



# In the Kitchen

with Barb Agee ~ December 2014

## Party with Pomegranates and Persimmons

Persimmon and Pomegranate Power. These two fruit jewels of fall and winter often are overlooked for adding both nutrition and favor in their own ways in dishes from appetizers to soups and salads to main courses as well as desserts.

### Spiced Persimmon Tart with Brandy Mascarpone

4 medium Fuyu persimmons	3 tablespoons powdered sugar, divided
½ cup plus 3 tablespoons granulated sugar, divided	½ teaspoon salt
2½ tablespoons crystallized ginger, finely chopped and divided	½ cup plus 1 tablespoon cold butter, cut into small pieces
½ teaspoon cinnamon	2 large egg yolks
2 tablespoons fresh lemon juice, divided	1 tablespoon water
3½ tablespoons brandy, divided	8 ounces mascarpone cheese
1¼ cup flour	2 tablespoons whipping cream

Combine ½ cup granulated sugar, 1 tablespoon crystallized ginger, cinnamon, 1½ tablespoon lemon juice and 1½ tablespoon brandy. Remove the leafy calyx from the top of persimmons and peel. Cut in half vertically and remove any seeds and center core. Lay cut side down, and slice into slightly less than ¼-inch thick slices. Place sliced pieces in the brandied sugar. Gently coat all slices with the mixture. Set aside.

In a food processor, pulse flour, 3 tablespoons sugar, 2 tablespoons powdered sugar, 1½ tablespoons ginger and butter until fine crumbs form. Mix egg yolks and water together; add to food processor and whirl until dough comes together. Press over the bottom and ½ inch up the side of a 10½-inch tart pan with a removable rim.

Arrange persimmon slices in a circle slightly overlapping slices. Spoon any remaining sugar-brandy mixture over the fruit. Bake tart on center rack until crust is deep golden 25 to 30 minutes. Remove from oven and cover the crust loosely with foil. Preheat the broiler. Set tart on a baking sheet and broil on upper over rack for 1 to 2 minutes, until the edges of fruit browns slightly. Let cool at 30 minutes before removing the rim.

Whisk mascarpone, cream with 2 tablespoons powdered sugar, 2 tablespoons brandy and 2 teaspoons lemon juice. Serve the mascarpone on tart. *Serves 12*

### Fennel, Celery and Pomegranate Salad

2 small fennel bulbs, thinly sliced	½ cup pomegranate seeds, plus ¼ cup for garnish
4 celery stalks, thinly sliced on the diagonal	¼ cup fresh lime juice
3 cipolline onions, peeled, cut in half and thinly sliced (may use shallots)	¼ cup olive oil
¼ cup fresh flat leafed parsley, coarsely chopped	Kosher salt and freshly ground pepper, to taste

Toss fennel, celery, cipolline onions, parsley and pomegranate seeds in a large bowl. Mix lime juice, olive oil, salt and pepper together. Drizzle oil mixture over vegetables and toss to coat. Serve topped with remaining pomegranate seeds. *Serves 8*



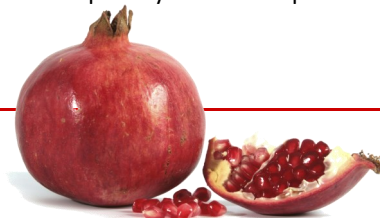
## Wild Rice with Pomegranate Seeds and Persimmons

1 cup wild rice mixture\*\*  
1 teaspoon salt  
2 cups water  
3 tablespoons butter  
3 tablespoons fresh orange juice  
1 tablespoon orange zest

½ cup green onions, thinly sliced on the diagonal  
⅔ cup pomegranate seeds, plus ⅓ cup for garnish  
1 medium persimmon, peeled, cored and cut into chunks  
1 cup toasted hazelnuts, coarsely chopped  
Freshly ground pepper and salt to taste  
1 tablespoon flat leafed parsley, finely chopped

Combine wild rice, salt and water in a large saucepan; cover. Heat to a boil; reduce heat to low and simmer until rice is al dente, about 30 minutes. Pour rice into a strainer and drain well. Melt butter in saucepan over medium heat. Add rice and sauté for 2 minutes. Add orange juice and zest; sauté another minute. Add green onions, pomegranate, persimmon, and hazelnuts. Toss to combine. Transfer rice to a serving dish; sprinkle ⅓ cup pomegranate seeds and parsley over the top.  
*Serves 4*

\*\***Instructor's choice:** Rice Select brand—Texamati of brown and red rice with barley and rye



## Brussels Sprouts with Pomegranates And Hazelnuts

1 cup pomegranate juice  
2 tablespoons brown sugar  
1 tablespoon fresh lemon juice  
2 tablespoons balsamic vinegar \*  
4 tablespoons olive oil  
2 tablespoons red onion, minced

Salt and pepper  
1¼ pounds Brussels Sprouts, trimmed and halved  
3 strips bacon, cut into small pieces  
½ cup toasted hazelnuts, coarsely chopped  
½ cup pomegranate seeds

Preheat oven to 400°F. In a small saucepan, over high heat bring to a boil the pomegranate juice, brown sugar and lemon juice. Reduce heat to medium-heat and cook until mixture is reduced to ¼ cup glaze, about 6 minutes. Add the vinegar and cook 2 to 3 more minutes. Remove from heat and keep warm. In a small skillet, brown bacon until crisp. Remove from pan and drain on paper towels; set aside

In a large bowl, whisk olive oil, onion and salt and pepper together. Add Brussels Sprout halves and toss to lightly coat all halves. Lay halves cut side down on a baking pan without crowding the halves. Roast for 15 minutes. Turn halves over and check for doneness. Return to oven to roast until lightly browned and a knife inserted in the center goes in without resistance.

Arrange Brussels Sprouts on a serving dish; drizzle pomegranate glaze over Brussels Sprouts. Sprinkle with bacon bits, hazelnuts and pomegranate seeds. *Serves 6*

### \* Instructor's notes:

- Barb suggests Olive Branch Tangerine Ginger White Balsamic vinegar
- May substitute the pomegranate glaze for ⅓ cup prepared pomegranate molasses

## Curried Persimmons Soup

7 Fuyu persimmons, peeled and sliced  
½ cup onions, minced  
1 ½ tablespoons fresh ginger, minced

4 cups chicken broth, divided  
1½ teaspoons curry powder

Add persimmons, onion, ginger and ¼ cup chicken broth in a large saucepan. Bring to a boil over heat high; boil down until no liquid is left. Add another ¼ cup chicken broth and boil down two more times. Add curry powder and cook 30 seconds after third boil down.

Add remaining chicken broth; bring to a boil. Reduce heat to medium; cover and simmer until fruit is tender. Pulse soup in a blender, a bit at a time, until smooth. Season to taste with fresh lemon juice, salt and pepper. Garnish with cilantro. *Serves 4*

