

Across the Fence
Slow Cooker and Pickle Recipes – September 2009

Lyn Jarvis' Recipes
Cherry BBQ Ribs

2 racks pork baby back ribs (about 4½ lbs.)
1½ tsp. pepper
2½ cups barbecue sauce
¾ cup cherry preserves
1 Tbsp. Dijon mustard
1 garlic clove, minced

Cut ribs into serving-size pieces; sprinkle with pepper. Place in a 5 or 6-qt. slow cooker. Combine the remaining ingredients; pour over ribs. Cover and cook on low for 6 to 8 hours or until meat is tender. Serve with sauce. Recipe can be halved for smaller cooker. Yield: 6 servings.

Slow Cooker Sloppy Joes

1½ lbs. ground beef	2 Tbsp. sweet pickle relish
1 cup chopped celery	1 Tbsp. Worcestershire sauce
½ cup chopped onion	1 tsp. salt
1 bottle (12 oz.) chili sauce	⅛ tsp. pepper
2 Tbsp. brown sugar	8 hamburger buns, split
½ cup ketchup	

In a large skillet, cook the beef, celery, and onion over medium heat until meat is no longer pink; drain. Transfer to a 3-qt. slow cooker. Stir in the chili sauce, brown sugar, ketchup, pickle relish, Worcestershire sauce, salt, and pepper. Cover and cook on low for 3 to 4 hours or until flavors are combined. Spoon ½ cup beef mixture onto each bun. Yield: 8 servings.

Quick & Tasty Cucumber Pickles

1 lb. cucumbers, sliced
3 tsp. salt
½ cup cider vinegar
1 tsp. pickling spices or mustard seeds
4 cloves garlic, sliced

Place sliced cucumbers in clean glass jar. Combine remaining ingredients in saucepan. Bring to boil; remove from heat and let cool. Pour cooled liquid over cucumbers. Add water if needed to almost fill jar. (Leave a little room at the top.) Gently stir. Refrigerate for at least 1 hour until chilled.

Split Pea Soup

1 pkg. (16 oz.) dried green split peas
2 smoked ham hocks
2 quarts water
4 medium carrots, halved lengthwise
and thinly sliced
1 large onion, chopped
2 celery ribs, thinly sliced
1 garlic clove, minced

1 bay leaf
1 tsp. chicken bouillon granules
1 tsp. dried thyme
¾ tsp. salt
½ tsp. garlic salt
½ tsp. dried basil
½ tsp. dried marjoram
½ tsp. pepper

In a 5-qt. slow cooker, combine all ingredients. Cover and cook on high for 4 to 5 hours or until peas are tender. Skim fat; discard bay leaf. When cool enough to handle, remove meat from bones; discard bones. Cut ham into small pieces and return to slow cooker; heat through. My ham hock had little meat, so I added fully cooked diced ham. Recipe can be halved or quartered to accommodate your slow cooker size. Yield: 8 servings

Slow Cooker Cranberry Pork

1 boneless rolled pork loin roast
(3 to 4 lbs.), halved
2 Tbsp. vegetable oil
1 can (16 oz.) whole-berry
cranberry sauce
¾ cup sugar
¾ cup cranberry juice

1 tsp. ground mustard
1 tsp. pepper
¼ tsp. ground cloves
¼ cup cornstarch
¼ cup cold water
Salt to taste

In a Dutch oven, brown roast in oil on all sides over medium-high heat. Transfer to a 5-qt. slow cooker. Combine the cranberry sauce, sugar, cranberry juice, ground mustard, pepper, and cloves; pour over roast. Cover and cook on low for 6 to 8 hours or until a meat thermometer reads 160°F. Remove roast and keep warm. In a saucepan, combine the cornstarch, water, and salt until smooth; stir in cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with roast. Recipe can be halved for smaller cooker. Yield: 10 servings.

Zucchini Spears

1 lb. zucchini
1 large lemon, juiced
¼ cup cider vinegar
3 Tbsp. salt

3 cloves garlic, chopped
1 tsp. honey, optional
1 tsp. red pepper flakes, optional

Slice zucchini into spears. Place upright in glass jar. Combine remaining ingredients in saucepan. Bring to a boil; remove from heat and let cool. Pour cooled liquid over zucchini spears. Add water if needed and gently stir. Refrigerate overnight.

