



GNS photo

Cheryl Carson Summe holds shrimp cocktail with spicy watermelon salsa at her family's fruit and vegetable stand in Springfield, Ohio.

Melons give boost to salads, appetizers

Gannett News Service

Melon adds summer-fresh flavor to salads, salsa, soups and appetizers. Here are a few recipes to try.

Thai-style Melon Salad

1 large shallot, finely diced
juice and zest of 2 limes
salt and pepper, to taste
1 cup chopped or shredded cilantro
1/2 cup Thai basil or sweet basil, chopped
1/4 cup mint, chopped
1 jalapeno, finely diced
1 teaspoon minced ginger
1 small garlic clove, minced
1 tablespoon peanut or olive oil
1/2 to 2 pounds melon (such as casaba or honeydew), chilled
1 cucumber, peeled (optional)
1 bunch arugula or watercress, washed and dried

Put diced shallot in bowl with lime juice, zest and 1/4 teaspoon salt, or to taste. Add chopped herbs, diced jalapeno, ginger, garlic and oil. Add more salt to taste.

Cut melon, remove seeds and skin and cut into bite-size diagonal pieces. Cut cucumber in half lengthwise, remove seeds and then cut each half into crescent shapes. Pour dressing over melon and cucumber and toss well. Season with pepper.

Arrange greens on plates and spoon dressed melon mixture into center. Garnish with basil leaves and/or lime wedges. Makes 6 to 8 servings.

Note: To prepare ahead, refrigerate dressing, cut up melon, cucumber and greens separately. Assemble salads just before serving.

Source: Adapted from "Local Flavors" (Broadway)

Shrimp Cocktail with Spicy Watermelon Salsa

3 cups medium-diced watermelon
1/2 cup finely diced red onion
1/2 cup finely diced red bell pepper
1 teaspoon finely diced jalapeno

or serrano pepper (or to taste)
2 tablespoons chopped or shredded cilantro
1 tablespoon lime juice
2 tablespoons olive oil
salt and pepper, to taste
1 to 2 dozen shrimp, shelled and deveined

Combine salsa ingredients and chill at least two hours. Prepare shrimp by boiling, steaming or grilling. Chill well. Serve shrimp with salsa. Makes four to six appetizer servings. (Salsa also can be served with fish and chicken.)

Source: Adapted from Florida Agriculture Commission

Melon Gazpacho

2 pounds melon, such as crenshaw, casaba, cantaloupe, honeydew or watermelon
1 cup dry sparkling wine
1 to 2 serrano chiles, seeded and minced (or to taste)
4 cups diced melon
2 tablespoons slivered mint leaves
2 tablespoons minced cilantro
Remove skin and seeds from 2 pounds melon. Cut up melon coarsely and puree in bowl with immersion mixer or in food processor. Combine melon puree with other ingredients and chill two hours before serving. Garnish with mint and/or cilantro leaves. Makes four to six servings.

Source: "California Home-Cooking" (Harvard Common)

Melon with Prosciutto

1 chilled cantaloupe or honeydew, seeded, skinned and cut into 8 wedges
8 thin slices prosciutto, serrano or other quality ham
black pepper, to taste
balsamic vinegar (optional)
Drape ham slices over melon wedges, add black pepper, to taste, and sprinkle with balsamic vinegar, if desired. Makes four to eight appetizer servings.

Source: The Cincinnati Enquirer

Flavor gurus: Sampling for Ben & Jerry's

From Page 1B

They're impressed with the amount of fruit in the sorbets; they ask if the store gets requests for organic product. Store manager Ellen Smith tells them customer favorites include orange, cinnamon, hazelnut and milk chocolate flavors.

Tasting the day's dozen or so flavors proceeds. A sorbet is judged really smooth, like a cup of OJ, someone says. The grapefruit is great, the cantaloupe inspiring, the mango someone's "best ever tasted."

In the flavor field in general, "We're seeing a migration forward to really fresh food and fruit," Carbone says.

The oddest flavor he ever worked on was rose, he says. They ask if the store has tried any odd flavors: "We've tried a spinach sorbet," Smith says. "Quite spicy."

"What's so great about these flavors is the finish is so clean," Carbone comments, "there's no grease or anything left in your mouth."

