

Judy's Recipes

Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

July 2014: Fabulous Fruits!

We eat a lot of fruit during the short season. We grill peaches, plums, apricots, nectarines and pineapple, whatever we have. After you grill your meat and veggies, while the grill is still hot, halve the fruits (or slice the pineapple), put it on the grill for a minute or two per side. Then we top it with crème fraiche or Greek yogurt and a drizzle of honey. You can add chopped nuts if you'd like. We have friends from Mexico who serve a big bowl of cut up watermelon mixed with a little cayenne (or ancho or chipotle powder or hot sauce), salt and lime juice, no measurements, to taste. Delicious!!! On hot summer days, I like to puree chunks of melon in the blender. I put a couple of spoonful's in a champagne flute, add some chilled prosecco or other sparkling wine, stir and have a great melon mimosa.

Cherry Hazelnut Orzo Salad

Salad:

- 1 cup uncooked orzo pasta
- 2 teaspoons salt + 2 teaspoons olive oil for cooking the orzo
- 1/2 pound fresh cherries, pitted and halved or quartered
- 1/2 cup toasted hazelnuts, lightly chopped
- 2 medium scallions, minced
- 1/4 cup chopped fresh mint leaves
- Salt and freshly ground black pepper (to taste)

Vinaigrette:

- 1/4 cup olive oil
- 1 Tablespoon hazelnut oil
- 2 Tablespoons white wine vinegar
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Add 2 teaspoons salt to a large pot of water and bring to a boil over high heat. Add orzo and boil until al dente (about 9 minutes). Drain and toss with 2 teaspoons olive oil. Set aside to cool.

Once cool, pour orzo into a large bowl. Add cherries, hazelnuts, scallion, and mint. Toss gently to combine.

Add all the vinaigrette ingredients to a small bowl and whisk until smooth. Pour over salad.

Stir until salad is coated with dressing. Taste and add salt and pepper if needed.

Refrigerate, covered, until ready to serve.

The salad will keep in the refrigerator up to 3 days. The hazelnuts may soften, so if you make ahead, add the hazelnuts right before serving.

Makes 6 Servings

Fennel and Nectarine Salad

- 1 large fennel bulb, halved lengthwise and thinly sliced crosswise
- 2 nectarines, halved and thinly sliced
- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2 Tablespoons chopped fresh mint

In a bowl, combine fennel and nectarine slices. Add olive oil, vinegar, salt and pepper and toss to combine. Sprinkle with the mint and serve.

Makes 4 servings

Grilled Fruit with Balsamic Glaze

I make this every Thanksgiving and use sliced oranges in place of the nectarines. I serve it after the meal and before dessert. It's really refreshing and cuts the richness of the meal.

- 1 cup balsamic vinegar
- 1-1/2 teaspoons dark brown sugar
- 3 peaches, halved and pitted
- 3 nectarines, halved and pitted
- 3 plums, halved and pitted
- 2 Tablespoons extra virgin olive oil
- Kosher salt and ground black pepper
- 2 ounces Manchego cheese, thinly shaved with a vegetable peeler

Preheat grill to medium-high.

Combine balsamic vinegar and brown sugar in a small saucepan over medium heat. Bring to a boil, reduce heat to low and simmer about 15 to 20 minutes, until reduced to a glaze. Set aside.

Brush fruit with olive oil. Sprinkle with salt and pepper. Grill, in batches, 1 minute on each side. Transfer to a platter.

Drizzle fruit with half of the glaze. Top with cheese and drizzle with remaining glaze. Serve immediately.

Makes 6 Servings



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Lemon Olive Oil Cake with Raspberries and Pistachios

Nonstick vegetable oil spray
1-3/4 cups all-purpose flour
1-1/2 teaspoons baking powder
1/2 teaspoon kosher salt
4 large eggs
1-1/4 cups plus 2 Tablespoons sugar
2 teaspoons vanilla extract
2 Tablespoons finely grated lemon zest
1 Tablespoon plus 1/4 cup fresh lemon juice
3/4 cup olive oil
1-1/4 cups fresh raspberries (about 6 ounces)
3 Tablespoons chopped, unsalted, raw pistachios

Preheat oven to 350°. Coat a 9-inch diameter cake pan with nonstick spray.

Whisk together flour, baking powder and salt in a small bowl.

Using an electric mixer, beat eggs and 1 cup sugar until light and fluffy, for about 5 minutes. With mixer running, add vanilla and 1 Tablespoon lemon juice, then gradually add oil, mixing just until combined.

Fold in lemon zest and dry ingredients.

Scrape batter into prepared pan and smooth top. Scatter berries over cake, then pistachios and 2 Tablespoons sugar. Bake cake until a tester inserted into the center comes out clean, 45 to 55 minutes.

Meanwhile, bring remaining 1/4 cup sugar and remaining 1/4 cup lemon juice to a boil in a medium saucepan, stirring to dissolve sugar. Let lemon syrup cool.

Transfer hot cake (still in the pan) to a wire rack and immediately brush with lemon syrup. Use all of it.

Let cake cool completely in pan.

Makes 8 servings

Nectarine and Blackberry Crisp

This is a basic recipe for a crisp. You can use any fruit or combination you like. Peaches and blueberries (or raspberries) work well, as do apples, plums, and apricots. It's great for the bounty of summer fruits.

3 ripe nectarines, peeled, pitted and cut into 1-inch cubes
1 cup blackberries
1 cup sugar
1/4 cup sugar
3 Tablespoons all-purpose flour
Grated zest of 1 lemon
1 Tablespoon white wine, vin santo, brandy or fruit liqueur of your choice
3 cups crisp topping (recipe below)

Preheat the oven to 375°. In a medium sized mixing bowl, toss together the nectarines, blackberries, sugar and flour. Add the lemon zest and wine and mix briefly. Transfer to an ovenproof dish just big enough to hold the fruit, slightly mounded in the center. Cover the fruit evenly with the crisp topping, pressing down lightly to form a crust and leaving no fruit exposed. Put the dish on a baking sheet to catch any overflowing juices.

Place on the center rack in the oven and bake for 50 to 60 minutes, rotating the dish once after 30 minutes for even coloring. When the crisp is a deep golden brown and the juices have begun to bubble up the sides, remove from the oven and let cool slightly. Serve warm with ice cream.

Crisp Topping

1-1/4 cups unbleached all-purpose flour
6 Tablespoons brown sugar, firmly packed
2 Tablespoons granulated sugar
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
2/3 cup ground pecans
12 Tablespoons unsalted butter, chilled

Stir together the flour, brown sugar, granulated sugar, salt, cinnamon and pecan in a mixing bowl. Cut the butter into small pieces and work it into the flour mixture with your fingers or an electric mixer, mixing until the topping starts to come together and has a crumbly, but not sandy, texture.

The topping can be made ahead and refrigerated for a week or frozen for several weeks. Recipe makes 3 cups, enough for 1 crisp. You can double or triple the recipe and keep it in the freezer.