

Carrboro Farmers' Market
Strawberry Tasting 2004

Enjoy fresh from the field STRAWBERRIES donated by:

**Brooks' Farm
Elysian Fields Farm
Flat River Nursery
Lyon Farms
Maple Spring Gardens
McAdams Farm
Sunset Farms
Wild Hare Farm**

Enjoy fresh from the kitchen POUND CAKE donated by:

**Nu Horizons Farm
Wanda Murray
Louise Parrish
Frances Pendergrass**

*Tips to help you prepare the recipes
on the back of this flier*

From Larousse Gastronomique The World's Greatest Culinary Encyclopedia

Macerate - To soak raw, dried or preserved foods in liquid (usually alcohol - liqueur, wine or brandy - or sugar syrup) so that they absorb the flavour of the liquid. Macerate is the term usually applied to fruit, as opposed to marinate, which is used for the same process in savoury cooking. Macerating imparts flavour to the fruit, softens it and draws out the fruit juices.

Star Anise - The reddish-brown fruit of an evergreen shrub native to the Far East. It is shaped like an eight-pointed star and contains seeds with a slightly hot aniseed flavour. The spice can be used whole or ground. In the West, it is used in confectionery, in the preparation of liqueurs (anisettes) and in pastry and biscuit making.

Clafoutis - A dessert from the Limousin region of France, consisting of black cherries arranged in a buttered dish and covered with fairly thick batter. It is served lukewarm, dusted with sugar. As a rule, the cherries are not stoned (pitted), but simply washed and stalked since the kernels add their flavour to the batter during cooking. The Academie francaise, which had defined clafoutis as a "sort of fruit flan", were faced with protests from the inhabitants of Limoges and changed their definition to a "cake with black cherries". Nevertheless, there are numerous variations using red cherries or other fruits. The word comes from the provincial dialect word *clafir* (to fill).

(over)

Strawberry Recipes

from *Anne Everitt*

Carrboro Farmers' Market ☘ *Saturday Manager*

Strawberry Beaujolais Sorbet with Macerated Strawberries

2 cups Beaujolais wine
1-1/2 cups of water
3/4 to 1 cup sugar (to your taste)
2 pints of strawberries

Slice up 1 pint of strawberries and put in a shallow bowl. Sprinkle some sugar over the top and pour over 1/4 cup of the wine. Let sit for 1/2 hour or up to 6 hours. Toss occasionally.

Clean and trim the other pint of strawberries and puree them in a food processor or blender. Set aside. Heat the water and sugar until boiling and the sugar has dissolved. Add 1-3/4 cup of the wine to the sugar/water mixture. Let cool completely. Chill in refrigerator until completely cold. Process in an ice cream maker as directed by the machine instructions. When the sorbet is almost coming together, thick but not completely finished, add the pureed strawberries and finish freezing.

Remove and put in the freezer to finish firming up until ready to serve. Serve with the macerated strawberries on the top of the sorbet.

and *Sheila Neal*

Carrboro Farmers' Market ☘ *Wednesday Manager*
Southern Village Farmers' Market ☘ *Thursday Manager*

Strawberry, Cardamom, and Star Anise Clafoutis

2 t. unsalted butter and 2 t. vanilla sugar
1 plump moist vanilla bean
3 large eggs, at room temperature
3/4 c. vanilla sugar
6 T. all-purpose flour, sifted
pinch of salt
3/4 c. crème fraîche or heavy cream
3/4 c. whole milk
3 whole star anise, finely ground
2 t. cardamom seed, finely ground
1 T. brandy
1 qt. 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.

Adapted from *Simply French* by Patricia Wells