

*The
Gourmet Kitchen*



San Francisco's Favorite Hardware Stores!

BEAT THE HEAT
with
SUMMER TREATS



IN THIS ISSUE...

There's nothing like cooling off on a hot summer day with a nice cold piece of key lime pie or a big dripping scoop of homemade ice cream.

That's why in this issue, we're covering summer treats from A-Z! Yummy refreshing recipes, summer fruits, some healthy baking tips (so we can get into last year's swimsuit after all that ice cream and pie!), and as usual, all of the tools you'll need to beat the heat this summer.

So grab your shades and a spoon. It's time to cool off!



RECIPES IN THIS ISSUE



GRILLED FONTINA AND
BLACKBERRY GRILLED
CHEESE



BAKED RASPBERRY
LEMON DONUTS



KEY LIME PIE



HOMEMADE SEA SALT
AND HONEY ICE CREAM



SAY HELLO TO SUMMER...

a quick guide to buying, storing, and preparing summer fruits

PEACHES PLUMS APRICOTS NECTARINES CHERRIES



BUY IT

Use your nose! Stone fruits should smell just as delicious as you'd expect them to taste! Also look for fruit that is firm to the touch without brown spots or wrinkling.

STORE IT

Leave stone fruits at room temperature for a day or two to ripen. When they're ripe, they will be slightly tender to the touch - a firm press with your finger near the stem end will leave a dent.

Once ripe, store in the refrigerator, uncovered and unwashed, for up to 5 days.

PREPARE IT

Wash in cold water right before using. To pit, slice through the flesh along the seam and in a full circle around the stone; then twist in opposite directions to separate in halves. Remove the stone with a knife end. Stone fruits are great for grilling, using as toppings, or eating raw.

STRAWBERRIES BLUEBERRIES BLACKBERRIES RASPBERRIES

BUY IT

Select brightly colored, plump, unblemished berries that are fragrant. Avoid soft, shriveled, or moldy berries.

STORE IT

Keep berries in a container with holes allowing air circulation or leave completely uncovered in the refrigerator. Avoid the crisper as it has a higher humidity and doesn't circulate as much air. Berries may be covered with a paper towel to absorb any additional moisture.

PREPARE IT

Only rinse berries right before you use them. Washing too early increases the likelihood of mold. Place them in a colander and rinse with water instead of fully submerging. If eating raw, berries should be eaten at room temperature for the best flavor. Berries are great for adding to baked goods, throwing in smoothies, or eating raw.



WATERMELON CANTALOUPE HONEYDEW



BUY IT

For netted melons, like cantaloupe, choose ones that smell sweet and give slightly to pressure.

Smooth skinned melons, like honeydew, do not give off their aroma until they've been cut open. Instead look for smooth skinned melons that are heavy for their size and give pressure at the stem end.

STORE IT

Ripe melons can be kept at room temperature for several days. Store cut melon in the refrigerator, wrapped tightly in plastic or in a sealed container.

PREPARE IT

Slice the melon in half and scoop out the seeds with a large spoon. Peel off the outer skin and cut as needed. Melons are great for throwing on salad, making into a salsa, or eating raw.



BLACKBERRY
AND
FONTINA

GRILLED
CHEESE

does anything say summer more than an ooey gooey grilled cheese?

INGREDIENTS

1 loaf multigrain bread,
cut into 8 slices
12 ounces fresh blackberries
12-15 basil leaves, chopped
6-8 ounces fontina cheese, sliced
2 tablespoons olive oil

MAKES: 4 sandwiches

PREP: 10 minutes

COOK: 10 minutes

DIRECTIONS

In a large bowl, mash blackberries with a fork and stir in chopped basil. Heat an electric griddle or large skillet over medium-low heat. Lay a piece of cheese on each slice of bread, then top with a few spoonfuls of smashed blackberries. Gently pick up 3 slices, brush some olive oil on the bottom, and place on the griddle or skillet. Place the remaining slices on top, brushing them with olive oil too. Let each side cook for about 4-5 minutes or until everything is toasty and gooey!

a few more ooey gooey ideas

Avocado and Heirloom Tomato with White Cheddar
Ripe Peaches and Honey with Goat Cheese
Watermelon and Mint with Grilled Halloumi Cheese





BAKED LEMON RASPBERRY DONUTS

INGREDIENTS

LEMON CAKE DONUTS:

1 3/4 cup all-purpose flour // 2 teaspoons baking powder // 1/4 teaspoon salt
2 tablespoons lemon juice // zest of 1 lemon // 2 tablespoons canola oil
1/2 cup sugar // 1 cup milk

RASPBERRY GLAZE:

1 1/2 cups powdered sugar // 3/4 cup fresh raspberries mashed and strained for juice
1 tablespoon lemon juice

DIRECTIONS

STEP 1

Preheat oven to 350°. Lightly oil two donut pans and set them aside.

