

# Long Stem Strawberries

Congratulations! ... You have just received the absolute best of the best in gourmet strawberries. These Mister Spear fresh picked strawberries are the ripest, reddest, sweetest, and juiciest berries you will find. Their brilliant red color and symmetrical shape ensure that you are getting the ultimate in great taste and presentation.

The strawberry is fabled to have been cultivated in the gardens of ancient Rome serving as a delicacy to the Emperors and offered as gifts to the gods. Their cultivation continued through the 13th century in France as medicinal herbs that soothed digestive disorders and acted as skin tonics. The first American variety was cultivated about 1835 and we have the pleasure of providing you with the continued refinement of this wonderful fruit.

Unless you grow your own, you have never had fresher or more flavorful strawberries. Our strawberries are grown in rich California soil where the cool, moist climate of the California coast provides the ideal setting for this spectacular product.

In order to bring you the best product possible, all of our strawberries are field harvested and immediately shipped out in order to preserve their flavor and color.

Bon Appétit!



## Strawberry Tart

- 1/2 cup Cran-Strawberry juice
- 2 Tbsp. almond flavored liqueur (or almond extract)
- 2 Tbsp. powdered sugar
- 1 Tbsp. granulated sugar
- 2 Tbsp. corn starch
- 8 oz. cream cheese, softened
- 9-inch pastry pie crust
- 4 cups Mister Spear Jumbo Long Stem Strawberries

Gently wash the strawberries in cool water then hull them. Lay them to dry on a nice clean, dry cloth and bring to room temperature. Pierce the bottom of the pastry pie crust with a fork then bake in a preheated oven at 400F for approximately 10 minutes or until golden brown. Cool.

In a medium sized bowl whip the cream cheese until light and fluffy. Add the liqueur and powdered sugar; mix well. In a small saucepan, combine the Cran-strawberry drink, granulated sugar, and corn starch then mix well. Cook the mixture stirring continuously until it comes to a boil and thickens into a glaze.

Spread the cream cheese mixture into the cooled pastry pie crust. Arrange the strawberries on top with the hulled stem side down. Drizzle the whole dish with the Cran-strawberry glaze. Refrigerate at least one hour prior to serving.

Serves 8.

## Strawberry Lemon Pudding

- 2/3 cup sugar
- 1 Tbsp. fresh grated lemon yellow rind
- 2 Tbsp. corn starch
- 4 egg yolks
- 1 1/2 cups scalded milk
- 1/2 cup heavy cream
- 1 1/2 cups Mister Spear Jumbo Long Stem Strawberries, sliced
- 4 Mister Spear Jumbo Long Stem Strawberries

Gently wash the strawberries in cool water, remove the stems and hull (leave four berries whole with the long stem intact). Cut the remainder of the berries into nice large slices and refrigerate while preparing the balance of the desert. Mix the Sugar, lemon rind, and corn starch into heavy metal pan. Whisk in the egg yolks until you think they are well combined and then whisk for another 15 seconds. Gradually whisk in the hot milk.

Place the pan over a low-medium heat and cook. Whisk slowly but continually for 3 to 5 minutes until the mixture is very thick. Take off the heat and whisk until you have a very smooth consistency. Press a piece of plastic wrap directly and firmly against the hot mixture in order to prevent a skin from forming. Allow this mixture to cool to room temperature.

While this is cooling, whip the heavy cream to soft but distinct peaks and refrigerate until the pudding mixture is at room temperature. When ready, fold the whipped cream into the pudding base until ready to serve. Press 5 or 6 of the strawberry slices around the inside perimeter of each desert goblet. Fill each goblet with the cooled pudding and then top with a whole Mister Spear Jumbo Strawberry. Serve immediately.

Serves 4.

## Strawberry Quick Cobbler

- 4 cups Mister Spear Jumbo Long Stem Strawberries, sliced
- 1 Tbsp. baking powder
- 1 Tbsp. lemon juice
- 1 cup sugar
- 2 cups buttermilk batter mix
- 3 Tbsp. sweet butter
- 1/2 cup whole milk
- 1 tsp. vanilla
- 1 tsp. cinnamon

Gently wash the strawberries in cool water then hull and slice them. Lay them to dry on a nice clean, dry cloth and bring to room temperature. Mix the berries, lemon juice, corn starch, and all but 2 Tbsp. of sugar into a heavy metal pan. Heat while stirring gently until the mixture boils into a nice thick consistency. Pour this mixture into an ungreased 1-1/2 quart baking dish.

Sift the biscuit mix, butter, vanilla, and 1 Tbs. of sugar into a large bowl. Stir in the milk slowly, stirring until blended. Take large dollops of this mixture and drop them into the strawberry mixture. Take 1 Tbsp. of sugar and the cinnamon and sprinkle over the top of the dish so it may form a tasty glaze.

Bake in a preheated 400F oven for about 25 minutes until the buttermilk dollops are golden brown. Cool a bit and serve while still warm.

Serves 6.

Recipes courtesy of Mister Spear customers.

