

Dinner and a Book H is for Hawk

Taping 6/29/17 with Evie Kirkwood

(All foods begin with H)

Honeyed Sweet Tea

Bring a quart of cold water to a boil. Remove from heat and steep 4 tea bags for 5 minutes. Remove tea bags. Add $\frac{3}{4}$ cup honey and stir. (Amount can be varied depending on desired sweetness.)

Pour into a pitcher with a quart of cold water and refrigerate.

Honeydew and Ham

- $\frac{1}{2}$ honeydew
- Prosciutto ham (This air-dried Italian is sliced very thinly. Alternatively you could substitute shaved ham...)

Cut melon in half, remove seeds and cut away rind. Cut into cubes (about 1")

Slice ham into strips. Wrap each melon cube with ham. Use toothpicks to hold in place. Serve cold or room temperature.

Heavenly Hash

There are many variations on this fruit salad/dessert. Usually they include some sort of dairy base such as whipped cream, cottage cheese, yogurt or sour cream and a variety of fruit, fresh or canned. Here's my chunky fresh fruit -not too sweet- version!

- fresh Bing cherries
- blueberries
- strawberries
- red, seedless grapes
- 1 c coarsely chopped pecans, divided (or walnuts, or almonds)

Dressing

- 1c sour cream
- 8 oz softened cream cheese
- 1 tsp vanilla

Shredded coconut (I prefer unsweetened. Use sweetened if you would like a sweeter dish.)
Real maple syrup

Wash all fruit and let air dry. (Fruit that is wet does not work well for this recipe.) Pit and halve cherries. Remove top of strawberries and cut in half or quarters. Remove grapes from stem.

The ratio of fruits is your choice, but you'll want about 1 cup of fruit per serving. Place all fruit in a large bowl. You need enough room to toss these fruits gently. Add $\frac{3}{4}$ cup of the nuts. Mix all gently.

Dressing

Beat softened cream cheese with a mixer until smooth. Add sour cream and blend. Add vanilla and blend. Stir in about a $\frac{3}{4}$ - 1 cup coconut. Add 2 Tblsp maple syrup and taste. Add syrup sparingly until desired sweetness is reached. Too much syrup will thin the dressing too much....

Spoon some (not all) of the dressing on top of the fruit mixture and fold fruit in until just coated. Depending on how much fruit you have, you may not need all the dressing.

Spoon the salad into a serving bowl. Sprinkle with remaining nuts and garnish with a whole strawberry. Refrigerate at least 2 hours. This helps the cream cheese become more firm.