

# *Across the Fence*

## Casserole Recipes – November 2008

### Lyn Jarvis' Recipes

#### Broccoli-Ham Hot Casserole

2 pkgs. (10 oz. each) frozen cut broccoli	3 Tbsp. all-purpose flour
2 cups cooked rice	1 tsp. salt
6 Tbsp. butter	¼ tsp. pepper
2 cups fresh bread crumbs (about 2-1/2 slices)	3 cups milk
1 medium onion, chopped	1½ lbs. fully cooked ham, cubed
	Swiss or cheddar cheese, shredded

Cook broccoli according to package directions; drain. Spoon rice into a 13x9x2-inch baking pan. Place broccoli over rice. Melt butter in a large skillet. Sprinkle 2 tablespoons of melted butter over the bread crumbs and set aside. In remaining butter, sauté onion until soft. Add flour, salt and pepper, stirring constantly until bubbly. Stir in milk and continue cooking until sauce thickens and bubbles. Cook and stir for 1 minute; add ham and heat through. Pour over rice and broccoli. Sprinkle the crumbs over all. Bake at 350°F for 30 minutes or until heated through. Sprinkle with cheese; let stand 5 minutes before serving. Yield: 8 servings.

#### Figgy Duff-Signature Dessert of Gatherall's, Bay Bulls, Newfoundland

1 cup flour	<b>Sauce:</b>
2 cups bread crumbs	1 cup milk
1 cup molasses	¼ cup sugar
1 cup orange juice	1 ½ Tbsp. butter
1 cup raisins	1 tsp. lemon or orange flavoring
1 egg	2 Tbsp. cornstarch
1 tsp. cinnamon	
1 tsp. cloves	
⅓ cup vegetable oil	

Stir together and add 1 tsp. baking soda dissolved in a little hot water. Mix and pour into sprayed 2-quart mold. Cover tightly. Set in pot of hot water. Cover and steam 2 hours. Allow pudding to set at least 20 minutes before removing from mold. Serve with sauce. **To make sauce:** Heat milk, sugar, butter, and flavoring. Add cornstarch mixed in a little cold water. Cook on low heat for 2 minutes to thicken mixture. Yield: 8 to 10 servings.

### Carolyn Peake's Recipes

#### Meat Loaf Pie

2 eggs	¼ tsp. pepper
1 cup milk	1½ lbs. ground beef
1¾ cup soft bread crumbs	4½ cups prepared mashed potatoes
¼ cup chopped onion	1 tsp. prepared mustard
½ tsp. rubbed sage	½ cup shredded cheddar cheese

In large bowl, combine eggs, milk, bread crumbs, onion, sage, and pepper. Crumble beef over mixture and mix well. Press onto the bottom and up the sides of an ungreased deep dish 9-inch pie plate. Bake at 350°F for 35 to 40 minutes or until meat is no longer pink. Add mustard to mashed potatoes. Drain meat loaf and spread potatoes over top of meat. Sprinkle cheese over potatoes and bake 3 to 5 minutes longer or until cheese is melted. Let stand for 5 minutes before cutting. Yield: 6 servings.

## **Tomato Soup Casserole**

2/3 cup long grain rice, uncooked  
1 lb. ground beef  
1/2 cup onion, chopped  
1/4 tsp. paprika

1 cup celery, chopped  
1/4 cup green pepper, chopped  
1 can (10 3/4 oz.) condensed tomato soup  
1/2 cup water

Cook rice according to package directions. Preheat oven to 350°F. Brown ground beef and onion in skillet. Drain. Season with paprika. Combine meat mixture with rice and remaining ingredients in 2-quart casserole and cover. Bake for 30 minutes. Yield: 6 cups.

