



Late Summer Peach Celebration

Peaches are a wonderful addition to late summer early fall menus, they can be used in hot savory food, pastries, lovely summer salads and more!

Michigan Peach Facts

Another valuable orchard fruit, ripe, juicy peaches are a tasty treat with rich Michigan history. Fresh Michigan peaches are available from early July to mid-September, and processed Michigan peaches are available throughout the year.

- In 2009, Michigan produced 16,700 tons of peaches valued at more than \$12 million
- Most Michigan peaches are grown in the west central to southwest corner, close to Lake Michigan
- Peaches are also grown in the east along Lake St. Clair and in the northwest Grand Rapids area
- The Red Haven Peach, popular throughout the U.S., was introduced in 1940 in South Haven, Michigan
- New Michigan varieties, like the southwest Michigan Flamin' Fury and Stellar peach series are gaining popularity
- Nutrition
 - Peaches contain a modest amount of calories
 - Peaches are a good source of potassium, vitamin A and vitamin C
 - They are low in sodium and contain no saturated fat
 - Peaches are a healthy alternative to sweet treats after a meal

Peach Bruschetta with Whipped Goat Cheese

Yield: Serves 6-8 as an appetizer

Whipped Goat Cheese Ingredients

- 8 oz. goat cheese
- ¼ cup whipped cream cheese
- 1 tsp fresh lemon juice
- 1 tsp. honey
- ½ tsp. grated orange zest (fine)
- Pinch of sea salt & white pepper

Bruschetta Ingredients

- 1 crusty French/sourdough baguette, sliced into ½ inch coins
- 1/2 cup balsamic vinegar & 2 Tbsp. sugar
- 2 Tbsp. extra virgin olive oil
- Sea salt & and pepper to taste
- 2 peaches, sliced
- 1/2 cup fresh basil, roughly chopped

Instructions

1. Mix cheese in food process until blended & smooth.

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2. Brush sliced baguettes with olive oil and place single on baking sheet lay baguette slices in a single layer on a large baking sheet and drizzle with olive oil. Bake at 375 degrees F for 5-8 minutes until bread is lightly browned
3. Put balsamic vinegar and sugar in a small saucepan over medium heat and bring to a low simmer until reduced by 1/3 about 5 minutes and then cool.

Assembly Instructions

1. Spread a spoonful of whipped goat cheese on each baguette slice, and then add a small pinch of salt and fresh ground pepper to bring out the flavors.
2. Top cheese with one or two peach slices and a pinch of fresh basil. Drizzle a bit of the balsamic reduction over the bruschetta and serve immediately.

Peachy Keen Summer Kale Chopped Salad

Serve 4

Spicy pepitas

1 Tbsp. butter
2 & ½ tsp. maple syrup
¾ cup raw pepitas (pumpkin seeds)
½ tsp. sea salt
⅛ tsp. cayenne, to taste
⅛ tsp. garlic powder
Pinch cayenne

cilantro dressing

1 small bunch cilantro
1 garlic clove
1 tsp. Dijon mustard
2 Tbsp. cashew butter*
½ tsp. sea salt
pinch of fresh ground pepper
3 Tbsp. raw coconut vinegar
1 lime squeezed
Half of lemon squeezed
½ cup extra virgin olive oil

1 bundle of Lacinato/Tuscan Kale, stemmed and well chopped
½ small red onion, shaved thin
½ cup cooked farro
½ cup crumbled sheeps' milk feta, plus more for garnish
1 avocado, pitted and cubed
2 peaches, pitted and diced medium
12 blackberries for garnish

Directions Pepitas,

Melt butter, add spices & maple syrup, and toss pepitas. Bake seeds on parchment lined sheet tray at 350 degrees for 5-minutes, if nuts look to be browning to fast, pill parchment with nuts off tray to cool faster and stop cooking process.

For the dressing, in a blender, combine all ingredients (except oil) buzz a few times to mix then stream oil in, adjust seasonings

In a large salad bowl, add the chopped kale. Add a drizzle of the dressing and work it into the kale with your hands, breaking down some of the structure so the kale is nicer to eat. Add the onion, lentils, feta cheese, avocados, peaches, handful of the pepitas and toss to coat. Serve the salad with a few spicy pepitas and feta cheese and blackberries on top.

Fresh Peach Salsa

Ingredients

- 6 ripe peaches, peeled and diced into small pieces
- 1 red onion, diced very small
- 1 red bell pepper, diced small
- 1 jalapeno pepper, seeded and minced
- 1/2 bunch cilantro, chopped into small pieces
- 1/4 teaspoon chili powder
- Salt and pepper to taste
- Dash of garlic powder
- 2 tablespoons fresh lime juice

Instructions

Mix together all ingredients in a large bowl. Cover and place in the fridge for at least 1 hour before serving. Serve with chips or over grilled chicken, fish, tacos, nachos, or eat it with a spoon.