## *Important... Read Carefully Upon Receipt!*

Inspect your strawberries for any damage that may have occurred during transit. Our shipping container is specially designed to prevent damage but anything is possible. Should there be a problem, notify Mister Spear immediately by calling 800-677-7327.

REFRIGERATE IMMEDIATELY UPON RECEIPT. The ideal storage temperature for fresh berries is between 34 and 38 degrees Fahrenheit. Due to the high moisture content of strawberries you will find that the best results for storing your berries will be in a large container with a dry towel on the bottom. Do not wash the berries until you are ready to use them. Wash the strawberries under cool water with the long stems and green caps still attached. If desired remove the stems and green caps prior to serving. For obtaining the full flavor please allow the strawberries to reach room temperature prior to eating. Strawberries should last two to three days in your refrigerator, but for best results, consume your berries as soon after receipt as possible.

Fresh fruit is one of Mother Nature's most precious gifts, and the strawberry is no exception. A tasty meal or dessert of scrumptious strawberries is good for the mind and body. A single serving of strawberries (approximately eight medium berries) contains more Vitamin C than one orange, up to 20% of your daily value of Folic Acid, no fat, no cholesterol, and a high fiber content.

**REFRIGERATE IMMEDIATELY UPON RECEIPT.**

### *Chocolate Dipped Strawberries*

Gently wash strawberries briefly in cool water and pat dry with paper towels or allow them to dry on a clean dry cloth and come to room temperature. Do not remove the long stems; use them as handles.

Warm an appropriate amount (1 tsp. per berry) of The King's Cupboard milk or bittersweet chocolate in a double boiler or microwave (3 to 7 seconds on high) until just warm. If microwaving in the jar, remove the metal lid before heating.

Using the long stem as a handle, dip the strawberries into the chocolate and place on a chilled plate covered with sheet of wax paper.

Refrigerate just long enough for the chocolate to set (10 to 15 minutes) and remove from refrigerator. The combination of just set chocolate with the room temperature strawberry core will provide an intense delight.

For maximum freshness and flavor, eat the chocolate-dipped berries the same day of preparation.

\*In addition to the perfect strawberry chocolate dip, The King's Cupboard dark bittersweet or milk chocolate is a delightful ice cream topping or fondue. Drizzle the sauce over all of your bakery goodies for a gratifying chocoholic experience.

### *Strawberry Shortcake*

3 cups flour                      3 1/2 tsp. baking powder  
1 Tbsp. granulated sugar    1 Tbsp. powdered sugar  
1 tsp. salt                        1/2 cup sweet butter  
1 cup whole milk                1/3 cup sugar  
1 cup heavy cream

2 pints Mister Spear Jumbo Long Stem Strawberries, sliced  
1 tsp. almond flavored liqueur (or almond extract)

Gently wash the strawberries in cool water then hull and slice them. Lay them to dry on a nice clean, dry cloth and bring to room temperature. Sift the flour, baking powder, salt, and 1 tbsp. of sugar into a large bowl. Cut in 1/4 cup of butter then add the milk slowly, stirring until blended. Knead the resulting dough briefly on a floured surface and roll out to 1/4-inch thick. Cut into 10 to 12 four inch rounds and place on an ungreased cookie sheet. Brush the tops with 1/4 cup of melted butter and then bake in a preheated oven at 450F for approximately 20 minutes until golden.

In a medium sized bowl whip the heavy cream with the powdered sugar and the liqueur. Whip the mixture into soft but distinct peaks and refrigerate until ready to make the shortcakes.

Combine the sliced Mister Spear strawberries with 1/3 cup of sugar. Lay the cooked shortcake rounds down as a base, pile the strawberry mixture on the base and top with another shortcake round. Pile that with berries and top with a large cap of the flavored cream.

*Serves 5-6.*

## *Nutritional Information*

Strawberries are low in calories and contain no cholesterol. In addition, they are a healthy source of Vitamin C, Folic Acid, and dietary fiber.

Serving Size: 8 medium Berries (147g)

Calories	45
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0g
Sodium	0mg
Potassium	240mg
Total Carbohydrates	12g
Dietary Fiber	3g
Sugars	8g
Protein	1g
Vitamin A	1%
Vitamin C	160%
Calcium	2%
Folate	20%
Iron	2%

### *Strawberries with Brown Sugar & Sour Cream*

1/2 cup sour cream, creme fraiche, or whipped cream  
1/2 cup brown sugar (light or dark)  
12 Mister Spear Jumbo Long Stem Strawberries

Prepare this quick delicacy when you are ready to sit down and enjoy the best strawberries in the world. Gently wash the strawberries in cool water. Lay them to dry on a nice clean, dry cloth and bring to room temperature. Do not remove the long stems as they will be the key to this dipped "delight." Arrange the strawberries on a platter leaving room for two bowls amongst the berries. Put the Sour Cream (Creme Fraiche or Whipped Cream) into one bowl and the Brown Sugar in another. Place the bowls amongst the strawberries and serve. Dip the strawberries by their long stems into the bowls and enjoy the taste.

*Serves 4.*

