TRANSCRIPT

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EPISODE NAME: In the Kitchen with Across the Fence

Good afternoon and thanks for joining us, we hope you had a happy 4th of July holiday. I'm Judy Simpson. It's the first Thursday of the month which means we're in the kitchen with Across the Fence. I'm joined by our guest Chef Carolyn Peake of Williamstown and Lyn Jarvis from South Hero. We have some delicious summer fruit recipes for you. And Carolyn you're going to get thing started with one of our viewer recipes.

Carolyn.: Yes I am, but I want to say maybe your slip was good it was the first of the munch. I'm going to start out today with a recipe from Edna Wells of Lancaster New Hampshire. It's this pie she said it was a blue ribbon winner for her at the Lancaster Fair a few years back. It's called a triple fruit pie and it has 1 1/4 cup each of fresh blueberries, raspberries and chopped rhubarb. I'm really looking forward to trying that I think it's going to be delicious because I love rhubarb in pies anyway and when you put any other things in, it's got it made. I'm going to be looking forward to trying that thank you very much for that one Edna we will see how it goes.

Judy.: Let's take a moment to thank our viewers for sending in recipes. We know it takes a bit of time and you are persistent with that and we really appreciate it. The recipe that I did was one that I found in a magazine. It is called strawberry hand pies. Or I call them pocket pies. They are great for picnics because you don't have to pack a whole pie you just pack these you can grab them and eat them with their hands. Basically it's a pie crust that you make and you cut it into 3 inch rounds and roll those out to 6 inches. The filling is chopped up fresh strawberries some strawberry jam some sugar and Lynn if you would take that and try it out and see how they are.

Lyn.: I had my eye on them since Judy brought them in and if we don't get them now the crew will be down and the lean on left. I'm going to enjoy this. Delicious; thanks.

Judy.: Very portable that's what I like about them. Lyn I know you have the upside down cake that we are looking at.

Lyn.: I shouldn't have taken a big bite. Yes this viewer recipe was sent in by Edie Ackerman down in Fairlee Vermont. Edie wrote that her husband has been having a health problem so we
wish them well down there. This is one of her favorite summertime recipes it's the peach upside
down cake. Taking a look at it she says it's quick and easy to make and the flavor combination
of fresh peaches coconut brown sugar and almond extract is unique and delicious. When you
start you put it on the bottom of your pan your peaches surrounded by coconut. You pour the
batter over the top and bake for about 50 minutes and you're in for a scrumptious summertime
dessert. We thank Edie for that and my neighbors Mark and Brenda are on vacation now so they
said go out into our berry patch and pick up all the raspberries you want. So I decorated the cake
with that. Thanks Edie for the recipe and Mark and Brenda for these delicious raspberries.

Judy.: Nice neighbors. We have lots more delicious fruit recipes to share with you but first we
need to announce the winner of the lunch for two and the boat ride at the Anchorage in South
Hero. The winners were drawn by our senior director Roger Lewis. Roger has worked with
WCAX and has been involved with Across the Fence for nearly 30 years. He recently drew the
winning name from among hundreds of envelopes sent in by you viewers. The lucky winners
were Andy and Betsy Bordon from Middlebury Vermont. They're here with Lyn enjoying their
boat ride on beautiful Paradise Bay. This month we're going to repeat the offer of lunch and a
boat ride. You'll want to get a pencil and paper ready and I'll tell you at the end of the program
how you can be entered for the free drawing.

Lyn.: I can quickly say that they were fun we had a good time. They both love to cook. Betsy
has a pecan pie recipe that she's famous for and Andy about 10 or 15 years ago with some of his
friends six of them started a club called the New Moon dining club. Every month on the new
Moon they get together at one of the houses and the men cook dinner for the ladies. How does
that sound?

Judy.: That sounds great. Carolyn you're going to start us off with some recipes?