Bacon Wrapped Grilled Peaches with Balsamic Glaze

Ingredients

- 5 large peaches
- 1 lb. of bacon
- 60 large basil leaves plus more for garnish
- Olive oil
- Balsamic glaze, store-bought or homemade

Instructions

1. Set a grill to low heat and preheat for 10 minutes or so, brush the grill grates with a paper towel dabbed in oil. I use grapeseed oil.
2. Wash and dry peaches. Cut each peach in half and then each half into 4 quarters. Place one large basil leaf on each side of the peaches. Cut the bacon slices in half. Wrap each peach slice and basil leaves with a slice of bacon. Pin the loose end of the bacon slice with a toothpick. Repeat with remaining peaches.
3. Brush the bacon wrapped peaches lightly with olive oil so the bacon doesn't stick to the grill. Grill the peaches until the bacon is cooked, turning so all sides are evenly cooked, about 20 minutes.

4. Transfer to a serving platter and remove toothpicks. Drizzle with store-bought or homemade balsamic glaze.

Prosciutto & Peach Pizza

Ingredients

- 1 small sweet white onion, thinly sliced
- 1/4 cup, plus 2 tablespoon olive oil
- Sea salt and pepper
- 1 teaspoon honey
- 8-10 slices of thin prosciutto
- 2 & 1/2 tsp chopped fresh thyme
- 1/2 pound pizza dough, homemade or store-bought
- 1/4 cup shredded fontina cheese
- 1/4 good quality shaved parmesan
- 1 cup whole milk ricotta cheese (season with sea salt and pepper)
- 1/2 cup fresh basil, chopped, plus more for serving
- 3 ripe peaches, sliced thin
- 3 tablespoons balsamic vinegar
- 2 cups fresh arugula (toss with a little sea salt, pepper and a teaspoon or two of olive oil just before serving)
- 2 Tb. Toasted pumpkin seeds, for topping

Instructions

1. Preheat the oven to 450 degrees F. Grease a large baking sheet with olive oil.
2. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the onions, honey, and season with salt and pepper, cook over moderate heat, stirring, occasionally until golden and caramelized, remove from heat and stir in thyme.
3. On a lightly floured surface, push/roll the dough out until it is pretty thin (about a 10-12 inch circle). Transfer the dough to the prepared baking sheet.
4. Spread seasoned ricotta cheese on pizza dough, sprinkle onion herb mixture, then sprinkle fontina cheese/ shingle thin sliced peaches across the face of pizza and top with parmesan.
5. Bake pizza until golden and bubbly, remove from over top with arugula drizzle with balsamic syrup and sprinkle pumpkin seeds

Old Fashion Peach Crip

Topping Ingredients

- 1 cup all-purpose flour
- 1/2 cup quick oats
- 1 cup sugar
- 3/4 teaspoon cinnamon
- 1/4 tsp. ground ginger
- 1/2 cup butter (cut into small pieces keep cold)
- Pinch of sea salt

Topping Instructions

For the Topping

In a medium bowl, combine the flour, sugar and cinnamon, and cut in the butter, with a knife, until crumbly. Set aside.

Filling Ingredients

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- 8 to 10 fresh peaches
- ½ cup pitted Michigan Cherries (optional)
- 2 tablespoons brown sugar
- 1 tablespoon granulated sugar
- 2 teaspoons cinnamon
- 1/4 teaspoon sea salt
- 1 tablespoon butter

Filling Instructions

1. Preheat oven to 350 degrees
2. Wash and peel the peaches, and slice thin.
3. Arrange peaches in a 13 x 9-inch greased baking dish and sprinkle cherries on top.
4. Sprinkle brown sugar, sugar, cinnamon and salt over the peaches, and mix until well coated.
5. Dot the butter all over the filling, and add the topping mixture.
6. Bake at 350 degrees for about 50 minutes, or until crust is slightly brown and filling mixture is bubbling.

Peaches & Cream Short Cake

Ingredients

- 6 pieces Your favorite; pound cake or, scone or biscuit (2-3 oz)
- 2 cups fresh sliced peaches tossed in 2 Tb of honey
- 1 cup of whip cream
- 12 whole blackberries
- 6 mint sprigs

Instructions

Set each plate with shortcake; divide peaches evenly, top each with a big dollop of whip cream. Garnish with 3 blackberries on each plate and a sprig of mint.