

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Gianduia Peaches

By News Canada

Gianduia Peaches

by: News Canada

Grand Prize Winner

1st Prize - Dessert Category

Recipe created by Wolfgang Hanau

West Palm Beach, Florida

Make It Special Chef Recipe Contest

Makes 12 servings

Chef Quote: "I enjoy cooking with fruits because they are naturally sweet and healthy. Fruits provide the sugar your body needs to sustain itself and their natural flavors are so good that they sweeten desserts beautifully." - Wolfgang Hanau

(NC)—Juicy, ripe California peaches with espresso-dipped ladyfinger cookies, mascarpone cream, hazelnuts and a warm Gianduia chocolate drizzle create a decadent dessert that's a perfect encore to any meal. The combination of tangy peaches and rich chocolate set the stage for this beautiful, flavorful and elegant dessert.

Ingredients:

1/2 cup hazelnuts

1 cup sugar

Giandua Peaches

1 cinnamon stick

6 large California peaches, peeled

1 cup heavy whipping cream

1/2 cup light corn syrup

1 cup mascarpone

12 soft ladyfinger cookies

1/2 cup brewed espresso (or espresso liqueur)

2 ounces Giandua chocolate, chopped*

1/2 cup unsweetened cocoa powder

*Giandua (pronounced john-DOO-yuh) is a combination of roasted, pulverized hazelnuts and chocolate (usually milk chocolate). It can be found in chocolate or confectionary specialty stores.

Method:

Preheat oven to 375° F. Toast hazelnuts on a sheet pan, stirring often, until skin is cracked. To remove the peel, rub hazelnuts in a kitchen towel. Coarsely chop hazelnuts and set aside.

Combine 2 cups of water with sugar and cinnamon stick in a large saucepan and bring to a boil. Drop in the peaches and cook until the skin cracks and easily separates from the fruit. Immediately transfer the peaches to a bucket of iced water. Peel the fruit, cut in half and remove the pits.

Beat the heavy cream to soft peaks; fold the corn syrup into the whipped cream and add to mascarpone to blend.

Dip ladyfinger cookies into espresso (or espresso liqueur). Melt the Giandua chocolate in a double boiler over simmering water, stirring until smooth. Place 1 ladyfinger in the bottom of each of 12 champagne glasses or dessert dishes. Top with 1 peach half. Spoon on the mascarpone cream, garnish with hazelnuts, dust with the cocoa and drizzle with melted chocolate.

Nutrition information per serving - PROTEIN: 6 grams; FAT: 22 grams; CARBOHYDRATE: 39 grams; FIBER: 2 grams; SODIUM: 55 milligrams; CHOLESTEROL: 51 milligrams; CALORIES: 353 calories.

For more recipes and information on California peaches, plums and nectarines, please visit

www.eatcaliforniafruit.com

– News Canada

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

News Canada

and learn more about

the NC services.

A Sweet Slice Of Summer

By News Canada

As the days grow longer, peaches, plums and nectarines are ripe for the picking - and a must-have for summer meals

(NC)—REEDLEY, Calif. — As Mother Nature turns up the heat, peaches, plums and nectarines will begin arriving in abundance at the local supermarkets and fruit stands. Like hot days and balmy nights, these delicious summer fruits begin arriving in late spring and disappear with the first hints of autumn.

There's nothing quite like biting into a juicy, fragrant peach or a plump, flavorful plum at the peak of ripeness. Perfect in a lunch bag or as an afternoon pick-me-up, peaches, plums and nectarines are the ultimate healthful summertime treat.

What's more, of course, is they're just as great in recipes as they are eaten fresh. They add distinctive color, flavor and pizzazz to summertime meals - at any time of the day. The versatility of peaches, plums and nectarines is one of the reasons chefs love to cook with them - and why you'll find them in

Gianduia Peaches

recipes from breakfast to dessert, from the very simple to the very elaborate.

The California Tree Fruit Agreement, an organization representing California's 2,000 peach, plum and nectarine growers, held a recipe contest earlier this year to get chefs thinking about the abundance of tree fruit available during the summer months. Chefs from all over the United States and Canada responded with an incredibly wide range of creations: waffles with toasted pecans and juicy plums, an almond crusted pork loin with a colorful peach chutney, and a spinach salad with nectarine vinaigrette and marinated flank steak were among the winning recipes.

Variety is the spice of life

Peaches, plums and nectarines come in an abundance of varieties. The state of California, which produces more than 80 percent of the fresh peaches, plums and nectarines packed each spring and summer in the United States, commercially produces more than 200 varieties of peaches, 200 varieties of plums and 175 varieties of nectarines.

Most peach varieties are freestone, meaning the flesh of the fruit easily slips away from the pit. For nectarines, freestone varieties are generally available in June and July. All plum varieties are clingstone.

Over the past few years, California growers have been producing increasing quantities of Summerwhite peaches and nectarines. Summerwhite peaches and nectarines have a pale white skin with splashes of bright pink, while the flesh is light pink or white. Summerwhite varieties represent about 20 percent of the peaches and nectarines packed in California. They tend to be sweeter than the traditional yellow varieties and are increasingly popular with consumers across the country.

Selecting, Storing And Handling Summer Fruit

When purchasing peaches, plums and nectarines in the grocery store, they often feel hard to the touch and are not fully ripe. The best way to ripen stone fruit is to place the fruit in a paper bag, fold the top of the bag over loosely, and place the bag on the counter for one to three days. Never store hard fruit in the refrigerator, in plastic bags, or in direct sunlight.

Check the fruit daily. When it is ripe, it will be aromatic and will give slightly to gentle pressure. Once ripened, it can be stored in the refrigerator for about a week.

Peaches, plums and nectarines are easy to prepare: simply rinse under cool water and they're ready to go. Unless a recipe calls for it, you never need to peel any of these fruits: in fact, many of the nutrients found in stone fruits are contained in the peel, and it's highly recommended that the peel be consumed along with the flesh.

For more information on peaches, plums and nectarines, please visit the California Tree Fruit Agreement's Web site at

<http://eatcaliforniafruit.com>

– News Canada

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

News Canada

and learn more about

the NC services.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!