

Seasonal Eating



Blackberry Soup with Caramelized Peaches

4 firm ripe peaches
1 cup ruby port wine
1/2 cup sugar
1/4 teaspoon ground cardamom
1/8 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
4 cups fresh blackberries
1 cup peach nectar
1/2 cup honey
1/4 cup water
1 tablespoon fresh lime juice
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/4 teaspoon vanilla extract
8 ounces plain yogurt
1/4 cup slivered almonds, toasted

Cut the peaches in half, take out the pit and peel. Cut each half into quarters. In a medium saucepan or skillet over medium-high heat, combine the port, sugar, cardamom, cinnamon and vanilla. Bring to a boil. Reduce the heat to medium and cook until the mixture is somewhat syrupy, about 3 minutes. Add the peaches, stir to coat and cook until they are golden and are nicely coated in the syrup, 3-4 minutes. Serve warm or cooled.

In a large, heavy saucepan, combine the blackberries, peach nectar, honey, water, lime juice, ground cinnamon and nutmeg. Bring to a boil. Then reduce the heat and simmer for 20 minutes or until the berries have softened.

Remove the pan from the heat and mash the berries with a potato masher, then strain through a fine mesh strainer over a bowl, pressing to extract as much liquid as possible. Discard the solids. Add the vanilla and yogurt to the strained blackberry juice and whisk until well blended. Serve at room temperature or chilled. Pour into flat bowls and fan three slices of caramelized peach in the center of the bowl. Sprinkle with toasted almonds in the middle.