

# Taste!



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## ALL-AMERICAN EASY HOLIDAY RECIPES



Watermelon fruit bowl at Wemrock Orchards TANYA BREEN/STAFF PHOTOGRAPHER

# Show your colors

## Celebrate Independence Day with red, white and blue desserts

By Susan Bloom :: For NJ Press Media

Everyone knows that summer is high season for picnics and barbecues, and July Fourth is all about celebrating America and displaying the red, white and blue. Put them together and what do you get? A great opportunity to enjoy a meal and honor the nation by serving fun and patriotic desserts that truly show your colors.

"July Fourth is a favorite time of year for both adults and kids alike and is one of the most fun food holidays we have," said Lisa Giunco-Meyer, marketing manager at Wemrock Orchards in Freehold Township. "It's a patriotic holiday and a great time to support our country and our colors."

"There are so many creative and easy-to-make desserts that involve the colors red, white and blue," Giunco said. "For example, cakes that resemble the American flag using berries and cream are extremely popular. For an even easier, more personal-sized version of the flag cake, hosts can present their guests with a single serving of pound cake, angel food cake or other white cake loaded with strawberries and blueberries in a crystallized sauce topped with whipped cream," she said. "Kids in particular always love this."

For adults and those with a more sophisticated palate,

*For those who have a desire for a more refreshing, low-calorie approach, a fruit salad is a welcome addition to any dessert table.*

Giunco-Meyer suggests several other options.

"In the summertime, it's all about berries," she said. "Strawberries in May and June, blueberries in June and July, blackberries in August, and cherries and raspberries throughout. These berries are fresh, local, healthy for you and in season at this time, so it's great to incorporate them into your desserts."

For an easy, meal-ending pleaser that also makes a beautiful presentation, Giunco-Meyer recommends serving a scoop of vanilla ice cream wedged between mini slices of cherry pie and blueberry crumb pie, two classic American confections.

"When you think about the Fourth of July, you think about pie," Giunco-Meyer said. "People just love pie. It's easy to bring to picnics and barbecues and serve

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Glazed fresh berry tarts at Wemrock Orchards.

## JULY 4 MESS-FREE TREAT

# An apple pie fit for the road



Hand pies with apple filling provide the comfort of apple pie, minus the need for a fork and plate. ASSOCIATED PRESS

By Alison Ladman :: Associated Press

Hand pies with apple filling provide the all-American comfort of apple pie, minus the need for fork and plate.

While not a new concept, hand pies turn apple pie into a convenient, easy and mess-free treat for Fourth of July celebrations. The term hand pie has been around for a long time; farming cultures used to make them for workers to eat in the field. And they're different from tarts, which lack top crusts and are cooked in a shallow pan.

If apple isn't your favorite, you can make a filling from fresh berries instead. You will need to increase the amount of cornstarch, depending on how juicy your berries are. You want the filling to be thick so it doesn't ooze out.

To add visual appeal, small cookie cutters can be used to create the steam vents in the top rounds of dough. Be sure to do so before placing the dough over the filling.

RECIPE INSIDE Apple hand pies D2

## ASK THE EXPERT

# How to store herbs for the freshest flavor

By Lauren C. Zupkus :: Staff Writer

**Q:** I see many recipes that use fresh herbs, but they are expensive and sometimes wasteful, if you need only a little bit. Can you substitute dried for fresh herbs? How do you keep fresh herbs fresh throughout the week? Is it possible to freeze them?

Anne, Millstone Township

**A:** Whether dried, fresh or frozen, herbs enhance any bland dish into one full of flavor. Dave Connolly has been the executive chef at Charley's Ocean Grill in Long Branch for 16 years and uses herbs to spice up everything from appetizers to entrees.

Sometimes it's easier to reach into your lazy Susan than drive to your local grocery for fresh herbs. Dried herbs can be

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