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*in the Terrace Inn, by the campus  
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203 East Seminary  
Mount Carroll, Illinois 61053  
*in Hathaway Hall, on the campus  
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1547 Rockton Road  
Caledonia, Illinois 61011

#### Learn Great Foods

203 East Seminary  
Box 182  
Mount Carroll, Illinois 61053

#### RECIPE:

## Fresh Blackberry Tarts with Basil Crème Fraiche

#### INGREDIENTS:

##### Dough

1 1/4 cups of flour  
2/3 cups of cold  
unsalted butter  
1 tbs. maple syrup  
3/4 tsp salt  
2 egg yolks  
3 tbs. ice water

##### Berries

2 cups black berries  
2 Plums (optional)

##### Crème Fraiche

1 cup crème fraiche  
4 fresh basil leaves, cut  
into thin strips  
1 tbs. of maple syrup  
or honey

#### PREPARE THE TART SHELLS :

Using an electric mixer or by hand, combine the flour, butter, maple syrup, and salt in a large bowl until pebble sized balls form. Combine the egg yolk and ice water in a small bowl, add to the flour mixture, and mix until the dough just comes together. Remove the dough from the bowl, pat into a disk, and cover with plastic wrap. Refrigerate for at least 1 hour.

Preheat the oven to 325. On a floured surface, roll out the dough 1/8 inch thick and cut out 6 circles large enough to line a 3- inch-diameter by 1/2-inch-high tartlet ring. Place 6 tartlet rings into each one, trimming any excess. (Alternatively, use an 8-or 9-inch tart pan.) Line the tarts with parchment paper and will with weights or dried beans to prevent the dough from bubbling or shrinking. Bake the tart shells for 15 minutes, or until golden brown. Cool the tart shells on the pan, and then carefully remove the tartlet rings, weights, and parchment.

*continued next page*

#### For Reservations or More Information

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CONTINUED:

## Fresh Blackberry Tarts with Basil Crème Fraiche

### PREPARE THE FRUIT:

Wrap in aluminum foil with sliced plums and put on the grill for 5- 10 minutes

### PREPARE THE CRÈME FRAICHE:

Combine the crème fraiche, orange zest, basil, and maple syrup in a small bowl, mixing well.

### PREPARE THE TARTS:

Spread 2 tbs. of the crème fraiche mixture in the bottom of each tart shell. Arrange some of the berries in each shell and top with crème fraiche.

### INSIGHTS:

Traditional crème fraiche is unpasteurized 30 percent butterfat cream that has been allowed to ferment naturally. It has a nutty faintly sour flavor and smooth texture. Because nearly all-dairy products in the United States must be pasteurized, here is made with buttermilk and whipping cream. Crème Fraiche is available in some grocery stores, but it is simple to make your own. Combine 1-pint heavy whipping cream with 3 tbs. of buttermilk and let it sit at room temperature for 8 to 12 hours, or until it is very thick. Once it is thick, it can be refrigerated for up to 10 days.

*Charlie Trotter, serves 6*

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