

AUGUST 2010

DOWNTOWN BAKERY & CREAMERY

SHARING RECIPES AND BAKING TIPS

DOWNTOWN
BAKERY & CREAMERY
is
OPEN
Come in and see us!

Lindsey & Therese Shere & Kathleen Stewart
308 A Center St., Healdsburg, CA (707) 431-2719

Wed-Mon 9:30am-6:30pm
Sunday 9:30am-3:30pm

WE FIRST OPENED AUGUST 13 (OR 14, WE CAN'T REMEMBER WHICH),
1987.

PLEASE NOTE OUR ORIGINAL HOURS- AN IDEA OF WHICH WE WERE EARLY
DISABUSED BY A CUSTOMER WHO ASSURED US THAT
"BY 9:30, I DONE **HAD** MY COFFEE."

VOL. 8
PEACH POLENTA TART
BLACKBERRY ICE CREAM

HEALDSBURG, CA

AS WE TURN 23, WE THOUGHT WE'D SHARE WITH YOU TWO OF OUR
PERENNIAL FAVORITES EXEMPLIFYING OUR INTENTIONS TO USE THE
DELICIOUS, LOCAL PRODUCE AVAILABLE HERE IN HEALDSBURG.

PEACH POLENTA TART

YIELDS ONE 8" TART TO SERVE 6

YOU WILL NEED AN 8" TART PAN WITH A REMOVABLE BOTTOM.

FOR FILLING:

3-4 LARGE RIPE PEACHES; BLANCHED, PEELED AND SLICED INTO 3/4"
PIECES TO YIELD 4 CUPS

4 TBSP SUGAR

2 TBSP FLOUR

FOR PASTRY:

1/2 CUP SUGAR

6 TBSP (3 OZ) SWEET BUTTER, SLIGHTLY SOFTENED

2 EGG YOLKS

1 CUP (5 OZ) ALL PURPOSE FLOUR

1/3 CUP MEDIUM CORNMEAL (OR POLENTA)

1/2 TSP SALT

TO FINISH:

CREAM (WILL GIVE YOUR PASTRY A SHINY FINISH, OPTIONAL)

LARGE CRYSTAL SUGAR (ADDS A NICE CRUNCH, OPTIONAL)

TO MAKE PASTRY:

MIX FLOUR, POLENTA AND SALT IN A SMALL BOWL. SET ASIDE. CREAM
TOGETHER BUTTER AND SUGAR UNTIL JUST FLUFFY. ADD EGG YOLKS.
ADD FLOUR MIXTURE AND MIX UNTIL THE DOUGH COMES TOGETHER.
DIVIDE INTO TWO PIECES AND LET REST BRIEFLY IN THE REFRIGERATOR.
ROLL ONE PIECE INTO A 9" CIRCLE AND PLACE INTO TART PAN. PRESS
FIRMLY INTO SIDES. FREEZE AT LEAST 30 MINUTES, THEN PRE-BAKE IN A
PREHEATED 350 DEGREE OVEN UNTIL MEDIUM GOLDEN-BROWN- ABOUT
20 MINUTES.

TO PREVENT THE SIDES OF THE TART SHELL FROM COLLAPSING, WE
FORM A COLLAR OF FOIL WHICH IS PRESSED LIGHTLY INTO THE DOUGH
THEN REMOVED A FEW MINUTES AFTER BAKING.
TOSS PEACHES, FLOUR AND SUGAR TOGETHER IN A BOWL AND POUR
INTO PRE-BAKED SHELL.

ROLL OTHER PIECE OF DOUGH INTO A 9" CIRCLE. LAY OVER TART AND
PRESS EDGES DOWN INTO TART PAN. BRUSH WITH CREAM AND SPRINKLE
WITH COARSE SUGAR

BAKE FOR ONE HOUR IN A 350 DEGREE OVEN.

COOL THOROUGHLY BEFORE REMOVING FROM PAN.



KATHLEEN WITH OUR ORIGINAL BREAD BAKER, REBECCA VAN LITH, CIRCA 1987, UNAWARE OF JUST WHAT SORT OF MONSTER THEY HAD CREATED.