Carolyn.: Oh yes I am. The first one this afternoon is a five fruit salsa. Try saying that one
fast. It's a combination of cantaloupe green onions kiwi fruits and orange. Red and yellow I
used red and green peppers the sauce for it if you will is crushed pineapple. There's fresh
strawberries jalapeno peppers you mix it all together and then you can take tortillas and make
tortilla chips with cinnamon sugar on them. This is a real nice hor'dourves to have at summer
parties. You can be ready to set that out it's easy to make and away you go. I just thought that
was a nice one for some of the summertime parties that are coming up.

Over here this is a Berry slaw. It's cabbage and it has strawberries and dried cranberries and it
has a dressing made of apple juice and sugar and cider vinegar. You just mix everything
together and you have this a really nice cabbage salad and cabbage slaw however you want to
call it for your next dinner party. A nice fresh way to make things.

Next I have what's called a glazed fruit medley. This again has lots of fruit. It has strawberries
grapes some bananas honeydew melons than a mixture of cornstarch sugar and orange juice for
the topping of it. I'm going to put a little in my bowl right here. You can see again it's one of
these bright kind of things that you can have as a side dish. You know too, it really looks like it
would taste good for breakfast or something like that. There's another possibility for you. Up
here I have a trifle fruit salad. This is layers of various kinds of fruits and then you use a
pudding mix and some crushed pineapple sour cream and you pour it over and have it layered
like you would a regular trifle. As you dish it out you have all different colors textures and again
a nice dessert type thing for you.
My final one is here in the front. I'm going to make the pie share a plate with it. This is a Berry cheesecake dessert. Your graham cracker crust on the bottom and then you mix up cream cheese sugar and eggs. You bake that and put some sour cream on top. That's coming out good how about that. Then you have sliced strawberries on top of that with the cello topping over it. I just thought boy that looks good another one I can't wait to try.

Lyn.: I can't either. I have one bite of Judy's strawberry pie left.

Carolyn.: I'm going to go off and you mine.

Lyn.: You viewers will want to get that recipe it's delicious.

Carolyn.: You'll find that our viewers are everywhere out there and always coming and talking to us.

Lyn.: I do; I was in Costco the other day and you have a story last month about the woman who was checking out your shopping cart.

Carolyn.: Yes.

Lyn.: What happened there?

Carolyn.: She just thought if she bought what I bought, she'd have good stuff.

Lyn.: You have to be careful now.

Carolyn.: Yes I do love to meet a lot of our viewers and I really appreciate them coming up and speaking to me.

Lyn.: We thank you Carolyn. This is a great time the year to use fresh fruits and vegetables. Whether you grow your own or go to the farmers market or are lucky enough to have them growing in the wild outside your house. I remember growing up down and over and blackberries in raspberries were grown behind the house and my friend Ruth Nasha lives down there its famous for her jam that she makes with wild strawberries. I just talked to her and she's picked 2 pounds of wild strawberries for her jam and I'm happy to say I'm on her wild strawberry jam gift list. This is my first recipe, it's pork medallions with a blackberry chutney. As you can see I have my pork on the platter and I'll pour the chutney over it. I'm going to tell you how it's made. Along with the blackberries there's butter some shallots brown sugar and a little vinegar. You can see how nice this looks; it's a great main dish that's easy to make. I have not cooked we shall it's much before and they look like a large clove of garlic. When I was slicing them up my eyes were watering and it looks like I had a really sad morning but the flavor of this chutney is well worth it to suffer those two tears. I hope you'll give it a try it's easy to make.

My salad that I made today is right here again it's easy to make. It's my blueberry cantaloupe salad. If you take a look at it you can see blueberries and cantaloupe of course some sugar ginger zest of lime and the juice of lime and just before serving you want to top it with some fresh mint leaves. That gives it a nice minty flavor and these are chopped up I picked them in
my garden just before coming down to the studio. There you go and I can tell you if this looks nice it tastes even better. I hope you'll give this blueberry cantaloupe salad a try.

