



In the Kitchen

with Barb Agee

July 2012

Royal Raspberries

Raspberries—wonderfully delicious and a rich red add a splash of flavor and color to many dishes. Summer is a great time to try new drinks, cold soups, salads, main dishes, relishes and desserts made with fresh raspberries. They are a rich source of many health promoting nutrients, minerals and vitamins including vitamin C, vitamin K and the B complex group of vitamins.

Sweet Onion Raspberry Compote

2 large sweet onions, approx. 1 ½ pounds	¼ cup brown sugar
1 tablespoon butter	¼ cup raspberry balsamic vinegar
1 tablespoon olive oil	1 tablespoon fresh thyme, minced
Salt	8 ounces fresh raspberries**

Peel and quarter onion, then thinly slice. Heat butter and olive oil in a sauté pan on medium heat. Add onions and sauté slowly until onions are soft and a golden color. Add additional olive oil if pan becomes dry. Stir in brown sugar and raspberry vinegar; stirring to thoroughly blend. Add the fresh thyme and stir. Turn heat to low. Add fresh raspberries and continue cooking for 3 to 4 minutes.

May compote serve warm or cold with barbecued chicken, hamburgers, in wraps or as an appetizer with crusty bread and goat cheese.

****Cook's Note:** May use frozen raspberries, thawed and drained

Spicy Cold Raspberry Soup

16 ounces fresh raspberries	1½ teaspoons ground cinnamon
1 cup water	¼ teaspoon ground cloves
¼ cup white wine	1 tablespoon lemon juice
1 cup cran-raspberry juice	1 cup (8 ounces) raspberry yogurt
½ cup sugar	½ cup sour cream

In a blender, puree raspberries and water. Press mixture through a sieve into a large saucepan; add wine, cran-raspberry juice, sugar, cinnamon and cloves. Bring just to a boil. Remove from heat and cool.

Whisk in lemon juice and yogurt. Chill. To serve, pour into small bowls and top with a spoonful of sour cream.

Yields 4 to 6 servings



Chilled Raspberry Coconut Soup

12 ounces fresh raspberries
1 can full fat coconut milk
1 tablespoon lemon juice

1 teaspoon lemon zest
¼ cup sugar
½ cup water

Combine raspberries and water in a blender and blend on high until very smooth. Strain liquid through a fine sieve; return to blender. Add coconut milk, sugar, lemon juice and lemon zest. Blend until thoroughly mixed. Chill and serve. *Makes 6 servings*

Raspberry Gazpacho

2 pounds ripe tomatoes, peeled and chopped
10 ounces fresh raspberries
½ large red bell pepper, coarsely chopped
2 cups (16 ounces) orange juice
1 cup (8 ounces) water

¼ cup raspberry balsamic vinegar
⅔ cup extra virgin olive oil
1 teaspoon salt
Mint leaves, *optional*

Set aside a few raspberries as a garnish and place ingredients into a large bowl and mix together. In batches, add ingredients to the blender and puree. Pour into a pitcher and repeat the process with the remaining ingredients until all has been pureed. Gradually pour pureed mixture through a strainer into a large bowl. Cover and chill at least one hour. May serve in small cocktail glasses garnished with raspberries and mint leaves as appetizers or small bowls. *Makes 6 servings*

Raspberry Walnut Torte

Crust

1½ cups flour
½ cup confectioners' sugar
¾ cup butter

¼ teaspoon salt
1 tablespoon lemon zest

Filling

16 ounces fresh raspberries
1½ cup coarsely chopped walnuts
3 eggs
1½ cup sugar

½ teaspoon salt
¾ teaspoon baking powder
1½ teaspoons vanilla extract
½ cup flour

Raspberry Sauce

¾ cup water,
½ cup sugar
2 tablespoons corn starch

Juice from lemon
8 ounces fresh raspberries

To make the Crust, combine flour, sugar, salt, lemon zest and butter in a food processor; blend well. Press mixture into the bottom of a 13x9 baking dish. Bake at 350 degrees for 15 minutes, or until lightly brown. Cool.

To make the Filling, beat eggs with sugar in a mixing bowl until light and fluffy. Add salt, flour, baking powder and vanilla extract; blend well.

To make the Raspberry Sauce, blend fresh raspberries with ¼ cup water in blender. Pour through a fine sieve to strain out the seeds. Combine raspberry liquid, sugar, remaining water and corn starch in a saucepan. Cook stirring constantly, until thickened and clear. Stir in lemon juice; cool.

Assemble the **Raspberry Walnut Torte** layer fresh raspberries over cooled crust. Sprinkle walnuts evenly over raspberries. Pour filling over raspberries and walnuts. Bake at 350°F for 35 minutes or until golden brown. Cut torte into squares. Serve with whipped cream or ice cream and Raspberry Sauce.