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ETON MESS  
WITH  
STRAWBERRIES  
& WHIPPED  
RICOTTA

Eton mess is a classic English dessert of layered meringue, fruit, and whipped cream. We stepped it up with macerated berries spiked with a hint of orange liqueur and vanilla bean-flecked, whipped ricotta.

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# STRAWBERRY

# SEASON

THESE SWEET AND SAVORY RECIPES MAKE UNEXPECTED USE OF ALL THE BRIGHT RED, JUICY STRAWBERRIES AT THE MARKET RIGHT NOW—JUST IN CASE YOU EVER GET TIRED OF EATING THEM STRAIGHT FROM THE CARTON.



**BERRY  
BOOST**  
Top with crushed  
freeze-dried  
strawberries for  
a colorful hit  
of flavor.

➔  
**STRAWBERRY  
CRUMBLE  
SCONES**

The tender crumb of a berry scone meets the crisp topping of a fruit crumble in this stir-and-bake recipe. One idea: Split them open and fill with whipped cream for a strawberry shortcake-inspired treat.



When strawberry season is at its peak, it's hard to resist stocking up.

◆ **SHOP SMART**

Strawberries don't ripen further after picking, but they do soften: Suss out berries that are ready to eat but not on the edge of mushy. They should be bright red and fragrant, without any moisture (even those near the bottom of the carton). Avoid any with green or white "shoulders" at the leaf end, which means they were picked before fully ripe.

◆ **PICK EARLY**

If you're getting your berries at a U-pick field, it's best to harvest in the a.m. before the day gets too warm. Pick with about ½ inch of stem still attached to each berry.

◆ **PREP PROPERLY**

Don't wash or hull berries before refrigerating. If you can spare the space in your fridge, the best way to store them is on a paper towel-lined baking sheet—the air circulation helps them stay fresh.

◆ **STORE MORE**

Save a big harvest on ice: Wash and hull your berries (halve if large), spread on a parchment-lined baking sheet, and freeze overnight. Transfer to a storage container and freeze up to 12 months.



➡  
**GRILLED  
STRAWBERRY  
SALSA  
FRESCA**

Strawberries play the part of tomatoes in this smoky grilled salsa. Char berries in a grill basket, then stir together with salsa's usual suspects: jalapeños, garlic, cilantro, and lime.

←  
**ROASTED  
STRAWBERRY  
FROZEN  
YOGURT**

The trick to this tangy dessert is roasting the berries with a bit of sugar and vanilla bean paste to concentrate the strawberry flavor. Serve dusted with pulverized freeze-dried berries or top with crushed pretzels to strike that sweet-salty balance.

**BERRY  
BOOST**

Serve with chips  
or spoon over  
grilled chicken  
or shrimp  
skewers.





**STRAWBERRY SALAD WITH FETA, ARUGULA & PICKLED RED ONIONS**

This summery side takes its cues from the ubiquitous spinach-  
berry salad. We swapped out the spinach for arugula and engaged the ultimate shortcut: Quick-pickled onions add crunch and sharpness, while their pickling liquid becomes a bright, zippy vinaigrette.

➔  
**STRAWBERRY-  
GINGER LIMEADE  
FREEZER JAM**

This sweet-tart spread requires just five ingredients and no cooking, so it's an ideal way to put up peak-season strawberries (and even those that are going a little soft). Ginger and lime zest lend an almost tropical note. ■

**BERRY  
BOOST**

Also try the jam on ricotta crostini, stirred into yogurt, or spooned over pork chops.



### COOK ALONG

Hover your phone camera over this code to watch a video of us making Eton Mess with Strawberries & Whipped Ricotta.

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## STRAWBERRY SEASON

Recipes by Marisa McClellan, the blogger behind *foodinjars.com*.

### ETON MESS WITH STRAWBERRIES & WHIPPED RICOTTA

HANDS-ON TIME 15 min.

TOTAL TIME 45 min.

- 1 lb. fresh strawberries, hulled
- ¼ cup granulated sugar
- 2 Tbsp. orange liqueur (such as Grand Marnier, Cointreau, or triple sec) or orange juice
- 1 cup whole milk ricotta cheese
- 1 cup heavy cream
- ⅔ cup powdered sugar
- 1 tsp. vanilla bean paste or vanilla
- 1 recipe Meringue Cookies (right) or 12 purchased meringue cookies

1. Quarter large strawberries and halve smaller berries. Place berries in a large bowl. Add granulated sugar and orange liqueur; stir. Let stand 30 minutes or until berries have released their juices, stirring once or twice.

