



ALL-AMERICAN CHERRY RECIPE

EBOOK

Delicious recipes for your Fourth of July celebrations featuring one of America's favorite fruits - cherries.



4th of
July



Stemilt
World Famous Fruit





This simple and delicious appetizer is ready in a flash and is the perfect addition to your Fourth of July picnic.

STAR SPANGLED CHERRY AND BLUE CHEESE SPREAD

Serves 12 Takes 10 Minutes

Ingredients

- 1 8-ounce package cream cheese, softened
- 1 stick butter, softened
- 1 bunch green onions, finely chopped
- ¼ cup of fresh Stemilt cherries, pitted and chopped into small pieces
- 4-ounces of blue cheese, crumbled
- ¼ cup chopped pecans

Instructions

Mix cream cheese and butter using a mixer. Once combined, add green onions, cherries, and blue cheese crumbles and stir until just mixed. Form the cheese into ball or log shape, and roll in pecans. Chill until firm. Serve on platter with your choice of gourmet crackers.

Nutrition Information

Per Serving: 201 Calories; 4 g protein; 2 g carbohydrate; 20 g fat; 1 g saturated fat; 48 mg cholesterol; 191 mg sodium; 1 g dietary fiber, 1 g sugar.



Did someone say cherry a la mode? Watch the rockets red glare this Fourth of July with this delicious classic American dessert.

ALL-AMERICAN CLASSIC CHERRY SLUMP

Serves 8 Takes 1 Hour

Ingredients

- 4 cups fresh Stemilt cherries, pitted and cut in half
- 1/2 cup granulated sugar
- 1 cup flour
- 1 teaspoon baking powder
- 2 tablespoons sugar
- 3/4 teaspoon salt
- 1/4 cup shortening
- 1/4 cup plus 2 tablespoons milk
- Vanilla ice cream, optional

Instructions

In a large saucepan, combine the cherries with the sugar and stir to coat. Cook over medium low heat until sugar is melted and the mixture begins to bubble slightly. Pour into 8 x 11 baking pan. In a bowl, combine flour, baking powder, sugar, and salt. Cut the shortening into the flour mixture. Add 1/4 cup plus 2 tablespoons milk and stir until all dry ingredients are mixed in. Roll out dough to fit the pan and place on top of the cherries. Bake at 350 degrees for 45 minutes, or until dough is golden brown and cooked through. Serve warm with vanilla ice cream, if desired.

Nutrition Information

Per Serving: 273 calories; 3 g protein; 52 g carbohydrates; 7 g fat; 2 g saturated fat; 0 cholesterol; 282 sodium; 2 g dietary fiber; 38 g sugar



Cherries, feta cheese and blueberries provide the perfect balance of sweet and savory in this Fourth of July dish.

RED WHITE AND BLUE SALAD

Serves 6 Takes 10 Minutes



Ingredients

- 6 cups of mixed salad greens
- 1 cup fresh Stemilt dark-sweet cherries, pitted and sliced
- 1 cup fresh blueberries
- 1/2 cup chopped walnuts, plain or candied, as desired
- 6 ounces of feta cheese, crumbled
- Balsamic Vinaigrette, 6 tablespoons, or as desired

Instructions

Divide salad greens onto six salad plates. Top greens on each plate with fresh cherries, blueberries, walnuts, and feta cheese. Drizzle with balsamic or white balsamic vinaigrette. Chill or serve immediately. If you are making this for a crowd, consider serving this salad out of one large bowl.

Nutrition Information

Per Serving: 223 calories; 7 g protein; 12 g carbohydrate; 18 g fat; 6 g saturated fat; 25 mg cholesterol; 563 sodium; 2 g fiber; 8 g sugar



Celebrate America's Birthday by trying our take on this classic dish featuring fresh apples and cherries in a caramelized cake.

PATRIOTIC APPLE AND CHERRY UPSIDE DOWN CAKE

Serves 8 Takes 1 Hour



Ingredients

- ¾ cup unsalted butter (divided)
- 1/3 cup packed brown sugar
- 1 teaspoon fresh lemon juice
- 2 Fuji apples, peeled, cored, quartered and cut into slices
- 15 to 20 fresh Stemilt cherries, pitted and halved
- 1 cup all-purpose, unbleached flour
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon kosher salt
- 2/3 cup granulated sugar
- 1 egg
- ½ teaspoon pure vanilla extract
- 2/3 cup plain yogurt
- ¼ cup milk (2%)

Instructions

Preheat oven to 350 degrees F.

