

Strawberry Recipes

Avocado-Strawberry Spinach Wrap

mixing bowls
whisk
grater
cutting board
knife
strawberry huller
avocado slicer

POPPY SEED DRESSING:

½ cup extra virgin olive oil
3 Tablespoons apple cider vinegar
3 Tablespoons honey
1 Tablespoon grated white onion
1 Tablespoon poppy seeds
salt and pepper

FILLING:

6 cups fresh baby spinach
1 pint strawberries hulled and sliced
1 large avocado diced
1 ½ cups shredded rotisserie chicken
4 ounces crumbled goat cheese
¼ cup sliced almonds toasted
¼ cup thinly sliced red onion
6 large wraps or large tortillas

MAKE THE POPPY SEED DRESSING

In a medium bowl whisk together all of the dressing ingredients until combined. Season with salt and pepper to taste, and set aside.

FILLING:

In a large bowl toss all of the filling ingredients together with your desired amount of dressing. Toss until evenly coated.

WRAP:

Place the desired amount of filling into the center of a wrap. Fold up sides and roll wrap. Slice in half and serve.



Fresh Strawberry Butter

Bowl
Knife
Mixer
jar

8-10 Fresh Strawberries, at room temperature (100g)
4 tbsp Powdered Sugar
1 stick Unsalted Butter, at room temperature



In a bowl, beat the butter with sugar until creamy.

Cut the strawberries into tiny pieces and add them into the bowl. Mix them for a minute or two or until the strawberries have colored the butter pink.

Notes

Powdered sugar (US) = Icing sugar (UK).
The butter cannot be substituted with margarine or any other butter substitutes.

Store sealed in a jar in your fridge.

Let it come to room temperature before serving. I don't recommend using food processor here as the butter and strawberries can separate completely.

Best consumed within 2-4 days.

Enjoy

Strawberry Balsamic Bacon Pizza

Large bowl
Saucepan
Non-stick skillet
15" pizza pan

CRUST

3 c. all-purpose flour
2 t. salt
1 1/2 t. rapid-rise yeast
1 c. lukewarm water
2 T. olive oil

SAUCE

1/4 c. balsamic vinegar
1/2 c. strawberry jam or preserves
1 T. sriracha sauce
1/4 t. salt

TOPPINGS

1 c. shredded, cooked white breast of chicken
4 slices applewood smoked bacon, cooked crisp and crumbled
1 T. reserved bacon fat
1 c. thin sliced yellow onion
4 oz. fresh mozzarella cheese, shredded
2 oz. Parmesan cheese, grated
1/2 c. fresh strawberries, thinly sliced



FOR THE CRUST

Stir dry ingredients, including yeast, in a large bowl. Add water and olive oil, stirring mixture into as close to a ball as you can. Dump all clumps and floury bits onto a lightly floured surface and knead for 2-3 minutes (sprinkling lightly with more flour as needed) into a homogeneous ball. Clean your bowl, then lightly oil it with olive oil and dump the dough in, turning the dough over so all sides are covered with oil, cover bowl with plastic wrap or a clean kitchen towel and leave it undisturbed for an hour or two... until it has doubled in size. Uncover the dough and gently press the air out of the dough with palm of your hand. Cover the bowl again and let the dough rest for another 20 minutes.

FOR THE SAUCE AND TOPPINGS

Add the balsamic vinegar to a saucepan over medium-high heat. Bring to a boil and then reduce to a gentle simmer. Simmer for 5-6 minutes until vinegar becomes thick and syrupy and is reduced by half. Remove from heat and whisk the reduced balsamic in with the strawberry jam, sriracha and salt to make the sauce. Cover and set aside until ready to make the pizza.

In a non-stick skillet, heat the reserved bacon fat over medium-low heat. Sauté the sliced onions for 8-10 minutes until just beginning to caramelize. Remove from heat.

TO MAKE THE PIZZA

Preheat oven to 500 degrees.

