

# VIRGINIA<sup>LIVING</sup>

Recipes courtesy of Pippin Hill Chef Victoria Cosner

## Grilled Peach Shortcake

### Grilled Peaches

#### Ingredients:

- 4 peaches, cut in half with pits removed
- 1 tablespoon dark balsamic vinegar
- 1 tablespoon dark brown sugar

#### Method:

1. Grease grill grates using olive oil on a paper towel or by spraying with cooking spray. Preheat grill to medium-high heat (400–425°F).
2. While the grill is heating, toss peaches with the balsamic vinegar and brown sugar.
3. Place peaches flesh-side down. Be careful, as they can burn quickly due to the sugar content. Test one first and adjust grill temperature if needed.
4. Grill until peaches have defined grill marks and are tender but not mushy, al dente. Rotate and move them as needed depending on grill heat.

### “Shortcake”

#### Ingredients:

- 3 cups all-purpose flour
- ⅓ cup sugar
- 1 teaspoon kosher salt
- 1 ½ tablespoons baking powder
- 185 grams cold butter, cut into small cubes
- ¾ cup plus 1 tablespoon buttermilk
- 1 egg

#### For topping:

- 1 tablespoon heavy cream
- 2 tablespoons turbinado sugar or sugar in the raw

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## Method:

1. Whisk all dry ingredients together.
2. Transfer dry ingredients to a food processor, or use a pastry cutter, to cut in the butter. Pulse or mix until the mixture is crumbly and the size of small peas. Turn the dough out into a mixing bowl.
3. Whisk egg and buttermilk together. Add to the flour mixture and knead with your hands until a shaggy dough forms. Turn out onto a clean work surface.
4. Roll out with a rolling pin and fold the dough over on itself a few times, like an envelope.
5. Roll out to 1 ¼-inch thickness. Cut out with a cookie cutter, square or round, whatever you prefer or have on hand.
6. Place shortcakes snugly together, or about ½ inch apart, in a greased baking pan. Freeze for 20 minutes.
7. Remove from freezer. Brush tops with heavy cream and sprinkle with raw sugar.
8. Bake at 400°F for about 20 minutes. Time may vary depending on the size of your shortcakes, but the internal temperature should reach 205°F.
9. Once the grilled peaches are cool, slice and serve on top of the shortcakes with whipped cream.

## Pink Lemonade Macarons

### Macaron Shells

#### Ingredients:

- 65 g egg whites
- 65 g granulated sugar
- 70 g powdered sugar
- 70 g almond flour
- ⅛ tsp cream of tartar
- ½ tsp meringue powder
- 1–2 drops pink gel food coloring

Yield: 20 macarons

#### Method:

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5. Line three sheet pans with parchment paper. Grab a small round vessel you have around your house that you can use to trace circles (such as a sauce ramekin or shot glass, or if you have macaron silicone pads, use those). Place the ramekin or shot glass on the parchment paper and draw circles in rows at least one inch apart. Then flip the parchment paper over so that you're not piping onto your pen marks and transferring ink to the macarons.
6. Preheat the oven to 275°F.
7. Take the mixing bowl of your stand mixer and wipe it down with a little lemon juice to make sure there is no oily residue left behind from previous baking.
8. Blend the almond flour and powdered sugar in your food processor for 1 to 2 minutes. Sift together onto parchment paper, then transfer to a bowl and set aside.
9. Add the granulated sugar, cream of tartar, and meringue powder to a small bowl and stir with a fork or small whisk to combine.
10. Place the egg whites in the mixing bowl of your stand mixer, then add in the sugar mixture.
11. Grab a sauce pot that your stand mixer bowl will fit on top of. Fill with one inch of water and make sure the bottom of the mixing bowl is not touching the water. Place over medium heat so the water is simmering.
12. Continually whisk the egg white mixture until the sugar has dissolved and looks foamy, around 125°F. Do not raise the temperature above 135°F or the egg whites will cook.
13. Once foamy, attach the bowl to the stand mixer and whip using the whisk attachment on medium speed until stiff peaks form (10–15 minutes).
14. Add one drop of gel food coloring at a time until the desired color has been achieved. (Do not use regular liquid food coloring, or it will loosen the batter.)
15. Remove the bowl from the stand mixer and fold in half of the sifted almond flour mixture at a time using a rubber spatula. The mixture will begin to look like molten lava, and should ribbon back into the bowl and be reabsorbed within 10 seconds.
16. Fit a piping bag with a ½-inch piping tip and fill the bag three-quarters full with batter.
17. Pipe the batter onto the circles. Once complete, pick up and tap the sheet pan a couple of times on the table to knock out any air bubbles (air bubbles will cause shells to crack).
18. Place in the oven at 275°F and prop the oven door slightly open with an oven mitt. After 3½ minutes, remove the oven mitt, close the door, increase temperature to 315°F, and bake for 12–14 minutes. Test by touch, they should not be sticky. They should be set but not browned. Cool completely.
19. Place macarons in an airtight container and refrigerate overnight for best texture.

