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A Perfect Pink Bite!

By Susie Iventosch



Chocolate-dipped, ice cream-filled strawberries
Photo Susie Iventosch

Hill Road in the south BART parking lot. And, most of you are familiar with the Moraga Farmers' Market, which is open year round, rain or shine, and held on Sundays from 9 a.m. to 1 p.m. in the Moraga Center parking lot.

Strawberries are coming into season and with the recent opening of the Orinda Farmers' Market and the Lafayette market scheduled to open May 19, there will be plenty of juicy, ripe strawberries on display. You may have already been able to purchase locally-grown berries at the Moraga Farmers' Market, too.

When I set out to do this project, I was planning on filling the chocolate-dipped strawberries with champagne for a bridal shower. But, then I spied the strawberry ice cream in my freezer and everything changed!

This makes a really fun and light dessert for spring and summer gatherings and you really don't need spoons since each piece is just about bite-sized! Also, you can use whatever flavor ice cream or frozen yogurt you think will be tasty with fresh strawberries, like lemon sorbet or chocolate ice cream.

The Orinda Farmers' Market opened for the season May 4. The market is located in the Orinda Village on Orinda Way between Rite Aid and the Community Park and will be held every Saturday from 9 a.m. to 1 p.m. through Nov. 23. The Lafayette Farmers' Market is scheduled to open from 9 a.m. to 1 p.m. Sunday, May 19 and is located at 3601 Deer

Chocolate-Dipped Mini Strawberry Sundaes

Makes enough for dessert for 4)

INGREDIENTS

12 large ripe strawberries

1 pint strawberry ice cream or frozen yogurt (or flavor of your choice)

1 cup bittersweet chocolate chips (I use Ghirardelli 60% Cacao Bittersweet Chocolate)

DIRECTIONS

Slice the stem and the very top of the strawberry off to make a flat surface. Then, cut off just enough from the pointed end of the strawberry to allow the berry to sit on a flat surface without tipping over. (I cut the top off first and then lay the berry on its side to eyeball the angle of the cut for the bottom. If you make the cuts parallel, the berry should sit properly on the serving dish!)

Using a paring knife and a grapefruit spoon, hollow out the berry, being careful not to make the walls too thin. The walls should be roughly 1/4-inch thick. Dry berries with a clean paper towel to make sure they are dry before dipping in chocolate. A little extra chocolate can also mend any tears or holes from hollowing out the berry!

Place the chocolate chips in a microwave-safe bowl and heat until just melted. Stir well and allow to cool for 5-10 minutes.

Line a flat surface with waxed paper or parchment.

Holding the upper edge of berry, dip the bottom of each berry in melted chocolate and place on parchment surface. A little chocolate will pool around the bottom of the berry, forming a little base. Refrigerate until ready to fill with ice cream.

Peel berries off parchment and, using the large end of a melon-baller, scoop ice cream into nice round balls and place in the hollow of each berry. Place in freezer for about 10 minutes to make sure ice cream is hard before drizzling with remaining melted chocolate.

If you are preparing these for a large group, make melon ball-sized ice cream scoops ahead of time and store in freezer until ready to fill strawberries.

Reach the reporter at: suziven@gmail.com

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