

Raspberry bars good enough for athletes

By Kathryn Reed

Refueling is always a good thing to do after an athletic endeavor. The tennis team I was on earlier this season had no problem doing this – at least at home matches.

It is the home team's responsibility to provide the food after the match.



In previous leagues I played in it was oranges, bananas and water. Not so with the bunch.

While fruit and water are available, what this group puts out is almost like a gourmet buffet.

I have not made the recipe below, so I don't know the difficulty, if any, involved, but I can tell you they are yummy. Maybe they should be served at Wimbledon instead of strawberries and cream.

Carel brought these raspberry bars twice. They were devoured. The original recipe is from Scott Peacock, contributing editor to *Better Homes and Gardens*.

Fresh Raspberry Bars

1 C unsalted butter (2 sticks) cut into 1-inch chunks

$\frac{1}{4}$ C packed light brown sugar

$\frac{1}{2}$ tsp kosher salt

2 C unbleached all-purpose flour

softened butter (for brushing sides of foil)

$\frac{3}{4}$ C seedless raspberry jam or preserves

1 pint (2 cups) fresh raspberries

Half 8 ounce package cream cheese, softened

4 ounces goat cheese (chevre) or 4 oz. cream cheese

$\frac{1}{2}$ C granulated sugar

1 T unbleached all-purpose flour

1 large egg

1 egg yolk

2 T finely shredded lemon peel (zest)

2 T freshly squeezed lemon juice

$\frac{1}{2}$ tsp pure vanilla

Powdered sugar

Preheat oven to 350 degrees. Line a 13x9x2-inch baking pan with a 24-inch-long sheet of aluminum foil, leaving extra foil extending over ends (use these later to lift bars from pan); set aside. In a large bowl beat the butter with an electric mixer on medium to high speed until it just begins to blend and soften slightly, about 30 seconds.

Add brown sugar and salt, beat on low speed until incorporated, 30 seconds to 1 minute. You're not trying to cream it, you're just mixing it in. With mixer off, add the 2 cups flour. Beat on low speed until flour is incorporated. Increase speed to medium, mix until ingredients form an even, cohesive dough.

Break dough into small chunks and distribute in prepared pan; with your fingers press dough into an even layer. Bake 20 minutes or until dough has begun to puff and is just set. Cool on wire rack 5 minutes.

Lightly brush exposed sides of foil with softened butter to keep filling from sticking. Spread jam evenly over crust.

Sprinkle evenly with raspberries.

With a lemon zester, remove peel from lemon, making sure to avoid bitter white pith.

In a large bowl beat cream cheese and goat cheese with an electric mixer on medium to high speed for 30 seconds. Mix in granulated sugar and 1 tablespoon flour until blended. With mixer running, add egg, egg yolk, lemon zest, lemon juice, and vanilla. Beat until smooth.

Pour custard batter evenly over berries. Tilt pan back and forth to distribute evenly. Bake at 350 degrees F for 25 to 30 minutes or until barely set. Transfer to a wire rack until completely cool, about 1 hour; cover and transfer to refrigerator. Chill 2 hours. Top will crack slightly as it cools.

Use foil to lift the bars from pan. With a knife or metal spatula, support the sides of the bars while you gently peel the foil downward and away from sides of the bars.

Cut into long bars, peel foil from bottom, and transfer to cutting board using side of a long knife or spatula. Cut into 24 squares

Sprinkle very lightly with powdered sugar.