

# Baking *with grapes*

A VARIETY OF BAKED DISHES FEATURING  
GRAPES FROM CALIFORNIA





# 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.**



# Recipes

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# **BLACKBERRY GRAPE CRISP**





## 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 seedless black California grapes
- 3 cups blackberries, fresh or frozen
- Whipped cream (or ice cream if desired)



makes 4-6 servings

## 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 a small bowl combine sugar and cornstarch until well mixed. In a separate mixing bowl, combine grapes and blackberries. Sprinkle sugar and cornstarch over fruit and toss to coat. Place into an 8-inch square baking dish. Sprinkle crumb topping over fruit, coating evenly. Place dish in oven and bake for 40-45 minutes or until the top is golden brown and the fruit is bubbling around the edges.

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



# **BRIOCHE BREAD PUDDING**

*with grapes*





## ingredients

### BREAD PUDDING

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



makes 6 servings

### 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 an 8-inch square baking dish. Sprinkle grapes over bread cubes and toss gently to disperse grapes. In a 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 the 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-1 hour. The top of the pudding should be golden in spots and lightly puffed. Remove from the oven, let cool slightly, then serve.

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

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



# GRAPE FRANGIPANE TART





## ingredients

- 1 single crust tart pastry for 10-inch tart
- 3 1/2 cups seedless black 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



makes 10 servings

## directions

Preheat oven to 375 F. Line a 10-inch tart pan with pastry crust. Arrange grapes snugly in decorative rings in the 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 the tart is cool, remove from the pan and dust with confectioner's sugar.

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

# **GRAPE AND CRANBERRY TEA BREAD**





## 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 seedless California grapes, halved



makes 2 loaves

## directions

Combine all ingredients except grapes; mix well. Gently mix in the grapes.

Grease and flour the bottoms of two 9x5-inch loaf pans.

Pour half of the batter into each pan. Bake at 350 F for 50-55 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 analysis per slice: Calories 120; Protein 2 g; Carbohydrate 18 g; Fat 4.5 g (34% Calories from Fat); Saturated Fat 1 g; (8% Calories from Saturated Fat); Cholesterol 10 mg; Sodium 140 mg; Fiber 1 g

# **MARGARET'S SPECIAL GRAPE PIE**





## 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
- 6-7 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



makes 8 servings

## 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 30-35 minutes more, or until the filling in the center is bubbly.

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

A close-up photograph of several peanut butter muffins in brown paper liners. The muffins are topped with a thick, dark, glossy sauce and fresh red grapes. The background is slightly blurred, showing more muffins.

# **PEANUT BUTTER MUFFINS**

*with grapes*



## 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 seedless California grapes
- 1/4 cup grape jelly, stirred



makes 12 muffins

## 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 over-mix. The batter will be slightly lumpy.

Fold in the grapes. Spoon the batter into the prepared muffin cups and top with a teaspoon of grape jelly.

Bake in preheated oven until the muffins are golden brown (14-16 minutes). Cool before serving.

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





# **GRAPE ROSEMARY FOCACCIA**

## ingredients

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



makes 16 slices

## directions

Sauté garlic in olive oil. Add the grapes and heat thoroughly. Remove pan from heat; add the cheese and rosemary; mix well.

Press the pizza dough to fit 2 12-inch pizza pans. Spread the grape mixture evenly between the two pans. Press the grapes slightly into dough.

Bake at 400 F for 10 minutes or until the topping and edges of the bread are brown. Remove from heat.

Cut each into 8 slices.

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



# **MINI PAVLOVAS**

*with lemon cream and grapes*



## ingredients

- 4 large egg whites
- Pinch 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 California grapes, halved
- Chopped smoked or tamari almonds (optional)



