TRANSCRIPT

EPISODE DATE: 3/01/12

EPISODE NAME: In the Kitchen with Across the Fence: Maple Recipes

It's the first Thursday of March and it's time for another edition of in the kitchen with across the fence. Today we're going to salute our Vermont maple producers with unknown ray of delicious maple treats prepared by our guest chefs. Good afternoon and thanks for joining us I am Judy Simpson alongside Lyn Jarvis with one of our most favored and popular cooking shows. But before we get to our sweet treats we have a generous gift to acknowledge from Ken and Gail Forcsh loyal viewers from Ferrisburgh. They know how much we love to cook around here and Gail wanted us to have her cookbook collection in hopes they'd be put to good use. We have a few pictures showing the several dozen books that were delivered in large cardboard boxes and put to good use they will be. Some of the happy people who first scooped them up included Roger Garrity, Dave Busch, Kagan Harsha and Sharon Meyer. But not to worry; there were plenty left over for everyone else and we want to thank Ken and Gail for thinking of us. Speaking of happy today is Ken's birthday and from all of us here at WCAX TV and Across the Fence, happy birthday Ken, and many more. Lyn you were able to take a few books home as well.

Lyn.: I was lucky I got here and was able to get four cookbooks. I got some for Carolyn as well so we're very happy. Thanks to our wonderful viewers for giving us the generous donation. The four books that I got are right here: the first one is a collection of recipes from a newspaper down in Lexington Massachusetts. Our readers favor recipes. Then I found one wonderful ways to prepare stews and casseroles. Won't that be good on these cold weather days. Here's one that we all need low calorie cookbook. This is my favorite its Sophie Kay's Family Cookbook and apparently she was a chef on TV back in the 1970s in Milwaukee. All of those pink slips that you saw are recipes that I want to try. Do you think I will ever get to them? Anyway in Sophie Kay's cookbook there was a recipe perfect for a maple theme and its right up here. It's a maple shredded wheat bread. I first got acquainted with shredded wheat on a trip to Portsmouth New Hampshire a couple of years ago. I liked the bread then but with maple syrup on it I knew it was going to be that much more delicious. Here you see it; it has regular cake taste like cake it's so good. Regular bread ingredients in it plus the maple syrup and two biscuits of shredded wheat which is a wonderful flavor combination. The recipe makes two loaves so you can put one in the freezer or give one to your neighbors which is what I did.

Judy.: Nice I'm definitely going to try a slice of that but first I want to thank some loyal Across the Fence viewers who join us every day. Ann Anderson from Brattleboro, Linda Stancil from Colchester, from Burlington Linda Dion, up in Orleans Betty Westmore, Nancy and Gordon
Winsor from Jeffersonville, NH and Audrey Scarborough from Leicester. Those are just a few of the thousands of you who join us each and every day right here following the noontime news and weather on WCAX. Carolyn joins us now with some recipes.

Carolyn.: O yes I want to say one of the books that Lynn send me was the northeast kingdom cookbook and I love recipes personal ones.

Judy.: Tried and true.

Carolyn.: Yes.

Judy.: All right well I will let you get going.

Carolyn.: I'm going to start off with a maple plum glazed turkey. Not having a man who's used to doing this if I goof this up so be it. You have a Turkey breast and you mixed maple sir up and plum jam and some dry mustard and put that over the turkey and then you're going to have some of the glaze leftover. Mine has congealed a little bit because it's been sitting here but you would serve that glaze over the turkey and it's really tasty and smells so good while it's being made. There's our meat for our plate. The second one I have is maple roasted root vegetables. Don't try saying that one fast. It's cut up carrots parsnips and my favorite turnip. I suppose you could do other things if you wanted but you cut up your vegetables and put them into the pan and put a mixture of syrup and butter over it. Maybe salt and pepper if you want that. Then put in the oven and bake them for about 50 minutes or so. Boy don't those look good they do to me anyway I hope they do to you. Next I have a maple salad dressing. This is fun because you put everything together and shake it up. It has salad oil, vinegar, maple syrup and catsup and some chopped up onion very fine. It's really good on a spinach salad so I have a little bit of spinach in my bowl and I'm going to pour that all over it. It smells so good. That's a really nice way to use. It gets good salad things but also the maple syrup. I also to go on my plate I have maple muffins. This is just your basic muffin ingredients and then it takes a cup of maple syrup and some butter in it too and it's really nice. I am going to open one so you can see the nice texture inside. We will put that on our plate so we have our turkey our vegetables and our salad and we’re really getting good here. Then comes the best part that's where we get the desserts. I have a maple pie that is a recipe sent from Marjo Harold from Brookfield and we've used some of her recipes before. I wanted to say what she says is put whipped cream or something like that over it but what I did is that takes three egg yolks. I'm Scottish I don't like to throw away anything so I took my three egg yolks and I made a meringue. I should've what my knife that's a good way to do things. Grab my plate and my scoop and watch it all fall apart that's about the way my pies go. There's a nice maple cream and you can put whatever you want on top. She suggested nuts chopped on top but that would be if you put whipped cream. My last recipe is a maple cookie. Maple spiced cookies. They kind of look like molasses cookies. You roll them in a ball and get them in some sugar I wish I had maple sugar but I didn't and these are especially good with a cup of sap tea.

