



# Life is a Like a Bowl of Cherries



## Cherry-Almond Streusel Tart



Pastry for single-crust pie (9 inches)

2/3 cup sugar

3 tbsp. cornstarch

Dash salt

4 cups fresh tart cherries, pitted or frozen pitted tart cherries, thawed

1/8 tsp. almond extract (more to your taste)

### TOPPING:

1/4 cup quick-cooking oats

3 tablespoons all-purpose flour

2 tablespoons brown sugar

1 tablespoon slivered almonds

2 tablespoons cold butter

### Directions

1. Press pastry onto the bottom and up the sides of an ungreased 9-in. fluted tart pan with removable bottom; trim edges.

2. In a large saucepan, combine the sugar, cornstarch and salt. Stir in cherries; bring to a boil over medium heat, stirring constantly. Cook and stir for 1-2 minutes or until thickened. Remove from the heat; stir in extract. Pour into crust.

3. For topping, combine the oats, flour, brown sugar and almonds. Cut in butter until mixture resembles coarse crumbs. Sprinkle over filling. Bake at 350° for 30-35 minutes or until topping is golden brown. Cool on a wire rack. Yield: 8 servings.

<http://www.tasteofhome.com/recipes/cherry-almond-streusel-tart>



## Cherry Barbecue Sauce

You can use fresh or frozen cherries to make this flavorful barbecue sauce. It tastes great on ribs and chicken! —Nipomo, CA

1 medium onion, chopped

2 tbsp. butter

2 garlic cloves, minced

2 cups fresh or frozen dark sweet cherries, pitted and coarsely chopped

1 cup ketchup

2/3 cup packed brown sugar

1/4 cup cider vinegar

1 tbsp. Worcestershire sauce

2 tsp. ground mustard

1/2 tsp. pepper

1/8 teaspoon Liquid Smoke, optional



### Directions

1. In a large saucepan, sauté onion in butter until tender. Add garlic; cook 1 minute longer. Stir in the remaining ingredients. Cook, uncovered, over medium-low heat for 20 minutes or until cherries are tender and sauce is thickened, stirring occasionally.

Yield: about 3-1/2 cups.

<http://www.tasteofhome.com/recipes/cherry-barbecue-sauce>

### Cherry Fun Facts



-A chemical reaction between cherries and alkaline such as baking powder causes a blue discoloration in a baked product. This can be prevented by using sour cream instead of milk in the recipe or by adding an acidic liquid.

-To really bring out the flavor of cherry, use ¼ teaspoon of pure almond extract.

-Cherries are known to have a very short fruiting season. Areas of Northern America see cherries as the first ones to ripen amongst other fruits; therefore the term 'in cherry condition' has been derived which means something new.

## Almond Tea Bread



1 can (8 ounces) almond paste

1/4 cup butter, softened

1 cup sugar

3 large eggs

1-1/2 cups fresh pitted cherries or blueberries

3 cups all-purpose flour, divided

4 teaspoons baking powder

1/2 teaspoon salt

3/4 cup milk

### Directions

1. In a large bowl, combine almond paste and butter; beat until well blended. Gradually add sugar, beating until light and fluffy. Add eggs, one at a time, beating well after each addition. In a small bowl, gently toss cherries and 1 tablespoon flour. Set aside.
2. Combine the baking powder, salt, remaining flour; add to the creamed mixture alternately with milk, beating well after each addition.
3. Spoon a sixth of the batter into each of two greased and floured 8-in. x 4-in. loaf pans; sprinkle layers with half of the fruit. Cover with another layer of batter and sprinkle with remaining fruit. Top with remaining batter; smooth with spatula.
4. Bake at 350° for 1-1/4 hours or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool. Yield: 2 loaves (16 slices each).

<http://www.tasteofhome.com/recipes/almond-tea-bread>

Sometimes life is a bowl of cherries,  
and it's your job to remove the pits  
and make something delicious out of it.