## **Raisin Bread Pudding**

8 slices bread, cubed  
4 eggs  
2 cups milk  
1/4 cup sugar  
1/4 cup butter, melted  
1/4 cup raisins  
1/2 tsp. ground cinnamon

**Sauce:**  
2 Tbsp. butter  
2 Tbsp. all-purpose flour  
1 cup water  
3/4 cup sugar  
1 tsp. vanilla extract

Place bread cubes in a greased slow cooker. In bowl, beat eggs and milk; stir in sugar, butter, raisins, and cinnamon. Pour over bread and stir. Cover and cook on high for an hour. Reduce heat to low and cook for 3 to 4 hours or until a thermometer reaches 160°F. Just before serving, melt butter in saucepan. Stir in flour until smooth. Gradually add water, sugar, and vanilla. Bring to a boil and cook and stir for 2 minutes or until thickened. Serve with warm bread pudding. Yield: 6 servings.

## **Down-On-The-Farm Chicken Casserole**

### **Hash Browns Layer:**

1 pkg. (30 oz.) frozen hash browns, thawed  
1 can (10.5 oz.) cream of celery  
condensed soup  
1 cup light sour cream  
1/2 cup grated onion  
2 Tbsp. diced pimento  
1 cup shredded cheddar cheese

### **Chicken Layer:**

3 cups cooked, bite-size chicken pieces  
1 can (10.5 oz.) cream of chicken  
condensed soup  
1 can (10.5 oz.) cream of mushroom  
condensed soup  
1 cup light sour cream

### **Crumb Layer:**

1 pkg. (8 oz.) buttery round crackers, crushed  
1 Tbsp. poppy seeds  
1/2 cup unsalted butter, melted

Preheat oven to 350°F and lightly grease 13x9x2-inch baking dish. **To assemble hash browns layer:** Combine hash browns, cream of celery soup, sour cream, onion, pimento, and cheddar cheese in a medium bowl. Mix well. Spread the mixture in the bottom of the baking dish. **To assemble chicken layer:** Combine chicken pieces, cream of chicken soup, cream of mushroom soup, and sour cream in large bowl. Stir until well blended. Pour mixture over hash brown layer. **To make crumb layer:** Mix together crushed crackers and poppy seeds. Stir in melted butter. Spread crumb layer evenly over chicken layer. Bake until heated through and lightly browned on top, about 35 to 40 minutes. Yield: 10 to 12 servings.

## **Heather Fischer's Recipes**

### **French Bread Casserole**

1 loaf French bread  
8 large eggs  
2 cups half & half  
1 cup milk  
2 Tbsp. granulated sugar  
1 tsp. vanilla extract  
¼ tsp. ground cinnamon  
¼ tsp. ground nutmeg  
Dash salt  
Vermont maple syrup

#### **Praline Topping:**

½ lb. (2 sticks) butter  
1 cup packed light brown sugar  
1 cup chopped pecans  
2 Tbsp. light corn syrup  
½ tsp. ground cinnamon  
½ tsp. ground nutmeg

Combine all ingredients in a medium bowl and blend well.

Slice French bread into 20 slices, 1-inch each. Arrange slices in a generously buttered 9x13x2-inch flat baking dish in 2 rows, overlapping the slices. In a large bowl, combine the eggs, half & half, milk, sugar, vanilla, cinnamon, nutmeg, and salt and beat with a rotary beater or whisk until blended but not too bubbly. Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Spoon some of the mixture in between the slices. Cover with foil and refrigerate overnight. The next day, preheat oven to 350°F. Spread Praline Topping evenly over the bread and bake for 40 minutes, until puffed and lightly golden. Serve with maple syrup.

### **Layered Chicken and Black Bean Enchilada Casserole**

2 cups diced chicken breast meat  
½ tsp. ground cumin  
½ tsp. ground coriander  
2 Tbsp. chopped fresh cilantro  
1 can (15 oz.) black beans, rinsed and drained  
1 can (4.5 oz.) diced green chile peppers, drained

1 can (10 oz.) red enchilada sauce  
8 corn tortillas (6-inch)  
2 cups shredded Mexican blend cheese  
1 container (8 oz) sour cream

