

**06/08/11 - Peach Blackberry Crostata**

The markets are full of peaches, nectarines, and something new I noticed a peacharine. I wanted to play with my ice cream maker again and fresh peach ice cream sounded so delightful. I recently purchased David Lebovitz's book *The Perfect Scoop* and so far all of the recipes are terrific. Make the peach ice cream to



Dough:



3 cups all purpose flour

1 teaspoons salt

1 tablespoon sugar

1 cup of vegetable shortening

1 egg

1 tablespoon white vinegar

7 tablespoons ice water

Extra flour for rolling out

Filling:

8 ripe yellow flesh peaches

1 pint washed and dried blackberries

1 teaspoon lemon juice

3/4 cup granulated sugar

4 tablespoons corn starch

1/4 teaspoon almond extract

1 teaspoon grated fresh nutmeg

1 saucepan of boiling water

For the dough, combine the flour, salt, and sugar in a bowl. Place the shortening in the flour mix. Cut in the shortening using a pastry cutter until the shortening pieces suspended in the flour are the size of peas.

Whisk the egg, vinegar, and ice water until well blended. Pour the liquid into the flour, stir a little with a fork, and then press the dough together with your hands. Gather the dough into a ball and separate it into two discs. Wrap the discs in plastic and refrigerate overnight or chill for at least two hours.

When you have chilled the pastry dough and are ready to assemble the crostata; prepare the saucepan of boiling water. Using a slotted spoon drop two or three peaches into the saucepan of deep boiling water at a time. Take the peaches out after 30 seconds and set aside. Repeat with all the peaches. Blanching peaches like this makes them easy to peel and the beautiful red blush from the skin transfers to the meat of the peach.

Peel all the peaches, the skin comes off easily at this point, and then slice them into 1/2 inch slices. Place the sliced peaches and washed blackberries in a saucepan with the other filling ingredients. Cook the peaches over low heat until they begin to thicken, stirring with a wood spoon occasionally.





Preheat the oven to 400°. Place a chilled disc of pastry dough on a floured work surface, use the rolling pin to flatten the disc a bit. The floured work surface will keep the dough from sticking. Dust the rolling pin with a little flour as well. Roll the pin back and forth over the dough once or twice, then turn the dough 90 degrees, and roll back and forth again. Take care to avoid rolling over the edges as this makes the edges to thin. Repeat until the dough is about a 14 inch circle about an eighth inch thick. Fold the circle in half and then in quarters. Transfer the folded dough to a parchment or silpat lined baking sheet with low sides. Put the point of the fold in the center of the baking sheet and then unfold the dough.

Spoon peaches and blackberries into the center of the rolled out dough, leaving a 2-3 inch boarder uncovered. Gently fold up the sides of the crostata in a pleated fashion to enclose the filling but leave a hole in the center. Place in the oven to bake. Bake in a 400 °, preheated oven for about 40 minutes or until the crust is golden and the filling is bubbling and thick looking. Repeat with second disc of pastry dough.



### **Peach Ice Cream**

David Lebovitz, *The Perfect Scoop*, Ten Speed Press 2007

1 1/3 pounds (600 g) ripe peaches (about 4 large peaches)

1/2 cup water

3/4 cup sugar

1/2 cup sour cream

1 cup heavy cream

1/4 tsp vanilla extract

A few drops of freshly squeezed lemon juice

Peel the peaches, slice them in half, and remove the pits. Cut the peaches into chunks and cook them with the water in a medium, nonreactive saucepan over medium heat, covered, stirring once or twice, until soft and cooked through, about 10 minutes.

Remove from the heat, stir in the sugar, then cool to room temperature.

Puree the cooked peaches and any liquid in a blender or food processor with the sour cream, heavy cream, vanilla, and lemon juice until almost smooth but slightly

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Chill the mixture thoroughly in the refrigerator, then freeze it in your ice cream maker according to the manufacturer's instructions.

Slice and serve with fresh peach ice cream.



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