

# *Veritable Vegetable's*

## *p r o d u c e n o t e s*

### ***APRICOTS ARE HERE!***

Despite the weather and the odds, apricots are here. These tender, delicious fruit have been in short supply this year and last, and while the season still has a way to go, the best of the crop is here now. Blenheims are at their peak, and to many, these are best flavored apricot on the market. The quality has been hit or miss with some soft shouldered fruit. Some fruit has red freckling which is only a surface blemish and won't effect storage or eating quality.

While fresh apricots are perfect all by themselves, they are also wonderful cooked.

Here are a few recipes to inspire you, try these or invent one of your own.

Either way you eat them, apricots are an excellent source of vitamin A, and a good source of vitamin C, B vitamins, potassium and calcium.



#### **Gingered Apricot Crumble**

2/3 cup all-purpose flour  
1/2 cup firmly packed brown sugar  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 cup chilled stick margarine or butter, cut into small pieces  
2 lbs apricots, halved and pitted (about 12 large)  
3/4 cup firmly packed brown sugar  
1 tablespoon chopped crystallized ginger  
1 teaspoon vanilla extract  
2 1/4 cups vanilla ice cream

Preheat oven to 375° F

Combine first 4 ingredients in a medium bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside. Combine apricots, 3/4 cup brown sugar, ginger, and vanilla in a 9-inch square baking dish coated with cooking spray; toss well. Sprinkle flour mixture evenly over apricots. Bake at 375° for about 45 minutes or until apricot mixture is bubbly and topping is browned. Serve with ice cream.

Yield: 9 servings    Calories: 293 (1/2 cup crumble and 1/4 cup low fat ice cream)

#### **Apricot Sorbet**

3 cups water  
1 3/4 cups sugar  
1 1/2 lbs apricots, halved and pitted (about 9 large)  
2 teaspoons vanilla extract

Combine water and sugar in a large saucepan, bring to a boil over medium high heat, stirring occasionally. Add apricots; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until apricots are tender. Place apricot mixture and vanilla in a blender; process until smooth. Pour mixture into the freezer can of an ice cream freezer, and freeze according to manufacturer's instructions, or spoon into a freezer-safe container; cover and freeze 2 hours. Yield 16 servings (1/2 cup) Calories: 107 (1/2 cup)

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