

***Across the Fence***  
**Recipes with a Foreign Flair – August 2009**

**Lyn Jarvis' Recipes**  
**Cape Breton Oatcakes**

1½ cups sugar	6 cups quick cooking oats
2 Tbsp. brown sugar	1 lb. shortening
4 cups flour	½ cup butter
2 tsp. salt	½ cup cold water
2 tsp. baking soda	

Sift together flour, sugars, salt, and soda. Add soft butter and shortening mixing until absorbed. Do not over mix. Gently fold in the oats and water and mix. Roll out one quarter to one half inch thick and cut into 2-inch circles. Bake at 350°F until lightly browned. Yield: About 30 cakes.

**Blueberry Orange Scones**

2 cups all-purpose flour	¼ tsp. ground cloves
3 Tbsp. sugar	¼ cup cold butter
2 tsp. baking powder	½ cup buttermilk
2 tsp. grated orange peel	¼ cup orange juice
1 tsp. salt	½ cup fresh or frozen unsweetened blueberries
¼ tsp. baking soda	

In a large bowl, combine flour, sugar, baking powder, orange peel, salt, baking soda, and ground cloves. Cut in butter until mixture resembles coarse crumbs. Stir in buttermilk and orange juice just until moistened. Gently fold in blueberries. Turn onto a floured surface: gently knead 10 times. Pat into an 8-inch circle. Cut into eight wedges. Separate wedges and place on a baking sheet coated with cooking spray. Bake at 425°F for 10 to 12 minutes or until golden brown. Serve warm.

**Marco Ayala's Recipes**  
**Mexican Wedding Cookies**

1 cup butter	2 cups all-purpose flour
½ cup white sugar	1 cup chopped pecans
2 tsp. vanilla extract	½ cup confectioners' sugar
2 tsp. water	

In a medium bowl, cream the butter and sugar. Stir in vanilla and water. Add the flour and pecans, mix until blended. Cover and chill for 3 hours. Preheat oven to 325°F. Shape dough into balls or crescents. Place on an un-greased cookie sheet and bake for 15 to 20 minutes in the preheated oven. Remove from pan to cool on wire racks. When cookies are cool, roll in confectioners' sugar. Store at room temperature in an airtight container. Yield: About 50 cookies. Pecans can be substituted with almonds.

## Apple Enchiladas

1 can (21 oz.) apple pie filling  
4 flour tortillas (8-inch)  
1 tsp. ground cinnamon  
1/3 cup butter

1/2 cup white sugar  
1/2 cup packed brown sugar  
1/2 cup water

Preheat oven to 350°F. Spoon fruit evenly onto all tortillas and sprinkle with cinnamon. Roll up tortillas, cut them in half, and place seam side down on lightly greased 8x8 baking pan. Bring butter, sugars and water to a boil in a medium sauce pan. Reduce heat and simmer, stirring constantly for 3 minutes. Pour sauce evenly over tortillas; sprinkle with extra cinnamon on top if desired. Bake in preheated oven for 30 minutes. Yield: 8 servings.

## Chilaquiles

2 chicken breasts, cooked and shredded  
1 jar (16 oz.) salsa (mild or medium depending on how hot you like it)  
1 1/2 cups chicken broth  
1 bag tortilla chips  
1 medium onion, sliced and separated in rings

5 slices ham, chopped  
1 container (8 oz) sour cream, plus  
2 Tbsp. milk  
2 cups shredded Mexican blend cheese  
Salt and pepper to taste

Season shredded chicken breasts with salt and pepper to taste. In a medium saucepan bring salsa to a boil, add chicken broth and mix well. On a greased 8x8-inch baking dish arrange a layer of tortilla chips making sure the bottom of the pan is well covered. Place a layer of shredded chicken and sprinkle with half the chopped ham. Place a layer of onion rings and cover evenly with half the salsa mixture. Drizzle with half the sour cream and sprinkle half the shredded cheese. Repeat layers. Cover with foil leaving a hollow area between the cheese and the foil to prevent sticking. Bake at 350°F for 30 to 45 minutes or until salsa is bubbly and cheese is melted.

## Moroccan Salad

1 head green leaf lettuce  
2 carrots, finely grated  
2 oranges  
4 oz. pitted dates, cut into eighths lengthwise  
1/4 cup toasted almonds, chopped

**Dressing:**  
2 Tbsp. lemon juice  
1 tsp sugar  
1/4 tsp. salt  
1 cup sweet white wine  
Zest from a large orange

### **Mix orange zest and white wine and let soak for 24 hrs.**

Strain orange zest and discard. Separate the lettuce and arrange in the bottom of a salad bowl or on individual serving plates. Place the grated carrot in a mound on top. Peel and segment the oranges and arrange them around the carrot. Pile the dates on top then sprinkle with almonds. Mix together the lemon juice, sugar, salt, and wine. Sprinkle over the salad, serve chilled.

