



Sour Cherry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 1 cup almond flour
- ☐ 0.5 cup bread flour
- ☐ 3 tablespoons butter
- ☐ 4 cups cherries sour pitted
- ☐ 3 tablespoons flour
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 of lemon zest

- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 pound ricotta cheese
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ stand mixer
- ☐ spatula

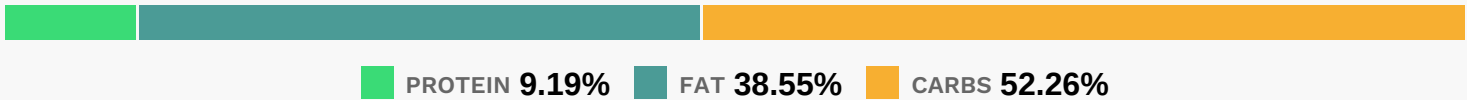
Directions

- ☐ Almond Crumble
- ☐ Blend all of the ingredients together in a stand mixer fitted with the paddle attachment until the mixture becomes crumbly. Refrigerate until ready to use.
- ☐ Cherry Filling
- ☐ Preheat the oven to 325°F. In a large bowl, mix together all of the ingredients except the butter using a rubber spatula.
- ☐ Transfer the cherry mixture to a 10 by 7-inch baking dish. Dot the top of the mixture with the butter. Cover with the almond crumble and bake until golden brown and bubbly, 45 minutes to 1 hour.
- ☐ Whipped Ricotta
- ☐ In the bowl of a stand mixer fitted with the whisk attachment, whip the ricotta with the lemon juice, vanilla, and salt until light and smooth.
- ☐ Serve alongside the warm crumble.

Reprinted with permission from I Love New York: Ingredients and Recipes by Daniel Humm and Will Guidara, © 2013 Ten Speed Press A native of Switzerland, Daniel Humm began his culinary training at a young age and went on to cook in many of the finest Swiss hotels and restaurants. Humm earned his first Michelin star at the age of twenty-four as the executive chef at Gasthaus zum Gupf in the Swiss Alps. In 2003, he moved to the United States and became executive chef at San Francisco's Campton

Place, where he received four stars from the San Francisco Chronicle. Three years later he became executive chef of Eleven Madison Park. Hailing from Sleepy Hollow, New York, Will Guidara has been immersed in the restaurant industry since the age of thirteen. He is a graduate of the school of hotel administration at Cornell University and attended culinary school in the north of Spain. Guidara trained in the dining rooms of Tribeca Grill, Spago, and Tabla and opened the restaurants at the Museum of Modern Art before becoming general manager of Eleven Madison Park in 2006. Under Humm and Guidara's leadership, Eleven Madison Park received four stars from the New York Times, earned three Michelin Stars, and was given a coveted spot on the San Pellegrino list of the World's 50 Best Restaurants. The restaurant has also received six James Beard Awards, including Outstanding Chef and Outstanding Restaurant in America. In 2011, Humm and Guidara purchased Eleven Madison Park and, in early 2012, went on to open the food and beverage spaces at the NoMad Hotel. They are also the authors of Eleven Madison Park: The Cookbook.

Nutrition Facts



Properties

Glycemic Index:47.65, Glycemic Load:22.11, Inflammation Score:-3, Nutrition Score:4.7400000095367%

Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 340.44kcal (17.02%), Fat: 15.23g (23.43%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 43.24g (15.72%), Sugar: 33.18g (36.87%), Cholesterol: 25.75mg (8.58%), Sodium: 131.54mg (5.72%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 8.17g (16.34%), Fiber: 3.21g (12.84%), Selenium: 8.38µg (11.97%), Calcium: 102.86mg (10.29%), Phosphorus: 71.33mg (7.13%), Manganese: 0.13mg (6.73%), Iron: 1.12mg (6.23%), Vitamin C: 5.11mg (6.2%), Vitamin A: 301.75IU (6.04%), Vitamin B2: 0.1mg (6.04%), Potassium: 200.34mg (5.72%), Folate: 14.15µg (3.54%), Copper: 0.07mg (3.44%), Magnesium: 13.72mg (3.43%), Vitamin B1: 0.05mg (3.41%), Zinc: 0.47mg (3.15%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.25mg (2.55%), Vitamin K: 2.16µg (2.06%), Vitamin B3: 0.39mg (1.94%), Vitamin B12: 0.11µg (1.76%), Vitamin E: 0.23mg (1.57%)