

Persimmon Flan cookbook page 173

Serves 8-10

- 1 cup sugar
- 2 or 3 very ripe, soft Hachiya persimmons, peeled, seeded, and cut into 1½-in. pieces
- 2 cups heavy cream
- 1 cup whole milk
- 6 eggs
- ½ tsp. fine sea or kosher salt
- 1 tsp. vanilla extract

Spread ½ cup of the sugar in an 8-in. metal pie pan and place it over medium heat. Holding the edge of the pan with a hot pad, tilt the pan from side to side as the sugar melts and caramelizes so that the bottom as well as the sides is coated with syrup. When all of the sugar has melted into a golden-to-dark brown liquid, remove the pan from the stove. Set aside.

In a saucepan over medium heat, combine the cream and milk and heat until small bubbles form around the edges of the pan. Remove from heat. In a large bowl, whisk

the eggs just until blended, then add the remaining ½ cup sugar, the salt, and vanilla and whisk until thoroughly combined. Slowly pour the hot milk-cream mixture into the eggs while whisking or stirring continuously. Stir in the puréed fruit.

Place the caramel-lined pie pan in a shallow roasting pan just large enough to hold it. Pour the custard mixture into the pie pan, filling it to the rim. Pour the boiling water into the roasting pan to reach halfway up the sides of the pie pan.

Bake the flan until a knife inserted into the middle comes out clean, 35-45 min.

Remove the roasting pan from the oven and remove the flan from the roasting pan. Let cool to room temperature. At this point, the flan can be refrigerated for up to several hours.

To unmold, slide a knife blade or thin metal spatula around the inside edge of the pan to loosen the flan sides. Invert a serving plate on top of the pan and, holding the pan and the plate firmly together, flip them. Lift off the flan pan. To serve, cut into wedges.

Happy Thanksgiving!



Chef Andy hails from Tucson, Arizona where he earned a Bachelor of Science in Hospitality Management with an emphasis in Nutrition from the University of Arizona. His training continued at the Culinary Institute of America in St. Helena, California. Chef Andy has also done extensive traveling where he studied with Ewald Notter, famed pastry chef at the Carma Forum in Switzerland.

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PRE-THANKSGIVING MARKET
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DAVIS FARMERS MARKET
COOKBOOK

by *Georgeanne Brennan and Ann M. Evans*

THANKSGIVING FEAST 2012

a feast display prepared by
Andy Burtis, Executive Chef for UC Davis Dining Services

Appetizers

Grilled Persimmon Crostini with Farmer Cheese
Devils on Horseback

Soup and Salad Starter

Shiitake Mushroom Soup Shots
Roasted Beet Salad with Fresh Cheese, Toasted Pistachios, and Pistachio Oil

Side Dishes

Oven-Roasted Brussels Sprouts with Thyme Butter
Musquée de Provence with New Crop Walnuts
Fall Fruit Chutney

Dessert

Persimmon Flan



SHOP THE MARKET FOR HOLIDAY BREADS, FLOWERS, GIFTS & TABLE DECOR

Grilled Persimmon Crostini with Farmer Cheese

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makes 24 crostini

4 Fuyu persimmons
2 Tbsp. extra-virgin olive oil, plus more for brushing
4–5 oz. farmer cheese or soft fresh goat cheese, room temp.
24 baguette slices, cut on the diagonal about $\frac{3}{8}$ in. thick
Fresh thyme leaves for garnish

Prepare a medium-hot fire in a wood or charcoal grill or preheat a gas grill to medium-high.

Working with 1 persimmon at a time, cut away the stem, then cut in half through the stem end. Cut each half lengthwise into 3 slices and discard any seeds. You should have 24 slices total. Place the slices in a single layer in a shallow dish, drizzle with the olive oil, and turn the slices to coat on both sides. Set aside.

In a bowl, using a fork, mash the cheese so it is soft and spreadable. Set aside.

Lightly brush both sides of each baguette slice with olive oil. Place the slices directly over the fire and grill until golden on the first side, 1 to 2 minutes. Turn and grill on the second side until golden, 1 to 2 minutes longer. Transfer the toasts to a work surface.

