

Across the Fence

Berry Recipes – July 2007

Lyn Jarvis' Recipes

Blueberry Chutney for Grilled Chicken

2 cups fresh or frozen blueberries	½ tsp. minced garlic
½ cup dried apricots, chopped	¼ tsp. ground coriander
⅓ cup packed brown sugar	½ cup Italian salad dressing
⅓ cup onion, finely chopped	6 boneless skinless chicken breast
3 Tbsp. cider vinegar	halves (6 oz. each)
3 tsp. minced fresh gingerroot	

For chutney: In a large saucepan, combine the first eight ingredients. Bring to a boil. Reduce heat to medium-low; cook, uncovered, for 20 to 25 minutes or until thickened, stirring occasionally. Meanwhile, pour salad dressing into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 20 minutes. Cool chutney to room temperature. Drain and discard marinade. Grill chicken, covered, over medium heat for 5 to 6 minutes on each side or until juices run clear. Serve with chutney. Yield: 6 servings.

Lemon Blueberry Coffee Cake

Streusel Topping

3 Tbsp. all-purpose flour	¼ tsp. ground cinnamon
2 Tbsp. sugar	1 Tbsp. butter or margarine, softened

Batter

1¾ cups all-purpose flour	⅔ cup milk
1 cup sugar	⅓ cup vegetable oil
2½ tsp. baking powder	1 cup fresh or frozen blueberries
½ tsp. salt	2½ tsp. grated lemon peel
1 egg	

Preheat oven to 375°F. **For streusel topping:** Combine flour, sugar and cinnamon in small bowl. Add butter; mix until crumbly. **For batter:** Combine flour, sugar, baking powder and salt in large bowl. In small bowl, whisk egg, milk, and oil. Add to dry ingredients, stir until just moistened. Gently stir in blueberries and peel. Pour batter into greased 9-inch square baking pan; sprinkle with streusel. Bake 30 to 35 minutes or until wooden pick inserted in center comes out clean. Yield: 12 servings

Blueberry-Peach Crisp

1 cup all-purpose flour	1 egg, lightly beaten
¾ cup plus 2 Tbsp. sugar, divided	3 cups fresh peaches, peeled and sliced
1 tsp. baking powder	2 cups fresh or frozen blueberries
½ tsp. salt	¼ cup butter or margarine, melted
½ tsp. ground cinnamon	

Preheat oven to 375°F. In medium bowl, combine flour, ¾ cup of the sugar, baking powder, salt, and cinnamon. Add egg; mix with fork until mixture resembles coarse crumbs. Place peaches and blueberries in large bowl. Add the remaining 2 Tbsp. sugar; toss to coat. Place fruit mixture in greased 8 or 9-inch square baking dish; sprinkle with crumb mixture. Drizzle with butter. Bake 35 to 40 minutes or until top is lightly browned. Yield: 6 servings

Maple Berry Blast

1 large scoop of vanilla ice cream in favorite dessert dish
Hand-full of fresh blueberries sprinkled over ice cream
¼ cup (or more) Vermont Maple Syrup poured over blueberries and ice cream

Carolyn Peake's Recipes

Fruit Filled Melons

2 large cantaloupe melons, halved and seeded	1 carton (6 oz.) nonfat yogurt, pineapple, lemon or vanilla
1 medium orange, peeled and sectioned	2 Tbsp. unsweetened applesauce
1 medium apple, cubed	1 tsp. honey
1 medium peach, sliced	¼ tsp. ground ginger
1 tsp. lemon juice	4 large lettuce leaves
1 cup fresh blueberries	
½ cup halved fresh strawberries	

With melon baller, scoop out 2 cups of cantaloupe balls and set aside. Cut out and reserve remaining melon for another use, leaving ½-inch thick shells. In large bowl, combine orange, apple, and peach. Sprinkle with lemon juice and toss gently. Stir in cantaloupe balls, blueberries, and strawberries. In a small bowl, combine the yogurt, applesauce, honey, and ginger. Line melon shells with lettuce leaves and add fruit. Top with yogurt mixture.