### MERINGUE COOKIES



Place oven rack in center of oven.

Draw twelve 3-inch circles on two pieces of parchment. Invert paper on baking sheets. In a medium bowl beat 3 room temperature *egg whites*, dash *salt*, and dash *cream of tartar* with a mixer on medium until soft peaks form. Add ¾ cup *sugar*, 1 Tbsp. at a time, beating on high until stiff peaks form (tips stand straight). Beat in ½ tsp. *lemon juice* and ¼ tsp. *vanilla*. Sift 1¼ tsp. *cornstarch* over mixture; fold in gently. Spread mixture on circles on paper. If you like, swirl in 1 to 2 tsp. pureed strawberries into each (shown right). Bake 45 minutes at 250°F (do not open door). Turn off oven; let cookies stand in closed oven 1 hour.



2. In a large bowl combine ricotta, cream, powdered sugar, and vanilla bean paste. Beat with a mixer on low to combine. Gradually increase speed, beating 2 to 3 minutes or until mixture is thick and fluffy.

3. Place Meringue Cookies in a resealable plastic bag; seal. Use a rolling pin to lightly crush cookies to a mixture of dust and larger shards (you should have about 1½ cups crushed cookies). Fold 1 cup of the crushed cookies into the whipped ricotta mixture.

4. Spoon ricotta mixture into six 8-oz. glasses or half-pint Mason jars. Top with berries and the remaining crushed cookies. Serve immediately. Makes 6.

PER ETON MESS 337 cal, 19 g fat (12 g sat fat), 65 mg chol, 65 mg sodium, 38 g carb, 2 g fiber, 33 g sugars, 5 g pro

### STRAWBERRY CRUMBLE SCONES

HANDS-ON TIME 25 min.

TOTAL TIME 50 min.

- 2¼ cups all-purpose flour
- 3 Tbsp. granulated sugar
- 1 Tbsp. baking powder
- 8 Tbsp. cold unsalted butter
- ½ cup heavy cream
- 1 egg
- 1 tsp. lemon zest
- 1½ cups chopped fresh strawberries
- ⅓ cup chopped toasted walnuts
- ¼ cup regular rolled oats
- 3 Tbsp. packed brown sugar
- ½ tsp. ground cinnamon

**1.** Preheat oven to 375°F. Line a baking sheet with parchment. In a medium bowl whisk together 2 cups of the flour, the granulated sugar, baking powder, and  $\frac{3}{4}$  tsp. salt; whisk to combine.

**2.** Cut 6 Tbsp. of the butter into small pieces and add to the bowl. Using your fingers, rub the butter into the flour mixture until the mixture resembles coarse crumbs.

**3.** Pour cream into a measuring cup and add egg and lemon zest. Whisk to combine. Add cream mixture to flour mixture; gently stir. Add strawberries and walnuts; stir just until dough comes together (a few dry crumbs are OK). Form dough into a ball and transfer it to prepared baking sheet. Pat dough into an 8-inch round.

**4.** For streusel: In a small bowl stir together the remaining  $\frac{1}{4}$  cup flour, the oats, brown sugar, cinnamon, and  $\frac{1}{4}$  tsp. salt. Add the remaining 2 Tbsp. butter and work it into the dry ingredients until it is crumbly.

**5.** Spread streusel on top of the dough round; gently pat into dough. Cut round into eight wedges. Using a small spatula,

separate the wedges so there is about 1 inch of space between each.

**6.** Bake 25 minutes or until tops and streusel are golden brown; let cool. (These scones are best eaten the day they are baked.) Makes 8.

