

## **Strawberry Recipes and facts from:**

**Susan di Bonaventura's Private Affairs Catering & Cooking Classes and Linvilla Orchards**

### **STRAWBERRY SAUCE**

2 pints strawberries

2/3 cup sugar

2 tspn vanilla extract

~cut one pint of strawberries in 1/2. In a saucepan combine ingredients and cook over low heat until sauce thickens, about 5 minutes or so. Remove from heat, cool and puree, cut and add remaining strawberries. Use as a topping for ice cream or cake.

### **STRAWBERRY PUDDING PARFAIT**

1 package instant vanilla pudding, made according to directions

2 cups fresh strawberries cut up

2 tbspn strawberry jam

2 tbspn sugar

~in saucepan combine strawberries, jam & sugar for about 4 to 5 minutes

~in wine glass layer pudding with strawberries, can add cookies for a base

~top with fresh whipped cream & a strawberry!

### **STRAWBERRIES WITH BALSAMIC GLAZE**

1 cup balsamic vinegar

2 tbspn honey

~combine in saucepan, cook until mixture becomes thick, cool and drizzle over strawberries

### **STRAWBERRIES WITH DOLCE SAUCE**

3~ 8 oz packs of cream cheese softened

1 cup heavy cream

1 cup brown sugar

1/2 cup liqueur(kahlua,cream de cocoa,or amaretto)

~combine in food processor until smooth, spoon small amount on a flat dish and top with cut strawberries

### **NUTELLA CHOCOLATE SAUCE**

3 cups nutella

1 cup chocolate chips

3 cups heavy cream

~whisk together in saucepan until melted, use as a dipping sauce

### **STRAWBERRY BALSAMIC DRESSING**

1/2 cup strawberry preserves

1/4 cup balsamic vinegar

1 tbspn honey

1 tbspn dijon mustard

1 cup olive oil

salt & pepper

1/2 cup grated parmesan cheese

1/4 cup water

~combine in food processor, toss with greens, garnish with strawberries, feta

## PRIVATE AFFAIRS CATERING & COOKING CLASSES

Susan di Bonaventura

[WWW.PVTAFFAIRS.COM](http://WWW.PVTAFFAIRS.COM)

610 789 9496

[PVTAFFAIRS@AOL.COM](mailto:PVTAFFAIRS@AOL.COM)

- ~ A Strawberry flower usually has 5-7 petals
- ~ It takes about a month when the flower first opens for the fruit to ripen.
- ~ Although strawberry seeds can grow to make new plants, most strawberry plants are reproduced by Runners.
- ~ Today, strawberries are grown on every continent except Antarctica.
- ~ Strawberries are in the same botanical family as roses, apples, pears, peaches, blackberries and raspberries.
- ~ Strawberries are low in calories: one cup of unsweetened strawberries has only 55 calories.
- ~ In addition, strawberries are good sources of folic acid, potassium and fiber. Strawberries are also fat-free and low in calories.

### How to Store Strawberries

- ~ Spoiled strawberries should be removed before storage, or they will contaminate the rest of the berries
- ~ Strawberries are very perishable, and should be handled with care: freezing them is usually a good method for long-term storage. You should gently wash them, to remove any traces of dirt.
- ~ Keep their green caps on: removing them tends to damage the strawberries and shorten their lifespan.
- ~ Strawberries can be kept frozen for up to a year; here's a handy trick: if you spray them with lemon juice, they will retain their beautiful deep red color.
- ~ Strawberries can be also stored for a few days in your fridge: you should spread them on a plate and cover them with plastic wrap, still taking care to remove the crushed berries and washing them beforehand.
- ~ If you intend to store them in the fridge, try to do so as soon as possible, since strawberries exposed to sunlight and high temperatures tend to spoil sooner.