

Thursdays in the Kitchen: Succulent Summer Fruit

7.25.13

Summer Fruit Sangria

A pitcher of sangria made with white wine, fruit, and liqueur will get the party started.

Serves 8

Ingredients:

6 cups assorted fruits (such as mango, pineapple, cantaloupe, and apricot), sliced or cut into chunks

¼ cup thinly sliced peeled fresh ginger

1 to 1 ½ cups fresh basil or mint leaves

½ cup orange liqueur, such as Cointreau

1 bottle crisp white wine, such as Sauvignon Blanc or Pinot Grigio

3 tablespoons fresh lemon juice (from 1 lemon)

Ice

Directions:

In a large bowl or pitcher, combine fruit, ginger, basil or mint, and orange liqueur. Mash gently with the back of a wooden spoon until basil is bruised and fruit releases juices. Add wine and lemon juice and stir to combine. Refrigerate for 1 hour (or up to one day). To serve, fill eight glasses with ice and top with sangria.

Figs, Prosciutto and St. Andre Cheese

Figs were brought to North America by the Spanish missionaries who came to California to build a network of Catholic missions. They found the climate particularly favorable to growing figs, which resulted in the naming of the purple-black variety known as the Black Mission. Other figs can be used for this recipe, including the large, fat, white-fleshed, green-skinned Calimyrna, and the small, thick-skinned Kadota. Or consider an assortment of all three.

Ingredients:

1/3 cup crème fraiche
2 tsp. chopped fresh mint, plus mint sprigs for garnish
2 tsp fresh lemon juice
2 to 3 tsp. milk
Salt and freshly ground black pepper, to taste
12 ripe figs
6 oz. St. Andre or other triple cream cheese, such as Explorateur, cut into 12 wedges
3 oz thinly sliced prosciutto

Directions:

In a small bowl, whisk together the crème fraiche, chopped mint, lemon juice and as much of the milk as needed to form a thick, creamy consistency. Season with salt and pepper.

Halve the figs and arrange them on individual plates or a platter. Intersperse the wedges of cheese among the figs. Drape the prosciutto around the figs and drizzle with the crème fraiche mixture. Garnish with mint sprigs and serve.

Stuffed Pork Chops

In this recipe, seasoned breadcrumbs, tossed with coriander, garlic, fresh parsley, and thyme, keep the chops moist and packed full of flavor. Served with a side of green peas, stuffed chops make for a great meal!

Serves 4

Ingredients:

1 cup cubed (1/2 inch) rustic bread (trimmed of crusts)
1 tablespoon unsalted butter
¼ cup extra-virgin olive oil
½ onion, finely chopped
4 celery stalks, finely chopped
¼ cup plus 1 tablespoon mixed chopped fresh flat-leaf parsley and fresh thyme
2 ¼ teaspoons ground coriander
½ cup plus 3 tablespoons chicken stock
Coarse salt and freshly ground pepper
4 bone-in pork chops (each 1 inch thick and about 9 ounces)
2 garlic cloves, minced

¼ cup dry sherry

Directions:

Preheat oven to 350 degrees. Toast bread cubes on a baking sheet until golden, tossing halfway through, about 7 minutes. In a large ovenproof skillet over medium, heat butter and 1 tablespoon olive oil. Cook onion, stirring frequently, until soft, about 3 minutes. Add celery; cook, stirring, 1 minute. Transfer to a medium bowl. Reserve skillet. Toss bread, herbs, ¼ teaspoon coriander, and 3 tablespoons stock with onion mixture; season with salt and pepper.

With a sharp paring knife, make a deep slit in each pork chop, cutting horizontally to the bone. Dividing evenly, fill with bread mixture, spreading it with your fingers. Using a fork, mix garlic, remaining 2 teaspoons coriander, ½ teaspoon salt, and 1 tablespoon olive oil to make a paste; rub over pork.