Tasting has many nuances. Ice cream coats the tongue with its butter fat, the Flavor Gurus say, so that after a while you can't get the legitimate flavor.

They characterize gelato as less fatty, with less air, less dense. Certain flavors carry well with water, others with fat. For example, an orange sorbet is more intense, with what they call a short mouth feel. Creamier products have a long mouth feel.

Flavor research has a global

On the Web

www.benjerry.com
www.Manhattanfruiter.com
www.Laboratoridogelato.com
www.ricetoriches.com
www.chocolatebarnyc.com

angle, too. The Flavor Gurus have recently been to London, Paris and Berlin, Carbone says.

They come back from travel with myriad new impressions: In Japan, people eat ice cream in a different way, less as a dessert, more often in between meals. Licorice is very popular in the Netherlands. There often are things about which to exclaim "You'll never see that in New England!" they say, and that's why they go out traveling.

Trying the rice pudding

Rice to Riches is the next call, another small store in Greenwich Village, offering only rice pudding, in 21 varieties daily.

Noting its stylish counter and small, bright sit-down area, flavor team members comment on what they called a clean, very European design.

"I do a lot of work with the shops," Shaffer says. "I'll take back a lot of ideas from here."

The pros proclaim the rice pudding less rich than ice cream, but still very creamy. Its texture comes from the starch in the rice rather than from the fat in the cream. Flavors range from banana with toasted coconut, to mascarpone with dried cherries, or pineapple with basil, among others.

"They're not cooking the fruit, it's probably crushed or concentrate, and they're using herbs and things we don't use in ice cream," Shaffer says. "When we taste like this, we try to identify the ingredients."

"There's a lot more discovery going on here than there would be with ice cream tasting," he adds, "because with ice cream, we pretty well know what is going on in the ice cream."

Conversation turns to the team's basic work of developing flavors. "If I'm working on an ice cream with peanut butter," says Carbone, "I'll give it to people who can't get enough peanut butter. But you have to let a few people taste a flavor, to get a balance."

You also have to consider flavors that polarize, he adds. "Things like mint, coconut, bananas — a lot of people like them, others won't consider them, ever. You have to take that into account with flavor tasting."

Tea in Chinatown

In Chinatown, the Flavor Gurus take their first sips of bubble tea, the trendy drink that's become popular in recent years.

Cold or hot tea, flavored with fruit blends that might include mango, kumquat, passion fruit or blackberry, is poured into glasses over black, gumdrop-size tapioca balls, topped up with milk.

This really is a novelty. The tasters' comments are varied:

"Very interesting texture ... All of a sudden you get these tapioca balls ... It's like eating really big roe. It's real chewy."

The only way this concept might work for ice cream, they decide, the bubbles would have to be flavored tapioca.

"Very seldom do we take an idea as is," Carbone says. "We take the concept, and up the ante a bit for our purpose. We'll go back now, download all our research, maybe play with the rice pudding."

Chocolate to analyze

En route to the next sweet visit: "Right about now," Carbone confides, laughing, "is where we could just do with a good, juicy hamburger, a cheeseburger, something salty."

But it's not yet noon. The Chocolate Bar has to be faced.

Carbone tries a cup of chocolate, Fredette and Spinelli have the sales assistant fill four boxes with samples of all 26 assorted chocolates on sale. This is their homework, to take back to analyze later. Spinelli grabs a postcard from the store's rack and carefully writes down a key to all the flavors.

"Mmm, triple espresso, that's got my name all over it," one of the team murmurs.

Time to break for lunch. "Now the chocolate's really kicking in," Carbone jokes. "I just can't take it any more."

On to the restaurant and, as always, to order every dessert on the menu.

Same again, at dinner. That's the job.

There's only one answer to the question, "Why are you guys in town?" the Flavor Gurus say: "Just to eat!"

Bananas: Several varieties of the fruit exist

From Page 1B

In honor of those memories, try out this easy recipe for Banana Pudding Parfaits. They are the perfect ending to a hot and spicy meal. The ingredients are the same as in traditional banana pudding, but are more visually appealing because of the parfait glasses. If you don't already have a recipe you think is devilishly tempting, this could be the one.