Preheat the oven to 375°F. Heat a large skillet over medium heat, and spray with vegetable cooking spray. Sauté chicken with cumin and coriander until chicken is cooked through. Transfer to a medium bowl. Stir in the cilantro, black beans, and green chile peppers. Spread half of the enchilada sauce over the bottom of an 11x7x2 inch baking dish. Place 4 tortillas over the sauce, overlapping if necessary. Spoon half of the chicken mixture over the tortillas, and sprinkle with half of the cheese and half of the sour cream. Spoon the remaining enchilada sauce over the cheese, and make another layer of tortillas. Layer the remaining chicken mixture over the tortillas. Cover dish with a lid or aluminum foil. Bake for 30 minutes in the preheated oven. Remove the cover, and sprinkle the remaining cheese over the top and dot with sour cream. Continue cooking, uncovered, for an additional 5 to 10 minutes, or until cheese melts. Let stand 10 minutes before serving.

## **Cabbage Casserole**

1 large head cabbage, shredded (can also use package of prepared coleslaw mix)  
1 onion, chopped  
6 Tbsp. butter or margarine, divided  
1 can (10.75 oz.) condensed cream of mushroom soup, undiluted

1 cup mild shredded cheddar cheese  
Salt and pepper to taste  
¼ cup dry bread crumbs

Cook cabbage in boiling salted water until tender; drain thoroughly. In a large skillet, sauté onion in 5 tablespoons butter until tender. Add soup and mix well. Add cheese; heat and stir until melted. Remove from heat. Stir in cabbage, salt and pepper. Transfer to an ungreased 2-qt. baking dish. In a small skillet, melt remaining butter. Cook and stir crumbs in butter until lightly browned; sprinkle over casserole. Bake uncovered, at 350°F for 20 to 30 minutes or until heated through.

## **Viewer's Recipes**

### **Fall Pumpkin Dessert**

**Anette Marcinko, Warren, Vt.**

2 small pumpkin pie pumpkins (4 to 6-inch diameter)  
1 apple, peeled, cored, and cubed  
½ cup blueberries  
½ cup raspberries

⅛ cup raisins  
⅛ cup walnuts, chopped  
⅛ cup cranberries  
¼ cup brown sugar

Cut round top off pie pumpkins and save it. Remove seeds and pulp and discard. Dust the inside of pumpkins with sugar. Combine the remaining ingredients and fill pumpkins with mixture. Put pumpkin top back on and bake at 350°F until toothpick goes through pumpkin skin. Serve by scooping pumpkin from sides along with fruit. **Note:** you can use any fresh or dried fruit for this recipe that is high in fiber and low fat. Cooking times vary with size and firmness of pumpkin.

### **Apple-Ham Casserole**

**Karin Rae – Stowe, Vt.**

¼ tsp. ground cloves  
½ tsp dry mustard  
1 cup soft bread crumbs  
3½ - 4 cups ground cooked smoked ham  
1 medium onion  
2 eggs, beaten

½ cup milk (or enough to moisten)  
Salt to taste (unless the ham is very salty)  
3 eating apples, peeled, cored and sliced  
¼ cup honey or Vermont maple syrup  
2 Tbsp. butter

Grind ham and onion at the same time. Mix first 8 ingredients. Pack in greased shallow baking dish. This part can be made ahead of time. Arrange apples on mixture drizzling with honey or maple syrup. Bake in preheated moderate oven (375°F) for about 40 minutes. Yield: 4 to 6 servings.

### **Beef and Bean Casserole**

**Gloria Hinman, Plattsburgh, N.Y.**

1 lb. ground beef	2 Tbsp. brown sugar
1 tsp salt	1 Tbsp. instant minced onion
1 can (16 oz.) pork and beans	1 can (8 oz.) refrigerated biscuits
¾ cup barbeque sauce	1 cup cheddar cheese, shredded

Brown the ground beef and drain excess fat. Stir in salt, pork and beans, barbeque sauce, brown sugar, and minced onion. Heat until bubbly and pour into a 2 qt casserole dish. Cut biscuits in half to form 20 half round circles. Place cut side down biscuits around the edge of dish and sprinkle with cheese. Bake at 375°F for 25 to 30 minutes or until golden brown.

