

Across the Fence Favorite Recipes – May 2008

Lyn Jarvis' Recipes

Shredded Beef Sandwiches

1 can (10.5 oz.) condensed beef broth, undiluted	1 tsp. pepper
1 cup ketchup	1 tsp. Worcestershire sauce
½ cup packed brown sugar	1 beef eye round roast (3.5 lb.), cut in half
½ cup lemon juice	1 tsp. salt
3 Tbsp. steak sauce	16 sandwich buns, split
2 garlic cloves, minced	Dill pickle slices, optional

In a small bowl, whisk the first eight ingredients. Pour half of mixture into a 5-qt. slow cooker. Sprinkle beef with salt; add to slow cooker and top with the remaining broth mixture. Cover and cook on low for 10 to 12 hours or until meat is tender. Shred meat with two forks and return to slow cooker (can thicken sauce with addition of tapioca). Using a slotted spoon, place ½ cup beef mixture on each bun. Top with pickles if desired. Yield: 16 servings.

Seafood Stuffed Shells

30 uncooked jumbo pasta shells	1 tsp. salt
½ lb. bay scallops	½ tsp. ground nutmeg
2 tsp. butter	¼ tsp. pepper
2 eggs	1 can (6 oz.) lump crab meat, drained
2 cups (16 oz.) cream style cottage cheese	¾ lb. frozen cooked small shrimp, thawed
1 carton (15 oz.) ricotta cheese	1 jar (17 oz.) Alfredo sauce

Cook pasta shells according to package directions. Meanwhile, in a small skillet over medium heat, cook scallops in butter for 1 to 2 minutes or until opaque. Transfer to a large bowl. Place one egg and half of the cottage cheese, ricotta, nutmeg, salt, and pepper in a blender; cover and process until smooth. Add to scallops. Repeat with remaining egg, cottage cheese, ricotta, nutmeg, salt, and pepper. Add to scallops. Stir in crab and shrimp. Drain shells and rinse in cold water. Stuff with seafood mixture. Place in a greased 13x9x2-inch baking dish. Top with Alfredo sauce. Cover and bake at 350°F for 30 to 35 minutes or until bubbly. Sprinkle with paprika. Yield: 10 servings.

Baked Bean Corn Bread

2 pkgs. (8.5 oz. each) corn bread-muffin mix	2 eggs, lightly beaten
⅔ cup milk	1 can (10 oz.) baked beans

In a large mixing bowl, combine the corn bread mixes, milk, and eggs. Pour 1½ cups of batter into a greased 9-inch pie plate. Spread with baked beans. Spread with remaining batter. Bake, uncovered, at 400°F for 25 to 30 minutes or until a toothpick inserted into corn bread comes out clean. Serve warm. Yield: 6 servings.

Hot Dog Pie

½ lb. ground beef	2 Tbsp. prepared mustard
4 hot dogs, cut in half lengthwise and sliced	2 oz. process cheese (Velveeta®), cubed
1 can (16 oz.) baked beans	1 unbaked 9-inch deep-dish pastry shell
½ cup ketchup	5 slices American cheese
2 Tbsp. brown sugar	

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the hot dogs, beans, ketchup, brown sugar, mustard, and cheese cubes. Cook and stir until cheese is melted. Meanwhile, prick pastry shell with a fork. Bake at 400°F for 10 minutes. Fill with hot beef mixture. Cut each cheese slice into four strips; make a lattice topping over pie. Bake 5-10 minutes longer or until cheese is melted. Yield: 4 to 6 servings.

