

Fruit Stew

Show: Nov 21st

Ingredients: Serves 6-8

4 ea Apples (Fuji, Pepin, Granny Smith)
3 ea Pears, Bosc are best
1 cup Prunes, pitted
1/2 cup Figs, dried
1 cup Apricots, dried
1/2 cup Cherries or Cranberries, dried
1/4 cup Raisins, Golden
1/4 cup Currants
1 cup Sugar
2 cups Red Wine
1 lemon Lemon Zest
1 Tbs Ginger, candied, chopped
4 Tbs Butter, unsalted
1 ea Vanilla Bean, split and seeded

Procedure:

Combine all ingredients in a heavy pot and simmer about 30-45 minutes, until liquid coats the back of a spoon. Serve over a slice of lemon bread and top with candied ginger cream.

Lemon Bread:

Ingredients: 1 loaf

1 1/2 cups Flour, all-purpose
1 cup Sugar
1 tsp Baking Powder
1/2 tsp Salt
2 ea Eggs
1/2 cup Milk
1/2 cup Canola Oil
1 ea Zest of 1 lemon
1/2 Tsp Lemon Extract

Procedure:

Preheat oven to 350°F. In a large bowl, stir together 1 1/2 cups flour, 1 cup sugar, 1 tsp baking

powder and 1/2 tsp salt. In a separate bowl, beat 2 eggs lightly then add in the 1/2 cup of milk and 1/2 cup of oil with the lemon extract and zest. Combine the two mixtures and stir until blended, don't over-stir.

Pour batter into a greased and flour-dusted 9 inch loaf pan.

Bake in preheated oven for 40-45 minutes or until a skewer inserted into center, comes out clean.

Candied Ginger Cream:

Ingredients: Makes 1 cup

1 Cup Whipping Cream
2 Tbs Sugar
2 Tbs Ginger, candied, chopped

Procedure:

Combine in food processor, whipping until just stiff.

[« Back to List of Recipes](#)