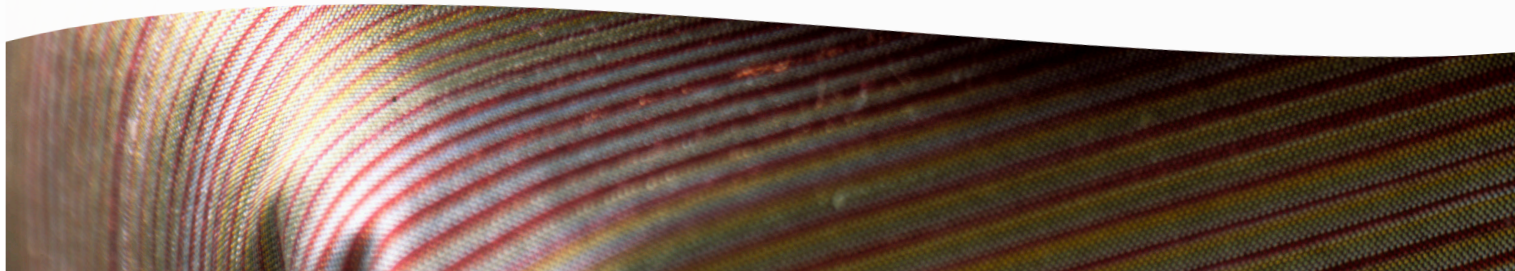




Baking with Grapes



A close-up photograph of a loaf of bread, likely a focaccia or similar, studded with red grapes. A single slice has been cut out of the side of the loaf, revealing the soft, porous interior of the bread and the embedded grapes. The bread is resting on a light blue surface with a white floral pattern. A serrated knife is visible on the right side of the frame, having just cut the slice.

BAKING WITH Grapes

Fresh grapes have been enjoyed for thousands of years. Their fresh burst of flavor, bite-size portability and versatility in meal creation have made grapes one of the world's most popular foods. Surprising to some, grapes are also an incredible addition to baked recipes, unleashing their depth of flavor and lending their color and beauty to a variety of baked dishes, from breads to desserts.

Baking with Grapes is an assortment of recipes featuring grapes in a variety of baked dishes that will either start or end your day with flavor.



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Blackberry Grape Crisp

Makes 4-6 servings

A crisp, sweet oat topping over California grapes and berries makes the quintessential baked dessert. This can also be prepared in individual ramekins for a more elegant presentation (baking time will be shortened to 25-30 minutes). Serve warm with whipped cream or ice cream.



INGREDIENTS

Crumb Topping:

- 1/2 cup rolled oats
- 1 1/4 cups flour
- 3/4 cup brown sugar, packed
- 1/4 teaspoon salt
- 1/2 cup butter
- 1 teaspoon vanilla extract

Fruit Filling:

- 1/4 cup white sugar
- 1 tablespoon cornstarch
- 3 cups California seedless black grapes
- 3 cups blackberries, fresh or frozen
- Whip cream (or ice cream if desired)



DIRECTIONS

Preheat oven to 350 F. In electric mixer, combine crumb topping ingredients and mix until crumbly about 3-5 minutes. You should see pea-sized pieces. Do not over-mix or mixture will become a solid mass. Set aside. In small bowl combine sugar and cornstarch until well mixed. In separate mixing bowl, combine grapes and blackberries. Sprinkle sugar and cornstarch over fruit and toss to coat. Place into 8-inch square baking dish. Sprinkle crumb topping over fruit, coating evenly. Place dish in oven and bake for 40-45 minutes or until top is golden brown and fruit is bubbling around edges.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 493; Protein 5g; Carbohydrate 84g; Fat 17g (30% Calories from Fat); Saturated Fat 10g (18% Calories from Saturated Fat); Cholesterol 41mg; Sodium 112mg; Fiber 6g.



Brioche and Grape Bread Pudding

Makes 6 servings

California grapes balance the richness of bread pudding with a light, fresh burst of flavor that takes bread pudding from classic to fantastic. Served warm from the oven, it's super tasty on its own or add brown sugar whipped cream for extra delight.



INGREDIENTS

Bread Pudding:

- 6 cups brioche, challah (or egg bread), cut into 3/4 inch cubes
- 1 cup California red seedless grapes
- 3 eggs, large
- 1 egg yolk
- 1 teaspoon vanilla extract
- 6 tablespoons packed light brown sugar
- 3 cups heavy cream

Brown Sugar Whipped Cream (optional):

- 1 tablespoon packed light brown sugar
- 1 cup heavy cream
- 1 teaspoon vanilla extract



DIRECTIONS

Preheat oven to 350 F. Place bread cubes in 8-inch square baking dish. Sprinkle grapes over bread cubes and toss gently to disperse grapes. In medium-sized bowl, combine remaining ingredients and whisk until smooth. Pour custard mixture over bread cubes. Stir gently, pressing down on any bread cubes that pop up out of the custard mixture. Set bread pudding pan into a larger pan, such as a 9x13-inch pan, or a roaster. Place doubled pan into preheated oven, then pour very hot tap water into the outside pan, filling it at least half way. (This is called a hot water bath and will make the pudding creamier.) Bake for 50 minutes to 1 hour. Top of pudding should be golden in spots and lightly puffed. Remove from oven, let cool slightly then serve.

