

LOW COUNTRY CUISINE

Celebrating **CHARLESTON** Flavor



Berry Good!

Try these strawberry recipes at your next spring meal.

CHEF ANDREA'S STRAWBERRY SHORTCAKE BAKED ALASKA

Ingredients

Strawberry Semifreddo:

- 6 ounces cream cheese (room temperature)
- ¾ cup granulated sugar
- 1 cup quartered strawberries
- 7 ounces of heavy whipping cream

Citrus Shortbread Cookie:

- 6 ounces granulated sugar
- 12 ounces unsalted butter (room temperature)
- 1 lb., 2 ounces all-purpose flour
- 1½ teaspoons fine sea salt
- Zest of one lemon
- 1 egg

Meringue:

- 5 large egg whites, at room temperature 30 minutes
- 1/2 teaspoon cream of tartar
- 1/8 teaspoon salt
- 3/4 cup granulated sugar

Strawberry Semifreddo:

1. Line 9 x 5 x 3-inch metal loaf pan with plastic wrap, leaving generous overhang.
2. Using electric mixer, beat whipping cream until medium peaks form. Refrigerate whipped cream while making strawberry mixture.
3. Combine cream cheese and sugar in an electric mixing bowl with the paddle attachment. Mix thoroughly until sugar dissolves.
4. Puree strawberries and add to cream cheese mixture. Make sure to scrape the bowl and mix until completely smooth.
5. Fold in chilled whipped cream. Transfer mixture to prepared loaf pan and smooth top. Tap loaf pan lightly on work surface to remove air pockets. Fold plastic wrap overhang over top to cover.
6. Freeze semifreddo until firm, at least eight hours or overnight. **DO AHEAD:** Semifreddo can be made three days ahead. Keep frozen.

Citrus Shortbread Cookie:

1. Preheat oven to 350 degrees. Grease and line a cookie sheet with parchment paper.
2. In a stand mixer fitted with the paddle attachment, beat the room temperature butter and sugar until light & fluffy (about three minutes).
3. Sift the flour and salt together. Reduce the mixture speed and add the flour. Mix on low until well blended (one to two minutes), making sure to scrape the bowl to combine all ingredients.
4. Add the zest and egg. Mix on low until completely combined.
5. Wrap in plastic wrap and chill till firm – about 30 minutes.
6. Using a rolling pin, roll on a lightly floured surface to about 1/8 inch thick and the size of your loaf pan. Lightly flour the top of the dough, too, so it does not stick to the rolling pin. Make sure as you are rolling to keep lightly flouring the top and under carefully, dusting away excess flour with a pastry brush.
7. Place onto prepared cookie sheet.
8. Bake until the edges are lightly golden brown, about 12 minutes, depending on your oven. Let cookies cool completely.

Meringue:

1. Beat whites with cream of tartar and salt using an electric mixer at medium speed until they hold soft peaks.
2. Increase speed to high and add sugar, one tablespoon at a time, beating until meringue just holds stiff, glossy peaks.

Assembly:

1. Place cooled cookie onto a platter.
2. Unfold plastic wrap from top of semifreddo and invert dessert onto platter; remove plastic wrap.
3. Completely spread meringue over semifreddo & heat with a kitchen blowtorch until it is golden brown. Dip heavy large knife into hot water; cut semifreddo crosswise into 1-inch-thick slices. Transfer to plates; spoon fresh strawberries alongside and serve.



HERE
with Grit!



LOW COUNTRY CUISINE

Celebrating **CHARLESTON** Flavor

CHEF KELLY FRANZ' FRESH BERRY SALAD

Ingredients:

- 2 heads bibb lettuce, washed and torn
- 12 sliced strawberries
- 1 pint blueberries
- 1 cup lemon poppy seed vinaigrette, plus or minus (recipe follows)
- 1/2 cup toasted sliced almonds, divided
- 1/2 cup crumbled blue cheese, divided

Directions:

1. In a large bowl, combine lettuce, strawberries, blueberries and vinaigrette; incorporate well.
2. On four separate plates, evenly divide lettuce mixtures and top with divided almonds and blue cheese.

Lemon Poppy Seed Vinaigrette:

- 1 medium shallot, diced

- 2 tablespoons Dijon mustard
- 2 lemons, juiced
- 2 tablespoons amber agave syrup
- 1/2 cup white balsamic vinegar
- 1/2 cup sour cream
- 3/4 cup canola/olive oil blend
- 1 tablespoon poppy seeds
- Pinch kosher salt

Directions:

1. Purée the first six ingredients in the blender.
2. Add the oil slowly.
3. Whisk in poppy seeds. DO NOT purée poppy seeds; instead stir them in with a whisk.
4. Season with kosher salt to taste. ■



BOONE HALL FRESH STRAWBERRY SYRUP

Ingredients:

- 1 pint fresh strawberries
- 1 cup water
- 1 cup sugar



Directions:

1. Bring all ingredients to a simmer, stirring frequently until sauce thickens and the sugar has dissolved. Enjoy with pancakes, fresh fruit or cheesecake. ■

ON FORTY ONE'S RICOTTA STRAWBERRY TOAST

Ingredients:

- 2 slices brioche bread
- 1 tablespoon soft butter
- 10 strawberries, sliced (recipe follows)
- ¼ bunch of mint (5 large leaves)
- 1 tsp. maple honey (recipe follows)
- Ricotta (recipe follows)
- Pinch sea salt

Directions:

1. Brush bread with soft butter and toast in nonstick pan.
2. Spread ricotta cheese to liking.
3. Place strawberries and mint around toast.
4. Drizzle with maple honey. Finish with sea salt

Maple Honey:

- 1 cup maple syrup
- ½ cup local honey

Directions:

1. Reduce maple syrup by half and add honey. Stir until fully incorporated. Cool at room temperature.

Compressed Strawberries:

- 1 tablespoon sugar
- Pinch salt
- Juice from one orange

Directions:

1. Toss strawberries in sugar, salt, and orange juice. Let marinate in bag for 30 minutes. ■



HERE
with Grit!



ISABELLI
MEDIA RELATIONS