Hot Fudge Cake

1¾ cups packed brown sugar, divided
1 cup all-purpose flour
6 Tbsp. baking cocoa, divided
2 tsp baking powder
½ tsp. salt
½ cup milk

2 Tbsp. butter, melted
½ tsp. vanilla extract
1½ cups semisweet chocolate chips
1¾ cups boiling water
Vanilla ice cream

In a bowl, combine 1 cup brown sugar, flour, 3 tablespoons cocoa, baking powder, and salt. In another bowl, combine the milk, melted butter, and vanilla extract; stir into dry ingredients just until combined. Spread evenly in a 3-qt. slow cooker coated with cooking spray. Sprinkle with chocolate chips. In a bowl, combine the remaining brown sugar and cocoa; stir in boiling water. Pour over batter (do not stir). Cover and cook on high for 4 to 4½ hours or until a toothpick inserted near the center of cake comes out clean. Serve warm with ice cream. Try butterscotch chips for a different twist on recipe. Yield: 6 to 8 servings.

French Onion Soup

1 large sweet onion, thinly sliced
(about 4 cups)
¼ cup butter, cubed
2 cans (14½ oz. each) beef broth
2 Tbsp. sherry or additional beef broth

½ tsp. pepper
4 slices French bread (½-inch thick),
toasted
4 slices provolone cheese

Place onion and butter in a 1½-qt. slow cooker coated with cooking spray. Cover and cook on low for 6 hours or until onion is tender. Stir in the broth, sherry and pepper. Cover and cook 2 to 3 hours longer or until heated through. Ladle soup into ovenproof bowls. Top each with a slice of toast and cheese. Broil 4 to 6-inches from the heat for 2 to 3 minutes or until cheese is melted. Serve immediately. Yield: 4 servings.

Creamy Ham Corn Chowder

4 cups cubed peeled potatoes
2 Tbsp. chopped onion
½ cup butter
¾ cup flour
¼ tsp. pepper
Pinch ground nutmeg

4 cups chicken broth
4 cups half-and-half cream
2 cups (8 oz.) each shredded cheddar cheese
3 cups cubed fully cooked ham
1 pkg. (16 oz.) frozen corn, thawed

Place potatoes in a large saucepan and cover with water. Bring to boil. Reduce heat; cover and cook for 10 to 15 minutes or until tender. Meanwhile, in a large saucepan, cook onion in butter over medium heat for 2 minutes. Stir in the flour, pepper, and nutmeg; gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and cheese; transfer to a 5-quart slow cooker. Drain potatoes and add to slow cooker. Stir in ham. Cover and cook on low for 3 hours. Stir in corn and cook 30 minutes longer or until heated through and vegetables are tender. Yield: 12 servings. Recipe can be halved or quartered to accommodate your slow cooker size.

Carolyn Peake's Recipes
Healthy Whole Wheat Bread

2 cups warm reconstituted powdered milk	1 pkg. yeast
2 Tbsp. vegetable oil	2½ cups whole wheat flour
¼ cup honey or brown sugar	1¼ cups white flour
¾ tsp. salt	

Mix together milk, oil, sweetener, salt, yeast, and half the flour; beat with mixer for two minutes. Add remaining flour and mix well. Place dough in well greased bread pan that will fit into your cooker. Cover with greased tin foil and let stand for five minutes. Place in slow cooker. Cover cooker and bake on high for 2½ to 3 hours. Remove pan and uncover. Let stand for five minutes. Serve warm. Place riser under tin to prevent over-browning on bottom of bread.

No-Fuss Potato Soup

6 cups diced, peeled potatoes	4 tsp. chicken bouillon granules
5 cups water	Pepper to taste
2 cups diced onions	1 can (12-oz.) evaporated milk
½ cup diced celery	3 Tbsp. chopped fresh parsley
½ cup chopped carrots	8 oz. cheddar cheese, shredded
¼ cup butter	

Combine all ingredients except milk, parsley, and cheese in slow cooker. Cover and cook on high for 7 to 8 hours, or until vegetables are tender. Stir in milk and parsley. Stir in cheese until melted. Heat thoroughly.