Whip together whipped cream ingredients until fluffy. Refrigerate until needed, then spoon on top of dessert.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 750; Protein 11g; Carbohydrate 43g; Fat 61g (73% Calories from Fat); Saturated Fat 37g (44% Calories from Saturated Fat); Cholesterol 350mg; Sodium 140mg; Fiber 1g.



Mini-Pavlovas with Lemon Cream and Grapes

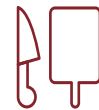
Makes 6 servings

Named after the beloved Russian ballerina Anna Pavlova, this classic dessert of meringue, fruit and cream is at once airy, artistic and sophisticated. It is also easy to make. Here fresh, juicy California grapes combine with luscious lemon cream atop a crisp, melt-in-your mouth baked meringue. Garnish with chopped smoked almonds for a salty-sweet finish.



INGREDIENTS

- 4 large egg whites
- Pinch of salt
- 1 cup sugar
- 2 teaspoons cornstarch
- 1 teaspoon vanilla
- 2/3 cup heavy whipping cream
- 1/3 cup lemon curd
- 1 1/2 cups halved California grapes
- Chopped smoked or tamari almonds (optional)



DIRECTIONS

Heat oven to 350 F. Line a baking sheet with parchment. With an electric mixer, beat egg whites and salt in large bowl on medium speed until firm peaks form. On low speed, add the sugar 1 tablespoon at a time until the meringue forms stiff peaks. Whisk in the cornstarch and vanilla.

Divide the meringue into six 4-inch circles on the baking sheet. With a large spoon, make indentations in the middle of each. Place the baking sheet in the oven and lower the temperature to 300 F. Bake 30 minutes, then turn off the oven and leave the baking sheet in for another 30 minutes. To serve, whip the cream to soft peaks and stir in the lemon curd. Dollop onto the meringues and top with the grapes. Garnish with almonds, if desired.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 350; Protein 4g; Carbohydrate 58g; Fat 12g (31% Calories from Fat); Saturated Fat 8g (20% Calories from Saturated Fat); Cholesterol 55mg; Sodium 90mg; Fiber 0g.



Grape Rosemary Focaccia

Makes 16 slices

Focaccia lovers everywhere will rejoice with this quick-fix version that starts with prepared pizza dough and enhances it with the addition of fresh grapes and rosemary. Perfect as a signature appetizer, side dish or hearty snack, this combination always delights.



INGREDIENTS

- 1/4 cup garlic puree
- 1/4 cup olive oil
- 3 cups California seedless grapes, halved
- 3/4 cup shredded Parmesan cheese
- 1 teaspoon finely chopped fresh rosemary
- 1 pound 4 ounces prepared pizza dough



DIRECTIONS

Sauté garlic in olive oil. Add grapes and heat thoroughly. Remove pan from heat; add cheese and rosemary; mix well. Press pizza dough to fit two 12-inch pizza pans. Spread grape mixture evenly between the two pans. Press grapes slightly into dough. Bake at 400 F for 10 minutes or until topping and edges of bread are brown. Remove from heat. Cut each into 8 slices.



NUTRITIONAL INFORMATION

Nutritional analysis per slice: Calories 160; Protein 5g; Carbohydrates 22g; Fat 6g; (34% Calories from Fat); Saturated Fat 1g (6% Calories from Saturated Fat); Cholesterol 5mg; Sodium 160mg; Fiber 1g.



Peanut Butter and Grape Muffins

Makes 12 muffins

These muffins are the epitome of comfort food – peanut butter and jelly baked with fresh California grapes. They are perfect for breakfast or snacks on the go... or a relaxing morning with coffee or tea.



INGREDIENTS

- 2 cups flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1/2 cup sugar
- 1/2 cup butter, melted
- 1/2 cup crunchy peanut butter
- 2 eggs
- 1 cup milk
- 1 cup California seedless grapes
- 1/4 cup grape jelly, stirred



DIRECTIONS

Preheat oven to 350 F. Line muffin tin with 12 paper muffin cups. Sift together the flour, salt and baking powder. In another bowl, add the sugar, melted butter, peanut butter and eggs and mix until well combined. Stir in the dry ingredients and the milk until evenly moistened. Do not overmix. The batter will be slightly lumpy. Fold in the grapes. Spoon the batter into the prepared muffins cups and top with a teaspoon of grape jelly. Bake in the preheated oven until the muffins are golden brown, 14-16 minutes. Cool before serving.



NUTRITIONAL INFORMATION

Nutritional analysis per muffin: Calories 290; Protein 6g; Carbohydrate 35g; Fat 15g (47% Calories from Fat); Saturated Fat 6g (19% Calories from Saturated Fat); Cholesterol 55mg; Sodium 240mg; Fiber 2g.



Grape Frangipane Tart

Makes 10 servings

A traditional French confection, frangipane is a filling made from or flavored with almonds. Mixed with whole black California grapes and poured into a tart pastry, this frangipane is as beautiful as it is delectable to eat.



