

Sustainable Lafayette
Seasonable Recipe of the Month - August 2008
Submitted by Tina Tankka

Summer is winding down but for these last few weeks we can still see some fabulous nectarines, white ones in particular. These jewels of summertime harvest have been cultivated for 30 years but have only recently become popular with the American consumer. Its low acid and high sugar content made it a well sought after commodity in the Asian markets. With floral undertones reminiscent of roses and jasmine these juicy bundles commanded impressive prices in overseas markets.

Nectarines are actually hairless peaches that carry a recessive gene that dominates in peaches. Often times you can find a stray nectarine in a peach tree due to this recessive gene trait. High in fiber and vitamin C, like bananas, they emit a gas called ethylene as they ripen. You can hasten this process by putting them in a paper bag so as to trap the gases. They should be firm yet give a little when squeezed, have robust red color and not a hint of green.

Whatever the case may be, errant gene or exuberant cousin, white nectarines are truly a fruit for the gods. Relish in this year's bounty and watch a child's eyes light up as they bite into this relative of the rose. Better than any candy, cake or cookie can offer.

NECTARINE GALETTE

20 oz. dough that will make 2 galettes:

2 C flour
1 tsp sugar
1/4 tsp salt
6 oz (1 1/2 sticks) cold butter - cut into 1/2 inch cubes
1/2 C ice water give or take a few drizzles

Nectarine filling for one galette:

3 1/2 C nectarines sliced
1/4 C sugar
pinch salt
1 T lemon juice, 1 tsp cinnamon or 1 tsp almond extract
2 T unsalted butter
1 3/4 tsp cornstarch

12" x 17" cookie sheet
parchment paper
foil

egg wash - one beaten egg
extra sugar for sprinkling

Directions:

In a food processor mix the flour, sugar, and salt. Add butter and process. From the feed tube slowly add the ice water until the dough just comes together when pinched. Divide in 2 and carefully bring the doughs together taking care not to over work them. (Over working pie doughs will release the glutens from the flour and result in a tough crust.) Wrap each individually in plastic wrap and refrigerate for 1 hr. Will keep in refrigerator for 3 days.

Can be frozen.

Meanwhile:

Combine and macerate nectarines, sugars, salt and flavorings of choice for 30 minutes to 1 hour. Drain. Should exude about 6 T. Add the cornstarch to the fruit and gently mix. Cook the drained juices with the butter until reduced to about 2 T. Pour onto the fruit and gently mix. If the juices should caramelize they will melt as the galette bakes.

Preheat oven to 425 F

On top of a piece of parchment paper large enough to fit onto the cookie sheet roll out the dough into a round, again being careful not to over work the dough. The round may hang over the edges a little. Lift the round and parchment onto the cookie sheet.

Arrange the filling on top of the pie crust about 3 inches smaller than the diameter of the crust itself. Fold the edges of the crust over the fruit to make a rustic looking tart. Brush the edge with the beaten egg. Then sprinkle the edge with sugar.

Cover loosely with foil.

Bake 45 minute. Remove foil bake another 5 minutes and till golden.