

FLAVOR of the WEEK

~ Shannon Waters ~

Ground Cherries

For pictures, more instruction and to ask questions about what to do with the rest of your basket go to forkmylife.com.

A relative of the tomatillo, ground cherries are a confused fruit that taste somewhere in between a tomato and a grape and has a background of tropical citrus flavors. After harvesting a bunch at the farm today, we stood around, peeling them out of their husks and wondered if they weren't best eaten just like that! I've made tartlets with them and if you didn't make the quiche a few weeks ago, now is a good time to try pie crust! Have fun!

GROUND CHERRY AND PLUM TARTLETS

Preheat your oven to 425

Tart Shells

1 ¾ c AP Flour plus more for rolling

3 T Sugar

Pinch of Salt

Pinch of Baking Powder

1 Stick Butter (cut into small dice sized cubes)

1 Egg

2 ½ T Milk

Filling

2 c of Ground Cherries (Shucked)

1 ¾ T Sugar plus some for garnish

Zest and Juice from ½ Lemon

Less than a pinch of Nutmeg

2 Plums

½ T Butter (melted)

MAKING YOUR PIE CRUST

Mix your dry ingredients in a large bowl- Flour, sugar, salt and baking powder. Work your butter into the mix by dropping all the cubes into the bowl and rubbing them between your hands and fingers making flakes of flour and butter. Keep in mind that the quicker you do this, the fluffier your pie crust will be. Continue to incorporate the butter until it looks like little pellets and starts to come

together. Separately whisk the egg and milk together, then add to the dough. Again, the less you work it, the better. Split the dough into two balls, wrap it in plastic, then put it in the fridge for one hour and up to two days.

FILLING

Begin by shucking your ground cherries, taking the husks off and reserving the fruit. Wash the fruit and mix them in a large bowl with the sugar, lemon juice, zest, and nutmeg. Next, slice the plum into very thin half moons and set them aside.

ASSEMBLING TARTLETS

Butter each tartlet mold and set aside. Next, dust a surface with flour and pull the dough out of the fridge. Roll one of the balls out thin making sure there is enough flour on the surface and the rolling pin that the dough won't stick. Using something larger than your tart mold- I used a ball jar lid- punch out pieces of dough for how every many molds you have then lightly place the shapes into the molds. It will help to keep your hands dusted in flour throughout this process. Then, fill each mold ¾ of the way with the ground cherries then place the plum slices on top. Put the holds on a baking tray and place in the oven for 15 minutes. Then, pull them out, brush each tart with a little melted butter and sprinkle with sugar. Reduce the oven to 325 and bake 24 minutes. Let cool and enjoy!

Shannon is a line cook at Marea in NYC. She can be reached at her website or swatersdepaul@aol.com.