INGREDIENTS

- 1 single crust tart pastry for 10-inch tart
- 3 1/2 cups black seedless California grapes
- 2 ounces almond paste
- 1 large egg
- 1/4 cup sugar
- 1/4 cup butter
- 2 tablespoons flour
- Pinch salt
- Confectioner's sugar, as needed



DIRECTIONS

Preheat oven to 375 F. Line a 10-inch tart pan with pastry crust. Arrange grapes snugly in decorative rings in pastry. With an electric mixer combine almond paste, egg, sugar, butter, flour, and salt until smooth to create frangipane. Carefully spread over arranged grapes and bake for 35 minutes, until the tart is golden brown and cooked through. If using a convection oven, bake at 350 F for 30 minutes. When tart is cool, remove from pan and dust with confectioner's sugar.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 220; Protein 2g; Carbohydrate 28g; Fat 11g (45% Calories from Fat); Saturated Fat 4.5g (18% Calories from Saturated Fat); Cholesterol 30mg; Sodium 100mg; Fiber 1g.



Margaret's Special Grape Pie

Makes 8 servings

California's table grape farmers enjoy baking with what they grow, too! This traditional farm pie recipe comes from Margaret Zaninovich whose family has been growing grapes in California for over 100 years. This wonderful treat shares the traditions of generations of family farmers. To serve as Margaret did, add a scoop of vanilla ice cream to each slice.



INGREDIENTS

Basic Pie Pastry:

- 3 cups all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 3/4 cup cold vegetable shortening
- 1/4 cup cold butter
- 6 to 7 tablespoons ice water
- 1 egg, beaten

Pie Filling:

- 5 cups black California grapes, halved
- 1/2 cup sugar
- 4 tablespoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 tablespoon fresh lemon juice
- 2 tablespoons butter



DIRECTIONS

Basic pie pastry:

(Makes enough for a double-crust 9-inch pie)

In a large bowl combine the flour, sugar and salt. Using the largest holes on a box grater, grate the shortening and butter into the flour mixture. Sift the mixture through your fingers until it is crumbly. Stir in the cold water, adding just enough so the pastry comes together in a ball. Divide the dough into two disks, wrap with plastic and chill until ready to use.

Pie Filling:

Preheat oven to 425 F. Line a 9-inch pie plate with pastry. Brush the bottom unfilled pastry with a beaten egg and refrigerate for 5 minutes. Remove from refrigerator, cover with foil, weigh down with rice or pie weights and bake for about 7-10 minutes. In a medium bowl, stir together the grapes, sugar, cornstarch, cinnamon and salt. Pour into the pastry. Sprinkle with the lemon juice and dot with the butter. Top with the remaining pastry and press to seal. Flute the edges and cut vents into the top of the pie. Bake in preheated oven for 10 minutes, then reduce the heat to 350 F and cook 30 to 35 minutes more, or until the filling in the center is bubbly.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 550; Protein 6g; Carbohydrate 71g; Fat 28g (46% calories from Fat); Saturated Fat 10g; (16% calories from Saturated Fat); Cholesterol 25mg; Sodium 300mg; Fiber 2g.



Grape and Cranberry Tea Bread

Makes 2 loaves, 15 slices per loaf

A dainty moist loaf perfect for brunch or afternoon tea. This tea bread freezes well, so make two loaves to be ready for surprise guests.



INGREDIENTS

- 2 1/2 cups all-purpose flour
- 3/4 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup vegetable oil
- 1 cup lowfat dairy sour cream
- 1/4 cup lowfat milk
- 1 egg, beaten
- 2 teaspoons grated lemon peel
- 1/2 cup chopped walnuts
- 1/2 cup chopped dried cranberries
- 1 1/2 cups halved California seedless grapes



DIRECTIONS

Combine all ingredients except grapes; mix well. Gently mix in grapes. Grease and flour the bottoms of two 9x5-inch loaf pans. Pour one-half of batter into each pan. Bake at 350 F for 50 to 55 minutes or until wooden pick inserted near center comes out clean. Cool 5 minutes. Turn out onto wire rack and cool completely before slicing. Makes 2 loaves.



NUTRITIONAL INFORMATION

Nutritional analysis per slice: Calories 120; Protein 2g; Carbohydrate 18g; Fat 4.5g (34% Calories from Fat); Saturated Fat 1g; (8% Calories from Saturated Fat); Cholesterol 10mg; Sodium 140mg; Fiber 1g.



ABOUT *California* TABLE GRAPES

More than 99 percent of commercially grown grapes in the United States are produced in California. With over 85 varieties grown, California grapes come in three colors – green, red and black.

The California grape season begins in late spring when the first grapes are harvested from vines in the Coachella Valley, the state's southernmost grape growing region, and moves up to the San Joaquin Valley as the season in Coachella comes to a close. Harvest continues into December with grapes available in stores May through January.

California grapes are cultivated, picked, packed and transported with the greatest care, ensuring that the grapes you enjoy arrive in just-picked condition: plump, juicy and full of flavor.

With more than 200 recipes available, there are plenty of ideas to inspire your next meal, snack or dessert at grapesfromcalifornia.com.

