On this first Thursday of the month it's a new addition of in the kitchen with across the fence featuring one of your favorites and ours Vermont apple recipes. But before we get to the apples we have some prize winning recipes from the 2011 Champlain valley fair and among the blue ribbon winners two of our own in the kitchen chefs.

Good afternoon and I'm Judy Simpson and I'm joined by Sandy Niquette at from Colchester. Sandy won the top prize and the $100 and the Fleischmann’s yeast whole grain bread category at the fair congratulations. Competing at the fair is a family tradition can you tell me about that?

Sandy.: Definitely my mother cooking was always her thing and she was competing for as long as I can remember. The first time I entered was chocolate chip cookies I was six years old. I didn't win because they were too salty my mother told me later but I kept trying and when I was 14 I won my first east sweepstakes for my bread and I've been trying to win again ever since.

Judy.: That's wonderful you're winning recipe is called savory bacon bread pocket. That sounds so good and you are kind enough to bring some samples can you tell me about the recipe?

Sandy.: If you don't like pork this is not the recipe for you. There's a lot of bacon and ham inside the pockets and one of the neat things is that you do the bacon but you save the bacon grease and that's what the shortening is in the bread.
Judy.: Oh no kidding to that as an added flavor.

Sandy.: Added flavor and there's also a little rye flour as well as the whole wheat so it gives it an extra flavor too.

Judy.: What did the judges tell you they liked about it?

Sandy.: I just heard that they loved it and it was awesome. It's not the prettiest thing you'll ever bring to the table.

Judy.: I don't know it looks pretty good to me.

Sandy.: I definitely got good vibes about what it tasted like.

Judy.: Wonderful thank so much for bringing a recipe and I look forward to trying them soon. Two of our across the fence chefs also earned a blue ribbon. Here they are heather fisher from Colchester and of course Lynn Jarvis from south hero. Congratulations to both of you. Lynn you have a delicious looking by year tell me about that.

Lynn.: First I was one of the judges for Sandy's recipe I don't think she knows that but the flavor was scrumptious that baking and hand mixed with the bread far above the other recipes.

Judy.: You are making my mouth water.

Lynn.: First I want to say hello to the whole baking association their meeting in Stowe now. This is my prize winning pie in the men's category it's called a blueberry glace pie, very easy to make. What to do is put 2 cups of blueberries on the stove with some water a little lemon juice and of course some thickener then start cooking it. While it's cooking you put the other blueberries the other 2 cups in your pie shell and by that time the cooks and blueberries should be thick enough to pour over this and then heather few hammy the whipped cream this is best served with a whipped cream and I should add that made this with fresh strawberries fresh raspberries even pineapple and peaches. The recipe always comes out very well. So we have a recipe here that's always versatile easy to make an a prize winner at the fair. What more do you want?
Judy.: Excellent; save a slice for me. Heather you won the King Arthur Flour best whoopie pie contest and earned a $75.00 certificate – congratulations, and they are beautiful.

Heather.: Thank you as some of you know I really enjoy making whoopie pies. I kind of feel like the whoopie pie is the new cupcake. Here I decided I always experimented with a different varieties and here I made a s'more whoopee pie. You have the chocolate cake topping and inside you have some chocolate chips. The filling is a marshmallow crème filling and I also added crushed Graham crackers and the filling and put fresh Graham crackers around the edges and they are delicious.

Judy.: Congratulations and thank you to you both. Now are going to get some apple recipes ready but also I want to say hello to our loyal across the fence viewers and acknowledge them. First is Dot Black from South Burlington. Up in Swanton is a loyal viewer Esther Dudley. Across the lake in Mooers New York we have Susan Evans also in New York we salute Mary Gadway. Mary is from Witherbee. Mary Hamlin watches us from home in Huntington and in Northfield we want to acknowledge Kathryn Grass. We thank these viewers and the thousands of others in the channel three viewing area who make across the fence part of lives each and every day.

I see you have your apple recipes ready so I'll let you get to it.

Heather.: All right thank you Judy. It's great to be here to share some apple recipes with everybody as a lot of you know it's fun to bake with apples. I wanted to start with a savory dish that I like to use apples in. I know often you have a lot of sweet dishes with apples but this is more of a savory dish with apples and this is couscous with apples and cranberries.

I'll start by telling you a little bit how I make it. I'd buy the Israeli couscous which I did not have a problem finding them and the grocery store but I look in the international isle so I'd recommend if you try this recipe that you look in your local grocery store a look in the international isle. You start by taking your couscous and browning them with a little olive oil then you cook them up in a little chicken broth. After you've cooked the couscous you're going to add some fresh
herbs. Sometime parsley and rosemary then you add cranberries and one chopped apple. I prefer use a green apple or golden delicious apple both you can still find local apples and a chop that right in and I make a little vinaigrette. The vinaigrette is made with apple cider vinegar a little Vermont maple syrup salt and pepper and olive oil. Just toss it on the couscous and right before serving you add some toasted slivered almonds. I'm going to do that right now I like to toast those up in my oven about 350° for about 8 to 10 minutes. I stir it right in and then you have a wonderful dish that accompanies any meal. You can add the apple right in and you have a great dish to use some of those apples for this fall season.

