



# In the Kitchen

with Barb Agee ~ August 2018

## Melon Mania!



As the summer temperatures soar, melons can help keep us hydrated and cooled off with these and other tempting melon recipes. Scoop melon balls and freeze; then drop them into ice water, ice tea, sparkling water for refreshing drinks or eat them frozen like popsicles. Melons make delicious slushes and granitas.

### Cantaloupe and Prosciutto Cream Sauce for Pasta

3 tablespoons unsalted butter	½ teaspoon salt
2 ounces slices prosciutto, diced	¼ teaspoon freshly ground black pepper
½ cup shallots, minced	2 teaspoons fresh marjoram leaves, minced
2 cups ripe cantaloupe, peeled and diced	16 ounces pasta (i.e. linguine, fettucine or rigati)
½ cup white dry wine	½ cup fresh parmesan cheese
¾ cup heavy cream	¼ cup chives, thinly sliced

In a small sauté pan, cook prosciutto over medium heat until crispy, about 5 minutes; set aside.

Bring a large pot of salted water to a boil. While the sauce is cooking, add the pasta to the boiling water and cook uncovered until al dente. Save ½ cup of pasta water, set aside. Drain the pasta and return to the pot to keep warm.

Heat 1 tablespoon butter in a large sauce pan over medium-high heat. Add shallots and cook, stirring frequently, until softened, 1 to 2 minutes. Add the remaining butter, when melted, add the cantaloupe chunks. Cook, stirring frequently, until the melon completely breaks down and forms a smooth, thick sauce, 8 to 10 minutes. Add the heavy cream, wine, salt, pepper and marjoram; cook until the cream has reduced by half and the sauce is smooth. Add the pasta and ¼ cup of the cheese to the warm sauce. Return the pan to medium heat and toss until pasta is evenly coated and heated through. If the sauce is too thick, add a small amount of the pasta water. Serve the pasta immediately garnished with the remaining parmesan cheese, prosciutto and chives. *Serves 6*

### Chilled Cantaloupe Soup

1 medium cantaloupe, peeled, seeded and cut into large cubes	1 tablespoon light colored honey
½ cup fresh mango, in small chunks or 2 ounces mango juice	2 teaspoons ginger, fresh grated
¾ cup (6 ounces) vanilla yogurt + extra for garnish	Fresh mint, for garnish

Place half of the cantaloupe and mango and half of the yogurt into the blender or food processor; pulse to combine. Then add the remaining ingredients except the garnish; blend on medium speed until the consistency is smooth and creamy.

Transfer the soup to serving bowls and chill well before serving for best flavor. When ready to serve, garnish with dollop of yogurt and fresh mint. *Yields 6 to 8 servings*

## Watermelon and Honeydew Relish Salad

⅓ cup white wine vinegar	2 cups watermelon, cubed
¼ cup honey	1 cup English or Persian cucumbers, finely diced
1 teaspoon mustard seeds	1 cup celery, finely sliced
½ teaspoon celery seeds	½ cup seedless green grapes, halved
½ teaspoon salt	2 tablespoons chives, finely sliced
2 cups honeydew melon, cubed	Butter lettuce leaves, rinsed and crisped ( <i>optional</i> )

In a 1 quart sauce pan, combine vinegar, honey, ¼ cup water, mustard seeds, celery seeds and salt. Simmer over medium heat for 5 minutes, then boil over high heat, stirring often, until reduced to ½ cup, about 2 minutes longer. Let cool.

In a salad bowl combine, honeydew, watermelon, cucumber, celery and grapes. Pour cooled dressing over fruit and gently toss to combine. Cover and chill, stirring occasionally to blend flavors, for at least 15 minutes up to 1 hour. Stir in chives and serve. If using the lettuce leaves, arrange leaves on 6 serving plates and spoon fruit on top. *Makes 6 servings*

## Cantaloupe Sour Cream Cupcakes

¾ cup (1½ cubes) unsalted butter, at room temperature	1½ teaspoons vanilla extract
1½ cups granulated sugar	2½ cups all-purpose flour
3 eggs, room temperature	2 teaspoons baking powder
1 cup sour cream, at room temperature	½ teaspoon baking soda
2 tablespoons whipping cream, at room temperature	½ teaspoon salt
⅓ cup pureed cantaloupe, at room temperature	Cantaloupe Frosting ( <i>see recipe below</i> )

Preheat oven to 350°F. In a large bowl, cream butter and sugar together until light and fluffy, about 4 minutes. Add eggs, 1 at a time until each is incorporated. Add in the vanilla, sour cream, whipping cream and pureed cantaloupe. Scrape sides and then mix briefly.

In a separate bowl, whisk together all dry ingredients. Add the dry ingredients to the butter mixture gradually until everything is just incorporated.

Fill cupcake liners ¾ full. Bake 20 to 25 minutes or until a toothpick comes out clean when inserted. Place muffin pans on a cooling rack for 5 minutes, then remove the cupcakes to the cooling rack. Let cool completely before frosting with Cantaloupe Frosting (*see recipe below*) and refrigerate frosted cupcakes. *Makes 18 cupcakes*

### Cantaloupe Frosting

½ cup softened butter	⅓ cup cantaloupe, very finely diced
1 pound powdered sugar	1 to 2 tablespoons whipping cream

Mix the butter and powdered together on low speed. Gradually add in the diced cantaloupe and just enough cream to make the frosting thick but spreadable. Whip 3 minutes to make it light and fluffy. Divide the frosting evenly among cupcakes and spread with a knife or off-set spatula.



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