Good afternoon and thanks for joining us; I'm Judy Simpson. We have a full house for today’s “In the kitchen with Across the Fence” because our theme is cooking with youth. Our guest chefs are Mariah Covey who is 13 and her Sister Savannah who is 11. They are here with Carolyn Peake all from Williamstown and next to me is Liam Peterson he’s 12 years old from Monkton he's going to be preparing recipes with Lyn Jarvis and cooking with their mother, Heather Fischer of Colchester, are 10 year old Ethan and his seven year old brother Cayden.

Before we get to the recipes, we know all of you viewers want to know who won the crock pots from our April show. The drawing was recently held here in the kitchen. Will Mikell, producer of Across the Fence had the honor of drawing two winners from those of you who sent in for recipes. A drum roll please… the winner of the one quart crock is Janis Carl of Swanton that's Janice’s picture on the left and Meredith Rogers of Georgia Vermont won the three quart cooker. Congratulations to both and happy cooking. We thank all of you who entered our contest.

This month we have two copies of a cookbook: Baking with Friends, two lucky viewers are going to win by sending in for our recipes. Baking with Friends is 74 pages in length with 32 easy recipes that your children and grandchildren will enjoy preparing. At the end of the show we will tell you how to order the recipes and enter our giveaway. Now I'm going to turn things over to Carolyn and we're going to see what she and the girls are preparing for us this afternoon.

Carolyn.: We will. These girls live on one of Vermont’s working farms so the farm kids are learning how to do some cooking and I know what that's like as I grew up on a farm and did cooking. They've brought some really yummy looking things here. I guess I'll start with you Savannah. What did you make?

Savannah.: My first recipe is Jordan Marsh blueberry muffins.

Carolyn.: What's in those?

Savannah.: 2 cups of flour 2 teaspoons baking powder 1 1/2 cup sugar teaspoon of salt and shortening. Put these in a medium size bowl and bake.

Carolyn.: Mix it up and add the blueberries in. I like blueberry muffins don't you? And I know one of your brothers really likes blueberries.
Savannah.: yeah.

Carolyn.: They probably don't last long at your house do they?

Savannah.: No.

Caroline.: What's the other thing you made?

Savannah.: Chocolate raspberry cake.

Carolyn.: That's this one here, and we have a piece so people can see. Savannah roughly how do you make that?

Savannah.: You have chocolate cake mix with pudding and chocolate chips sour cream and a can of raspberry pie filling.

Carolyn.:Sounds like it's really easy?

Savannah.: It is, because there are only four ingredients in it.

Carolyn.: That's always nice. That looks like you make a two layer cake what do you put in the middle?

Savannah.: Raspberry pie filling.

Carolyn.: Ah ha. I bet you can use other flavors of pie filling if you wanted to?

Savannah.: Yes.

Carolyn.: Use cherry or something like that then you have the frosting and that's made with the chocolate chips and sour cream?

Savannah.: Yes. You melt down the chocolate chips in the microwave and add sour cream and stir it all together and put it on the top.

Carolyn.: And it makes it look pretty too, I like that. I understand that chocolate things don't last too long in your house.

Savannah.: No they don't.

Carolyn.: This and that this one you said you refrigerate it for 2 hours if you can wait that long.

Savannah.: Yes.

Carolyn.: How about you Mariah what have you made for us today?

Mariah.: First I have a cheap chocolate cake and it's called a cheap chocolate cake because back in the day when in the winter and cows are dry and our chickens weren’t laying eggs you made this because does not have any eggs or milk in it. First you sift together flour sugar cocoa baking soda and salt and you have water oil apple cider vinegar and vanilla. Mix until it's smooth and bake at 350° F for 30 minutes.
Carolyn.: And then the icing on it is a boiled icing right?

Mariah.: You do sugar and shortening milk chocolate mix together in a saucepan heat on medium for 3 minutes and stir it constantly then remove it from the heat and add the butter and vanilla and put it on your cake.

Carolyn.: Okay I have a piece here that you can see I have one piece out and I think I'm going to be anxious to try it, this looks pretty good. I'm a sucker for chocolate anyway so. What's your other recipe here?