Remove dough from the bowl, gently begin stretching it into a circle. Lay it flat on your 15-inch pizza pan and press the dough gently from the center until it reaches the edges of the pan. Brush the crust edge very lightly with olive oil. Brush the sauce evenly over the crust to within 1/2-inch border of the crust. Evenly top the sauce with the cooked chicken, bacon, cheeses, onions and strawberries. Bake pizza until cheese is bubbling and browning and edge of crust is looking crisp, about 12-14 minutes. Remove from oven and let cool slightly before slicing and serving.

Parmesan-Stuffed Chicken and Melted Strawberries

3qt baking dish
knife

3 cups fresh strawberries (halve or quarter if large berries)
2 tablespoons white balsamic vinegar or white wine vinegar
¼ cup strawberry jam
Sea salt or salt
black pepper
6 boneless, skinless chicken breast halves (about 3 lb.)
3 ounces Parmesan or white cheddar cheese
6 large fresh basil leaves
1 tablespoon olive oil
2 cloves garlic, minced Snipped fresh basil



Preheat oven to 400° F.

In a 3-quart baking dish combine strawberries, vinegar, and jam. Sprinkle salt and pepper; set aside.

Cut a horizontal pocket in each chicken breast half by cutting from one side almost, but not through, to the other side. Cut Parmesan cheese in six 3x1/2-inch pieces. Wrap a basil leaf around each piece of cheese; stuff into chicken breast pocket. Secure pockets closed with wooden toothpicks or skewers. Sprinkle with salt and pepper.

In 12-inch oven-safe skillet cook garlic in oil over medium heat for 30 seconds. Add chicken and cook 5 minutes or until golden brown, turning once.

Transfer to oven. Bake, uncovered, 5 minutes. Add baking dish with the strawberry-jam mixture to oven. Bake 10 to 13 minutes, or until chicken is no longer pink (170° F) and the berries are softened and jam mixture has thickened. Serve chicken with melted strawberries. Sprinkle with basil. Makes 6 servings.

Roasted Asparagus Salad with Strawberries

Medium skillet
Slotted spoon
Wooden spoon
Baking sheet

4 thick slices applewood-smoked bacon, chopped
¼ cup plus 1 1/2 tablespoons olive oil, divided
1 tablespoon orange marmalade
2 tablespoons white balsamic vinegar
30 fresh asparagus spears, tough ends removed
1 teaspoon kosher salt
1 (16-ounce) container fresh strawberries, sliced 1/4 inch-thick (about 2 1/2 cups)
6 tablespoons crumbled feta cheese with peppercorns
1/2 teaspoon ground black pepper



In a medium skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon from skillet, and drain on paper towels. Drain bacon grease from skillet. (Do not wipe skillet out.)

Add 1/4 cup olive oil and marmalade to skillet. Cook over medium heat, stirring with a wooden spoon until marmalade is melted, loosening brown bits from bottom of skillet while stirring. Remove from heat, and stir in vinegar. Set aside.

Preheat oven to 425°. Line a rimmed baking sheet with aluminum foil. Spread asparagus in a single layer on prepared baking sheet. Drizzle asparagus with remaining 1 1/2 tablespoons olive oil, tossing gently to coat. Sprinkle evenly with salt. Bake until asparagus is barely tender, 5 to 10 minutes. Place asparagus on a large platter, or divide evenly among 6 salad plates.

Stir strawberries into marmalade mixture, tossing to coat. Spoon strawberry mixture evenly over asparagus. Top evenly with bacon, feta cheese, and pepper. Serve immediately.

Chocolate Covered Strawberry Brownies

8"x8" baking dish
microwave safe bowl
microwave
knife
large spoon

1 Brownie Mix (for 8"x8" baking dish)
1 lb Strawberries, stems removed, cut in half
Chocolate Ganache
1 1/2 cups Semi-Sweet Chocolate Chips
3/4 cup Heavy Cream (up to 1 cup)



In an 8"x8" baking dish, prepare brownies according to package directions. Let them cool completely.

