

Cleveland County Kitchen
September, 2016
Food of the Month – Muscadines
Chef Cathey Noell



Muscadine Salsa

Ingredients

½ small red onion, finely chopped
1 Tbs. red wine vinegar
1 cup grape tomatoes, quartered
2 cups roasted muscadine grapes (recipe follows)
1 medium jalapeno, stemmed, seeded, and finely chopped
1/3 cup cilantro, finely chopped

Directions

Combine red onions, lime juice, and red wine vinegar in a medium bowl and let sit for 15 minutes. Add remaining ingredients and season with salt and pepper to taste. Stir until well combined.

Makes about 3 cups. Serve with tortilla chips or can be served over beef, pork, chicken, or fish.

Roasted Muscadine Grapes

Ingredients

4 cups muscadine grapes, halved and seeds removed
Kosher salt and freshly ground black pepper to taste
2 Tbs. extra-virgin olive oil

Directions

Preheat oven to 400°F. On a large sheet pan, place the seeded grapes and sprinkle with kosher salt and freshly ground black pepper to taste. Sprinkle with extra-virgin olive oil and toss the grapes until well coated. Spread the grapes out evenly in the pan. Roast the grapes for 30 minutes. Remove from the oven and let cool.

Can be used in salsas or as a topping for crostini.

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Muscadine Pie

(Adapted from Nancie McDermott's recipe)

Ingredients

Pastry for a 9-inch double-crust pie
¾ cup & ¼ cup all-purpose flour
¼ teaspoon salt
5 cups muscadine or scuppernong grapes (about 2 pounds), rinsed
1 Tbs. freshly squeezed lemon juice
3 Tbs. cold butter, cut into small pieces

Directions

Heat oven to 400°F. Line a 9-inch pie pan with crust, leaving a 1-inch overhang. In a bowl, combine the sugar, flour, and salt, then stir with a fork to mix well.

Set out a medium bowl and a medium saucepan. Squeeze the grapes over the saucepan, dropping the pulpy, seed-filled grapes into the pan and placing their thick, sturdy skins, or hulls, into the bowl. Add 1 tablespoon of water to the saucepan and place over medium heat. Bring to a gentle boil and cook the grape pulp until softened and shiny, about 5-6 minutes. Transfer the cooked grape pulp to a strainer and place it over the bowl of grape hulls. Press the grapes through the strainer, pushing the softened pulp into the pan with the hulls while extracting the large, round seeds. Use the back of a large spoon to get as much pulp as possible. Discard seeds, and transfer the hulls and pulp back to the saucepan. Cook them over medium heat to soften the hulls, about 10-15 minutes more. Let mixture cool.

Add the sugar mixture and lemon juice to the grape mixture and stir to mix everything well. Pour the filling into the piecrust. Sprinkle the small bits of butter over the grape filling, distributing it evenly. Wet the rim of the bottom piecrust to help seal it.

Roll the remaining dough into a 10-inch circle and cover the filling. Trim away the extra pastry extending beyond the rim of the pie pan. Crimp the edges firmly, or press them down with the back of a fork, working your way around the edge of the pie to seal the crust well. Use a sharp knife to cut 8 slits in the top crust, to allow steam to escape and fruit juices to bubble up as the pie cooks.

Place the pie on a foil-lined baking sheet to capture any drips. Bake 10 minutes, and then reduce heat to 350°F. Bake until the crust is golden brown and the juices are bubbling up through the crust, about 45-50 minutes more. Place on a cooling rack, and let cool for at least 15 minutes. Serve warm or at room temperature.

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