Carolyn Peake's Recipes

Whole Wheat Flax 'n Apple Muffins

¼ cup milled flax seed	1 cup applesauce (or 1½ cups finely chopped apple)
¾ cup whole wheat graham flour	3 Tbsp. vegetable oil
¾ cup white flour	½ cup milk
½ cup sugar	1 cup raisins
2 tsp. baking powder	1 cup semi-sweet chocolate chips
½ tsp. baking soda	½ cup chopped nuts, optional
1 egg, beaten	

Blend dry ingredients in a bowl. In separate bowl, combine egg, oil, and applesauce (if using that), and milk. Add dry ingredients to egg mixture and stir until just blended. Fold in apples (if using them), raisins, chocolate chips, and nuts. Batter will be thick. Fill well greased muffin cups ¾ full. Bake at 400°F for 18 to 20 minutes or until top springs back when touched. Yield: 12 muffins.

Refrigerator Rolls (Lynette Miller)

1 cup shortening	2 eggs, beaten
1 cup sugar	2 pkgs. yeast
1½ tsp. salt	1 cup cold water
1 cup boiling water	6 cups unsifted flour

Pour boiling water over shortening, sugar and salt. Blend and cool. Add eggs. Let yeast stand in cold water for five minutes then stir and add to mixture. Add flour. Blend well, cover and place in the refrigerator for at least four hours. Dough must be in a large bowl as it will rise some in the refrigerator. It will keep a week to ten days and may be used as needed. About 3 hours before rolls are needed, roll into desired shape, using enough extra flour to make them easy to handle, then place in greased pan and allow to rise at room temperature about two hours or until doubled in size. Bake in hot oven at 425°F for 12 to 15 minutes. If harder crust is desired, bake in moderate oven (350°F to 375°F) for 20 minutes. Brush with butter after they are baked. Yield: about 3 dozen.

Black And White Brownies

1 pkg. (19 to 21 oz.) fudge brownie mix	3 Tbsp. hot water
1 pkg. (10 to 12 oz.) white baking chips	2 cups sifted powdered sugar
1 cup semi-sweet chocolate pieces	¼ cup unsweetened cocoa powder
½ cup pecan pieces	1 tsp. vanilla
¼ cup butter, melted	¾ cup pecan pieces

Grease bottom of 13x9x2-inch baking pan and set aside. Prepare brownie mix according to package directions. Stir in half the white baking chips and all the chocolate chips, and the ½ cup pecans. Spread batter in prepared pan. Bake in 350°F oven about 30 minutes or until center is set. Sprinkle with remaining white chocolate chips; bake 1 minute longer. Cool in pan on wire rack. **For frosting:** in a small bowl combine melted butter and hot water. Stir in powdered sugar, cocoa powder, and vanilla. Beat by hand until smooth; spoon over top of brownies. Sprinkle with ¾ cup pecans. Cool about 1½ hours or until frosting is set. Cut into bars. Yield: about 36 brownies.

Corned Beef Casserole (Freda Leonard)

2½ cups shell macaroni, cooked	1 can corned beef, crumbled
½ cup onion, chopped	1 can (10.5 oz.) cream of chicken soup
2 cups cheddar cheese, diced	1 cup milk

Cook shells and drain. Combine cheese, onion, and corned beef with shells. Add soup and milk and mix well. Bake in a 2 qt. casserole dish for 45 minutes at 350°F. Let casserole set at least 10 minutes before serving.

Heather Fischer's Recipes

Chicken Cordon Bleu

6 skinless, boneless chicken breast halves	3 Tbsp. olive oil
6 slices Swiss cheese	1 egg, beaten
6 slices ham	½ cup dry white wine
3 Tbsp. flour	1 tsp. chicken bouillon granules
3 Tbsp. bread crumbs	1 Tbsp. cornstarch
1 tsp. paprika	1 cup heavy whipping cream
3 Tbsp. butter	

Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within ½-inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour, breadcrumbs, and paprika in a small bowl, and coat the chicken pieces. Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear. Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.

Amazing Broccoli Salad

10 slices bacon	3 Tbsp. white wine vinegar
1 head fresh broccoli, cut into bite size pieces	2 Tbsp. white sugar
¼ cup red onion, chopped	1 cup mayonnaise
½ cup raisins	1 cup sunflower seeds

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside. In a medium bowl, combine the broccoli, onion, and raisins. In a small bowl, whisk together the vinegar, sugar, and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours. Before serving, toss salad with crumbled bacon and sunflower seeds.

