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

SMOOTH VELVETY CANTALOUPE

By Arleen M. Kaptur

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Mother Nature provides us with such taste delights that with just a little imagination and skill, you have delectable, creative, and extremely tasty dishes for family and friends.

The smooth velvety texture of cantaloupe is one of those very versatile fruits that gives us color appeal as well as a sweet, divinely appealing taste.

Most people use cantaloupe in fruit salads to add color to other fruits. But cantaloupe can stand on its own and very well, indeed.

Try some of these the next time you're in the mood for a special fruity dish with endless variations and good taste as well.

CANTALOUPE BUTTER

1 cup chopped cantaloupe with the rind removed

1 tsp. water

1/2 cup butter, room temperature

2 tbs. lime juice

1 tsp. finely grated lime zest

In a small pan, simmer the fruit with 1 tsp. water until very tender. Cool to room temperature. Place all ingredients in a blender. Process until smooth.

Use with grilled chicken or fish –

Also create tropical pancakes with this fruity butter

CANTALOUPE SHERBET

1 very ripe cantaloupe

1 quart milk

2 envelopes unflavored gelatin

3/4 cup light corn syrup

1/2 cup sugar

3/4 tsp. salt

3 drops yellow food color

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1 drop red food color

Cut cantaloupe in half; discard seeds and peel. Cut cantaloupe into bite-size pieces. In a blender, blend cantaloupe and 1 cup milk at medium speed until smooth; set aside.

In 3-quart pan, sprinkle gelatin over 1 cup milk. Cook, stirring constantly, over medium-low heat until gelatin is completely dissolved. Remove from heat, stir in cantaloupe mixture, all the remaining milk, and all the remaining ingredients. The mixture will look curdled. Pour mixture into a 13x9" baking pan. Cover and freeze until partially frozen, about 3 hrs., stirring mixture occasionally. Spoon cantaloupe mixture into a chilled mixer bowl. With mixer at medium speed, beat until smooth but still frozen; return to pan. Cover; freeze until firm, preferably overnight.

To serve: Let sherbet stand at room temperature for 10 mins. for easier scooping.

Have fun –

Remove rind from cantaloupe. Slice into rings. Place on glass plate and place a scoop of lime or pineapple sherbet in the center.

Place a few mint leaves around the ring –

Refreshing as a summer rainfall! – but much tastier.

or

Remove rind from cantaloupe. Slice in rings, then slice in half. Place on lettuce-lined salad plates and drizzle with French dressing and crumbled Camembert cheese.

Would you like to wow your guests?

Cut a cantaloupe lengthwise into six sections with knife. Remove the seeds. Loosen the melon and cut it into small sections, but do not remove. Fill with fresh cut watermelon, ruby red strawberries, just-picked raspberries, tropical pineapple and a few kiwi slices. Place in center of plate and surround with finger or tea sandwiches.

or

Cut a cantaloupe in 6 lengthwise sections. Remove the seeds. Remove the fruit with a small knife. Soak the fruit in a light fruity wine for about an hour. Replace the fruit and accent with mint leaves. Serve as a salad on watercress-lined small plates.

Peel the cantaloupe, cut in half and remove the seeds. Slice into strips. Toss with prosciutto and serve as a meat accompaniment.

or just serve plain. It is sweet, juicy and smooth. Use cantaloupe to decorate your food, as a part of a meal, and even as dessert with ice cream or sherbet.

Take advantage of this beautiful fruit. Cantaloupe can be used as part of a picnic lunch or as an elegante entree at a "fancy" affair.

However, you serve it –

ENJOY !

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Arleen Kaptur has written numerous articles, cookbooks, and the novel: *SEARCHING FOR AUSTIN JAMES* Websites: <http://www.arleenssite.com><http://www.Arleens-RusticLiving.com>

<http://www.webspawner.com/users/rusticliving><http://www.topica.com/lists.simpleliving>

Creating the Perfect Foam

By Jason Ditto

Most places that serve cappuccinos in the United States have not trained their baristas in the art of properly frothing milk. The foam that they create is usually a dry, tasteless, large celled collection of bubbles that sit on top of the espresso like a meringue.

With a little care, you can create steamed milk that is velvety smooth like the texture of wet shaving cream. The bubbles will be so small that you can barely see them! This is the way it's supposed to be, because this way, it will blend with the espresso, creating a harmony of the flavors instead of a dry, tasteless cap floating on top. Let's Begin.

First off, it's important to start with cold milk that's just out of the fridge. Pour the milk into the steaming pitcher until it is just about 1/3 of the way full. Milk will double to triple in volume after the frothing process. A stainless steel pitcher works best. It will dissipate some of the heat, allowing more time to infuse air into the milk before the milk gets too hot.

Also use a thermometer to get the milk to the correct temperature of 145 degrees. There are many thermometers made for this purpose that will clip onto the side of the pitcher for convenience.

The Technique:

Purge the steam wand onto a damp towel by releasing the valve for a few seconds. Be very careful not to burn yourself, the steam will be extremely hot. This purging will get all of the water out so you don't get it in your milk.

Next, submerge the wand into the milk and quickly turn the steam on full power. Avoid letting the tip of the wand come out of the milk. This will cause splattering and create large, tasteless bubbles.

Adjust the wand so that it is pointing off center in order to get the milk to flowing in a rapid, circular motion. Maintaining this fast, circulating vortex is vital.

Then, slowly lower the pitcher until the tip of the wand is just below the surface of the milk (keeping the circulation going). When you can hear a hissing noise, similar to bacon frying, you have reached the perfect position for the wand to inject air into the milk.

Try to maintain this hissing noise while keeping the milk rotating. You will have to slowly lower the pitcher as the milk volume rises in order to keep the wand tip just under the surface.

By keeping the milk flowing in a rapid circle, any large bubbles that are accidentally created will be rolled into the milk and eliminated. Continue steaming until the milk reaches 145 degrees. Be careful not to get the milk too hot, it will scald giving it a bad taste.

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That's pretty much it! If you have a few large bubbles, you can try to get rid of them by tapping the

bottom of the pitcher lightly on the counter. Serve immediately and enjoy some of the silkiest frothed milk you have ever tasted!

One more thing, now that you know how to properly steam the milk, notice how few coffee houses have baristas that take care in this process. Very few use thermometers and end up scalding the milk, or leaving it too cold.

Most will just leave the pitcher sitting there while the wand blows into the milk. Some will use an up and down motion, but this does absolutely nothing for creating tiny, velvety bubbles. It's the rolling action of the milk that's needed.

If you find a barista that shows this skill of frothing milk, then stay with him! He's been trained and probably takes pride in what he does.

Jason Ditto
Author of the

website about the enjoyment of coffee, tea, wine and beer.

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