

## **Show #74 California Fruit Frenzy**

### **Chicken with Pomegranate Sauce**

1/4 cup dry white wine  
2 tablespoons chopped shallots  
1/2 cup canned low-salt chicken broth  
1/2 cup pure pomegranate juice  
1 1/2 teaspoons pomegranate molasses  
1 teaspoon honey  
2 tablespoons chopped chives or green onion

Boil wine and shallots in heavy small saucepan until most of wine has evaporated, about 2 minutes. Add broth, pomegranate juice, pomegranate molasses and honey. Boil until reduced to 3/4 cup, about 5 minutes. Whisk in remaining 1 tablespoon butter. Season sauce with salt and pepper. Spoon sauce over chicken. Sprinkle with chives and serve.

**\*Sauce can also be served over grilled chicken, pork or turkey**

### **Loretta's Fresh Fruit Tart**

Cook Time: 14 min Serves: 8 servings

Crust:

1 pre-made crust of your choice: we like graham cracker.

Filling:

1 (8-ounce) package light cream cheese, softened  
1/2 cup granulated sugar  
1 teaspoon vanilla extract

Topping:

Fresh strawberries, kiwi slices, blueberries, raspberries even cantaloupe and blackberries and a sprinkling of pomegranate seeds

Glaze:

1 (6-ounce) can frozen limeade concentrate, thawed  
1 tablespoon cornstarch  
1 tablespoon fresh lime juice  
1/4 cup granulated sugar

Whipped cream, for garnish

Filling: Beat the cream cheese, sugar, and vanilla together until smooth. Spread over the crust. Cut the strawberries into 1/4-inch slices and arrange around the edge of the crust. For the next circle, use kiwi slices. Add another circle of strawberries, filling in any spaces with blueberries. Cluster the raspberries in the center of the tart. Your choice of fruit can be artfully arranged.

For the glaze: Combine the limeade, cornstarch, lime juice, and sugar in a small saucepan and cook over medium heat until clear and thick, about 2 minutes. Let cool. With a pastry brush, glaze the entire tart. You will not use all of the glaze. Make sure the liquids are at room temperature or the cornstarch will get lumpy.

Keep the tart in the refrigerator. Remove about 15 minutes before serving. Slice into 8 wedges and serve with a dollop of whipped cream.

### **Banana Fritters**

1/2 cup milk  
2 bananas, mashed  
2 cups all purpose flour  
1/2 t. salt  
3 t baking powder  
2 eggs beaten  
1 T butter, melted

1 quart vegetable oil for frying  
½ cup confectioners' sugar

1. In a mixing bowl, combine the milk and bananas. Sift in the flour, salt and baking powder into a big bowl. Add the milk mixture. Thoroughly mix the eggs and butter in another bowl and then add to the milk mixture.
2. Heat the oil in a large skillet to 365 degrees
3. Using two metal spoons, carefully place spoonfuls of the mixture into the hot oil and fry until brown. Don't make them too big or they'll be wet in the middle. Flip the fritter and continue to cook until golden. It's quick, so watch it! Remove fritters from the oil and drain on paper towels. Dust the fritters w/ the confectioners' sugar and serve while warm. Mmmmmmm!

In the summer: swap out the bananas for fresh corn off the cob!

### **Fresh California Fruit Dressing**

2 T sugar  
2 T minced fresh mint leaves  
2 t grated orange peel  
2 t grated lime peel  
1 cup diet lemon-lime soda

1. In a large bowl, combine all the ingredients except the soda.
2. Pour over your bowl of mixed fruit and refrigerate for two hours
3. At presentation, pour over the soda and serve up!

### **Café 5050 Smoothie**

A healthy drink that quickly satisfies your breakfast need ... or for a charge of energy any time of the day.

3 kiwis, peeled and chopped  
2 frozen bananas, peeled and chopped  
1 cup strawberries  
1 cup vanilla yogurt  
3 T honey  
1 ½ cup crushed ice

In a blender, combine the fruit, yogurt and honey, then add the ice to blend. Pour into a tall glass and prepare to enjoy!