Coconut Cranberry Chocolate Macaroons

⅔ cup sugar	2 tsp. pure vanilla extract
2 large egg whites, lightly beaten	½ tsp. fine salt
½ cup dried cranberries, finely chopped	3 cups (about 8 oz.) finely shredded unsweetened coconut
½ cup chocolate chips (mini or regular)	
Finely grated zest of 1 orange	

Preheat oven to 350°F. Line 2 baking sheets with parchment. Whisk the sugar, egg whites, cranberry, orange zest, vanilla, and salt in a large bowl. Toss the coconut with the egg mixture until completely coated. Moisten your finger tips with water. Form about 1 heaping tablespoon of the batter into pointed mounds on the prepared pans, spacing them about 1-inch apart. Bake until the edges are golden brown and the entire macaroon is nicely toasted and dry (16 to 20 minutes). Transfer to a rack to cool. Serve. Store macaroons in a tightly sealed container for up to a week.

Viewer's Recipes

Orange Bran Flax Muffins - Barbara Sicard, Hardwick, Vt.

1½ cups oat bran	1 cup brown sugar
1 cup flour	1 cup buttermilk
1 cup flaxseed, ground	½ cup canola oil
1 cup wheat bran	2 eggs
1 Tbsp. baking powder	1 tsp. baking soda
½ tsp. salt	1½ cups golden raisins
2 oranges, quartered and seeded	

Preheat oven to 375°F. Grease two 12-cup muffin pans with cooking spray. In a large bowl, combine the oat bran, flour, flaxseed, wheat bran, baking powder, and salt. Set aside. In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs, and baking soda. Blend well. Pour orange mixture into dry ingredients. Mix until well blended. Stir in raisins. Divide batter evenly among muffin cups. Bake for 18 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans for 5 minutes before removing muffins to cooling rack. Yield: 24 muffins. (For 1 cup buttermilk add 1½ Tbsp. white vinegar to milk and let stand 10 to 15 minutes.)

Old Fashioned Oatmeal Cake - Sylvia Ledoux, Reading, Vt.

1¼ cups hot water	2 tsp. vanilla
1 cup rolled oats (instant)	1⅓ cups flour
1 stick butter, softened	1 tsp. soda
2 eggs, beaten	1 tsp. nutmeg
1 cup white sugar	1 tsp. cinnamon
1 cup brown sugar	

Topping:

⅓ cup nuts	¼ cup milk	1 cup brown sugar
6 Tbsp. butter, melted	1 cup coconut	

Mix all ingredients together. Pour into a 9x13-inch cake pan. Bake at 350°F for 45 minutes. Remove cake from pan and spread topping over cake. Bake 5 or 7 minutes longer (or broil 3 to 4 minutes) until golden brown and bubbly.

Berries and Light Biscuits – Kenneth Jacobs, Springfield, Vt.

1½ cups strawberries, sliced	1½ cups rhubarb, diced
1½ cups blueberries	1 cup sugar
1½ cups apples, sliced	2 - 3 Tbsp. tapioca (for desired thickness)

Topping (light biscuits):

2 cups flour	1 tsp. salt	¾ cup milk
4 Tbsp. baking powder	½ cup vegetable shortening	

For berries: Mix all ingredients together in large bowl and pour into an 8x2-inch baking dish; dot with butter and ½ tsp. nutmeg. Bake for one hour at 350°F. **For biscuits:** Mix together dry ingredients, use pastry blender to blend in shortening. Add milk and mix well. Roll out on floured board, until about ½-inch thick. Cut out and bake at 350°F until lightly browned. Arrange biscuits on top of berries.

Mother Ann Cake – Ethelyn Martin, Calais, Vt.

