

## Mixed Berry Dutch Baby

A Dutch baby, also known as a German pancake, is a mixture of flour, eggs, and milk that gets baked in a heavy skillet until it becomes puffy and golden. A Dutch baby can be served with syrup or dusted with powdered sugar and served for either breakfast or dessert.

Serves 6 to 8

### Ingredients:

3 large eggs  
½ teaspoon finely grated lemon zest  
⅓ cup sugar  
Pinch of salt  
⅔ cup all purpose flour  
⅔ cup milk  
4 cups mixed berries, your choice  
¼ cup butter  
Powdered sugar, for dusting

### Directions:

1. Preheat oven to 425°F and heat a cast iron skillet over medium heat.
2. In a medium bowl, whisk together the eggs, lemon zest, sugar, and salt until combined. Add the flour and milk and whisk until smooth. Add two cups of the berries.
3. Melt the butter in the skillet and add the batter, spreading the fruit evenly. Bake in the center of the oven for 20 to 25 minutes, until the edges are browned and puffed and the center is lightly browned in spots.
4. Transfer skillet to a cooling rack and dust Dutch baby with powdered sugar. Cut into wedges and serve with remaining berries.

## Summer Fruit Tart

Serves 6

### Ingredients:

1 pound peaches, nectarines, apricots, or plums  
1 cup berries such as mulberries, raspberries  
3 to 5 Tablespoons sugar  
1 Tablespoon sugar for sprinkling  
Dough for one pie crust

### Directions:

1. Remove the pit from the fruit cut into ½-inch thick wedges. Gently wash and dry berries. Combine fruits in a medium bowl (you should have about 3 cups); set aside. Adjust oven rack to lower-middle position and heat oven to 400°F.
2. To assemble and bake: On a large sheet of parchment paper lightly dusted with flour, roll dough to 12-inch round, about 3/16-inch thick. If dough sticks to parchment paper, dust with additional flour. Slide parchment and dough onto baking sheeting and refrigerate for about 15 minutes.
3. Sprinkle fruit with sugar and toss gently to combine. Mound fruit in center of dough, leaving a 2-½-inch border around edge. Carefully grasp one edge of dough and fold up outer 2 inches over fruit. Repeat around the entire tart, overlapping dough every 2 to 3 inches. Brush dough with water and sprinkle evenly with one tablespoon sugar. Bake until crust is deep golden brown and fruit is bubbling, 45 to 50 minutes. Place tart on wire rack to cool; about 30 minutes.



## Cucumber Salad

Serves 4 to 6

### Ingredients:

½ cup sour cream  
1 Tablespoon vinegar  
1 teaspoon sugar  
3 medium cucumbers  
½ medium red onion, sliced  
Kosher salt  
Freshly ground white pepper, to taste

### Directions:

1. In a small bowl, whisk together sour cream, vinegar, and sugar. Set aside.
2. Peel cucumbers if desired. Slice cucumbers into thin rounds. Slice onion. Combine cucumbers and onion in a medium bowl. Sprinkle with about 1½ teaspoon kosher salt. Allow to sit for about 30 minutes. Rinse and drain well. Place cucumbers and onion on a towel and squeeze to remove water.
3. Add cucumbers and onion to sour cream mixture. Stir to combine. Adjust seasoning to taste. Chill for at least one hour.



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## Snap Beans

Green beans are everywhere, from summer salads to that Thanksgiving green bean casserole. Many people may not be familiar with other members of the snap bean family, such as pole beans, wax beans, haricot verts, and rattlesnake beans. These beans possess slightly different flavors and vary tremendously in color, shape, and texture.

Basically, all snap beans are members of the legume family, *Phaseolus vulgaris*. Snap beans are sometimes referred to as string beans. Older varieties contained a “string” that ran along the length of one side of the pod. With the exception of pole beans, modern varieties no longer contain this string.

A unique feature of snap beans is the edible pod. Consuming the bean and pod is a Native American custom. It wasn't until explorers traveled to the Americas and returned home with beans that it caught on in Europe and other parts of the world.



Various green beans varieties

### Selecting and Storing Beans

Late spring to early fall is the best time for fresh snap beans. When picking beans, make sure the sides are not bulging from the seeds. These beans were picked too late and will be tough and leathery.

When you pick a bean, break it in half and you hear it “snap”, the bean is fresh.

### Cooking Snap Beans

Snap beans can be prepared in a number of ways, slow cooked with port, steamed and added to salads, or added to pasta dishes.

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## Southern Style Green Beans

Serves 8

### Ingredients:

3 slices bacon  
1 cup chopped onion  
¼ teaspoon black pepper  
4 cups chicken stock, divided  
1½ pound green or pole beans, trimmed and cut crosswise

### Directions:

1. Cut bacon into ¼-inch pieces. Cook in a large saucepan until crisp. Remove bacon from pan; set aside. Reserve 1 tablespoon of drippings in pan. Add onions to drippings in pan; cook for about 3 minutes until translucent.
2. Add 3 cups of chicken stock and the green beans. Cover and bring to a boil, reduce heat. Simmer for about 25 minutes or until beans are tender.
3. If liquid gets too low, add more stock. If you prefer more liquid, use more stock.



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