### Grilled Chicken & Fresh Cherry Salsa

- 1-1/2 lb. cherries, pitted and roughly chopped
- 1/2 cup minced red onion
- 2 Tbsp. lemon juice
- 2 Tbsp. chopped fresh basil
- 1 Tbsp. balsamic vinegar
- 2 tsp. honey
- 1/4 tsp. salt
- 4 chicken breasts, pounded to uniform thickness
- Extra virgin olive oil
- Salt and pepper to taste



- Combine cherries, red onions, lemon juice, basil, balsamic vinegar, honey, and salt in a bowl. Place into the refrigerator while you grill the chicken.
- Brush both sides of the chicken breasts with oil, then season liberally with salt and pepper. Grill over medium-high heat for 4 minutes a side, or until cooked all the way through. Let rest for 5 min. before topping with fresh cherry salsa.

<http://iowagirleats.com/2012/07/19/grilled-chicken-fresh-cherry-salsa-skinny-cherry-berry-smash/>

### Nectarine-Cherry Compote

- 6 tbsp. sugar
- 2 tbsp. rum, optional
- 1 tsp. cornstarch
- 1 tsp. vanilla extract
- 4 medium nectarines, halved
- 1 lb. fresh sweet cherries, pitted
- Vanilla ice cream



#### Directions

- Preheat oven to 375°. In a small bowl, combine sugar, rum if desired, cornstarch and vanilla. Transfer to a greased 13x9-in. baking dish. Place nectarine halves, cut side down, over sugar mixture. Sprinkle with cherries.
- Bake, uncovered, 35-40 minutes or until bubbly and fruit is tender. Serve warm with ice cream. Yield: 8 servings.

<http://www.tasteofhome.com/recipes/nectarine-cherry-compote>



Make it a great week,

~Tricia  
Spencer's Fresh Markets  
Morro Bay and Santa Maria



### Cherry Cornmeal Upside-Down Cake

- 3/4 cup (1 1/2 sticks) unsalted butter, room temperature, divided
  - 1/4 cup (packed) dark brown sugar
  - 2 teaspoons balsamic vinegar
  - 4-5 cups whole pitted fresh Bing cherries or other dark sweet cherries
  - 1 1/4 cups all-purpose flour
  - 1/4 cup yellow cornmeal (preferably stone-ground medium grind)
  - 2 teaspoons baking powder
  - 1/4 teaspoon salt
  - 1 cup sugar
  - 2 large eggs, separated
  - 3/4 teaspoon vanilla extract
  - 1/2 cup whole milk
  - 1/4 teaspoon cream of tartar
- Position rack in center of oven; preheat to 350°F.  
--Combine 1/4 cup butter with brown sugar & vinegar in 10-11" ovenproof skillet with 2" high sides. Stir over medium heat until butter melts and sugar dissolves, about 2 min. Increase heat to high; add cherries and bring to boil. Remove from heat.  
--Whisk flour, cornmeal, baking powder, and salt in medium bowl to blend.  
--Using electric mixer, beat 1/2 cup butter in large bowl. Add sugar; beat until pale and fluffy, about 3 min. Beat in egg yolks and vanilla.  
--Add flour mixture alternately with milk in 2 additions each, beating just until blended. Scrape down sides of bowl.  
--Using clean dry beaters, beat egg whites in another medium bowl until foamy. Add cream of tartar and beat until whites are stiff but not dry. Using rubber spatula, fold 1/4 of whites into batter to lighten slightly. Fold in remaining whites in 3 additions (batter will be thick). Spoon batter over cherries in skillet, then spread evenly with offset spatula to cover cherries.  
--Bake cake until top is golden brown and tester inserted into center comes out clean, about 45 min. Cool in skillet on rack 5 min. Run spatula around edges of cake to loosen. Place large serving platter upside down atop skillet. Using pot holders or oven mitts, firmly hold platter and skillet together and invert. Leave skillet atop cake 5 min. Remove skillet. Rearrange any cherries that may have become dislodged. Let cool at least 45 min. Cut into wedges and serve slightly warm or at room temperature.

<http://circle-b-kitchen.squarespace.com/food-and-recipes/2010/7/20/cherry-cornmeal-upside-down-cake.html>