



Americana Basket

- Using an oblong watermelon, slice 1/4 inch off the bottom, lengthwise, to provide a stable base.
- Use a pencil to draw lines for handle placement and basket opening. Cut the handle first, wide enough to hold stars, then make zig-zag cuts with a paring knife, all the way through the rind (be careful to not cut through handle base on either side).
- Carefully remove sections, pull out large chunks of flesh, and cut them into 3 x 3-inch squares.
- From squares, trim off 3/4-inch thick slices to use for cutting out stars. To cut stars use 1 1/2 to 3-inch star shaped cookie cutters.
- Next, cut out 5 large star shaped pieces from the left-over rind, (use a paring knife if necessary), for the handle. Trim off red flesh and attach to basket handle with white side out with half toothpicks.
- Use an ice cream scoop to remove flesh from inside of basket and cut scoops into quarters for the fruit salad. Place in bottom of the basket.
- Use a white fleshed melon such as ripe honeydew to cut out white "stripes" for salad.
- Garish top of fruit salad with watermelon stars, melon stripes, and blueberries.



ALL-AMERICAN Summer Flavor

FAMILY FEATURES

Watermelons are a classic summer favorite. Sweet, cool and refreshing, they perk up picnics and keep things cool at cookouts.

As good as they are just sliced, there are plenty of ways to dress them up and make them the delicious star of the show. From sweet little petit fours to a star-studded sundae, these recipes will give you reason to celebrate all summer long.

For more summer-perfect recipes, visit watermelon.org.

Choosing a Watermelon

While some people like to thump a watermelon and listen for a certain sound, here's the best way to pick out a perfect one:

- Look for a round, oval or oblong shaped watermelon that feels heavy for its size; this because that indicates it's juicy and fresh.
- Look the watermelon over. You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
- Turn it over. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

And, don't forget to wash all fruits and vegetables, including watermelon, in fresh running water then dry with a clean paper towel before you slice and serve.

On average, a five pound watermelon yields 11 cups of edible watermelon.



Star Cake

Serves 5 to 6

- 1 seedless watermelon at least 10 pounds
- 3/4 cup whipped cream or frosting
- 1 1/2 cups blueberries
- 1 cup strawberries, hulled and sliced
- 1/2 cup raspberries
- 1/2 cup powdered sugar

Cut a three-inch thick slice from the center of an oblong, seedless watermelon. Place flat on a cutting board and use an oversized, approximately 7-inch-wide star-shaped cookie cutter (or sharp kitchen knife) to cut a star shape. Set on paper towel to drain excess water. Wash the watermelon and pat dry.

Place on a serving dish or cake stand. Pipe whipped cream or a light frosting between the bottom edge of the star and the plate. Dot with blueberries. Frost the cake with topping and arrange blueberries, strawberries and raspberries on top. Sprinkle with powdered sugar and serve.

Watermelon Almond Tart

Serves 6 to 8

- 1 cup sliced almonds
- 1 3- to 5-inch-thick slice seedless watermelon, rind removed
- 1 cup low or no fat natural vanilla flavored yogurt
- 1 cup blueberries
- 1 cup sliced strawberries
- 1 tablespoon chocolate syrup

In a non-stick sauté pan over medium heat, toast almonds while constantly stirring to prevent burning. When they are golden, remove to a heatproof tray or foil to cool.

Cut watermelon slice into 6 to 8 pie-shaped wedges. Dip the back (curved) side of each slice in the yogurt and then the almonds, re-assembling the pieces on a serving platter as you complete each piece. When finished, it will look like a piecrust of almonds around the watermelon slices.

Frost the top of reassembled watermelon with the remaining yogurt and decorate the top with berries. Drizzle chocolate syrup over the top. Serve cold.



Quick Watermelon Cubes

- Take a quarter watermelon and lay it on the rind with the interior facing up.
- Place knife about 3/4 of an inch down from the peak of the wedge. Holding the knife parallel to the far side of the fruit and starting at edge of rind, cut a horizontal line through the fruit all the way down to the rind.
- Next, place the knife blade 3/4 of an inch lower and make the same cut. Repeat.
- Next, turn the fruit to the other side and make the same horizontal cuts.
- And last, starting at edge of the rind, make vertical cuts 3/4 of an inch apart all the way across. Cubes will tumble out ready to eat!

Patriotic Petit Fours

Makes: 12

- 12 1-inch cubes of seedless watermelon, cut in half
- 1 cup cream cheese frosting
- 12 red and/or blue candied almonds
- Red, white and blue star-shaped sprinkles

Arrange watermelon cubes on a serving platter. Place frosting in a resealable bag and trim off a bit of one bottom corner. Frost the bottom half of each cube and place the top half over the frosting. Decoratively pipe the frosting onto each watermelon cube. Place an almond at the top of the frosting on each petit four. Decorate with sprinkles and serve on red, white and blue table decor.



Red, White and Blue Watermelon Sundaes

Serves 4

- 4 cups watermelon balls from 1 watermelon
- 2 cups fresh blueberries
- 4 dollops prepared whipped topping
- Red, white and blue star sprinkles

Gently mix together watermelon and blueberries. Divide among 4 sundae bowls. Top each with a dollop of topping and top with sprinkles. Serve immediately.

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All materials courtesy of: National Watermelon Promotion Board

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