

The New Frontier
of Country Ham

Why Life Is Bigger
in Dallas, Texas

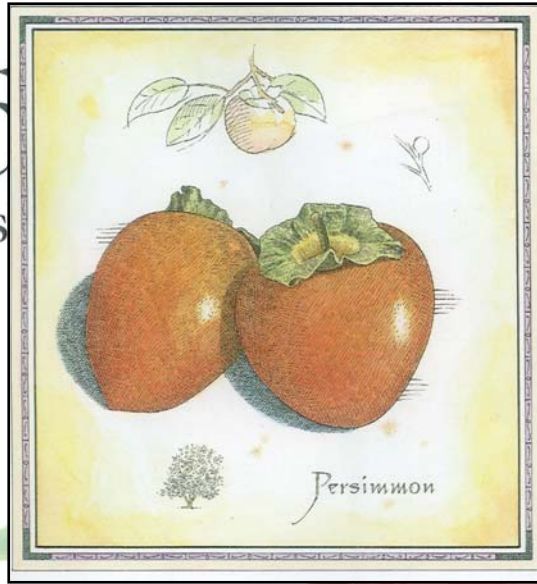
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Straws

What's in Season



Forgotten Fruit

For a cool-weather dessert, don't overlook the persimmon

by JENNY EVERETT

THE NORTH CAN KEEP ITS BLUSTERY WINTERS, BUT THERE IS A GOOD REASON TO welcome a little chill in the air: It means some of the South's most flavorful ingredients are at their prime, including persimmons. The orange fruit looks like a mini-tomato and grows wildly on trees throughout the region, hanging from branches like ornaments. "They often go unused in yards and on farms because people don't know what to do with them," says Steven Satterfield, chef at Miller Union in Atlanta. "They're an esoteric ingredient, but delicious if you know how to recognize when they're ripe for eating." That is usually sometime between Thanksgiving and Christmas, when the skin starts turning black, the astringent flavor fades, and the flesh morphs into smooth, sweet mush. To accelerate ripening, cover them in plastic wrap and leave on the counter (or alternately, put them in the refrigerator to prolong the process until you're ready to use them). Though not always regulars at grocery stores, persimmons can be found in green markets and through Community Supported Agriculture programs. For an incredible holiday dessert, Satterfield likes to scoop out the flesh and incorporate it into a dense pudding spiced with cinnamon and nutmeg. "Serve it with a crème anglaise, and your guests will be in for a real treat." ©

End of the Road:
The View from
Cedar Key, Florida

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