Simple Pickled Beets

Leaving about 3-inches of stems on small beets, cook in boiling water until the skins will slip off easily. Make a syrup of:

2 cups sugar	2 cups vinegar
2 cups water	

This is the basic ratio. Increase it depending on the number of beets you have to work with. Bring the ingredients to a boil. Pack the skinned beets into sterilized canning jars to within ½-inch of top of jar. Pour boiling syrup over beets to within ½-inch of top. Process in boiling water bath canner for 30 minutes. **Optional:** If you would like them a bit spicier add a ratio of the following ingredients to the syrup mixture:

1 tsp. cloves	1 tsp. cinnamon
1 tsp. allspice	

Tapioca Salad

10 Tbsp. large pearl tapioca
½ cup sugar to taste
4 cups water
1 cup grapes, cut in half
1 cup crushed pineapple
1 cup whipped cream

Mix together tapioca, sugar, and water in slow cooker. Cook on high for 3 hours or until tapioca pearls are almost translucent. Cool thoroughly in refrigerator. Stir in remaining ingredients and serve cold.

Slow Cooker Pumpkin Pie Pudding

1 can (15 oz.) solid pack pumpkin	2 Tbsp. melted butter
1 can (12 oz.) evaporated milk	1 Tbsp. pumpkin pie spice
¾ cup sugar	2 tsp. vanilla
½ cup buttermilk biscuits baking mix	Whipped cream
2 eggs, beaten	

Mix together all ingredients except whipped cream. Pour into greased slow cooker. Cover and cook on low for 6 to 7 hours, or until a thermometer reaches 160°F. Serve in bowls topped with whipped cream.

Viewer's Recipes

Garden Relish

Pat Beaudry, North Troy, Vt.

3½ lbs. green tomatoes	2 cups sugar
8 medium onions	2 cups vinegar
4 large red peppers	1 tsp. salt
4 large green peppers	

Put all ingredients through food chopper. Pour hot water over mixture and drain. Repeat 2 more times. Add sugar, vinegar, and salt to drained mixture. Bring mixture to a boil for 4 to 5 minutes. Pack in jar while hot. **Note:** Vinegar can be diluted as desired.

Microwave Cucumber Pickles

Majel Herold, Brookfield, Vt.

3 to 4 cups cucumbers, sliced thin	¼ tsp. turmeric
½ tsp. pickling salt	¼ tsp. mustard seed
½ cup vinegar	¼ tsp. celery seed
1 cup sugar	Sliced onion (optional)

Put sliced cucumbers in microwave safe container. Mix remaining ingredients and pour over cucumbers and stir. Microwave for 5 minutes on high setting. Stir again and heat another 5 minutes on high. Take cucumbers out of juice and cool. When all is cool, put back in juice. Place in a jar or dish and refrigerate. Will keep for months.

Crock Pot Chili

Douglas Underwood, St. Albans, Vt.

1 lb. ground beef	2 cans (15 oz.) kidney beans
1 lb. Italian sausages	1 cup chopped celery
1 can (28 oz.) tomatoes	2 cloves garlic, minced
1 can (6 oz.) tomato paste	2 tsp. salt
1 cup chopped onions	2 tsp. chili powder
1 cup chopped green peppers	

Brown hamburger and sausage, drain. Sauté onions, celery, and green pepper. Mix all ingredients and place in crock pot and cook on low for 6 to 8 hours.

Slow Cooker Pot Roast

Lisa Tremblay, Newport, Vt.

1 bag (16 oz.) baby carrots
2 stalks celery, cut into thirds
6 potatoes, cut in half
1 pot roast (adjust for cooker size)
1 envelope onion soup mix
1 can (10¾ oz.) cream of mushroom
1 cup water

In slow cooker, put bag of baby carrots, place pot roast on top, and put stalks of celery and potatoes around the meat. Top with the onion soup mix and cream of mushroom soup. Add the 1 cup water and cook on low for about 8 to 9 hours.

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