

School of Cooking

Martin's

Fresh 'n Fruity Desserts
Hosted by Chef Greg Beachey
June 10, 2008
Martin's on Bashor Road
Goshen, Indiana

Berry Compote

Ingredients

1 pint berries -- fresh
4 ounces granulated sugar
2 oranges -- juice and zest
3 ounces honey
1 cinnamon stick
3 tablespoons brandy

Instructions

Select an assortment of fresh berries— strawberries, blueberries, raspberries, blackberries and cherries can be used, depending on availability. Place the fruits and sugar in a nonreactive saucepan. Add the juice from the two oranges. Bring to a simmer over low heat; cook until the fruits are soft but still intact. Strain the mixture, saving both the fruits and the liquid. Return the liquid to the saucepan. Add the finely grated zest from one orange, the honey, cinnamon and brandy. Bring to a boil and reduce until the mixture thickens enough to coat the back of a spoon. Remove from the heat and cool to room temperature. Gently stir the reserved fruits into the sauce, cover and chill.

Tea Sangria

Ingredients

4 cups boiling water
5 English Breakfast tea bags
2 cups sliced fresh fruit
2 tbsp sugar
2 cups white grape juice

Instructions

In a teapot, pour boiling water over tea bags; cover and brew 5 minutes. Remove tea bags and cool. In large pitcher, combine fruit with sugar. Pour tea over fruit; stir in juice. Serve in ice-filled glasses.

Fresh Fruit Bavarian

Ingredients

fresh fruit such as:

2 kiwis
1 banana
½ pint raspberries, blueberries or wild strawberries
1 Tablespoon Honey
1 fluid ounce Kirsch or brandy
4 Egg yolks
4 ounces Granulated sugar
8 fluid ounces Milk
½ Vanilla bean -- split
½ ounce Sheet gelatin -- softened
12 fluid ounces Heavy cream

Instructions

Lightly spray the bottom of a 1-quart mold with pan release spray. Peel and thinly slice the fruit if necessary. Mix the honey and the kirsch or brandy and pour over the fruit. Chill while preparing the Bavarian cream. Prepare a vanilla custard sauce using the egg yolks, sugar, milk and vanilla. Remove from the saucepan. Add softened sheet gelatin to the hot custard. Chill until thick, but do not allow the custard to set. Whip the cream

until stiff and fold it into the chilled and thickened custard. Pour about one-third of this mixture (the Bavarian cream) into the mold. Arrange half of the fruit on top. Pour half of the remaining Bavarian cream on top of the fruit and top with the remaining fruit. Fill with the rest of the Bavarian cream. Chill until completely set, approximately 2 hours. Unmold onto a serving dish. Garnish the top with additional fruit and whipped cream as desired.

Fresh Berry Tart

Ingredients

1 tart shell, 9 in. Sweet Tart Dough -- fully baked
1 pint Pastry cream
3 pints Fresh berries such as:
strawberries, blackberries, blueberries or raspberries
Apricot glaze -- as needed

Instructions

Fill the cool tart shell with Pastry Cream. Arrange the berries over the Pastry Cream in an even layer. Be sure to place the berries so that the Pastry Cream is covered. Heat the apricot glaze and brush over the fruit to form a smooth coating.

Pastry Cream (Crème Pâtissière)

Ingredients

4 ounces Cake flour
12 ounces Granulated sugar
1 quart Milk
12 Egg yolks
1 Vanilla bean -- split
2 ounces unsalted butter

Instructions

Sift the flour and sugar together. Whisk 8 fluid ounces of the milk into the egg yolks. Then add the flour and sugar and whisk until completely smooth. Heat the remaining milk with the

vanilla bean in a heavy non-reactive saucepan. As soon as the milk comes to a boil, whisk approximately one-third of it into the egg-and-flour mixture and blend completely. Pour the egg mixture into the saucepan with the rest of the milk. Whisk constantly until the custard thickens. As it thickens, the custard will go through a lumpy stage. Although you should not be alarmed, you should increase the speed of your stirring. Continue to stir vigorously, and it will smooth out and thicken just before coming to a boil. Allow the pastry cream to boil for approximately 1 minute, stirring constantly. Remove the pastry cream from the heat and immediately pour it into a clean mixing bowl. Fold in the butter until melted. Do not over mix, as this will thin the custard. Cover by placing plastic wrap on the surface of the custard. Chill over an ice bath. Remove the vanilla bean just before using the pastry cream.