## **Carolyn Peake's Recipes** **Greek Chicken and Orzo**

¾ tsp. dried oregano  
¼ tsp. cracked pepper  
4 thin lemon slices  
2 Tbsp. olive oil  
4 bone-in chicken breast  
1 cup orzo

½ cup golden raisins  
¼ cup pitted black olives, chopped  
¼ cup chopped fresh dill  
2 Tbsp. finely chopped red onion  
Additional lemon slices and dill sprigs,  
(optional)

Preheat oven to 425°F. Combine oregano and pepper, reserve. Rub lemon slices with 1 Tbsp. oil, then sprinkle both sides with 1 tsp. oregano mixture. With fingers, separate skin from chicken, leaving the skin attached. Place one lemon slice under skin of each breast. Sprinkle chicken with remaining oregano mixture; place in roasting pan. Roast for 35 minutes or until juices run clear when chicken is pierced with a fork. Meanwhile, cook orzo according to package directions and drain. In bowl combine orzo, raisins, olives, dill, onion and remaining 1 Tbsp. salt. If desired, garnish chicken with lemon and dill and serve with orzo.

## **Pavlova Cake**

4 egg whites  
1 cup sugar, divided  
1 tsp. cornstarch  
1 tsp. white vinegar  
1 tsp. vanilla  
1 - 2 Tbsp. shortening

½ pint whipping cream, whipped  
\* Fresh fruit of choice (raspberries,  
blueberries, strawberries, or any other  
combination of fruits you like.  
Use a combination of them.)

Beat the egg whites until stiff and dry. Beat in half the sugar. Stir the cornstarch into the other half of the sugar and add to egg whites and beat together. Add vanilla and vinegar and beat. Cut a sheet of brown paper (a clean grocery bag works well) the size of a pizza pan or a flat cookie sheet. Grease the paper with shortening, then quickly run the greased side of the paper under cold water tap. (Don't soak the paper, just run it under the tap.) Lay the paper on a cookie sheet or pizza pan, greased side up and pile on the egg whites, smoothing it into a cake shape about 8 inches across and 2 inches high. Allow space for the cake to spread slightly. Make sure the sides are slightly higher than center to spread whipped cream and fruit.

Bake at 250°F for 1½ hours. When cooked the Pavlova will be lightly golden brown, crunchy on the outside and soft on the inside. Don't worry about cracks on the crust. Slide the cake carefully off the paper and onto a large serving plate. When cool, spread with unsweetened whipped cream on top and sides, and decorate with your favorite fresh fruits.

## Irish Apple Pie

2 cups hot mashed potato	¼ cup all-purpose flour
1 Tbsp. butter	4 cups thinly sliced apples
⅛ tsp. cinnamon	2 Tbsp. brown sugar
⅛ tsp. ginger	1 tsp. melted butter
1 Tbsp. brown sugar	1 tsp. granulated sugar

Preheat oven to 375°F. Combine potato, butter, cinnamon, ginger, and brown sugar. Mix well. Blend in flour. Reserve ¾ cup for top of the pie. On a sheet of waxed paper, pat the remaining dough into a circle slightly larger than a 9-inch pie plate. Place a well-greased pie plate over dough. Lift and invert the dough into the pan. Remove the waxed paper. Arrange apple slices over the potato mixture. Sprinkle with 2-Tbsp brown sugar. Pat remaining ¾ cup of potato mixture onto a 9-inch circle of waxed paper. Invert over pie. Peel off paper, crimp and seal edges of dough around pie. Cut a vent in the center of the pie. Bake 45 to 50 minutes. Brush top with 1 tsp. melted butter and sprinkle with granulated sugar a few minutes before removing from oven. Serve hot with whipped cream.

## Viewer's Recipes

### Peach Kuchen (Pie)

Edith Ackerman, Fairlee, Vt

#### **Crust:**

1½ cup flour	2 Tbsp. shortening
2 tsp. baking powder	1 egg, slightly beaten
½ tsp. salt	¼ cup milk
2 tsp. sugar	

#### **Filling**

7 or 8 peach halves	⅔ cup brown sugar
½ cup sugar	¼ tsp. almond extract
⅓ cup cornstarch	½ tsp. vanilla
1 cup cream	Cinnamon and sugar for top

**To make the crust:** Sift flour, baking powder, salt, and sugar together. Cut in shortening. Combine eggs and milk, add to dry ingredients mixing with a fork until thoroughly blended. Press dough evenly over bottom and up sides of a buttered pie plate. If preferred, dough may be rolled into a circular shape, then fitted into buttered pie plate. Arrange peach halves, hollow side up in crust. **Filling:** Mix sugar and cornstarch thoroughly, add a small amount of cream, stir until smooth. Heat brown sugar in remaining cream to dissolve, add cornstarch mixture slowly. Cook, stirring constantly until thickened and smooth. Add flavorings and pour thickened cream over peaches. Sprinkle top with cinnamon and sugar, Bake in moderate oven at 400°F for 10 minutes, then at 350°F for 35 minutes or until peaches are tender and top is well browned.