Lyn.: I've heard of 'saps' before, but t not sap tea. What is that?

Carolyn.: Sap tea is one of my favorites. I grew up with this; my aunt introduced me to it but you take a cup of regular sap, heat it up and put a tea bag in, so it has that little bit of sweetness.

Lyn.: Sounds good.
Carolyn.: It is good believe me.

Lyn.: Thank you I can't wait to try your pie. Thank you very much Carolyn. Before we move on to my recipes a couple of quick program notes. Fran O'Neal of Springfield wrote that she's been in the hospital for two weeks but she's home back to cooking we're glad to hear that. Beryl Sheets of Rutland says she's 83 and loves our recipes and says when you going to do another travel show. I'm glad you asked Beryl, as we have two coming up March 15 and 16 with a visit to Peru, South America. With stops at Lima the capital city Machu Pichu and Lake Titicaca and many stops along the way that's March 15th and 16th. And a special thanks to all of you who took the time to say how much you enjoyed the Antarctica trip and the trip we did down to Easter Island. Now I have some really nice cards that came in last month and the one on the left is in honor of the chocolate show we did from Betty Lackee from Orleans and the one in the lower center is a cute one sent from Blanche Villeaux from White River Junction the caption reads you've been farming long? And this makes me blush a secret admirer on the card on the rights as she likes to see my handsome face on TV. I wish I could reach right through the screen and give all of you a great big hug all of the people who are watching Across the Fence today. Let's get to my recipes I am starting with my main dish in the first one is right up here. And needs to be made in a wok or large frying pan it is a maple chicken stir fry over rice. Along with the maple syrup there are mushrooms in here green peppers chopped onions have water chestnuts and bamboo shoots and a wonderful hint of maple that's just perfect with this. 250 calories per serving and if you don't want such a large recipe cut it in half as you can do with most of our recipes today. The vegetables that go with this is right here it's a maple fried corn and how many have you heard of maple fried corn? It's easy to make with just six ingredients in a heavy skillet you simmer corn maple syrup onion milk salt and cinnamon for about 20 minutes to let that onion and corn pick up the sweet maple flavor. Something a little bit different and I hope you'll give it a try. This next recipe is one that I've had in my files for three or four years now it's hard to believe. It comes from Elaine Place from Hinesburg and she lives on Sugar House Lane isn't that a nice address this time of year. As I said this has been in my collection a long time I was looking through the files and found this its maple oatmeal bread for a bread machine. Since I have a bread machine that I haven't used in two or three years this really jumped right out at me. What a nice looking loaf it is with a little hint of maple and we've included a traditional bread recipe if you don't have the machine I hope the lane is watching today because she's going to be surprised to see her recipe after all of these years. I don't think there's anything better than maple when it comes to desserts Phyllis Wood of Concord sent this next recipe. It's the traditional ragamuffin recipe that this is a little bit different because you roll out your biscuit dough and then over that you spread some apples and apricot jam a really delicious flavor combination. Roll it up and slice it put it in maple and bake it at about 400 about 20 minutes and you'll have a real taste of Vermont with a low fat ice cream or topping. Pound cakes are one of my favorites, we saw that at the beginning of the show its right here and this is with Vermont apples and Vermont maple syrup. It's a delicious flavor combination as you know and I'm going to move it over here so you can get a good look at it. There you go. This as I said has Vermont maple and apples and a really delicious cake. It has a maple glaze on it as you can see and that's made with butter evaporated milk and of course Vermont maple syrup. And this is a good party case because it serves a lot of people and it's just delicious and I have mine decorated for Saint Patrick's Day. This next recipe came in at the last minute it's from Carol Craft of Coventry Vermont. It's her maple apple pudding cake. I know how much you viewers like pudding cakes and this one is super. She says it's a feat of culinary magic because when you cook it the gooey maple goes to the bottom and the apple cranberry cake comes to the top and
you can see that here what a delicious cake that is. If you only make one of my recipes I suggest you try this one because it's a real winner. The last one is right here it's a maple banana topping for ice cream with pecans and maple and all sorts of good things. Wouldn’t it be nice if we had some ice cream to have this afternoon to see what it really tastes like?

Judy.: No problem.

Carolyn.: I brought the scoop.

Lyn.: You guys are reading my mind.

Judy.: We're all set. Now if you're interested in getting these delicious recipes there's a couple ways you can do that. You can go online to UVM.edu slash extension and click on across the fence you'll find a link to the recipes. You can also find a link to all of our previous programs as well. To get the recipes by mail send $2.00 and a stamped business size self-addressed envelope two maple recipes box 188 south hero VT 05486 that's $2.00 and a stamped business size to self-addressed envelope to maple recipes box 188 south hero VT 05486. And if you pay by check please make it out to Lynn Jarvis. While you're taking down this address on our next in the kitchen segment comes your way on April 5 the theme is going to be one of our favorites as well crock pot and slow cooker recipes.

Lynn.: We just made that. We going to try this I haven't tried it yet.

Judy.: Closed one. I know it looks really good. Happy cooking from all of us here at across the fence.

Lyn.: It's delicious.

Judy.: Yeah take some time to get to know your Vermont sugar makers by attending one of the sugar house tours being held throughout the state. Thanks for joining us.

Across the Fence is brought to you as a public service by the University of Vermont extension and WCAX TV.