**PER Scone** 381 cal, 21 g fat (11 g sat fat), 71 mg chol, 491 mg sodium, 43 g carb, 2 g fiber, 12 g sugars, 6 g pro

## ROASTED STRAWBERRY FROZEN YOGURT

*Roasting strawberries concentrates their flavor and caramelizes their natural sugars. Adding a bit of corn syrup to the mixture before freezing keeps it scoopable.*

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 5 hr. 35 min., plus freezing

- 1 lb. fresh strawberries, hulled**
- 2 Tbsp. sugar**
- 1 tsp. vanilla bean paste or vanilla**
- 3 cups plain whole milk yogurt**
- $\frac{3}{4}$  cup honey**
- 2 Tbsp. light corn syrup**
- 1 cup crushed pretzels and/or crushed freeze-dried strawberries (optional)**

**1.** Preheat oven to 300°F. Line a rimmed baking sheet with parchment paper. Place strawberries, sugar, and vanilla bean paste on the baking sheet; gently toss to combine. Roast 30 to 40 minutes or until berries are very tender and juicy. Let cool to room temperature (45 minutes). Using a potato masher or fork, coarsely mash cooled berries.

**2.** In a large bowl stir together plain yogurt, honey, corn syrup, and  $\frac{1}{4}$  tsp. salt. Add the mashed berry mixture to the yogurt; mix well. Cover; refrigerate 4 to 24 hours or until very cold.

**3.** Freeze yogurt mixture in a 1½- to 2-qt. ice cream freezer according to manufacturer's directions. Transfer to a freezer container and freeze 2 to 4 hours or until firm.

**4.** If you like, serve with pretzels and/or freeze-dried berries. Makes 5 cups.

**PER  $\frac{1}{2}$  CUP** 157 cal, 3 g fat (2 g sat fat), 11 mg chol, 101 mg sodium, 32 g carb, 1 g fiber, 31 g sugars, 3 g pro

## GRILLED STRAWBERRY SALSA FRESCA

**HANDS-ON TIME** 15 min.

**TOTAL TIME** 1 hr. 25 min.

- 1 large sweet onion**
- 2 jalapeño peppers**
- 2 cloves garlic, unpeeled**
- 1 lb. fresh strawberries, hulled**
- $\frac{1}{2}$  cup chopped fresh cilantro**
- Juice of 1 lime**
- $\frac{1}{4}$  cup roasted, salted peanuts, coarsely chopped (optional)**

**1.** Heat a grill to medium-high. Place a grill pan on the grill rack. Leaving the root and stem ends intact, cut onion into quarters.

**2.** Grill onion wedges and jalapeños on grill rack 5 minutes, turning to brown evenly. Add garlic and strawberries to hot grill pan. Grill 5 minutes (10 minutes total for onion and jalapeños), turning frequently, until slightly charred. Transfer strawberries and vegetables to a cutting board; let cool.

**3.** When cool enough to handle, coarsely chop strawberries and onion. Peel garlic. Finely chop jalapeños (if you like, remove and discard seeds) and



After baking, if you like, dust scones with crushed freeze-dried strawberries before cooling.



## PECTIN 411

**Pectin is a gelatinous carbohydrate that's naturally present in some fruits, and it's the key to jelling. It comes in powdered and liquid forms, and we suggest using instant powdered pectin (such as Sure-Jell or Ball) for this recipe. Avoid substituting one form of pectin for another and add it as directed in the recipe. Using less (or different) pectin is likely to deliver a syrupy result.**

garlic. In a bowl combine berries, onion, jalapeños, garlic, cilantro, lime juice, and ¼ tsp. salt. Cover and chill 1 hour. If you like, top with chopped peanuts. Serve over grilled chicken or shrimp, or with tortilla chips. Makes 3½ cups.

**PER ¼ CUP** 12 cal, 43 mg sodium, 3 g carb, 1 g fiber, 1 g sugars

### STRAWBERRY SALAD WITH FETA, ARUGULA & PICKLED RED ONIONS

**START TO FINISH** 20 min.

- 1 large red onion
- ½ cup white balsamic vinegar
- 1 tsp. sugar
- 5 oz. baby arugula
- ¼ cup chopped fresh flat-leaf parsley
- ¼ cup chopped fresh mint
- 2 lb. fresh strawberries, hulled and halved or quartered
- ¾ cup crumbled feta cheese (4 oz.)
- ½ cup toasted pistachios
- ¼ cup olive oil

1. Cut onion in half lengthwise and thinly slice into half-moons. In a medium bowl stir together vinegar, sugar, and ½ tsp. salt; add sliced onion and stir to combine. Let stand 10 to 15 minutes.