**Vanilla Bean Crème Brulee,**  
**Lauren Donnelly, Burlington, Vt.**

2 cups heavy whipping cream  
4-inch piece vanilla bean, split lengthwise  
6 large egg yolks  
1/3 cup granulated sugar

2 Tbsp. Cognac (optional)  
6 Tbsp. oven-dried brown sugar or granulated  
sugar for topping

Pour the cream into a medium saucepan, scrape the seeds from the vanilla bean into the cream, and add the vanilla pod. Place over medium heat until small bubbles form around the edges of pan. Remove from the heat and let cool to room temperature. Remove the vanilla pod and scrape any remaining seeds into the cream. Preheat oven to 275°F. In a medium bowl whisk the egg yolks until pale in color. Whisk in the 1/3 cup granulated sugar until dissolved. Gradually whisk in the cream. Stir in the Cognac, if desired. Place six standard flan dishes in a baking pan. Divide the custard mixture among the dishes. Pour warm water into the pan to come halfway up the sides of the dishes. Bake in the oven for 35 to 40 minutes, or until the center of each custard still jiggles slightly. Remove from the oven and lift the dishes from the hot water. Let cool briefly, then refrigerate for at least 2 hours or up to 2 days. When ready to serve, place the dishes on a baking sheet. Evenly sprinkle 1 tablespoon brown or granulated sugar over each custard. Using a hand-held torch caramelize the sugar. If you don't have a hand-held torch, use the oven broiler to caramelize the sugar for 2 to 3 minutes until sugar just melts. Serve immediately.

**Baleadas**  
**Anna and Dave Chapelle, Morrisville, Vt.**

**Tortillas:**

1 lb. flour  
1/2 Tbsp. baking soda  
1 stick butter

Pinch of salt  
1/2 cup water or milk (approx.)

The ingredients listed above make 10 large flour tortillas and can be adjusted proportionally to suit your needs. Mix all ingredients until the dough is thoroughly mixed. Form the dough into 10 evenly sized balls and let sit for 1/2 hour. Flatten the balls into discs of even thickness (you can use two sheets of wax paper to help). Cook on a griddle or large frying pan over medium heat until lightly browned on both sides. Wrap cooked tortillas in a cloth or kitchen towel to retain moisture.

**Filling:**

Refried beans  
Grated cheese  
3 or 4 eggs (scrambled)  
Ground beef or chorizo

Sliced avocado  
Sour cream  
Hot sauce

The basic baleada has refried beans and grated cheese placed on one half of the tortilla. The tortilla is then folded to form a half-circle filled with ingredients. Any or all of the other ingredients above can be added as desired.

### **Boatman's Stew**

**Joanne Collins, Wilder, Vt**

2 lbs. firm whitefish cut in large  
chunks (haddock, halibut, cod, or  
freshwater equivalent)  
2 tsp. salt, divided  
3 cups water  
2 onions, sliced

¼ cup oil  
1 can (6 oz.) tomato paste  
½ tsp. pepper  
1 cup finely chopped parsley  
⅓ cup dry white wine  
Slices of Italian bread, toasted, if desired

Sprinkle fish with ½ tsp. of the salt. Let stand one hour. Meanwhile, lightly brown onion in oil and pour off excess oil. Stir in tomato paste, water, pepper, 1½ tsp. salt, parsley, and wine. Simmer 30 minutes. Add fish. Simmer about 10 more minutes, or just until fish flakes easily with a fork. To serve, place a slice of bread in each soup bowl and ladle soup over. Yield: 6 servings.

### **Provencal Zucchini Casserole**

**Betty Magoon, Colchester, Vt.**

#### **Mix and set aside:**

1 pkg. (6 oz.) stuffing for chicken  
½ cup melted butter

#### **Boil together 5 minutes and drain:**

6 cups zucchini cut up  
¼ cup chopped onion  
Salt to taste

#### **Mix:**

1 cup sour cream  
1 cup cream of chicken soup

1 cup grated carrots

Fold zucchini mixture into sour cream, chicken soup and carrots mixture. Put ½ of the stuffing mixture in bottom of a casserole dish. Pour cream soup, carrots and zucchini mixture on top of stuffing, top with the rest of the stuffing. Bake 20 to 30 minutes at 350°F. **Note:** carrots can be boiled with zucchini.

### **Szechwan Beef Stir-Fry**

**Karin Rae, Stowe, Vt.**

1 lb. beef flank steak  
2 Tbsp. low-sodium soy sauce  
4 tsp. Oriental dark roasted sesame  
oil, divided  
1½ tsp. sugar  
1 tsp. cornstarch

2 cloves garlic, crushed  
1 Tbsp. fresh ginger root, minced  
¼ tsp. red pepper pods, crushed  
1 red bell pepper, cut into 1-inch pieces  
8 oz. frozen baby corn, defrosted  
¼ lb. pea pods, julienned

Cut beef steak lengthwise into 2 strips; slice across the grain into ⅛-inch thick strips. Combine soy sauce, 2 tsp. oil, sugar and cornstarch; stir into strips. Heat remaining 2 tsp. oil in wok or large skillet over medium-high heat. Add garlic, ginger, and pepper pods; cook 30 seconds. Add bell pepper and corn; stir-fry 30 seconds. Remove vegetables. Stir-fry beef strips (half at a time) 2 to 3 minutes. Return vegetables and beef to wok and heat through. Serve with hot cooked rice.

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