Mangos, Bananas

Standard: Pineapple, Oranges, Bananas

### Tropical-Blend Smoothie

Recipe adapted from Bon Appétit January 1998

yield: Serves 2.

The best smoothies are made with very ripe fruit. Mango, pineapple and banana team up with light coconut milk in this one.

1 very ripe banana, sliced  
1 cup diced pitted peeled fresh mango (from about 1 small)  
1 cup diced peeled fresh pineapple  
1 cup unsweetened pineapple juice  
1/2 cup canned light unsweetened coconut milk  
1 teaspoon fresh lime juice

Arrange banana, mango and pineapple in single layer on baking sheet. Cover and freeze until fruit is frozen solid, about 2 hours.

Combine pineapple juice, coconut milk and lime juice in blender. Add frozen fruit. Blend until mixture is thick and smooth. Pour into glasses and serve immediately.

### Sauerkraut with Apples

Recipe Adapted From Gourmet November 2009  
by Ian Knauer



photo by: Roland Bello

**yield:** Makes 8 servings  
**active time:** 15 min  
**total time:** 2 1/4 hr

Store-bought sauerkraut undergoes an amazing transformation when gently simmered with apples and white wine. The cabbage's crispness gives way to a seductive silkiness, while the fruit and a spoonful or two of brown sugar offset its acidity.

1 large onion, thinly sliced  
2 tablespoons unsalted butter  
4 pounds sauerkraut, rinsed and drained  
2 Gala, Fuji, or Red Delicious apples, thinly sliced  
1 cup dry white wine  
1 to 2 tablespoons packed dark brown sugar

Cook onion in butter in a 4-to 5-quart heavy pot over medium-high heat, stirring occasionally, until golden, about 6 minutes. Stir in sauerkraut, apples, and wine and bring to a simmer.

Cover pot and reduce heat, then simmer, stirring occasionally, until sauerkraut is very tender, about 2 hours.

Stir in 1 tablespoon brown sugar and 1/2 teaspoon each of salt and pepper. Add more brown sugar, salt, and pepper to taste

**Quote of the Week:**  
*Energy and persistence conquer all things.*

**Benjamin Franklin 1706-1790**

### Cranberry Pineapple Salsa

Recipe Adapted From Gourmet November 2008  
by Lillian Chou



photo by: Ditte Isager

**yield:** Makes 8 servings  
**active time:** 15 min  
**total time:** 2 3/4 hr

1 (4-pounds) pineapple, peeled, cored, and cut into 1/2-inch pieces  
1 medium onion, chopped  
1 tablespoon vegetable oil  
1 (12-ounces) bag fresh cranberries (3 1/2 cups; not frozen)  
1/3 cup packed dark brown sugar, or to taste  
1/4 cup Seville orange juice (or 2 tablespoon each of fresh lime juice and regular orange juice)  
1 cup packed cilantro sprigs, coarsely chopped

Preheat oven to 450°F with rack in upper third.

Toss pineapple and onion with oil and 1/2 teaspoon salt in a large 4-sided sheet pan, then roast, stirring occasionally, until charred in spots, 40 minutes to 1 hour.

Meanwhile, pulse cranberries in a food processor until coarsely chopped, then transfer to a large bowl and stir in 1/3 cup brown sugar.

Add hot roasted-pineapple mixture, stirring until sugar has dissolved, then stir in citrus juice. Season with brown sugar and salt. Cool, then stir in cilantro. Let stand covered, 1 hour.

## Steamed Persimmon Pudding with Cinnamon Crème Anglaise

Recipe Adapted From Bon Appétit November 2009 by Carolyn Beth Well

yield: Makes 8 servings

Fragrant persimmons star in this new take on the classic British cake.

Nonstick vegetable oil spray  
1 1/2 cups all purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cinnamon  
1/4 teaspoon fine sea salt  
1 1/2 cups sugar  
1/2 cup (1 stick) unsalted butter, room temperature  
2 large eggs  
3/4 cup fresh persimmon pulp (from about 2 large Hachiya persimmons, pureed in processor)  
1 tablespoon fresh lemon juice  
1/4 cup apricot preserves  
Cinnamon Crème Anglaise or wiped cream

Special equipment: 8-cup metal pudding mold

Butter and flour one 8-cup metal pudding mold with center tube and lid, then generously spray mold with nonstick spray. Butter, flour, and spray lid. Bring large kettle of water to boil. Place round cake rack in bottom of deep pot large enough to hold pudding mold. Whisk 1 1/2 cups flour and next 5 ingredients in medium bowl. Using electric mixer, beat sugar and butter in large bowl until fluffy. Add eggs 1 at a time, beating well after each addition. Add flour mixture and beat until blended. Beat in persimmon puree and lemon juice.

