

edible LA

SUMMER 2017

Sharing the Story of Local Food & Culture



Simple
Summer
desserts

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Simple Summer Desserts

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It's definitely not the season to shy away from desserts. The produce available during these hot summer months - berries, nectarines, peaches, cherries, figs, and on and on - hardly even need to be touched to turn into something decadent and sinful. These desserts are not only simple, but truly allow this season's beautiful bounty to shine.

CRÈME FRAÎCHE PANNA COTTA WITH BERRY COMPOTE

serves 6

Valerie Gordon of **VALERIE CONFECTIONS** in Rampart Village shares her super simple recipe for panna cotta, a make-ahead classic. Head to the farmers' market to pick up the summer's best berries!

INGREDIENTS

2 tsp powdered gelatin
3 tbsp cold water
2 cups heavy cream
2 cups crème fraîche
1 cup sugar
1 lb mixed berries
½ cup sugar

INSTRUCTIONS

- 1 Sprinkle the gelatin over the cold water in a small bowl. Let sit for 10 minutes, until the gelatin softens.
- 2 Pour the heavy cream, crème fraîche, sugar and gelatin into a medium saucepan and heat, stirring, over medium-low heat until the gelatin is melted; do not let the mixture come to a boil.
- 3 Pour the cream mixture into a pitcher and divide among six 6-ounce vessels, filling each about 1 inch from the top. Chill at least 3 hours, until set.
- 4 While the panna cotta is chilling, pour one pound of mixed berries and ½ cup of sugar into a medium saucepan and cook over a medium heat. Stir the fruit gently with a heatproof spatula until the fruit starts to release its juices. Immediately remove from heat and transfer into a cool vessel to stop the cooking process. Chill the compote.
- 5 When ready to serve, top each panna cotta with about 2 heaping tablespoons of compote and accompaniments of your choice.

optional accompaniments: whipped cream, nuts, fruit olive oil, fresh soft herbs, fleur de sel, candied citrus

BLUEBERRY NECTARINE CRISP

serves 8 to 10

Zoe Nathan, owner and baker of **HUCKLEBERRY CAFE** in Santa Monica, says to "only make this at the peak of summer, when the nectarines are ripe and soft and the blueberries are full of flavor." Crisps and crumbles are so satisfying and they are really an ideal way to showcase seasonal fruits.

INGREDIENTS

TOPPING:

1 cup all-purpose flour
1/2 cup + 3 tbsp unsalted butter, cubed, at room temperature
1 cup almond flour
1/2 cup + 1 tbsp granulated sugar
1 tsp kosher salt

FILLING:

11 ripe nectarines, sliced into eighths
3 cups fresh blueberries
2 tsp cornstarch
3 tbsp granulated sugar
3 tbsp brown sugar
1/4 tsp kosher salt

INSTRUCTIONS

- 1 Preheat oven to 350°F.
- 2 To make the topping, combine all topping ingredients in a bowl and blend with your fingers until homogenous. Refrigerate until needed.
- 3 To make the filling, toss the fruit with the cornstarch, sugars, and salt.
- 4 Pour the filling into a 9 1/2 x 13 1/2 baking dish and sprinkle with the topping, allowing bits of fruit to peak through.
- 5 Bake until the filling bubbles and the topping is deeply browned, about 1 hour. Serve warm at room temperature, with ice cream or whipped cream.