Mariah.: The chocolate raspberry crumb bars which are really really good. You start with the crumb mixture butter flour brown sugar and salt. Stir that until its creamy mix in the butter and press part of it into the pan. Bake that for 10 minutes and then while that's in the oven you can microwave your 2 cups of chocolate chips and a can of sweetened condensed milk for about a minute stir it. Then add raspberry jam and warm it up for 10 seconds in the microwave.

Carolyn.: Then you spread it over that come on top and bake it for a while and you're all set.

Mariah.: And you can put nuts on it if you want.

Carolyn.: Okay thank you for us I'm going to be anxious to try some of these. Now I believe Lynn and his friend Liam are coming.

Lyn.: Thank you Carolyn and Mariah and Savannah. I'm going to take the chocolate cake home I think I like that too. My guest chef is Liam Peterson from Monkton and he is 12 years old and he's in school down there in the fifth grade. What his mother said that one of his favorite Christmas presents was a bottle of key lime juice. I knew right then you had to be with us today so welcome Liam. Besides showing us the recipe you made with the key lime juice you have some other recipes that are going to show us. Saturday is Cinco de Mayo you chose a recipe from that cookbook that we are offering for our viewers who write in to lucky winners. Features Cinco de Mayo since that's coming on Saturday. Tell us what happened in Mexico that on May 5 of 1862?

Liam.: I think it was when the Mexican army defeated the French army when they were heavily outnumbered so was a big victory for Mexico.

Lyn.: And it was in the town of Puebla I understand?

Liam.: Yes.

Lyn.: I didn't know a lot about Mexican history but this was a very important victory down there. I didn't know the French were trying to invade Mexico. Thank you for that. I spent a lot of time south of border. The recipe is one that I like and what recipe did you actually pick from Baking with Friends?

Liam.: Those are cheese quesadillas. Those have black beans cheese cilantro.

Lyn.: What would you top it with if you wanted to top it?

Liam.: Cut tomatoes that's what I would top it with.
Lyn.: Thank you I'm really a fan of Mexican food and I appreciate that. Going along with our Cinco de Mayo theme you got another recipe here that you want to tell us about that? It's called easy chicken and cheese enchiladas?

Liam.: I also made those from *Baking with Friends*. That has chicken soup sour cream chili powder chicken cheese wrapped and tortillas and you can top with tomatoes or onions.

Lyn.: It looks delicious. If you don't want all those spices you can easily delete some of that and have it less mild. Or more spicy; whatever. Which would you go with more picante are less picante?

Liam.: More picante.

Lyn.: I would go the opposite way. You also discovered something that's 100 years old that a lot of people like to tell us what that is and what you made?

Liam.: It's that Oreo cookie’s 100 year old birthday. So I made strawberry tarts with Oreo cookie crust with cool whip and then there's the chopped strawberry on top.

Lyn.: They look delicious. Did you try one yet or are we going to get to sample them right after the show today?

Liam.: I haven't tried one yet, no.

Lyn.: One of your favorite Christmas presents was a bottle of key lime juice. Tell us what you made with that?

Liam.: I took the key lime juice and mixed it with egg yolks and sweetened condensed milk then put it in the oven and there you go.

Lyn.: And I noticed you used a prepared Graham cracker crust that's a lot easier? Thank you very much some great recipes. I remember as a kid one of my favorite recipes was from my grandmother. It was her cream puff recipe. This is the recipe, it's wonderful to work with young people on this because you can have them put the filling in and chocolate on top. You have to try this. Mother's Day is coming up what are you going to make for your mother you think?

Liam.: I know she likes Mexican food so I could easily make one of these two Mexican recipes.

Lyn.: She's in luck then. All right thank you very much Liam. We have a photo now from a viewer named Betty Lockerbie up in Isle La Motte of this colorful flower garden. Isn't this a beautiful time of year? Thanks to all of you who let us know how much you enjoy *Across the Fence* cooking shows and my travel adventures. Now here is Heather Fischer with her boys Ethan and Cayden.