STEP 2

In a large mixing bowl, whisk together the flour, baking powder, and salt. In a small mixing bowl, whisk together 2 tablespoons lemon juice, the zest of one lemon, 2 tablespoons canola oil, 1/2 cup sugar, and milk. Create a well in the center of the dry ingredients and pour in the wet ingredients. Mix until just combined.

STEP 3

Line a large drinking glass with a plastic bag or piping bag with 1/2 inch of one corner snipped off. Scoop the batter into the bag until 3/4 full. Twist the end so that the batter does not come out the opposite end when squeezed. Pipe the filling into the donut pan about 2/3 of the way full. Make sure to leave the donut holes clear.

STEP 4

Bake donuts in preheated oven for 14 minutes, or until slightly golden and a toothpick inserted in the middle comes out with a dry crumb. Transfer to a wire rack to cool completely.

STEP 5

Prepare the glaze by whisking together the powdered sugar, raspberry juice, and lemon juice. Dip the tops of the cooled donuts into the glaze and finish with sprinkles. Place the donuts in the refrigerator for 10 minutes to let the glaze harden. Store in an airtight container for up to 3 days.



6-WELL DONUT PAN

from

USA PANS



SUMMER IS DESSERT SEASON...

But let's be honest. We all want to keep that healthy beach bod. So, we've rounded up a few healthy baking tips to help you (and us!) keep that healthy figure while still enjoying and indulging in all of the delicious desserts of summer!

BAKE

SUB
FAT

SWEETEN

BAKE INSTEAD OF FRYING DESSERTS! DESSERTS CAN BE JUST AS DELICIOUS AND FAR HEALTHIER WHEN BAKED... WE PROMISE!

SUBSTITUTE FAT (OIL AND BUTTER) IN RECIPES BY REPLACING WITH PUREED BANANA, PUMPKIN, OR APPLESAUCE.

SWEETEN YOUR BAKED GOODS WITH NATURAL SUGARS LIKE HONEY, AGAVE SYRUP, AND MAPLE SYRUP.





THREE
little
WORDS :

KEY LIME PIE

INGREDIENTS

for the lime filling:

4 teaspoons
grated lime zest
4 egg yolks
1 (14-ounce) can
sweetened condensed milk
1/2 cup fresh lime juice

for the graham cracker crust:

9 graham crackers,
pulverized into crumbs
2 tablespoons sugar
5 tablespoons
unsalted butter,
melted

for the whipped cream:

1 1/2 cups heavy
cream, chilled
1/2 cup powdered
sugar

DIRECTIONS

PREHEAT THE OVEN: to 325°F.

TO MAKE THE FILLING: Whisk the lime zest and egg yolks in a medium bowl for 2 minutes until frothy. Whisk in the sweetened condensed milk and the lime juice. Set aside at room temperature to let it thicken while you prepare the crust.

TO MAKE THE CRUST: In a medium bowl, stir together the graham cracker crumbs and granulated sugar. While stirring with a fork, slowly drizzle in melted butter. Mix until all of the dry ingredients are moistened. Transfer the crumbs to a 9-inch glass pie plate and evenly press the crumbs in the bottom of the pan and up the sides. Bake in the preheated oven until the crust is fragrant, about 15-18 minutes. Transfer to a wire rack to cool to room temperature.

TO BAKE THE PIE: Once the crust has cooled to room temperature, pour the filling into the crust. Bake until the center is set, yet slightly jiggly in the middle, about 15 minutes. Remove from oven and transfer the pie to a wire rack. Cool to room temperature and then refrigerate until well-chilled, at least 3 hours.

TO MAKE THE WHIPPED CREAM: Using an electric mixer, whip the cream on medium speed until soft peaks form. Add powdered sugar 1 tablespoon at a time while continuing to whip the cream until stiff peaks form. Decorate the pie with whipped cream and garnish with lime slices.



*I scream,
you scream,
we all scream for...*

SEA SALT AND HONEY ICE CREAM



INGREDIENTS

1 pint heavy whipping cream
1 (14 ounce) can sweetened condensed milk
1/4 cup honey
1/4 teaspoon coarse sea salt
1 bar dark chocolate broken into pieces

DIRECTIONS

In the bowl of a stand mixer fitted with the whisk attachment or using a hand mixer, beat heavy whipping cream until stiff peaks form, being careful not to overmix. Using a rubber spatula, fold in sweetened condensed milk, honey, salt, and chocolate. Transfer to an airtight container, drizzle with honey, and place in freezer for at least 6 hours.

get the scoop:

CONE
ICE CREAM SCOOP

from
KITCHEN INNOVATIONS



HOW TO CURE BRAIN FREEZE

1

Press your tongue to the roof of your mouth and apply pressure for 30-60 seconds.

2

Momentarily put down the ice cream and drink a warm liquid.

3

Press your thumb to the roof of your mouth and apply pressure for 30-60 seconds.