Strawberry Cheese Pie

1 unbaked (9-inch) pastry shell	2 eggs
2 pkgs. (one 8 oz, one 3 oz.) cream cheese, softened	1 cup (8 oz.) sour cream
½ cup plus 2 Tbsp. sugar, divided	2 pints fresh strawberries, hulled
½ tsp. vanilla extract	confectioner's sugar (optional)

Line unpricked pastry shell with double thickness of heavy-duty foil. Bake at 450°F for 8 minutes. Remove foil and set shell aside. In mixing bowl, combine cream cheese, ½ cup sugar, and vanilla, beat until smooth. Add eggs and mix until combined and pour into shell. Bake at 350°F for 20 to 25 minutes or until center is almost set. Remove from oven and let stand for 5 minutes. Meanwhile combine sour cream and remaining sugar and mix well. Spread over filling. Turn oven off and return pie to oven for 15 minutes. Remove and cool on wire rack. Refrigerate 6 hours or overnight. Before serving, top with strawberries. Dust with sugar if desired.

Summer Fruit Soup

½ cup sugar	2 cups fresh or frozen sliced peaches, thawed and cut into bite-size pieces
3 Tbsp. quick-cooking tapioca	1 can (11 oz.) mandarin oranges, drained
2½ cups water, divided	2 medium ripe bananas, sliced
1 can (6 oz.) frozen orange juice concentrate	1 pint lime sherbet, optional
1 pkg. (10 oz.) frozen sliced sweetened strawberries, thawed	

In saucepan, combine sugar, tapioca, and 1½ cups water. Cook over medium heat for 5 to 6 minutes or until thickened and clear. Remove from heat and stir in orange juice and remaining water, stirring until juice is thawed. Stir in strawberries, peaches, and oranges. Cover and refrigerate for 2 hours. Just before serving, stir in the bananas. Top each serving with sherbet, if desired.

Black and Blue Cobbler

1 cup all-purpose flour	2 Tbsp. milk
1½ cups sugar, divided	2 Tbsp. vegetable oil
1 tsp. baking powder	2 cups fresh or frozen blackberries
¼ tsp. ground cinnamon	2 cups fresh or frozen blueberries
¼ tsp. ground nutmeg	¾ cup water
2 eggs, beaten	1 tsp. grated orange peel

In bowl, combine flour, ¾ cup sugar, baking powder, cinnamon, and nutmeg. Combine eggs, milk and oil; stir into dry ingredients, just until moistened. Spread batter evenly onto the bottom of a greased 5-qt. slow cooker. In a saucepan, combine berries, water, orange peel, and remaining sugar. Bring to a boil. Remove from heat and immediately pour over batter. Cover and cook on high for 2 to 2½ hours or until toothpick inserted into batter comes out clean. Turn cooker off, uncover and let stand for 30 minutes before serving.

Raspberry Cheesecake Trifle

1 pkg. (9 oz.) white cake mix	3 cups fresh raspberries
1 pkg. (8 oz.) cream cheese, softened	2 squares (1 oz. each) semisweet chocolate, coarsely grated or shaved
¼ cup confectioner's sugar	
1½ cup whipping cream, whipped	

Prepare and bake cake mix according to package directions. Cool; cut into 1-inch cubes. In large mixing bowl, beat cream cheese and sugar until smooth. Fold in whipped cream. In a trifle bowl layer one half of the cake cubes, 1 cup of raspberries, half the cream cheese mixture, and half the chocolate. Repeat layers. Top with remaining raspberries. Refrigerate 4 hours or overnight.

Refreshing Raspberry Cooler

8 cups fresh or frozen raspberries, thawed	½ cup water
1½ cups sugar	2 liters ginger ale, chilled
⅔ cup cider vinegar	2 cups cold water

In large saucepan, crush the berries. Stir in sugar, vinegar, and water. Bring to a boil, then reduce heat and simmer uncovered for 20 minutes. Strain to remove seeds and refrigerate. Just before serving, stir in ginger ale and cold water. Serve over ice.