Heather.: It's great to be here cooking with kids because that's what I'd do on a daily basis. The first recipe I'm going to share with you today this from the *Cooking with Friends* cookbook and my seven year old son Cayden is the one who prepared this one. Cayden can you tell us what you made?

Cayden.: Crepes.

Heather.: He made crepes and this is “Katie's A+ Crepes” from that cookbook. It's a basic and very reliable crepe recipe that includes whole wheat pastry flour regular flour milk and eggs. A little butter. I
already made the crepes at home. What I like about it and I use a crepe pan what I like about it is it's a very reliable recipe. One you can count on to come out really good. The best thing about crepes are what you put inside them, so Cayden, what are you going to put inside the crepes you are making right now? What you going to put first?

Cayden.: Some yogurt and fruit.

Heather.: Go ahead and do that. Put the yogurt on. He is adding a little Vanilla yogurt and of course you can decide what your family likes best for toppings and fillings. We like yogurt over fruit but we also like Nutella and bananas sliced strawberries or eggs and cheddar cheese. Go ahead and put the fruit right on top. Then we're going to roll it up. You can serve this sprinkled with a little powdered sugar. You will you add that to the top. So there you go, you have a delicious breakfast. Staying in order with our meals of the day I'm going to share with you a kids' favorite snack for these homemade granola bars that you see here on the front.

Kids love granola bars but what I love about these homemade ones is the parents get to decide and the kids get to decide what goes inside them. In this granola bar recipe which is a very easy one to make, are oats nuts some wheat germ that you toast together then I make a second mixture of honey brown sugar a little butter that he got together when you combine everything mix it really well together and then you can decide what your family likes or what your kids like to put in them. We like shredded coconut chocolate chips dried cranberries. Then you put it into this nine by 13 pan that you press really firmly down on with some waxed paper then dry or set for a couple of hours and then you end up with these granola bars that you can slice. I store them individually wrapped in plastic that way they stay fresh and don't stick together. These are definitely and always a hit. The next recipe I am going to share with you are these nice sized Greek appetizers. Greek salad appetizers here is a fun recipe to make with kids. You get an assembly line going with cucumbers tomatoes Olives and feta cheese. They like to assemble them together on a stick with kids love to eat food on a stick. Right before serving you pour some of this olive oil and lemon juice and oregano right over the top. My last recipe my 10 year old son Ethan is preparing. Ethan what are you making?

Ethan.: Lasagna rollups.

Heather.: Lasagna rollups just a fun way to make lasagna a different way. Ethan what's the first thing you do?

Ethan.: You put on the cheese mixture.

Heather.: Cheese which is going on and in that as your basic lasagna cheese mixture. We have, cheese parmesan cheese some Romano cheese eggs fresh parsley. Right after that he's going to add the sauce. Use your favorite jar or recipe you can add your favorite homemade recipe. That is going to quickly roll that up. Stick it in your pan top it with sauce and here is Judy.

Judy.: My goodness you guys are busy. It's like a factory.

Heather.: There you go. It is like a factory.

Judy.: Thank you so much these are wonderful recipes. Great job to everybody. To get the recipes you see a long with a few extras you can get your name entered into our drawing to win a copy of the Baking with Friends cookbook you'll need to send in for our recipes and we will save all the envelopes and two lucky names will be drawn on May 23 with the winners being announced on our June 7th show. You
have two options to get the recipes that you saw today. You can get them online at the UVM Extension website and click on the link to Across the Fence. You'll find the recipes there or to order the recipes by mail and enter yourself in our drawing for the Baking with Friends cookbook, please send $2.00 along with a stamped business sized self-addressed envelope cooking with youth box 188 south hero Vermont 05486 that's $2.00 a stamped self-addressed business sized envelope to the address on your screen. If you make a check out make it out to Lyn Jarvis. I would like to thank all of our helpers today it has been a lot of fun. A lot of friendly faces.

Our next program is scheduled for June 7 our theme is going to be open a box or a can 123 featuring quick and easy recipes. Hope you enjoyed our show today. It's been a lot of fun and congratulations once again to our crock of winners. Good luck on winning one of the cookbooks. From all of us here happy Mother's Day coming up May 13th.

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