ICE CREAM

WE'VE USED JUST ABOUT EVERY KIND OF FRUIT IN EVERY SEASON TO FLAVOR ICE CREAM. THE TRICK IS TO GET FULLY RIPENED FRUIT. IT DOESN'T HAVE TO BE COSMETICALLY PERFECT, AS REALLY RIPE FRUIT RARELY IS. WHEN LOTS OF DELICIOUS FRUIT IS AVAILABLE, PREPARE IT AND FREEZE IT TO USE LATER. DO NOT SWEETEN THE FRUIT BEFORE FREEZING. ADD SUGAR TO THE THAWED PUREE, WARM SLIGHTLY, THEN ADD TO THE CUSTARD BASE.

NO MATTER WHAT KIND OF FREEZER YOU USE, IT'S VERY IMPORTANT TO CHILL YOUR ICE CREAM CUSTARD BEFORE FREEZING. YOU WON'T HAVE TO LEAVE CUSTARD IN THE MACHINE TOO LONG THIS WAY AND THAT IS ONE BIG REASON OVER-FREEZING OCCURS. OVER-FREEZING RUINS THE TEXTURE OF ICE CREAM, AS THE FAT BECOMES TOO COLD OR OVER-MIXED AND SEPARATES. START WATCHING AND EVEN TASTING ICE CREAM 3/4 OF THE WAY INTO THE FREEZING PROCESS. THIS ALSO HELPS AVOID OVER-FREEZING.

PUT FINISHED ICE CREAM IN AN AIR-TIGHT CONTAINER IN YOUR FREEZER. AIR IS THE ENEMY WHEN IT COMES TO PRESERVING THE FRESH TASTE OF ICE CREAM. ALSO AVOID REPEATED SOFTENING AND RE-FREEZING AS THIS WILL RUIN THE TASTE AND TEXTURE OF ICE CREAM.

WE'VE BEEN LUCKY ENOUGH TO HAVE A COUPLE LOCAL FAMILIES FORAGING FOR WILD BLACKBERRIES OVER THE YEARS. AND WHILE YOU MAY BE ABLE TO FIND THEM IN THE SUPERMARKET, NOTHING CAN BEAT THE FLAVOR OF PICKING AND USING ONLY THE RIPEST BLACKBERRIES.

BLACKBERRY ICE CREAM

ICE CREAM CUSTARD BASE

YIELDS ABOUT 1 QUART

1 1/2 CUPS MILK

3/4 CUP SUGAR

6 LARGE EGG YOLKS

2 1/2 CUPS CREAM

IN A HEAVY-BOTTOMED, NON-REACTIVE PAN, HEAT MILK AND SUGAR TO BOILING. PUT EGG YOLKS IN A MIXING BOWL AND WHISK LIGHTLY TO BREAK UP. WHEN MILK-SUGAR MIXTURE IS BOILING, QUICKLY ADD A BIT TO THE EGG YOLKS AND WHISK IN TO TEMPER. THEN, WHISKING CONSTANTLY, ADD THE MILK IN A STEADY STREAM TO THE YOLKS. STRAIN THIS MIXTURE INTO A CLEAN BOWL. STIR IN CREAM AND THOROUGHLY CHILL.

BLACKBERRY VARIATION

YIELDS 2 QUARTS MIX

SORT THROUGH 3-4 PINTS OF REALLY RIPE BERRIES AND REMOVE LEAVES, STEMS AND OTHER BITS. NEVER WASH RIPE BERRIES AS YOU'LL WASH AWAY LOTS OF FLAVOR. THE BEST THING TO USE TO PUREE WILD BERRIES IS A MOULI-TYPE FOOD MILL. BUT IF YOU DON'T MIND SEEDS, TOSS SOME OF THE BERRIES IN WHOLE. TO 1 QUART PUREE, ADD 1 CUP SUGAR. WARM PUREE AND SUGAR MIXTURE TO JUST DISSOLVE SUGAR. ADD TO AN EQUAL AMOUNT OF BASE, ABOUT 1 QUART. TASTE AND ADD MORE SUGAR IF NEEDED. CHILL THOROUGHLY. FREEZE ACCORDING TO THE DIRECTIONS OF YOUR ICE CREAM MAKER.