



Carrboro & Southern Village
FARMERS' MARKET

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Recipe of the Week

May 20, 2006

Features **Strawberries**

Want to make the most of the last couple of weeks of Strawberry Season?
Here's four recipes to help you out.

Strawberry, Cardamom, and Star Anise Claufoutis

Adapted from Simply French by Patricia Wells 1991 Hearst Books ISBN 0-688-14356-3

2 teaspoons unsalted butter and 2 teaspoons vanilla sugar
1 plump moist vanilla bean
3 large eggs*, at room temperature
3/4 cup vanilla sugar
6 Tablespoons all-purpose flour, sifted
Pinch of salt
3/4 cup crème fraîche or heavy cream
3/4 cup whole milk
3 whole star anise, finely ground
2 teaspoons cardamom seed, finely ground
1 Tablespoon brandy
1 quart ripest strawberries*

1. Preheat oven to 400°
2. Butter and sugar cast iron pan or baking dish
3. Prepare the vanilla bean: Flatten the bean and cut it in half lengthwise. With a small spoon, scrape out the seeds and place them in a small bowl
4. In the bowl of electric mixer, blend the eggs until frothy. Add the vanilla seeds, vanilla sugar, flour, salt, crème fraîche, milk, cardamom, star anise, and brandy. Mix until well blended, 2 to 3 minutes. Set aside for 10 minutes.
5. Meanwhile, prepare the strawberries: de-stem, and thinly slice berries lengthwise. Scatter in pan.
6. Pour the batter over the berries. Place the cast-iron in the center of the oven, and bake until the batter puffs up around the berries and turns a deep golden brown, about 40 minutes. Transfer to a rack to cool. Serve warm or at room temperature, but not chilled.

*Available at Market

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Carrboro Farmers' Market · Saturdays, 7 – Noon until Dec. 23
Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM until Oct. 18
Southern Village Farmers' Market · Thursdays 4 - 7 PM until Aug. 31

And More Strawberry Recipes...

Strawberries with Crystallized Ginger, Brown Sugar and Sour Cream *from Sheila Neal*

1 pint strawberries*
1 tablespoon crystallized ginger, finely chopped
1 tablespoon light brown sugar
1/8 – 1/4 cup sour cream

Gently wash the berries and pat dry. Remove the stems and cut in half or quarters depending on the size of the berry. Put in a bowl along with the ginger, sugar and 1/8 cup sour cream. Mix lightly. Add more sour cream to taste.

Refrigerator Strawberry Preserve

From: *Lee Bailey's Country Weekends*
Clarkson N. Potter, Inc. 1983 ISBN 0-517-54880-1

1 pint strawberries*
1/2 cup sugar
1/2 teaspoon fresh lemon juice

Wash, hull and quarter berries. In a small enamel pot, alternate layers of berries and sugar. Bring to boil, stirring from time to time, and then turn heat down. Add lemon juice and simmer for 8 to 10 minutes, stirring often.

With a slotted spoon, remove fruit to a small jar. Continue simmering until juice is reduced by half and pour over berries. Allow to cool. Cover and keep refrigerated.

Note: This jam is not very sweet. You may add more sugar to a later batch if you like it sweeter.

Strawberries with Grand Marnier Glaze *from Sheri Castle of Creative Cooking with Sheri Castle*

3 tablespoons honey*
1/4 cup Grand Marnier
3 teaspoons Angostura bitters
Juice and zest of one fresh orange (about 1 cup)
8 cups fresh berries,* cut into bite-sized pieces

1. Whisk together the honey, Grand Marnier, bitters and orange juice in a large bowl.
2. Add the fruit and toss gently to coat it with the sauce.
3. Cover and chill for at least 30 minutes and up to 8 hours before serving.

Makes 6 to 8 serving

*Available at Market