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## Lemon Curd Filling

### Ingredients:

- 1 cup lemon juice
- $\frac{3}{4}$  cup sugar
- 8 oz butter, cubed
- 1 pinch salt
- 4 whole eggs
- 4 egg yolks

### Method:

10. Place egg yolks and whole eggs in a medium mixing bowl.
11. Combine lemon juice, sugar, butter, and salt in a heavy-bottom saucepan and bring to a boil.
12. Place the egg yolk bowl on top of a moist towel so the bowl stays in place while you're whisking.
13. Grab a ladle and begin to ladle the lemon juice mixture into the eggs while whisking the whole time so you do not cook the egg yolks (tempering).
14. Once it has all been stirred together, place the mixture back into the saucepan on the stove over medium-low heat and continue to whisk until it has thickened (a pudding consistency).
15. Once it is thick enough, strain it through a fine mesh strainer, then place it in a shallow, plastic container to cool. Place plastic wrap on top so it doesn't develop a skin.
16. Once cooled, measure out one cup and transfer into a piping bag.
17. The rest can be frozen for later.

## Vanilla Buttercream Filling

### Ingredients:

- $\frac{1}{2}$  cup room temperature butter
- 2 cups confectioners' sugar
- 1 tablespoon vanilla extract
- 1 tablespoon whole milk

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## Method:

18. Place the butter in a stand mixer and beat with a paddle attachment for two minutes, until creamy.
19. Add in the confectioners' sugar and vanilla, and beat until light and fluffy. We want this one to be thick so it stays in the macarons without sliding out.
20. Add milk as needed for consistency.
21. Transfer the mixture to a piping bag fitted with a ½-inch round tip.

## *Building Macarons (Final Step)*

1. Begin by laying out 20 of the baked macaron shells on a sheet pan with the flat side facing up.
2. Pipe buttercream in a circle along the outer edge of each shell, then fill in the empty middle area with lemon curd.
3. Place a second macaron shell (without filling) on top and gently press to sandwich.
4. Macarons can be refrigerated for 3 to 4 days or frozen for up to one month.

## Grilled Pear Mousse

### Ingredients:

- 4 large pears, peeled, cored, and cut in half
- 3 tablespoons butter
- ¾ cup sugar
- Pinch of kosher salt
- 4 teaspoons lemon juice
- 1 teaspoon cinnamon
- ¾ cup heavy cream
- 1–2 drops orange food coloring (optional)
- 3 teaspoons powdered gelatin
- 2 tablespoons cold water
- Olive or canola oil, for the grill grates

### Method:

1. Heat the grill to 400°F. Once hot, wipe the grates down with olive oil or canola oil. Place the pears on the grill for about 4 minutes, until there are char marks.

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2. Remove from the grill and cool slightly, then cut the pears into chunks. Place them in a small to medium saucepan with the sugar, butter, cinnamon, lemon juice, and salt. Cook on low for about 15 minutes, until soft when poked with a fork.
3. In a small bowl, combine the gelatin and cold water and let sit for 5 minutes. Heat the gelatin mixture in the microwave for 10 seconds, or until it is liquid.
4. Blend the pears (and their liquid) and the gelatin mixture in a blender until smooth, then run through a fine mesh strainer. Cool in the refrigerator for 30 minutes.
5. Beat the heavy cream and food coloring in a mixer with the whisk attachment until stiff peaks form.
6. Fold the whipped cream into the pear purée.
7. Pipe into four 8-ounce ceramic dishes and let sit in the refrigerator for at least 2 hours, until firm. Serve with your favorite granola.