2. Meanwhile, on a platter or salad plates arrange arugula, parsley, and mint. Top with strawberries, feta, pickled onions, pistachios, and, if you like, additional parsley and mint. Stir olive oil into pickling liquid; drizzle over salad(s). Serves 8.

**PER SERVING** 224 cal, 14 g fat (3 g sat fat), 13 mg chol, 316 mg sodium, 22 g carb, 4 g fiber, 15 g sugars, 5 g pro

### STRAWBERRY-GINGER LIMEADE FREEZER JAM

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 20 min., plus standing

- 2 lb. fresh strawberries, hulled
- 2 limes, zested and juiced (¼ cup juice and 1 Tbsp. zest)
- 2 Tbsp. finely chopped crystallized ginger
- 2 cups sugar\*
- 6 Tbsp. instant powdered fruit pectin (no-cook; not regular pectin)\* (see "Pectin 411," top right)

food processor to break down the strawberries a bit.) Transfer mashed strawberries to a large bowl and repeat with the remaining berries. (You should have about 4 cups mashed strawberries.) Stir lime juice, zest, and ginger into the fruit.

3. Whisk the sugar and instant pectin together. Pour sugar mixture into the strawberries in a steady stream. Stir constantly 3 minutes. Spoon jam into freezer containers, leaving a ½-inch headspace to allow for expansion in the freezer. Seal and label. Let jam jars stand at room temperature 24 hours before freezing.

4. Freeze jam up to 1 year. To use, let jam thaw overnight in the refrigerator. Thawed jam will keep up to 3 weeks in the refrigerator. Makes 5 half-pints.

**\*TIP** To use regular pectin (not instant), wash and dry six 8-oz. freezer-safe containers, glass jars, or freezer jars. Prepare strawberries as directed in Step 2. In a large saucepan combine the sugar and one 1.75-oz. pkg. powdered fruit pectin for low-sugar recipes, such as Sure-Jell Premium Fruit Pectin for Use in Less or No Sugar Needed Recipes (in pink box), and 1 cup water. Bring mixture to boiling over medium-high; boil 1 minute, stirring constantly. Remove from heat. Add strawberry mixture; stir 1 minute. Follow directions in Step 3 to fill

1. Wash and dry five 8-oz. freezer-safe containers, glass jars, or freezer jars.

2. Place half of the strawberries in a large baking dish and mash with a potato masher. (This gives the finished jam a better consistency than using a blender or

containers, seal, label, and let stand. Freeze and thaw to use as directed in Step 4. Makes 6 half-pints.

**PER 1 TBSP.** 29 cal, 9 mg sodium, 7 g carb, 7 g sugars

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### TIME FOR TEA

#### MASALA CHAI COOKIES

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 1 hr.

- 1½ cups all-purpose flour
- ½ cup sugar
- 5 tsp. loose-leaf masala chai\*
- ¾ cup cold butter, cut up
- ⅓ cup white chocolate chips
- 2 Tbsp. heavy cream

1. Preheat oven to 325°F. In a food processor combine flour, sugar, and loose-leaf chai; add butter. Pulse until dough begins to clump together. Transfer mixture onto a piece of parchment, pressing into a disk. Top with an additional piece of parchment; roll dough to ¼ inch thick.

2. Using a 2-inch cutter, cut out dough. Place cutouts 1 inch apart on ungreased cookies sheets. Bake 15 to 20 minutes or until light golden brown. Cool cookies on a wire rack.

3. For ganache: Place white chocolate chips in a small bowl. In a separate bowl microwave cream 15 seconds. Pour over chocolate chips; let stand 1 minute. Stir until smooth. (If white chocolate chips don't melt completely, microwave mixture 5 seconds; stir until smooth.) Let cool 10 minutes. Spread a thin layer of ganache on cookies. Let stand until white chocolate ganache is set. Makes 40.

**\*TIP** If you can't find loose-leaf masala chai, in a small bowl stir together 1 Tbsp. black tea leaves, ½ tsp. ground cardamom, ¼ tsp. ground cinnamon, ¼ tsp. ground nutmeg, and a pinch of black pepper.

**PER COOKIE** 68 cal, 4 g fat (3 g sat fat), 10 mg chol, 29 mg sodium, 7 g carb, 3 g sugars, 1 g pro