

## RECIPE

### BLACKBERRY SORBET

*The salt and lemon are key in this recipe and give the sorbet just enough tang to cleanse the palate. Fresh honey gives a sweetness that will be hard to identify, but pleasant nonetheless.*

4 cups blackberry purée (1.5 quarts fresh blackberries, puréed and strained)

3/4 cup sugar

2 Tbsp fresh local honey

1 cup water

2 Tbsp fresh squeezed lemon juice

pinch salt

Slowly heat all ingredients together in non-reactive saucepan, stirring frequently, until slightly thickened. Strain, chill and then spin in ice cream machine according to manufacturer's directions.

Serves 4–6.

### CRÈME FRAÎCHE

*Crème fraîche is easy to make and great for fruity desserts and simply on top of berries...or used, as here, with a light citrus pound cake. It also makes a nice garnish for pumpkin soup.*

Start with 1/2 quart fresh heavy cream. Add a few teaspoons buttermilk, 1/2 cup fresh plain yogurt or 1/2 cup sour cream. Stir and cover with plastic wrap. Leave in a slightly warm place for 24 hours. The cream should be thickened. Stir and transfer to a covered container. Refrigerate. Crème fraîche can be whipped and used in place of heavy cream for desserts and savory preparations. It will also continue to thicken and stay useable for 5-7 days.

## RECIPE

### CITRUS POUND CAKE

1 cup sugar

1/4 cup unsalted butter, softened

2 eggs

1 1/2 cups all-purpose flour

1 tsp salt

1 tsp baking powder

1/3 cup sour cream

2 1/2 Tbsp milk

Zest of 2 lemons

Zest of 2 oranges

2 tsp lemon oil (optional)

Preheat oven to 325 degrees. Butter and coat with sugar the inside of an 8-inch round cake pan. Mix together all dry ingredients. Reserve.

Cream sugar and butter in a mixer fitted with the paddle attachment. With mixer on low, slowly add sour cream. Incorporate. Add eggs one at a time and mix after each addition.

Slowly add dry ingredients alternating with the milk, citrus zest and oil. Continue to beat on slow until batter is a smooth consistency.

When batter is smooth, pour into the prepared cake pan and bake until a tester comes out clean from the center. If cake browns too quickly, cover with foil and continue to bake. Cake should take 30-45 minutes. Cool, remove from pan and serve with blackberry sorbet and crème fraîche! Serves 4–6.



## RECIPE

### PUMPKIN SOUP

*This easy pumpkin soup is worth the effort. Topped with a dollop of crème fraîche and toasted pumpkin seeds, this is a great fall treat.*

1 Tbsp extra virgin olive oil

1 small white onion, peeled and diced

1 cinnamon stick

pinch each ground cardamom, ground star anise and ground clove

1 small 2-3-pound sugar pumpkin, peeled, seeded and diced

1 quart heavy cream

2 cups vegetable stock or water

salt and pepper to taste

crème fraîche, sage and toasted pumpkin seeds for garnish

Select a stock pot large enough to accommodate the pumpkin, leaving the pot half empty.

Sauté the onions and spices in the olive oil over low to medium heat, being careful not to brown. Add pumpkin. Add heavy cream and chicken stock. Add salt and fresh black pepper to taste.

Simmer until the pumpkin is tender when pierced with a fork. Do not let the soup come to a rolling boil. When the soup is finished, remove cinnamon stick and puree in small batches in a blender. Cover the blender top and be sure the top is secure.

If desired, strain the soup for a smoother consistency. If the soup is too thick, add a bit of warm heavy cream to thin it out. Adjust the seasoning.

Top with crème fraîche, toasted pumpkin seeds and fresh sage. Enjoy! Serves 4-6, depending on the size of your pumpkin!