Heather Fischer's Recipes

Grilled Raspberry Chicken

1 cup (plus 4 tsp.) raspberry vinaigrette	6 chicken thighs
½ cup (plus 1 tsp.) soy sauce	6 chicken drumsticks
1 garlic clove, minced	½ cup seedless raspberry jam
2 Tbsp. of fresh squeezed lime juice	fresh rosemary and raspberries for garnish (optional)
2 Tbsp. fresh or dried rosemary, crushed and divided	

In a large bowl or plastic bag, combine 1 cup vinaigrette, ½ cup soy sauce, garlic, half of the rosemary, and 1 Tbsp. of lime juice. Add chicken. Seal bowl or bag and turn to coat; refrigerate for 1 to 3 hours. In a bowl, combine the jam, 1 Tbsp. lime juice, 1 tsp. soy sauce, remaining vinaigrette, and rosemary; set aside. Drain and discard marinade. Place chicken skin side down on grill rack. Grill covered, over indirect medium heat (may place on aluminum foil) for 20 minutes. Turn; grill 10 to 20 minutes longer or until done; basting occasionally with raspberry sauce. If desired, garnish with fresh rosemary and raspberries.

Triple Berry Tart

Tart Shell

1 cup all purpose flour	1 large egg yolk
½ cup whole wheat pastry flour	½ tsp. vanilla
2 Tbsp. sugar	1 tsp. lemon juice
½ cup cold butter, cut into ½-inch pieces	2 Tbsp. cold water

Filling

8 oz. reduced fat cream cheese or Neufchatel	½ cup sugar
2 eggs	½ tsp. vanilla

Topping

½ cup raspberry, mixed berry or apricot fruit preserves	2 cup fresh strawberries, hulled and sliced
1 tsp. lemon juice	¼ cup fresh raspberries
	¼ cup fresh blueberries

Preheat oven to 400°F. Combine flours and sugar. Cut in pieces of cold butter with a pastry blender or in a food processor until the mixture resembles coarse meal. Put it in a large bowl and stir in the egg yolk, vanilla, lemon juice, and water. With your fingers, pat the dough into a 9-inch tart pan or pie plate. Prick the dough with a fork and bake for 10 minutes or until lightly browned. Cool before filling. **To make the filling;** mix cheese, eggs, sugar, and vanilla until well blended. Pour over cooled crust and bake at 325°F for 30 minutes. Cool before arranging berries on top. **For the glaze;** warm the preserves with the lemon juice for 5 minutes in a small saucepan over medium-low heat, stirring until mixture is a liquid. Cool briefly. While glaze is cooling, arrange strawberries in an overlapping design on the tart. Lightly brush or drizzle with glaze. Top with other fresh berries. Chill 45 minutes to an hour before serving.

Strawberry Feta Salad

1 cup slivered almonds	2 Tbsp. brown sugar
1 clove garlic, minced	1 cup olive oil
1 tsp. honey	1 head romaine lettuce, torn
1 tsp. Dijon mustard	1 pint fresh strawberries, sliced
¼ cup raspberry vinegar	1 cup crumbled feta cheese
2 Tbsp. balsamic vinegar	

In a skillet over medium high heat, cook almonds, stirring frequently, until lightly toasted. Remove from heat, and set aside. In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and olive oil. In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.

Viewer's Recipes

Red Raspberry Dessert - June Trono, Burlington, Vt.

1 pkg. (6 oz.) raspberry or strawberry Jell-O®	½ cup milk
2 cups boiling water	8 oz. frozen whipped topping (thawed)
2 pkgs. (10 oz. each) frozen raspberries	15 Ritz crackers
24 large marshmallows	2 Butterfinger bars

Dissolve gelatin in boiling water, then add frozen berries and stir well. Cool in refrigerator. Melt marshmallows with milk in saucepan over low to medium heat. Cool. Add whipped topping to marshmallow mixture and spread over gelatin mixture. Top with crushed Butterfinger bars and Ritz cracker mix. Cool to serve.

Fresh Strawberry Coffee Cake - Judy Peters, East Thetford, Vermont

½ cup sugar	1 egg
1 cup all purpose flour	2 Tbsp. melted butter
½ cup milk	1½ cups strawberries, sliced
2 tsp. baking powder	

Preheat oven to 375°F and grease an 8x8x2-inch pan. Combine all the ingredients except for strawberries and beat for about 2 minutes, until well blended. Spread the batter in the prepared pan and sprinkle the berries evenly over the batter.

Topping:

½ cup all purpose flour	¼ cup butter, softened
½ cup sugar	¼ cup chopped nuts

Combine the flour and sugar, then cut in the butter with a pastry blender or two knives, until the mixture is crumbly. Toss in the nuts. Sprinkle the topping over the berries and bake in the preheated oven for 35 to 40 minutes. Serve warm. 6 to 8 servings.

Strawberry Salad - Elinor Gray, Brookfield, Vt.

