



# IN THE KITCHEN

WITH BARB AGEE ~ JULY 2015



## A CHEER FOR CHERRIES!

Miniature wonders—cherries! These sweet orbs are packed with health benefiting nutrients, vitamins and minerals. For what seems like a moment, this flavorful fruit is everywhere, then gone. Enjoy this short seasoned fruit in many sweet and savory dishes.

### Almond Cream Oatmeal with Roasted Cherries and Balsamic Vinegar Drizzle

1¼ cup cherries, pitted and quartered	1 cup Bob's Red Mill 5 Grain Hot Cereal
2 cups water	1 teaspoon almond extract
½ cup + ⅔ cup almond milk	1 tablespoon honey
¼ teaspoon salt	Cherry balsamic vinegar for drizzle

Heat oven to 375°F. Spread cherries on a parchment-lined baking sheet and roast for 12 minutes. Remove from the oven and set aside. Heat water, ½ cup almond milk and salt in a medium pot until boiling. Add Bob's Red Mill 5 Grain Hot Cereal, turn heat down to low, cover and cook for 10 to 12 minutes. Remove cereal from heat.

Mix ⅔ cup almond milk, almond extract and honey together; stir into the hot cereal. Stir in 1 cup cherries. Divide into 4 cereal bowls. Top with remaining cherries and drizzle with cherry balsamic vinegar. *Serves 4*

### Farro Cherry and Walnut Salad

5 cups water	⅔ cup celery, thinly sliced
1½ cups uncooked farro	2 teaspoons lemon zest
1 teaspoon salt, divided	2 tablespoons fresh lemon juice
1½ cups sweet cherries, pitted and quartered	1 tablespoon whole-grain Dijon mustard
⅔ cup toasted walnuts, coarsely chopped	1 tablespoon honey
¼ cup packed fresh Italian parsley leaves, coarsely chopped	½ teaspoon freshly ground black pepper
2 tablespoons fresh mint, coarsely chopped	3 tablespoons extra-virgin olive oil
2 tablespoons fresh chives, thinly sliced	2 cups arugula, coarsely chopped
2 green onions, both white and green parts thinly sliced	

Bring water to a boil in a large saucepan. Add farro and ½ teaspoon salt to boiling water; cover and reduce heat. Cook for 15 minutes or until al dente. Drain; cool at room temperature 15 minutes. Combine farro, cherries, celery, walnuts, parsley, chives, green onions and lemon zest in a large bowl.

In a small bowl whisk together lemon juice, mustard, honey, ground pepper and remaining ½ teaspoon salt. Slowly add oil, stirring constantly with a whisk. Pour dressing over farro mixture; toss to coat. Cover and refrigerate until ready to serve. Just before serving, add arugula and toss. *Serves 8*



## Cherry-Balsamic Braised Stuffed Chicken

Cherry Balsamic Braising Sauce (*see recipe below*)

4 boneless, skinless chicken breasts  
3 ounces goat cheese  
1 teaspoon fresh thyme, chopped  
1 teaspoon fresh rosemary, chopped  
1 tablespoon sour cream

1 tablespoon honey  
4 large cherries, pitted and quartered  
1 tablespoons olive oil  
1 tablespoon butter  
Salt and pepper

Preheat oven to 350°F. In a medium bowl, combine goat cheese, fresh herbs, sour cream, honey and cherries to create the stuffing for the chicken. Using a sharp paring knife, make a slit into the side of the each chicken breast. Place ¼ of cheese mixture into the slit of each chicken breast. Sprinkle each chicken breast with salt and pepper.

Heat olive oil and butter in a skillet over high heat. Carefully place the chicken in the skillet and gently brown on both sides. Place the browned chicken in a baking dish and pour Cherry Balsamic Braising Sauce (*see recipe below*) over and around the chicken. Bake in a preheated oven for 30-35 minutes. Serve with some Cherry Balsamic Braising Sauce over the chicken.

### Cherry Balsamic Braising Sauce

¼ cup balsamic vinegar  
1 cup cherries, pitted and quartered  
2 teaspoons Dijon-style mustard  
1 tablespoon honey

1 stalk of fresh rosemary  
4-5 stalks fresh thyme (*Chef's choice is lemon thyme*)  
¼ cup dry white wine

Combine balsamic vinegar, fresh cherries, mustard, honey, rosemary, thyme and wine in a small saucepan. Bring mixture to a boil and cook until cherries soften. Remove from heat and set aside to cool.

## Fresh Cherry and Dark Chocolate Scones

1 cup fresh cherries, pitted and chopped  
3 ounces dark chocolate, chopped  
3¼ cups + 1 tablespoon all-purpose flour  
¼ cup granulated sugar  
2½ teaspoons baking powder  
½ teaspoon baking soda

1 teaspoon salt  
¾ cup frozen butter  
1 cup buttermilk  
2 teaspoons vanilla  
Melted butter for brushing  
Fresh Cherry Glaze (*see recipe below*)

Preheat oven to 425°F. Place chopped cherries and chocolate in a small bowl and sprinkle with 1 tablespoon of flour. Toss to coat; set aside.

In a large bowl whisk together flour, sugar, baking powder, baking soda and salt. Grate frozen butter on a cheese grater. Add one-third of butter at a time tossing with flour mixture. Mix buttermilk and vanilla together; stir into mixture with a fork just until dough starts to come together. Fold in cherries and chocolate. Gently stir until dough forms a loose ball. Turn onto a lightly floured surface and knead gently, adding a bit more flour if sticky. Divide in half and pat into 7-inch rounds. Brush each round with melted butter. Cut rounds into 8 wedges and slightly separate. May use biscuit cutter to make smaller scones. Bake for 14 minutes for wedges and 12 minutes for rounds. Top with Fresh Cherry Glaze (*see recipe below*).

### Fresh Cherry Glaze

1 cup fresh cherries, pitted and chopped  
1 teaspoon water

¼ teaspoon almond extract  
¾ cup of powdered sugar, sifted

Add cherries, water and almond extract to the bowl of a food processor; blend until smooth. Add powdered sugar; blend until smooth. Transfer to a bowl; set aside while scones bake. May need to add more water if glaze is too thick or more powdered sugar if too thin. Glaze should easily drizzle on warm scones.