Remove the stems from the strawberries and cut them in half lengthwise. Arrange the strawberries in a single layer on top of the brownie layer.

Prepare the Chocolate Ganache

In a microwave safe bowl, add the chocolate chips and the heavy cream. Microwave for 25 seconds. Then start stirring slowly.

Microwave again for 20 seconds. Stir again, for at least 20 seconds. The heat will keep melting the chocolate as you stir. It is important to heat the mixture gradually, and not to get it too hot! Stir, stir, stir!

If the chocolate chips are still chunky, microwave again for another 15 seconds. Then stir again. Repeat if necessary. Keep stirring until the ganache becomes smooth, and turns dark and shiny/glossy. Then it is ready.

Pour the chocolate ganache over the strawberries evenly, covering all of them. Chill the brownies in the fridge for 20-30 minutes, or until ganache has set. It will not be solid, but will firm up.

Slice and serve. These won't last more than a day as the berries release moisture that will make the brownies wet.

5-Minute Healthy Strawberry Frozen Yogurt

4 cups frozen strawberries
3 Tablespoons agave nectar or honey
1/2 cup plain yogurt (non-fat or full fat)
1 Tablespoon fresh lemon juice



Add the frozen strawberries, agave nectar (or honey), yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.

Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

NOTES:

Add additional agave nectar or honey if you want a sweeter-tasting dessert.

Fresh strawberries can be used in place of frozen, however the fresh strawberries must be frozen solid.

Strawberry Crumb Bars

8x8 pan
parchment paper
2 medium bowls
fork or pastry cutter
food processor-optional
small bowl

1/2 cup white sugar
1/2 teaspoon baking powder
1-1/2 cups all-purpose flour
1/4 teaspoon salt
1/2 cup very cold butter, (8 Tablespoons or 1 stick of butter)
1 egg, beaten
1 teaspoon vanilla
2 cups fresh strawberries, chopped
1/3 cup white sugar
2 teaspoons cornstarch



Preheat the oven to 375° F. Place parchment paper on the bottom of the 8x8 pan that hangs over the side of the pan. (This is to make it easier to remove the Strawberry Crumb Bars after cooking.)

In a medium bowl, stir together 1/2 cup white sugar, flour, baking powder and salt. Using a fork or a pastry cutter, cut the butter into the flour mixture. (VERY IMPORTANT: Make sure the butter is very cold.) Work with the dough until the pieces are very small. Dough will be crumbly. You can also pulse in a food processor to until you get pea sized crumbs.

In a separate measuring cup or small bowl, beat an egg with a fork. Add the egg and vanilla to the flour mixture, and combine until you have a crumbly mixture. Pat half of the dough evenly into the bottom of the prepared pan.

In another bowl, stir together 1/3 cup sugar and cornstarch. Stir in the strawberries. Spoon the strawberry mixture evenly over the bottom crust.

Crumble the remaining dough over the strawberry filling layer.

Notes

1. It is very important that your butter be very cold. Also, when working with the crumb crust, be careful not to over work it because you don't want your hands to warm up the crust. You want the crust to be very cold.
2. The sweetness of the strawberries used matters. If your strawberries are not very sweet, you may need to increase the amount of sugar used in step 7 to about 1/2 a cup.
3. You can easily double the ingredients to make a 9x13 pan of the Strawberry Crum.

Strawberry Compote

Large pan
Jar



1.5 c Strawberries, hulled
1 tsp Vanilla extract
2 tbsp Water
1/4 tbsp Caster sugar (superfine or baking sugar- NOT granular or powdered sugar)

In a large pan, combine all the ingredients and cook on medium flame.
Keep stirring and breaking down the fruit gently as the mixture cooks.
Switch off flame once the mixture thickens and begins to stick to the sides of the pan.
Let cool completely.