My last two recipes are both desserts. I'm going to start with a viewer recipe. This is right here up front. It's a Swedish apple pie recipe. It was sent to us by Flossie Gardener of Shelburne Vermont. I want to thank Flossie for sending in this recipe because a couple months ago I found a recipe for Swedish apple pie which I actually had never heard of and then forgot about where I found it. It's nice to feel lucky that I was able to make this recipe for the show today. What I do like and Flossie wrote that this apple pie is very quick and very easy. I'm not a big fan of making the crust from scratch. I prefer something that's a little bit quicker. Here you can use all your apples up and make it a little bit quicker than your standard apple pie. To make this recipe start by taking a pie plate about a 9 inch pie plate and buttering it. Cutting about four to five apples, peeling and slicing them and layering them in your pan. Then topping them with a little sugar and cinnamon. In another pan you're going to make a little batter. The batter is made with flour sugar butter and an egg. If you make this batter you goop it and dump it right on top then you spread it out and bake it in your oven 350° for about 45 minutes until it's nice and golden just like you see it right here. You have this great quick dessert which to me saves a lot of time and tastes even better. I want to thank Flossie for sending in this recipe and giving me a chance to try it.

I'm going to share with you my last recipe is for an apple upside down cake. I think I've been craving this is since August but I've never actually made one. I've tried upside down pear cakes but this is an upside down apple cake and I searched for a recipe for a while and I found this really great recipe. I'm going to tell you how I started by making it. I cut and peeled two apples and then place them in a square
pan you can also use a round pan any pay and that is about 9 inches but you need to have a 2 inches deep. It needs to be thick. The only pan I had was square. So I took my two sliced apples and I'd tried to layer them nicely all around in the bottom of the pan. I made a sauce that I then cover the sliced apples with. I made a cake batter and in the cake batter you have another apple that's cut up and diced so you have a apples on the top apples in the batter and you also when the cake is done baking top it with another nice layer of thick caramel glaze. If you don't like the extra sweet you can leave this part out. I'm going to quickly scooped it out onto a plate and top it with a little whipped cream and invite Carolyn and to come in and share some of her apple recipes as well.

Carolyn.: I thought she was going to say I could share her pie, but oh well. I have a few apple recipes here today and it was fun finding new ones. I'm going to start out with my good old trusty crock pot. In this I have an apple bean bake. This is really good because it has apples among other things. Then it takes too large containers of great northern beans and pinto beans. Then you can or not as you please put in some ham I did put in an because my husband and I both like that. This is really good it has your molasses brown sugar and everything you would normally have with baked beans. A really quick way to fix a meal because it's 2 to 4 hours on low on your crock pot.

Then I have a nutty apple salad. When I say nutty I mean nutty. I have some cashews sprinkled on top. You could use mixed nuts if you want. In it there's apples salary seedless Grapes cut pineapple and miniature marshmallows. A dressing for it is whipped evaporated milk. Sugar and vanilla mayonnaise and peanut butter. It really is surprisingly good. This is a really nice thing to add to your meal. I used a dish that it did not want to use but oh well.

Next I have is called apple cider Sundaes. This is a mixture of cut up apples cornstarch and lemon juice sugar and things like that. It's good served over ice cream or I'm going to serve it over some vanilla pudding. That's a good way to use up some more apples. I don't know about your orchards but we had scads of apples this year.

My final recipe is called Mother Perrin's apple roll. This has been a favorite of their family for years. I did double the recipe. You make the
dough you make the filling with apples brown sugar cinnamon or regular sugar cinnamon butter then you put some maple syrup in the bottom. It makes a good dessert. I'm going to swipe some of the Lyn's whipped cream. You can serve it with whipped cream you could serve it with ice cream whenever you like and there's a nice extra dessert. I think I saw my roll disappear.

Lynn.: Just in about three more minutes. Thanks Carolyn great recipes. My first recipe comes from Liz Pecor over in Monkton. It's from a collection of recipes that she has from UVM extension dating back to 1935. Joe Kerrigan was director then Lydia Tara was the home economist and that 76 years ago. I wonder if any of our recipes are going to be around in the year it 2087. Here's the recipe it's easy to make its apples in maple syrup. First you cook your apples as you can see in syrup water and some butter and bake them. This would be a great recipe to serve this time of year and think of the story you're going to tell about the history of these recipes.

Here's my main dish. I love pork and apples. It's pork with apples and veggies. As you can see we've sauté the pork vegetables and hash brown potatoes. A wonderful flavor combination. Around the edge of a complement to this there bacon apple cider squares a wonderful little biscuit that will be very popular. You can double the recipe and keep them in the fridge or put them in your freezer for up to three months.

Now moving on to desserts. This is a recipe for my mother it's called apple fluff a wonderful flavor of meringue nuts and vanilla. I like what she said about the recipe beat eggs stiff and gradually add sugar and beat like crazy until fluffy. This is a great recipe for children and grandchildren because they like to get involved and they can beat that batter like crazy.

This next is a viewer a recipe from Betty Lockerby up in a Isle LaMotte. It's a really easy apple pudding and she wrote that she still experimenting with this but I think she has the recipe just right. It's sort of a pudding cake with apples brown sugar cinnamon and it stopped with a cake mix white or spice then butter or water. If I had time I'd take some and put with cream on it because this is scrumptious.
Here is my last recipe it's from Southern Living Magazine. Some friends of mine in Nashville subscribe to this for me. It's their signature cake it's called an apple cream cheese Bundt cake. You can see the cream cheese running through the middle and that frosting on top is a praline frosting Judy you can't beat it.

Judy.: That sounds fantastic great job to everybody. If you want a copy of these recipes you can get them online at the UVM extension web site. That's UVM.edu/extension and click on the across the fence link and you'll find those recipes or you can get a printed copy by sending $2.00 along with a stamped self-addressed envelope to apple recipes box 188 south hero VT 05486. Please make your check or money order out to Lynn Jarvis.

I want to thank everybody for bringing in these recipes they're delicious I can't wait to try them.

That's our program for today I'm Judy Simpson we will see you again next time on across the fence.

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