You regular viewers know I'm a big fan of corn bread. Here is a recipe I usually cook up two or three times this time of year because it's a blueberry corn bread. Here you see it. It's a basic corn bread recipe with the addition of blueberries and you can see how nice they look. Your palate is going to get a whole new taste sensation adding blueberries to the cornmeal. You can see how the berries float in the cornmeal it's a very pretty corn bread and as many of you know there's a great many anti-oxidants in blueberries so they help fight off a lot of illnesses.

I think I have time to quickly mention a few of you viewers. We of so many letters about our quick and easy show you guys really liked that. I wish I had time to mention them all but Tilly Frigere of Newport, Carolyn Lamb from Johnson, Dorothy Cummings from Heartland, Edie Lesage from Burlington she's 81 and uses many of our recipes. Dot Pearson of Saint Johnsbury just got home from five months of rehab where she listened to Across the Fence every day. Cathy Graws of Essex Junction sent a note of thanks for the time and effort we put into the show. She says they are enjoyable as well as educational and finally and Carolyn are you listening Gloria Laschway from Ellenberg Depot New York compliments Carolyn and me she says keep up the good work and no one does it better than you two. A big thanks to all of you viewers for your loyal watching of the show each and every day. I wish I had time to do all of these but I have my desserts which are some of my very favorite ones.

I'm going to begin with this one here. It's my peach pie. It's a winner in the taste at home cooking pie contest a few years back. I'm going to hold a piece so you can get a good look at it it's called a sour cream peach pecan pie. You can see the fresh peach is floating in a sour cream mixture that's flavored with vanilla extract. The topping is made of with butter flour brown sugar and cinnamon and chopped pecans. When you make this up for family and friends you are going to be a winner they're going to say you get first prize. I hope you'll give this a try it's not too hard to make it takes a little time but it's well worth the effort. My next one is right here it's my apricot blueberry cobbler. If you have never tried the flavor of the apricots and blueberries you're in for a treat. Again this is quite easy to make. First you mix up your apricot and blueberries with cornstarch and sugar pour into your cooking dish and then you prepare a biscuit dough like you see here. Bake it at 375 for 45 minutes, serve at room temperature and you're all set. It says cook loose in a cast iron frying pan. I'd like to cook in cast iron so just a heavy pie plate works just as well. My last recipe is right here it's a blueberry cobbler with coconut. I think this is a real treat. Put your blueberries and your coconut into the dish cook it up top it with rolled oats brown sugar flower and coconut. Best served over ice cream and Judy and Carolyn have their ice cream here. We'll scoop this out to be sure they get some before the crew comes in to sample all the summer fruit recipes.

Judy.: These look great Lyn. We've a couple different ways that you can get these recipes plus a few extras. I also want to tell you how to enter our drawing for the lunch and boat ride at beautiful Paradise Bay in South Hero. You can get the recipes online from the Across the Fence website. You can go to: uvm.edu slash extension and click on the link to Across the Fence. You find the recipes on the left hand side of the webpage. To get the recipes by mail send $2.00 and a stamped self-addressed business sized envelope to: summer fruit recipes box 188 South Hero Vermont 05486. Remember if you're ordering recipes include $2.00 and a stamped self-addressed envelope. You can also get that address and enter our free drawing for lunch and the boat ride. Again that is summer fruit recipes box 188 South Hero Vermont and the
zip code is 05486. Just send along your name and address to be entered in the drawing. We'll leave that information on the screen while I remind you our next in the kitchen with Across the Fence program is August 2. Will be featuring recipes for potlucks and picnics. Thanks to our chefs of course Carolyn and Lyn and to all of you for joining us today. We encourage you to support your local food producers by shopping at farm stands and at the many farmers markets throughout our living viewing area. There's nothing better than freshly grown fruits and vegetables they're delicious. See you again next time on Across the Fence.

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