



Strawberry Chicken Salad

Yield: 5 servings Time: 30 minutes

INGREDIENTS

- 1/2 cup mayonnaise
- 2 teaspoons sugar
- 2 Tablespoons minced fresh dill
or 2 teaspoons dried dill
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 1/2 cups cooked chicken
breast
- 1 cup quartered fresh
strawberries
- 1/2 cup fresh or frozen peas
- 1/2 cup celery
- 2 Tablespoons chopped sweet
onion
- Torn mixed salad greens
- 1/2 cup chopped pecans,
toasted

DIRECTIONS

1. In a medium bowl, whisk the first 5 ingredients until blended.
2. Stir in the chicken, strawberries, peas, celery and onion.
3. Serve over salad greens and sprinkle with pecans.

Wasatch County Cooking Class, May 2022

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Berry Salsa

Yield: 6 servings Time: 10 minutes

INGREDIENTS

- 1/2 cup raspberries
- 1/2 cup blueberries, cut in half
- 1/2 cup black berries, cut in half
- 1/2 cup strawberries, cubed
- 1 Tablespoon diced Jalapeno
- 1/4 cup red onion, small dice
- 1 Tablespoon lime juice
- 1 Tablespoon honey
- 1/2 teaspoon salt
- 1/4 cup cilantro
- 1 teaspoon cider vinegar

DIRECTIONS

1. Place berries, jalapeno, red onion and cilantro in a bowl.
2. Whisk together lime juice, honey salt and cider vinegar in another small bowl.
3. Pour whisked ingredients over berry mixture and toss.
4. Serve immediately with cinnamon chips.

Cinnamon Chips:

10 flour tortillas
1/2 cup sugar
1 teaspoon cinnamon
2 Tablespoons butter, melted

Directions:

1. Cut tortillas into 8 triangle pieces.
2. Place tortillas pieces on silicone or parchment lined sheet pans.
3. Apply a thin layer of butter onto each tortilla piece with a pastry brush.
4. Combine sugar and cinnamon.
5. Sprinkle cinnamon/sugar mixture over tortillas.
6. Bake at 350 degrees for approximately 12 minutes or until crisp.
- 7.

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Berry Tarts

Yield: 6 (4") tarts Time: 1 hour

INGREDIENTS

- 1 egg yolk
- 2 Tablespoons very cold water
- 1 teaspoon vanilla extract
- 1 1/4 cup all-purpose flour
- 1/3 cup sugar
- 1/4 teaspoon salt
- 8 Tablespoons, (1 stick) cold unsalted butter, cut into 1/4-inch cubes

DIRECTIONS

1. Combine the egg yolk, water and vanilla. Set aside.
2. In a large bowl, stir together the flour, sugar and salt.
3. Using a pastry cutter or 2 knives, cut the butter into the flour mixture until the texture resembles coarse cornmeal, with butter pieces not larger than small peas.
4. Add the egg mixture and mix with a fork just until the dough pulls together.
5. Transfer the dough to a pastry mat and pat into a ball and flatten into a disk.
6. Use the dough immediately, or wrap in plastic wrap and refrigerate until well chilled, about 10 minutes.
7. Lightly flour the pastry mat and flatten the disk with 6 to 8 gentle taps of the rolling pin. Lift the dough and give it a quarter turn.
8. Lightly dust the top of the dough or the rolling pin with flour as needed, then roll out until the dough is about 1/8 inch thick.
9. Cut out circles using a bowl or template and knife that is 2 inches bigger than the bottom of the tart pan.
10. Then, place in the tart pan and press toward the bottom and sides.
11. Place tart pans on a sheet pan and bake at 375 degrees for 12-15 minutes.
12. Remove from oven and let cool.
13. Fill with Cream cheese filling and top with berries. Refrigerate.

Cream Cheese Tart Filling:

- 1 (8 oz.) cream cheese filling
- 1 can sweetened condensed milk
- 1/3 cup lemon juice
- 1 cup cream, whipped and sweetened.

Directions:

1. Whip cream cheese and add sweetened condensed milk and combine.
2. Fold in lemon juice and then whipped cream.
3. Fill tarts.

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Almond Cream with Strawberries

Yield: 12 servings Time: 40 minutes
by Leah Newitt

INGREDIENTS

- 3 boxes strawberries
- ½ lb. Unsalted butter (soft)
- 1 c sugar
- ½ c fresh squeezed orange juice
- ¼ t almond extract
- 1 ½ c pulverized almonds (pulverized in a blender)
- 2 c chilled whipping cream

DIRECTIONS

Prepare ahead:

Lightly roast almonds. I put about 2 cups of almonds on a cookie sheet, bake them in the oven at 350 degrees for 15-20 minutes, stirring often until lightly toasted. Watch them, they can burn easily. If you notice any of the nuts cracking, they're done. Cool. Pulverize in a blender. Should have 1.5 cups.

Clean and hull the strawberries. I use the best strawberries in the almond cream part, and the rest go in the strawberry sauce. I separate them as I prepare the strawberries into the best and the rest in the blender.

Directions:

In a stand mixer, Cream softened butter and sugar together 3-4 minutes until pale and fluffy. Beat in orange juice and almond extract. Continue beating for several minutes until sugar is completely dissolved. Mix in almonds. In a separate bowl, whip the chilled whipping cream until soft peaks form. With a spatula, fold whipped cream into almond butter mixture. Next, layer the almond cream with the strawberries. Spread about 1/3 of the almond cream into a 9 inch spring form pan. Add a layer of strawberries with their heads down. Repeat 2 more times. Cover with waxed paper. Place a plate over the top. Put a weight on top. Refrigerate 6 hours or overnight.

Strawberry sauce:

1 pound of cleaned, hulled strawberries.

1 cup Powdered sugar

In a blender, blend strawberries. Add powdered sugar. You may need more according to your taste.

To Serve: remove the sides of the spring form pan, slice and serve with strawberry sauce.

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Strawberry Daiquiri

Non-alcoholic

Yield: 12 servings Time: 40 minutes

INGREDIENTS

- 1 cup strawberry daiquiri flavoring
- 1 teaspoon vanilla
- 1 cup strawberries
- 1/3 cup sugar
- 1 cup sprite
- 3 cups ice

DIRECTIONS

1. Place all ingredients except ice in a blender.
2. Blend.
3. When combined add ice and blend until no big pieces of ice.
4. Serve immediately.

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