Arrange the persimmon slices directly over the fire and grill, turning once, until the flesh starts to glisten and lightly char, 1 to 1½ min. on each side.

Alternatively, preheat the oven to 350°F, brush the baguette slices with olive oil as directed, arrange on a large baking sheet, and toast in the oven, turning once, until golden on both sides, about 5 min. on each side. Raise the oven temperature to 450°F, arrange the persimmon slices in a baking dish, and roast in the oven, turning several times, until the flesh is shiny and starts to color, 4 to 5 min. total.

Spread each toast with about 2 tsp. of cheese and top with a grilled persimmon slice. Garnish each crostino with a few thyme leaves. Serve at once.

Devils on Horseback

cookbook page 189

Makes 16

16 dates
16 slivers Parmesan cheese
6 slices bacon, ea. cut into thirds

Preheat oven to 450°F.

Cut lengthwise slit in each date, being careful not to cut all the way through. Remove pit. Tuck a sliver of cheese into each date, then wrap the date with a piece of the bacon and fasten it with a toothpick. Place the dates on a rimmed baking sheet.

Bake the dates until bacon is lightly crisped, about 5 min. Transfer to paper towels to drain briefly, then arrange on a platter and serve hot or warm.

Shiitake Mushroom Soup Shots

cookbook page 190

Serves 8-10

STOCK:

$\frac{1}{4}$ lb. mixed mushrooms, any kind, coarsely chopped
Stems from shiitake mushrooms for soup (below), coarsely chopped
2 carrots, cut into 2-in. lengths
1 large leek, cut into 2-in. lengths
1 yellow onion, quartered
2 whole cloves
3 cups water
 $\frac{1}{2}$ tsp. sea or kosher salt

SOUP:

3 Tbsp. coconut oil
 $\frac{1}{2}$ cup peeled and coarsely chopped carrot
1 Tbsp. peeled and minced fresh ginger
 $\frac{1}{2}$ lb. shiitake mushrooms, stems removed and reserved for stock and caps chopped (about 3 cups)
1 Tbsp. canola oil
4-6 fresh chives, minced

To make the stock, in a saucepan, combine all of the ingredients and bring to a boil over medium-high heat. Cover, reduce heat to low, simmer until vegetables have imparted their flavor to the stock, 45 min. to 1 hr. Remove from heat and strain through a chinois or a colander lined with cheesecloth. Measure $2\frac{1}{4}$ cups and set aside.

To make the soup, in a large sauté pan over medium-high heat, warm the coconut oil. When hot, add carrots and ginger and sauté until the carrots soften, about 3 min. Set aside about $\frac{1}{4}$ cup of the chopped mushrooms for garnish, then add the remaining mushrooms to the carrot mixture and sauté until lightly browned, about 1 min. Reduce heat to low, cover, and continue cooking for 5 min. Remove from heat and let cool slightly.

In a food processor, combine the mushroom-carrot mixture and the $2\frac{1}{4}$ cups stock and process until smooth, 1 to 2 min. Transfer the soup to a saucepan and keep warm.

Finely chop the reserved $\frac{1}{4}$ cup chopped mushrooms. In a small sauté pan over med. heat, warm the canola oil. Add the finely chopped mushrooms and sauté, stirring frequently, until golden brown, about 2 min. Remove from heat.

Reheat the soup until hot, then divide evenly among shot glasses ($\frac{1}{4}$ cup capacity). Garnish each serving with a sprinkle of chives and 2 or 3 pieces of sautéed mushroom. Serve at once.



Roasted Beet Salad with Fresh Cheese, Toasted Pistachios, & Pistachio Oil

cookbook pg. 151

Serves 4

6 beets with greens
2 Tbsp. extra-virgin olive oil
 $\frac{1}{2}$ tsp. coarse sea or kosher salt
12 to 15 young arugula leaves
3 to 4 oz. soft fresh goat cheese
 $\frac{1}{4}$ cup pistachio nuts, toasted and coarsely chopped
3 Tbsp. pistachio oil
Coarse sea salt to finish

Preheat oven to 350°F.

Trim off greens and roots from beets. Trim leaves, reserving a few of the smallest leaves to use in the salad. Reserve the larger leaves for another use. Quarter beets through the stem end, then halve each quarter. Select a baking dish just large enough to hold the beet pieces snugly in a single layer and arrange the beets in the dish. Drizzle them with olive oil and sprinkle with salt.

