

Strawberry Lemon Crepes

3 eggs
1/2 cup milk
1/2 cup water
3 tablespoons melted butter
3/4 cup flour
1 tablespoon sugar
1/4 teaspoon salt
1 quart strawberries, hulled and sliced
1 tablespoon sugar
3/4 cup soft goat cheese
3/4 cup lemon curd
Powdered sugar
6 tablespoons slivered almonds, toasted

Combine eggs, milk, water, butter, flour, sugar and salt in the jar of a blender. Blend one minute. Scrape down the sides of container with a rubber spatula. Blend until smooth, about 30 seconds more. Refrigerate for one hour. Heat a non-stick 8 inch skillet over medium heat. Ladle a little batter into the pan and immediately swirl pan to coat bottom. Cook until edges start to brown slightly and then flip and cook on reverse side. Remove and cool completely. Store between sheets of waxed paper in refrigerator until ready to use or freeze for longer storage.

Combine strawberries and sugar and let sit for about 1 hour. (If storing longer, place in refrigerator.)

Spray a 9" x 13" glass baking dish with vegetable spray. Lay out the crepes and spread with about a tablespoon of goat cheese and a tablespoon of lemon curd. Fold edges of crepes to center and lay in the prepared dish. Spray the tops of the crepes with vegetable spray. Bake at 400 for about 15 minutes. Remove from oven and let cool for a minute. Transfer to serving plate and top with strawberries, draining off some of the juice. Sprinkle with sifted powdered sugar and then with toasted almonds. Serve immediately.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



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Springing Up with Goodness

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>
Seasonal Eating Market Blog:
<https://utextension.tennessee.edu/bedford/seasonaleatingblog/default.aspx>

Curried Chicken Fruit Salad

1/2 cup mayonnaise
1/2 cup sour cream
2 tablespoons orange juice concentrate
1 teaspoon curry powder
3/4 teaspoon onion salt
1 1/2 cups strawberries, cleaned and halved
1 cup green seedless grapes, halved
1 cup sliced celery
3 chicken breast halves, cooked and shredded (see below)
1/2 cup chopped dates
1/4 cup coconut
Lettuce leaves
1/2 cup chopped cashew nuts
Strawberries for garnish

In a large bowl stir together mayonnaise, orange juice, curry powder and onion salt until blended. Gently stir in strawberries, celery, chicken, grapes, dates and coconut. Spoon onto lettuce leaves on a plate and top with nuts. Garnish with whole strawberries.

To cook chicken: Place chicken breasts in a baking dish skin side up. Sprinkle liberally with salt. Sprinkle with pepper, celery seed, dried thyme and ground sage. Cover with foil and bake at 400 until meat is no longer pink, about 40–60 minutes. Let cool slightly and then shred meat, discarding skin and bones.

Ham and Chive Scones with Chive Blossom Butter

1 tablespoon butter
1/2 cup chopped chives
2 cups flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon black pepper
6 tablespoons cold butter, cut into tablespoons
1/2 cup shredded asiago cheese
1 cup chopped ham
1/2 cup buttermilk
1 egg, lightly beaten

8 tablespoons butter, softened
2 tablespoons chive blossom petals
1 teaspoon honey
Pinch black pepper

In a small skillet, melt the tablespoon of butter and add the chives. Sauté until tender, about 3-4 minutes. Meanwhile, in a large bowl, whisk together the flour, baking powder, baking soda, salt and pepper. Cut in the cold butter. Stir in the cheese and ham. Add the buttermilk, egg and chives and stir with a fork until moistened. Bring together into a ball and place in the center of a sheet pan lined with parchment paper. Press into a circle about 1" thick. Cut into wedges but do not separate. Bake at 400 degrees for 20-25 minutes, until golden brown. Serve warm with chive blossom butter.

For chive blossom butter, combine 8 tablespoons butter, chive blossom petals, honey and black pepper.