In same skillet, heat remaining 2 tablespoons olive oil over medium-high. Cook pork until golden brown on bottom, 2 to 3 minutes; turn over pork and transfer skillet to oven. Cook until an instant-read thermometer inserted into pork (avoiding the bone) registers 155 degrees, about 15 minutes. Transfer to a plate.

Add sherry and remaining ½ cup stock to skillet. Cook over medium-high heat, stirring, until reduced by half. Serve with pork.

Rustic Nectarine and Blackberry Crostata with Cornmeal Crust

Serves 8

Crust Ingredients:

1 2/3 cups all purpose flour

¼ cup polenta (coarse cornmeal)

3 tbs sugar

1 tsp packed grated orange peel

¾ tsp salt

14 tablespoons chilled unsalted butter, cut into cubes

1/3 cup (or more) ice water

Filling Ingredients:

¼ cup sugar
1 ½ teaspoons cornstarch
4 medium nectarines, each pitted and cut into 16 slices
1 1/2 -pint basket blackberries
½ tsp vanilla extract
1 egg, beaten to blend (for glaze)
Raw sugar crystals
Peach preserves, heated
Vanilla ice cream

Directions:

Combine first 5 ingredients in processor and blend 5 seconds. Add butter, using on/off turns, blend just until butter is reduced to pea-size pieces. (To ensure a flaky crust, be careful not to overwork the butter. Add 1/3 cup ice water. Using on/off turns, blend until dough comes together in moist clumps, adding more water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap; chill at least 1 hour. (Can be made 1 day ahead. Chill. Let soften slightly at room temperature before rolling out.)

Roll out dough on lightly floured sheet of parchment paper to 14-inch round, turning dough occasionally to prevent sticking. Slide rimless baking sheet under parchment. Transfer dough on parchment to refrigerator. Chill until dough firms slightly, about 30 minutes.

Stir sugar and cornstarch in medium bowl to blend. Mix in fruit and vanilla. Let stand until juices are released, stirring fruit occasionally, about 30 minutes.

Preheat oven to 375 degrees. Transfer baking sheet with dough to work surface. Let stand 8 minutes to allow dough to soften slightly if too firm to fold. Spoon fruit and juice into center of dough. Arrange fruit in even 10-inch -diameter layer in center. Brush 2-inch border of dough with egg glaze. Lift about 2 inches of dough border and pinch to form vertical seam. Continue around tart, pinching seam every 2 inches to form a standing border. Fold border down over fruit (center 6 inches of fruit remains uncovered). Brush folded border with egg glaze; sprinkle with raw sugar.

Place baking sheet with tart in oven. Bake until crust is golden brown and fruit filling is bubbling at edges, about 55 minutes. Remove from oven; slide large metal spatula under tart to loosen from parchment. Brush fruit with preserves. Slide tart onto rack. Cool 45 minutes. Serve warm

or at room temperature with ice cream.

Resources

- **The Fullerton Arboretum** - Check out our upcoming programs and classes! Visit our Facebook page for updates and pictures! You can also find us on Pinterest and Instagram @FullArboretum.

www.fullertonarboretum.org

www.facebook.com/TheFullertonArboretum

- **Our Localtopia** – Jonathan Dye’s blog that explores local food resources, gourmet cooking and more!

www.ourlocaltopia.com

- **Edible Sunlight** – Jonathan Duffy Davis’s farm and food blog.

www.ediblesunlight.com

Thursdays in the Kitchen: Exploring the Autumn Harvest Series

9/26/13 - 10/24/13 - 11/21/13

Elevate your holiday menus with the Arboretum's "Thursdays in the Kitchen: Fall Harvest" series. As the holidays approach, our expert cooks will lead you through a culinary exploration of the autumn harvest and give you the tools needed to wow your friends and family with fabulous seasonal fare. Each class will include tasty make-and-take seasonal items, like jams, preserves, pickles and more! Come for the food, stay for the instruction and take home sweet and savory handmade goods to feed your whole family!

\$75/ members & \$80/ non members
6pm to 9pm

Register at www.fullertonarboretum.com. Click on Classes.