Banana Pudding Parfaits

1/2 cup cornstarch
2 cups milk
4 large egg yolks
1 teaspoon vanilla extract
1/2 cup sugar
2 tablespoons unsalted butter
24 vanilla wafer cookies, crumbled into large pieces
3 ripe bananas, peeled and cut into 1/2-inch slices
chilled metal whipping bowl
1 cup heavy whipping cream
1 tablespoon confectioners' sugar
4 large parfait glasses

In chilled bowl, whip the cream until slightly thickened about 2 minutes. Add the sugar. Whip until soft with fluffy peaks, about 2 minutes. Keep in

refrigerator until needed.

In a medium bowl, whisk the cornstarch into 1/2 cup of the milk. Let rest for 1 minute, then whisk again. Whisk in the egg yolks.

Pour the sugar into a medium saucepan. Add the remaining 1 1/2 cups of milk and the vanilla extract. Slowly bring to a simmer over medium heat. Let cool slightly.

While constantly whisking, slowly drizzle the warm liquid into the egg mixture. Return everything to the saucepan. While constantly whisking and scraping the bottom of the pan, cook until tiny bubbles boil up for 10 seconds. Mix in the butter. Remove from the heat and strain into a bowl. Cover the surface directly with a sheet of wax paper. Set aside to cool down, then refrigerate a few minutes.

Alternately layer the crushed vanilla wafers and bananas between layers of pudding until you reach the top of each parfait glass. Top with big dollops of whipped cream. Serve immediately to drooling diners.

Serves 4.
Recipe adapted from Banana Pudding recipe in "Retro

Desserts" by Wayne Harley Brachman (Morrow Cookbooks, 2000).

Deepti Babu of Marshfield is a genetic counselor by day and a

freelance writer with a passion for different cuisines and cultures by night. She can be reached at meltingpoteats@hotmail.com.

"Shhh,
please don't tell anyone
about deals on wheels."



"Just keep quiet until I test drive that SUV...
...and see that little red convertible...
...oh yes, and there's that 4x4 pick-up I'd just love to check out."

THE SECRET'S OUT.



Tomorrow in the Wausau Daily Herald.
Find the vehicle that's just right for you.

Participating Advertisers:

Brickner Family	Antigo Yamaha	Arbor Vitae Marine	Domine Chevrolet
Scaffidi Motors	Parsons of Antigo	Dave Kasten Motors	Jensen Motors Inc.
Brokaw Credit Union	Autopoint	Ironside Olds	Satum of Wausau
Scdlbk	Reg Sales Inc.	Dick Neuville	McKee Auto Inc.
Cortright Auto Glass	Bergsmury	Hank's Auto Inc.	R&R Rentals
Feddick Ford Inc.	Flowman's Marine	Dave Marston Motors	Clean Wheels
		Ryden Marine Inc.	

What is the best communication tool for you?
We offer
NEXTEL, CELLULAR, PAGING, and RADIO.

Call your complete wireless specialists to see what will work the best for you.

YOUR COMPLETE WIRELESS SPECIALISTS!!!

MOTOROLA
Authorized Two-Way
Radio Dealer

Call for details on how you can receive a FREE Motorola Cell-phone!!!

Northway Communications Inc.
105 E. Oak Street, Wausau
Phone: (24 HR.): 715-842-0841
Toll Free: 800-526-1138
sales@northwaycom.com

summer BLAST O' CASH

TUESDAYS UNDER THE TENT

FREE!

Enjoy great entertainment
Tuesdays all summer long,
and it's ALL FREE!

August 12th - 8pm
The Sandman
Comedian/Hypnotist
(Rated R show)

August 19th - 8pm
Charlie Hill
Native American comedian

Schedules may change- please call ahead. Must be 21 to attend.
Beer and wine coolers for sale.

Monday, August 11
\$7,500 in Cash Drawings

Monday, August 18
\$3,000 Shopping Gift Cards

Monday, August 25
\$7,500 in Cash Drawings

MOHICAN NORTH STAR CASINO AND BINGO

715-787-3110 OR 800-952-0195 • BETWEEN GREEN BAY & WAUSAU OFF HWY 29

