4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



1 Quick Recipe:

Creamy Pumpkin Cheesecakes

3 Cups Berries, (your choice)
1 TB Orange Zest
1 TB Orange Liquor
12 oz Neufchatel or Cream Cheese, softened
½ Cup Canned Pumpkin
3 TB Greek Plain Yogurt
2 tsp Vanilla Extract
1 Large Egg
2 Large Egg Whites
¼ tsp Fine Sea Salt
3 TB Raw Sugar

Step One Preheat oven to 325F. Place fruit in a bowl and gently stir in liquor and orange zest. Set aside.

Step Two Beat cream cheese for 1 minute on medium-high speed or until fluffy, Add pumpkin, yogurt, sugar, salt and vanilla and beat on medium speed until well incorporated. Add eggs and whites, one by one, scraping bowl as needed.

Step Three Spoon mixture into 6 - 8 small ramekins until ¾ full. Bake for 15 to 17 minutes or until middle is set. Remove from oven and cool at room temperature. Cakes may crack or fall in middle leaving a perfect spot for fruit. Simply spoon on top and serve.

2 Kitchen Scoop

Whether it's made with ricotta, quark, heavy cream, milk, sour cream or yogurt, cheesecake has been around a very long time! Did you know that cheesecake was a popular dish in ancient Greece? In the United States, cheesecake got a big boost in the early 20th century when Kraft perfected "Philadelphia" brand cream cheese. The French origins of our soft creamy spread is Neufchatel, which has a more crumbly, grainer texture than North American cream cheese.

3 Clever Idea

In fall and winter, when beautifully ripe berries aren'tavailable, try this method to roast fruit to bring out all the flavor. Place fruit on a sheet tray sprayed with oil. Roast at 400F for about 10 minutes or until the fruit is soft and juicy. Let cool before topping the cheesecakes. Fruit cooked like this is delicious topping your morning yogurt, too!

4 Cheers!

Dominican Oaks Muscat

Napa Valley California
About $18

Are you a fan of Muscat? If not, it's time to give it another try! This aromatic wine is just off-dry, with lovely floral notes and aromas of ripe peaches, followed by a crisp, refreshing finish of tropical fruit. Its balance of gentle sweetness and fresh acidity makes it a delicious match for our lightly sweet, rich and creamy pumpkin cheesecakes. A perfect little sip alongside every bite!