

Bing Cherries

Congratulations! . . . You have just received a generous helping of one of California's most palate-pleasing fruits.

Cherries actually originated in the Middle East and were cultivated for thousands of years in the Orient and Europe. Roman legions were known to have carried them on their conquests throughout Europe and England. But it wasn't until 1875 that the highly-prized Bing was developed, and named, by the way, after the Chinese workman who tended the orchard.

The U.S. is now the world's largest producer and exporter of this luscious fruit, with the best of the lot grown in the western coastal states. The California crops are still harvested by hand, ensuring the succulent spheres will retain their unblemished beauty. MISTER SPEAR Bing Cherries are carefully hand selected for their fine wine-colored, smooth, glossy skins and firm, meaty, sweet flesh. Eaten plain, MISTER SPEAR Bing Cherries are the ideal snack. In addition, we invite you to experiment with the following recipe suggestions.

Bon Appétit!



Bing Cherry Soup

2 cups water
1 cup Madeira wine
2 Tbsp. fresh lemon juice 1 tsp. grated lemon zest
¾ cup superfine sugar 1 dash dry gin
4 black peppercorns 6 whole cloves
1 cinnamon stick
6 cups MISTER SPEAR Bing cherries, pitted
1 Tbsp. arrowroot mixed with 1 Tbsp. water
6 Tbsp. plain yogurt

Bring water, wine, juice, zest, sugar and spices to a boil in a medium saucepan. Add the cherries and bring to a boil again. Whisk arrowroot mixture into hot cherries. Cover with lid and remove from heat. Allow to steep for at least 30 minutes.

Strain the cherries from the juice, reserving the juice and the cherries. Discard the cinnamon stick, cloves and peppercorns. Reserve a few of the whole cherries for garnish. Puree the remaining cherries in a food processor until smooth. Add the reserved juice and chill.

Serve chilled garnished with reserved cherries and yogurt.
Serves 6.

Chicken, Bing Cherry and Almond Salad

2 pounds dark chicken meat, precooked
2 cups MISTER SPEAR Bing cherries, pitted
½ cup almond oil
¼ cup raspberry vinegar
1½ Tbsp. Chambord liqueur
Salt and freshly ground black pepper to taste
3 qts. mixed salad greens, such as arugula, radicchio, romaine, escarole, mustard greens; washed, dried and chilled
1 cup slivered almonds, lightly toasted

Remove chicken meat from bones; discard skin and bones. Tear chicken into bite-size pieces.

In a skillet, heat half the oil and sauté the chicken and cherries for about 2 minutes. Add the remaining oil, vinegar, Chambord, salt and pepper. Stir until heated through and toss with prepared salad greens and almonds.

Serves 6.

Barbecued Pork Chops with Bing Cherry Sauce

2 Tbsp. brandy 4 Tbsp. port wine
3 Tbsp. cherry or raspberry jelly
½ cup fresh orange juice
⅛ tsp. each ground cinnamon, ground cardamom, ground cloves
1 Tbsp. fresh lemon juice ¼ tsp. Dijon mustard
1 pound MISTER SPEAR Bing cherries, pitted
1 Tbsp. arrowroot mixed with 1 Tbsp. water
1 Tbsp. butter Olive oil
8 pork chops, at least 1" thick
Salt and freshly ground pepper to taste

Bring brandy, port, jelly, orange juice and spices to a boil in a medium saucepan over low heat. Cook 15 minutes. Add lemon juice and stir in mustard until completely blended. Add cherries. Cook 5 minutes. Add arrowroot mixture to sauce; bring to a boil and cook 2 minutes, stirring. Swirl in 1 Tbsp. butter.

Rub pork chops with olive oil and season with salt and pepper. Sear over direct heat on a covered grill until internal temperature reaches 150 degrees, about 4 minutes on each side. Remove from grill, spoon sauce over pork and serve immediately.
Serves 4.