Spoon batter into pudding mold; cover with lid. Place pudding mold on cake rack in pot. Add enough boiling water to come halfway up sides of mold. Return water to boil, cover pot, then reduce heat and simmer until top of pudding feels firm to touch and tester inserted near center comes out clean, adding more simmering water to pot to maintain water level, about 2 hours.

Remove mold from pot. Uncover pudding; let cool. Invert onto plate. **DO AHEAD:** *Can be made 2 days ahead. Cover; let stand at room temperature.*

Bring apricot preserves to simmer in small saucepan. Strain through fine strainer set over bowl. Using pastry brush, spread preserves over outside of pudding. **DO AHEAD:** *Can be made 8 hours ahead. Cover and let stand at room temperature.*

Serve pudding at room temperature with Cinnamon Crème Anglaise. (or wiped cream)

## Lattice Apple Pie with Mexican Brown Sugar

Recipe adapted from Gourmet November 2008 by Lillian Chou

yield: Makes 8 servings  
active time: 45 min  
total time: 4 1/2 hr

We took a regular apple-pie recipe and sweetened the filling with Mexican piloncillo, an unrefined brown sugar. What a difference a sugar makes. This one has a lot of character and adds syrupy molasses notes to a blend of sweet and tart apples.

1/2 pound piloncillo (unrefined brown sugar; also called panela)  
3/4 cup water  
4 (1-inch-wide) strips orange zest  
1/4 teaspoon cinnamon  
1/4 teaspoon ground allspice  
2 1/2 pound medium apples  
3 tablespoons all-purpose flour  
Pastry dough (for a double-crust pie) (recipe follows)  
1 tablespoon milk  
1 teaspoon sugar

Put a large heavy baking sheet in middle of oven and preheat oven to 425°F.

Bring piloncillo, water, zest, spices, and 1/8 teaspoon salt to a boil in a small heavy saucepan, covered, stirring occasionally until piloncillo has dissolved. Remove lid and boil over medium-low heat until syrup is thickened and reduced to about 3/4 cup, 6 to 10 minutes. Discard zest and cool syrup slightly.

Meanwhile, peel and core apples, then cut into 1/2-inch-wide wedges.

Toss apples with flour, then with syrup.

Roll out 1 piece of dough (keeping remaining piece chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round, then fit into a 9-inch pie plate.

Trim edge, leaving a 1/2-inch overhang, and chill shell.

Roll out remaining piece of dough on a lightly floured surface with a lightly floured rolling pin into a 16-by 11-inch rectangle. Cut dough crosswise into 11 (1 1/4-inch-wide) strips.

Stir apple mixture, then spoon evenly into pie shell. Weave a tight lattice pattern over pie with pastry strips.

Recipe continues to the left.

Trim all strips flush with edge of pie plate. Fold bottom crust up over edge of lattice and crimp. Brush lattice (but not edge) with milk and sprinkle with sugar.

Bake pie on hot baking sheet 20 minutes.

Reduce oven temperature to 375°F and bake until crust is golden and filling is bubbling, 50 to 60 minutes more. Cool pie to warm or room temperature, about 1 1/2 hours.

## Perfect Pie Crust

Recipe adapted from Marthastewart.com

Cut each stick of butter into eight pieces, and refrigerate until needed. Place the flour, salt, and sugar in a large mixing bowl, and mix to combine.

Add the chilled butter. Using a pastry blender, incorporate the butter into the flour mixture; the mixture should resemble coarse meal with small pieces of butter, the size of small peas, remaining visible.

Drizzle 2 tablespoons ice water over the flour-butter mixture, and blend. Repeat with an additional 2 tablespoons water. At this point, you may have to add more water:

When a handful of dough squeezed together just holds its shape, you've added enough; if the dough crumbles, continue incorporating water, 1 tablespoon at a time, checking the consistency after each additional tablespoon.

Turn the dough out onto a clean work surface. Divide into two equal pieces, and place on two separate sheets of plastic wrap. Flatten, and form two disks. Wrap, and refrigerate at least 1 hour.

Lightly dust a clean, dry work surface with flour. Place the chilled dough in the center of the work surface, and dust the dough as well as the rolling pin with flour. Position the rolling pin on the center of the disk, and begin rolling the dough away from you. Give the disk a quarter turn, and roll again. Continue turning and rolling until you have an even 1/8-inch thickness. Turning the dough as you roll will prevent it from sticking to the work surface. A dry pastry brush is handy to remove any excess flour during and after the rolling process.

Lightly butter the pie plate. To minimize stretching when moving the dough, roll it around the pin, lift up, and unroll over the buttered pie plate. Using your fingers, gently pat the dough into place. Trim any excess dough with a paring knife or kitchen shears, leaving a 1-inch overhang; then fold dough under to reinforce the edge.