makes 6 servings

## directions

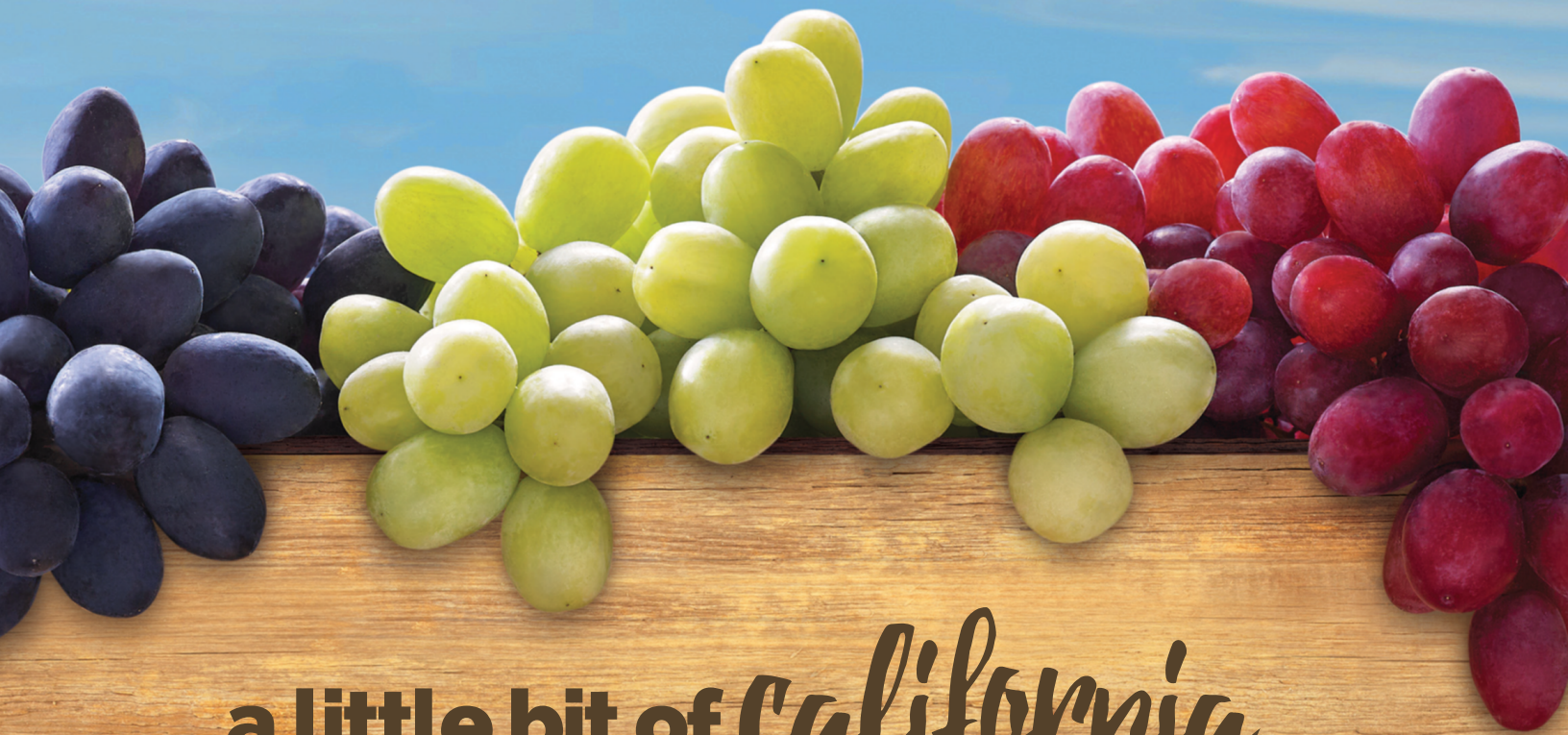
Heat oven to 350 F. Line a baking sheet with parchment. With an electric mixer, beat egg whites and salt in a large bowl on medium speed until firm peaks form. On low speed, add the sugar 1 tablespoon at a time until the meringue forms stiff peaks. Whisk in the cornstarch and vanilla.

Divide the meringue into 6 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 analysis per serving: Calories 350; Protein 4 g; Carbohydrate 58 g; Fat 12 g (31% Calories from Fat); Saturated Fat 8 g (20% Calories from Saturated Fat); Cholesterol 55 mg; Sodium 90 mg; Fiber 0 g





# a little bit of *California* in every grape

**There's just something about California...something that makes the Golden State so sublime. It's the climate of hot sunny days and crisp cool nights. It's the very earth itself: rich fertile soil nourished by clear mountain waters.**

**More than 99 percent of commercially grown grapes in the United States are produced in California. Among the more than 80 varieties grown, California grapes are available in red, green, and black, are available seeded and seedless, and are grown via traditional and organic methods.**

**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, healthy, and full of flavor.**



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