

Brighton Food Co-op Newsletter

May 2019

Hi Members!

We had a bit of a surprise Wednesday when our UNFI driver texted to say he would be quite early. But members rallied and enough got there in time to unload the truck and get distributions started. Thanks everyone!

Earlier Start Time: The UNFI truck will arrive earlier in June and August, so please arrive as close to 11:30 as you can.

July Distribution: Since July is a peak vacation month, distribution has been canceled. You may wish to stock up in June! See you in August. You can find the calendar of due dates for August on the website www.brightonfoodcoop.com

Outside Vendors:

Creswick – Chicken is available again!

Albanese – Since shipping chocolate during the summer months results in melted messes, there will be no candy orders until September.

Frontier – If you have an idea for an herb or spice of the month, please email Kathy at katherine-mckay@comcast.net

Zingerman's – Strawberry season is coming up and Zingerman's sweet cream biscuits are delicious with fresh strawberries (and ice cream!).

Recipe: This yummy sounding, gluten free recipe came from the Cupcakes and Kale Chips blog as adapted from Bob's Red Mill.

Gluten free cake with strawberries and whipped cream

Ingredients

For the cake:

- 2 cups [Gluten Free All Purpose Flour Blend](#) (recommended: Bob's Red Mill 1-to-1 Gluten Free Baking Flour)
- 1 teaspoon [baking powder](#)
- 1/2 teaspoon baking soda

- 1/4 teaspoon salt
- 1/2 cup (one stick) unsalted butter, at room temperature
- 1 3/4 cups sugar
- 4 egg white at room temperature
- 1 teaspoons [vanilla](#)
- 2/3 cup milk
- 2/3 cup plain Greek yogurt

For the strawberry filling:

- 2 cups sliced fresh strawberries
- 2 teaspoons sugar (or more, depending on how sweet your strawberries are)

For the whipped cream:

- 1 pint heavy cream, well chilled
- 1/4 cup powdered sugar
- 1 teaspoon pure vanilla extract

Instructions

1. Preheat oven to 350°F. Grease and line three 9 inch round cake pans with parchment paper.
2. Whisk together flour, baking powder, baking soda, and salt in medium bowl and set aside.
3. Using a hand mixer or stand mixer, in a large bowl, cream together butter and sugar on medium speed.
4. Add egg whites and vanilla and beat for about 30 seconds.
5. Reduce speed to low, and add flour mixture, milk, and yogurt. Beat until combined.
6. Beat on high for an additional 30 seconds.
7. Divide the batter evenly between the pans.
8. Bake for 18-22 minutes, or until lightly golden and toothpick comes out clean.
9. Cool pans on racks for about ten minutes, then remove cakes from pans and cool completely.

For the strawberry filling:

1. Combine the strawberries and sugar in a small bowl, and set aside to allow the juices to release.

For the whipped cream:

1. Place the bowl and whisk attachment for your stand mixer or a metal or glass bowl and beaters for your hand mixer in the fridge or freezer until they are cold.
2. Add the cream, powdered sugar, and vanilla to the chilled bowl, and beat on medium-high to high speed until soft peaks form. Do not overbeat.

To assemble the cake:

1. Place one layer of the cake on a plate, and spread with about a half cup of the whipped cream. Layer on about half of the sliced strawberries.
2. Spread about another half cup of whipped cream on top of the strawberries.
3. Top with the second cake layer. Again top this cake layer with about a half cup of the whipped cream, the remaining berries and another half cup of whipped cream.
4. Top with the final cake layer, and spread the remaining whipped cream over the top and sides of the cake to cover completely.
5. Garnish with the whole and/or sliced strawberries, as desired.

Speaking of fresh strawberries, here's another delicious recipe, this one from the New York Times .

Fresh Strawberries With Almond Crème Anglaise

Ingredients

- ¾ C. chopped almonds plus ½ C. lightly toasted slivered almonds
- 1 C. milk
- 1 C. cream
- ½ C. sugar
- 4 egg yolks
- 6-8 C. strawberries, washed, hulled and quartered

PREPARATION

1. Put chopped almonds in a medium saucepan over medium heat. Cook, shaking pan occasionally, until fragrant and beginning to toast, about 3 minutes.
2. Add milk, cream, sugar and egg yolks, and whisk well to combine. Cook, whisking almost constantly, until mixture thickens enough to coat the back of a spoon. Do not let it boil.
3. While sauce is still hot, strain it through a sieve and let cool a bit. To serve, put a cup of strawberries in each dish, drizzle with warm sauce and garnish with slivered almonds. Sauce will keep, tightly covered, in refrigerator for up to 3 days

Next Distribution: June 2019

- OV/Frontier Order Due: June 5
- OV Filled Cases Due: June 8
- Creswick Order Due: June 9
- UNFI Order Due: June 12

- Creswick Delivery: June 17
- Distribution: June 19

Here are some things to keep in mind when ordering:

- ❖ Check, check and double check your **UNFI** order to **make sure you check "split"** if you do not want an entire case of a certain item. This is **REALLY** important!
- ❖ If you have an issue with any product you ordered through the co-op be sure to notify the board immediately. Copy your email to all three of us:
 - ❖ Amy: ammom70@gmail.com
 - ❖ Dolores: doloresjohnson68@gmail.com
 - ❖ Marilyn: mmitchell1945@aol.com

As always, if you have a comment or suggestion about co-op please contact Marilyn. The board is always looking for ways to improve the co-op experience for our members!