*Important...
Read Carefully Upon Receipt!*

Inspect your Bing cherries for any damage that may have occurred in transit. Our shipping container is specially designed to prevent this but anything is possible. Should there be a problem, notify MISTER SPEAR immediately by calling 1-800-MR SPEAR.

Refrigerate immediately upon receipt, and do not rinse until just before ready to serve. Your Bing cherries should keep two to three days in the fruit drawer of your refrigerator.

They can be pitted by pushing the stone through the fruit with a skewer or similar object, but a cherry pitter works best. One pound of fresh cherries will yield about two cups of pitted fruit.

Use fresh Bing cherries for snacks and lunch box treats. Sprinkled with a little sugar or liqueur, they make quick desserts, and fresh cherry sauce is wonderful over cakes, ice cream and puddings. For a special touch add them to salads, fruit bowls and baked goods. They are especially tasty with Brie or goat cheeses and toasted nuts. Chicken, turkey, duck, pork and grilled items are all complimented by the sweet flavor of MISTER SPEAR Bing cherries.

Nutritional Information

Bing cherries are an excellent source of vitamins A and C.

Serving Size	3 1/2 oz.
Calories	70
Protein	1.3 g
Carbohydrate	17.4 g
Fat	.3 g
Cholesterol	0.0 g
Sodium	2 mg
Potassium	191 mg
Fiber	.4 g
Calcium	22 mg
Phosphorus	19 mg
Iron	.4 mg
Potassium	191 mg
Vitamin A	110 IU
Thiamine	.05 g
Riboflavin	.06 g
Niacin	.4 g
Vitamin C	10 mg

Cherry Clafouti

- 1/4 cup sugar plus 1 Tbsp.
- 1/4 cup toasted hazelnuts, ground fine
- 2 cups MISTER SPEAR Bing cherries, pitted
- 2 eggs
- 3/4 cup light cream
- 1/4 tsp. salt
- 3/4 cup milk
- 3/4 cup flour
- 1 tsp. vanilla extract

For Garnish:
Powdered sugar; Whipped cream; Grated lemon zest;
Fresh mint leaves; Whole cherries

Butter a 10" shallow pie pan or quiche dish. Sprinkle 1 Tbsp. of sugar and the ground nuts evenly over the dish. Place cherries gently in the dish in an even layer. Beat the eggs lightly then add the milk, cream, flour, salt, vanilla and remaining sugar. Beat until smooth. Pour over cherries and bake at 375 degrees until puffed and lightly browned, about 45 minutes. Dust with powdered sugar and serve warm, garnished with whipped cream, lemon zest, mint leaves and whole cherries.
Serves 6.

*Crunchy Cherry
Oatmeal Muffins*

- 1 3/4 cup all-purpose flour
- 2 Tbsp. wheat germ
- 1/2 cup sugar
- 2 tsp. baking powder
- 1 cup MISTER SPEAR Bing cherries, pitted
- 2 eggs
- 1 oz. butter, melted
- 1/4 cup packed brown sugar
- 1/4 cup rolled oats
- 1/4 cup flour
- 1/2 cup quick-cooking oats
- 2 Tbsp. molasses
- 1 tsp. baking soda
- 1/2 cup buttermilk
- 4 Tbsp. butter
- 1 1/4 tsp. ground cinnamon

Mix first seven ingredients together in a large bowl. Add the cherries and gently toss to coat. In another bowl, whip the eggs with a fork; beat in buttermilk and melted butter. Add to flour mixture, stirring just until blended. Fill greased muffin tins. Mix last five ingredients together until crumbly. Sprinkle over muffins. Bake at 400 degrees 15 to 20 minutes or until done.
Makes 12 muffins.

*Chocolate
Covered Cherries*

- 24 MISTER SPEAR Bing cherries
- 1 cup Kirsch or other liqueur
- 10 oz. semi-sweet chocolate

Soak cherries in liqueur. Melt chocolate in a double boiler over simmering water. Dip cherries into chocolate, one at a time, swirling around by the stem until completely covered. Place on wax paper-lined rack in refrigerator until ready to serve.



Recipes courtesy of
Mister Spear customers.