

Week 1 Desserts

This is a list of simple, yet delicious dessert recipes. The ingredients for these recipes will not be included on the weekly shopping lists, as when and how often you make them is up to you! However, all ingredients can be found at Hollygrove Market and Farm, the Crescent City Farmers Market, and Abita Fresh. New dessert recipes will be added weekly.

Summer Fruit Semifreddo

Ingredients:

1 $\frac{3}{4}$ c heavy cream

1 $\frac{1}{4}$ c cane sugar

7 egg yolks

1 quart summer berries or fruit, roughly chopped; if using strawberries, keep leaves on; if peaches, keep skin on

1 t salt

To prepare:

1. Beat cream until soft peaks form. Refrigerate
2. Place berries or fruit in saucepot with $\frac{1}{4}$ c cane sugar and cook on low heat. Stir occasionally and cook until fruit becomes mushy and maximum juice has been extracted.
3. Strain juice from fruit and set aside. Blend remaining fruit pieces.
4. Whisk yolks, salt, and fruit juice in metal bowl.
5. Set bowl over pan with lightly boiling water. Whisk constantly until yolks thicken to a custard-like consistency. Note - if you do not whisk, or your water is too hot, you will end up with scrambled eggs.
6. Remove custard from heat, and place over a larger bowl full of ice. Beat with an electric hand mixer until it has doubled in size.
7. Gently fold in whipped cream.
8. Line a bread loaf pan with plastic wrap, leaving a plenty to over hang; about half the width of the pan on each side. Smooth to remove as many wrinkles as possible.
9. Pour semifreddo mix into pan. Fold overhang to cover the top.
10. Freeze at least 8 hours. Half way through, spread blended berries over top, then return to the freezer.

Berries and Cream

Ingredients:

1 c mixed berries

$\frac{1}{2}$ c heavy cream

2 t cane sugar

To prepare:

1. Mix berries with cane sugar.
2. Whip cream by hand, with a hand mixer, or a stand mixer, until medium peaks form.
3. Dollop whipped cream over berries.

Grilled Peaches and Honey-Mint Creole Cream Cheese

Ingredients:

2 peaches, pitted and halved

1 c Creole Cream Cheese

3 T local honey

¼ c mint, chiffonade

1 T cane sugar

1 T pecan oil

To prepare:

1. Mix pecan oil and sugar. Brush over peach halves.
2. Grill peaches on a hot grill, about 3-4 minutes each side.
3. With a fork, mix Creole Cream Cheese, honey, and mint until smooth.
4. Serve with Creole Cream Cheese mix in center of peach.