¾ cup butter	1 Tbsp. baking powder
1½ cup sugar	¼ tsp. salt
3 egg yolks	Apricot preserves
½ tsp. vanilla	Raspberry preserves
2¼ cups flour	Shredded coconut, toasted (for garnish)

Cream butter and sugar till light and fluffy; add egg yolks and vanilla; beat well. Sift flour, baking powder and salt together. Add dry ingredients to creamed mixture alternating with 1 cup milk, beating well after each addition. Beat egg whites until stiff peaks form and fold into batter. Pour into two 8-inch cake pans that have been greased and floured. Bake at 350°F for 30 to 35 minutes. Once cakes have cooled, split each into two layers. Place one layer on plate and spread with apricot preserves; place second layer on top and frost with cream cheese frosting. Place third layer and spread with raspberry preserves; place fourth layer on top and frost all over with cream cheese frosting. Top with lightly toasted shredded coconut.

Ham 'n Cheese Egg Loaf – Mrs. Wayne Evans, Mooers, N.Y.

6 eggs	6 bacon strips, cooked and crumbled
¾ cup milk	1 cup cubed fully cooked ham
1 tsp. prepared mustard	4 oz. cheddar cheese, cut into ½-inch cubes
1½ cups all-purpose flour	4 oz. Monterey Jack cheese, cut into
2½ tsp. baking powder	½-inch cubes
¼ tsp. salt	

In a mixing bowl, beat eggs until frothy, about 1 minute. Add milk and mustard. Combine the flour, baking powder, and salt. Add to the egg mixture and beat until smooth. Stir in bacon, ham and cheeses. Transfer to a greased and floured 9x5x3-in. loaf pan. Bake uncovered, at 350°F for 55 to 60 minutes or until golden brown and a toothpick inserted near the center comes out clean. Cool for 10 to 15 minutes. Run a knife around edge of pan to remove. Slice and serve warm. Refrigerate leftovers. Yield: 6 to 8 servings.

4 Layer Delight - Gyneth Fortin, Sheldon Springs,

1 cup butter, melted	1 container (12 oz.) whipped topping
1 cup flour	1 cup confectioner's sugar
1 cup chopped nuts	2 pkg. (3.4 oz. each) instant chocolate pudding
1 pkg. (8 oz.) cream cheese	3 cups milk

Layer 1: Mix butter, flour, and nuts. Pat in 8x8x2-inch baking dish and bake at 350°F for 10 to 15 minutes, until brown. **Layer 2:** Mix cream cheese, 1 cup whipped topping, and confectioner's sugar; spread on cooled baked layer. **Layer 3:** Mix pudding and milk and put on top of cream cheese mixture. **Layer 4:** Top with remaining whipped topping.

Turkey Rice Casserole – Ruth Clough, Dorset, Vt.

4 cups cut up turkey (or chicken) approx. 2½ lbs.	1 can (8 oz.) mushrooms (optional)
2 cups diced celery (or ½ pkg. celery hearts)	1½ cups mayonnaise
2 cups cooked rice	2 Tbsp. lemon juice
2 Tbsp. chopped onion	2 cans (10.5 oz.) cream of chicken soup (undiluted)

Topping:

2 cups Rice Krispies®	3 Tbsp. butter, melted	Almonds, slivered
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Mix together all ingredients and put into one large, or two small greased casserole dishes. Bake at 350°F for about 30 minutes and about 45 minutes for large casserole. During last 15 to 20 minutes of baking time put on topping. Yield: 8 servings

Vermont Maple Walnut Cream Pudding - Judy Morgan, Berlin, Vt.

2 cups milk	2 eggs, slightly beaten
1 cup maple syrup	½ cup chopped walnuts
2 Tbsp. cornstarch	1 cup heavy cream
¼ tsp. salt	

Scald 1¾ cup milk with the maple syrup in the top of a double boiler. Combine the remaining milk with cornstarch, and salt; add gradually to the hot mixture. Cook for 25 minutes and then add this mixture to eggs (which have been slightly beaten). Cook for 5 minutes longer. Pour into serving dish and sprinkle with nuts while pudding is still hot. Chill and serve with whipped cream.

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