2 pkgs. (3 oz.) strawberry Jell-O®	1 pkg. (16 oz.) frozen strawberries
1 cup boiling water (or pineapple juice)	1 can (20 oz.) crushed pineapple, well drained
4 bananas, mashed	1 cup sour cream
1 cup nuts (optional)	

Put frozen strawberry pkg. in cold water in sink (unless thawed before) to get at least half thawed (the half frozen strawberries will help salad set faster). Put pineapple in strainer to drain, keep pushing down to remove all of juice. Pour boiling water over Jell-O® in mixing bowl and stir until dissolved, then add all other ingredients **except sour cream**. If using the half frozen strawberries, put the strawberries in after the boiling water, to help melt them. Then add bananas, pineapple, and nuts, if desired. Fill serving dish half full and put in refrigerator until set. Add the sour cream for the middle. Add the rest of Jell-O® mixture and return to refrigerator to finish setting.

Blueberry Buckle - Helen B. Davis, Waterbury, Vt.

Mix:

⅓ cup sugar	1 small egg
2 Tbsp. soft shortening (Crisco)	¼ cup milk, stirred in

Stir together and stir into above:

¾ cup sifted flour	¼ tsp. salt
1 tsp. baking powder	

Into mixture stir in 1 cup blueberries washed and well drained. Spread into a greased and floured 9x5x3-inch pan.

Topping:

¼ cup sugar	2 Tbsp. soft butter
3 Tbsp. flour	¼ tsp. cinnamon

Sprinkle with crumb topping and bake at 375° F for 45 to 50 minutes.

Double Blueberry Pie - Barbara Halko, Jay, N.Y.

1 vanilla wafer or graham pie crust	½ cup sugar
2 Tbsp. corn starch	3 pints blueberries
2 Tbsp. water	whipped topping of your choice

In 2 quart saucepan mix cornstarch with water and sugar until blended. Add 1½ pints berries to pot. Heat to a boil over medium-high heat pressing berries against side of pan with back of spoon. Stirring constantly, boil one minute. Remove pan from heat; stir in remaining berries. Pour into crust; cover with plastic wrap and refrigerate about 5 hours. Serve with topping of your choice.

Northwest Wild Berry Cobbler - Florence Swanston, Burke, N.Y.

3 to 4 cups fresh or frozen fruit, thawed	¼ tsp. salt
½ cup butter	2 tsp. baking powder
¾ cup all-purpose flour	¾ cup whole milk
1 cup sugar	

Preheat oven to 375°F. Place butter in a 2 quart rectangular baking dish. Heat in oven for 5 minutes or until butter is melted. Remove dish from oven. Stir together the flour, sugar, baking powder, and salt. Add milk and stir until just combined. Pour over melted butter in baking dish (do not stir). Spoon fruit over batter. Bake for 30 to 40 minutes or until crust is golden brown and toothpick inserted in center comes out clean. Serve warm with vanilla ice cream or whipped cream. Delicious made with sliced peaches, sliced strawberries, sliced plums, blueberries, blackberries, or raspberries. Yield: 6 servings.

Summer Berry Pie - Joyce Gilman, Woodstock, Vt.

¾ cup sugar	1½ cups cold water
3 Tbsp. cornstarch	1 pkg. (3 oz.) strawberry Jell-O®
prepared graham cracker pie crust	3 cups berries, fresh or frozen

Mix sugar and cornstarch in 2 quart sauce pan, add water and stir until smooth. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil for one minute, remove from heat and stir in the Jell-O®. When cool, fold in berries. Pour into a graham cracker crust. Refrigerate for 2 hours and top with whipped cream before serving. I use mixture of blueberries, strawberries, raspberries, or blackberries for filling.

Blackberry Puddin' - Ruth Deth, East Burke, Vt.

2 cups sugar	1 tsp. salt
2 cups sifted flour	2 tsp. baking powder
1/3 cup butter	1 cup milk
2 cups boiling water	2 cups berries

Cream 1 cup sugar and the butter together. Add the flour, baking powder, salt, and milk. Mix well. Put into a deep baking dish or a 2½ quart casserole. Put berries on top. Pour 1 cup sugar and 2 cups boiling water over the berries. Bake at 350°F for about 50 minutes or until top is golden brown. This can be made with raspberries or blueberries.

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