### **Green Bean Casserole**

**Barbara Blake, W. Brattleboro, Vt.**

1 lb. ground beef	1 can (8 oz.) tomato sauce
1 lg. onion, chopped	½ tsp. oregano
1 can (14.5 oz.) tomatoes, with juice	Salt and pepper to taste
1 can (14.5 oz.) cut green beans, with juice	1 can (8 oz.) refrigerated biscuits

Cook onion for 10 minutes in 2 tablespoons oil. Remove onion and brown ground beef. Add onion and the rest of the ingredients and bring to a boil. Place in casserole dish. Put biscuits on top and bake for 15 minutes at 450°F or until biscuits are done. For thicker sauce, add 3 tablespoons cornstarch mixed in a little cold water.

### **Cabbage Casserole**

**Ruth Deth, East Burke, Vt.**

1 large head of cabbage, shredded (about 12 cups)	1 can (10 ¾ oz.) cream of mushroom soup
1 medium onion, chopped	8 oz. American cheese, cubed
6 Tbsp. butter, divided	¼ cup dry bread crumbs
	Salt and pepper to taste

Cook cabbage in boiling salted water until tender; drain. In a large skillet sauté onion in 5 Tbsp. of butter until tender. Add soup and half the cheese. Mix well. Remove from heat. Stir in cabbage, salt, and pepper. Transfer to an ungreased 2 quart casserole. In a small skillet melt remaining butter. Stir in crumbs and cook until lightly browned. Sprinkle over casserole along with the remaining cheese. Bake uncovered at 350°F for 20 to 30 minutes or until heated through. Yields 12 servings. Recipe can be halved.

### **Million Dollar Fruit Casserole, Gloria Onge, Tupper Lake, N.Y.**

1 stick butter	1/2 tsp. salt
1 can cherry, blueberry, or apple pie filling	1 1/2 tsp. baking powder
1 cup sugar	1 cup milk
1 cup flour	

Melt butter in 8x8x2-inch baking dish. Cover with pie filling. Mix sugar, flour, salt, baking powder, and milk. Pour over pie filling and bake at 350°F for 30 minutes. Yields 6 servings.

### **Tuna Rice Casserole, Barbara Townsend, Randolph, Vt.**

4 or 5 medium stalks celery, chopped	3 Tbsp. Worcestershire sauce
1 medium onion, finely chopped	1/2 tsp. all-purpose seasoning
1 can cream soup, your choice	1 can (13 oz.) tuna packed in water
2 Tbsp parsley flakes	2 cups dry rice, cooked
2 Tbsp. basil	

In a large skillet sauté celery and onions in a small amount of butter until tender. Add soup and tuna (do not drain tuna) and dilute with enough water to make a thick cream sauce. Add all ingredients, except rice, to the mixture and cook on low heat for 10 to 15 minutes. Stir this mixture into hot rice and serve. Yields 4 servings.

### **Sweet Potato Casserole, Greta Crandall, Peru, Vt.**

6 medium sweet potatoes, peeled and cooked	1 tsp. cinnamon
2 - 3 Granny Smith apples, sliced, but not peeled	1/4 cup butter
3/4 cup brown sugar	1/2 cup water

Cook sweet potatoes and slice. Microwave sliced apples in single layer until soft in a dish moistened with cooking spray. In medium baking dish, alternate layers of sweet potatoes and apples, starting with sweet potatoes. Sprinkle with brown sugar and cinnamon. Dot with butter. Pour water over all. Cover and bake at 350°F for 30 minutes.

### **Three Corn Casserole, Adam Boyce – Williamstown, Vt. / Greta Crandall – Peru, Vt.**

1/2 cup butter, softened	1 can (16 oz.) cream style corn
1 cup sour cream	1 tsp. salt
1 egg	1 pkg. (8.5 oz.) corn muffin mix
1 can (16 oz.) whole kernel corn, drained	Parmesan cheese (topping)

In a large bowl, mix butter, sour cream, and egg. Stir in both cans of corn. Blend in muffin mix and spoon into a well-greased 8x8-inch casserole dish. Sprinkle Parmesan cheese over top of mixture. Bake at 350°F for 45 minutes or until puffed up and golden brown on top.

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