In large nonstick skillet, melt 4 tablespoons (1/2 stick) butter and brown sugar. Add apples, tossing to coat; cook for 1 minute. Add cherries; cook another minute. Remove from heat.

Beginning with apple slices, arrange fruit in bottom of 9-inch, nonstick baking pan. Lay apples in a slightly overlapping pattern around outermost edge of pan interior, creating a ring of apples with a circular space in the center to add cherries. Spoon cherries into middle of pan, pressing down slightly to fill space. Pour remaining pan syrup (1/3 cup maximum) over fruit. Set aside.

In a medium bowl, combine flour, baking powder, baking soda, and salt. Set aside.

In a separate bowl, beat remaining butter (1 stick) and granulated sugar. Add egg, vanilla, yogurt, and milk; mix well. Gradually add in flour mixture until well incorporated.

Pour batter over fruit. Gently spread batter to edge of pan (careful not to disturb fruit).

Bake for 45-50 minutes; until wooden toothpick inserted in cake comes out clean. Allow cake to cool in pan for at least 1 hour. After allotted cooling, invert cake pan onto platter and let rest 5-10 minutes before removing pan. Cut cake into wedges. Serve warm and enjoy!

BONUS

4th of July

George Washington might have chopped down a second cherry tree if this sweet cherry pizza pie were motivating him to do so. Fresh cherries, crust and crumb filling make for the perfect ending to a happy Fourth of July holiday.

PRESIDENTIAL CHERRY PIZZA PIE

Serves 8 Takes 1 Hour

Ingredients

To make crust:

- 1 1/2 cups all-purpose flour
- 1/2 cup ground almond meal
- 1/4 cup granulated sugar
- 1/4 tsp kosher salt
- 1 cup unsalted butter (or vegan buttery sticks), cut into cubes
- 5 to 7 tablespoons ice water

Instructions

Preheat oven to 375 degrees F.

Begin with prepping crust. To bowl of food processor, fitted with blade, add flour, almond meal, sugar, salt, and butter. Pulse intermittently, for 3 to 4 second spins, until butter is completely broken down and mixture resembles a coarse grain; approximately 3 or 4 times. Begin adding ice water, 2 tablespoons at a time; until mixture just begins to hold together as dough. Transfer dough to sheet of plastic wrap, shape into a large disk, seal well and place in fridge for 1 hour to chill.

Meanwhile, prep cherries. Place a large sheet of wax paper on cutting board, topped with a large panel of paper towels. Work in groups, transferring pitted and sliced cherries to a large bowl as you proceed. Once prepped, set cherries aside. Heat jam and lemon juice in a skillet or pan, until jam melts down (you'll have a few bits of fruit that remain). Remove from heat and cool for 10 to 15 minutes before adding cherries. Fold cherries through gently to just coat with melted jam mixture. Set aside.

In bowl of cleaned processor, begin prepping crumb mixture. Add almond meal and fig jam to bowl of food processor, fitted with blade. Pulse just a few times to incorporate jam. Transfer mixture to a bowl and fold in granola. Set aside.

Once dough has completely chilled, place plastic wrap on cutting board and lay dough atop wrap. Cover with another piece of plastic wrap and roll dough to an approximate 10" x 16" rectangle, moving top wrap as necessary to accomplish (this will prevent your rolling pin from sticking to dough and avoid need to flour surface). Then, remove plastic wrap from top of dough and lay a large sheet of parchment paper over top. Holding both layers of wrap together (with dough sandwiched between), carefully flip dough over and transfer to baking sheet, parchment side down. Remove and discard top plastic wrap. Then fold each side of rectangle in to create an approximate 1/2" edge all the way around. Sprinkle crumb mixture atop pastry dough (within raised edge), until completely covered. Then begin layer of cherries, arranging them cut-side down in rows tucked tightly together (as they will shrink in baking and leave some space between them).

Place baking sheet on rack positioned in center of oven and bake for approximately 20 to 30 minutes; until crust is lightly golden (and cherries have blistered just a bit). Remove from oven and transfer on parchment to cooling rack. Once cooled, transfer (with parchment) to cutting board to serve. Cut into wedges, dust lightly with powdered sugar, and enjoy!

Nutrition Information

Per Serving: Calories 420.5 (58.8% from fat); Fat 27.5g (sat 12.1g, poly 0.7g, mono 5.4g); Protein 6.9g; Carbohydrates 39g; Fiber 3.8g; Sugar 18.9g; Cholesterol 49.7g; Potassium 171.7mg; Sodium 64.6mg.