Roast beets, turning several times, until they are tender when pierced with a fork and crisped a bit on the edges, 45 min. to 1 hr. Let cool to room temperature.

Arrange the arugula and reserved small beet leaves on individual plates, dividing them evenly. Divide the cooled beets evenly among the plates and crumble the goat cheese over the top. Scatter the nuts across the salads, then drizzle each salad with a generous $\frac{1}{2}$ tablespoon of the pistachio oil. Finish with a sprinkle of coarse salt and serve at once.

Oven-Roasted Brussels Sprouts with Thyme Butter

cookbook page 219

Serves 4-6

2 lbs. Brussels sprouts, stems trimmed and rough outer leaves removed
2 heads garlic (optional)
2 or 3 Tbsp. extra-virgin olive oil
4 Tbsp. unsalted butter, at room temperature
1 Tbsp. fresh thyme leaves
 $\frac{1}{2}$ tsp. sea or kosher salt
 $\frac{1}{2}$ tsp. freshly cracked black pepper

Preheat oven to 400°F.

Place the Brussels sprouts in a single layer in a shallow baking dish. If using the garlic heads, cut off the top $\frac{1}{2}$ inch to expose the cloves and add the heads to the dish. Drizzle the sprouts with 2 Tbsp. olive oil, or drizzle the sprouts and garlic with 3 Tbsp. olive oil. Turn to coat evenly, then sprinkle with salt and pepper.

Roast, stirring every 5 to 10 min., until the sprouts have some golden color, about 40 min. If roasting garlic heads, they should give a little to the touch.

Meanwhile, in a small bowl, mash the butter. Add the thyme and mix thoroughly. Set aside.

When the sprouts are ready, remove the dish from the

oven. If you have roasted garlic heads, remove them from the dish and let them cool until they can be handled. Remove the garlic cloves from their skins by gently squeezing each clove. Transfer the sprouts to a serving dish, add the garlic cloves, and stir to combine. Add the thyme butter and stir just to coat the Brussels sprouts with the butter. Serve at once.

Musquée de Provence with New Crop Walnuts

cookbook page 168

Serves 8

8 (1-inch-thick) slices Musquée de Provence pumpkin
 $\frac{1}{4}$ cup extra-virgin olive oil
2 tsp. ground cumin
Sea salt & freshly ground black pepper
1 cup coarsely chopped walnuts
2 Tbsp. walnut oil

Preheat oven to 350°F.

Place the pumpkin slices in a bowl or baking dish and toss with olive oil, coating them evenly on both sides. Arrange slices in a single layer on two baking sheets and sprinkle with cumin, salt, and pepper.

Roast for 15 min., then sprinkles with walnuts. Continue to roast until tender when pierced with a fork, about 15 min. more.

Transfer to a large warmed platter or individual plates and drizzle each slice with a little walnut oil. Serve hot.

Fall Fruit Chutney

cookbook page 179

Makes 2 pints

NOTE; If fresh stone fruit is not available at market, 1 lb. of dried peaches, plums and nectarines can be substituted.

2 lbs. stone fruits such as plums, nectarines or Pluots, pitted and coarsely chopped
1 lb. apples, cored and coarsely chopped
8 oz. yellow onions, coarsely chopped
4 cloves garlic, minced
 $\frac{1}{3}$ cup firmly packed light brown sugar
2-in. piece fresh ginger, peeled and minced (about 2 Tbsp.)
1 tsp. sea or kosher salt
1 cinnamon stick, about 2 in. long
2 tsp. minced lemon zest
1 cup cider vinegar
 $\frac{1}{2}$ green jalapeño or other hot chile, seeded, finely chopped
1 Tbsp. black peppercorns

In a large, heavy nonreactive pot, combine all of the ingredients and bring to a boil over medium heat. Reduce the heat to low and cook, stirring occasionally to prevent scorching, until all of the ingredients are soft and blended, about 3 hours. Once the mixture starts to thicken, stir more frequently to prevent burning.

Chutney can now be preserved in canning jars. See the Davis Farmers Market Cookbook for canning instructions.