

Across the Fence

Favorite Recipes – January 2019

Marco Ayala's Recipes

Shrimp Scampi

3 to 4 garlic cloves, minced	½ tsp. pepper
¼ cup butter, cubed	¼ tsp. dried oregano
¼ cup olive oil	½ cup grated Parmesan cheese
1 lb. uncooked medium shrimp, peeled and deveined	¼ cup dry bread crumbs
¼ cup lemon juice	¼ cup minced fresh parsley
	½ tsp. pepper flakes (optional)

In a 10-in. ovenproof skillet, sauté garlic in butter and oil until fragrant. Add the shrimp, lemon juice, pepper and oregano; cook and stir until the shrimp turn pink. Sprinkle with cheese, bread crumbs and parsley. Broil 6 in. from the heat for 2 to 3 minutes or until topping is golden brown. Serve with pasta. **Yield:** 2 to 4 servings.

Mediterranean Salad

4 cups baby spinach	candied pecans or walnuts (optional):
¼ cup sliced green or black olives	1½ Tbsp. packed brown sugar
6 strawberries, sliced	1½ tsp. water
feta cheese crumbles, to taste	⅛ tsp. vanilla
	⅛ tsp. salt
	1 cup pecan or walnut halves

In a bowl, combine spinach, olives, and strawberries. Sprinkle with feta cheese to taste. In a small bowl, combine brown sugar, water, vanilla, and salt, stirring to combine. Set this at-the-ready, next to your stove, as this recipe goes really quickly. In a medium-large saucepan over medium heat, toast nuts for 2 to 3 minutes, stirring occasionally to prevent burning. Quickly drizzle the sugar mixture into the pan, on top of the nuts, stirring the nuts as you drizzle. Stir constantly for about 15 seconds, until the nuts are thoroughly coated in the sugar mixture. Immediately remove from heat so they don't burn. Spread the nuts on a piece of parchment to cool. Once cooled, you can break the nuts apart, if needed. Add to salad just before serving. Drizzle with raspberry vinaigrette. **Yield:** 2 servings

Homemade Raspberry Vinaigrette

1 cup fresh raspberries	¼ cup olive oil
1 tablespoon white sugar	1 Tbsp. honey
⅔ cup balsamic vinegar	½ tsp. salt

Mix raspberries and sugar together in a bowl; set aside until mixture is juicy, about 10 minutes. Mash berries using a fork until liquefied. Pour berry mixture into a jar with a lid; add balsamic vinegar, olive oil, honey, and salt. Cover jar with lid and shake until dressing is mixed well. Store in refrigerator.

Orange Date Bread

2 cups all-purpose flour, sifted
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 cup plus 2 Tbsp. sugar

1 egg
juice of 1 orange
1 cup dates, finely chopped
¼ cup chopped nuts
1 to 2 Tbsp. orange rind

Sift together flour, baking powder, baking soda and salt. In a separate bowl beat together sugar and egg until creamed. Squeeze juice from one orange into a cup, and fill with enough boiling water to measure 1 cup. Add alternately with dry ingredients to creamed mixture. Blend well after each addition. Stir in dates, nuts and grated orange rind. Pour batter into a 9x5x3 well-greased pan. Bake at 350°F for 50 to 60 minutes or until a toothpick inserted near center comes out clean. Cool before taking out of pan and slicing. **Yield:** 1 loaf.

Cranberry Crumble Bars

Shortbread:

2 cups all-purpose flour
½ cup granulated sugar

½ tsp. salt
1 cup unsalted butter, chilled

Use parchment paper to line a 9-by-13-inch baking pan so that the paper hangs over the sides of the pan. Spray with nonstick cooking spray. Preheat the oven to 350° and set a rack to the middle position. Shortbread: In a medium bowl, whisk together the flour, sugar, and salt for 30 seconds. Using the largest holes in a box grater, grate the cold butter onto the flour mixture. Use your fingers to massage the butter into the flour until the mixture resembles cornmeal and holds together when you squeeze it. Pour the dough into the baking pan and press it into an even layer. Bake until just set, 15 to 20 minutes, remove from the oven (leave the oven on).

Filling:

2 cans (14 oz. each) jellied cranberry sauce

Topping:

½ cup sugar
½ cup packed light brown sugar

2½ cups all-purpose flour
½ tsp. salt
1 cup unsalted butter, melted
powdered sugar, for garnish

Filling: Purée the cranberry sauce in a food processor or smash it with a fork in a large bowl until it has a spreadable consistency. Spread in an even layer over the shortbread crust. **Topping:** In a large bowl, whisk together the sugars, flour, and salt. Pour the butter over the flour mixture and stir with a spoon. You'll likely have to switch to using your fingers to ensure that all the ingredients are evenly distributed and the mixture forms large clumps. Sprinkle the topping evenly over the cranberry filling. (If you like a lot of crumble, use the entire batch; otherwise, you can freeze any remaining crumble for up to a month and sprinkle it on baked apples, muffins, etc.) Transfer the pan to the oven and bake until the crumble starts to brown, 30 to 40 minutes. Allow to cool completely, then dust with powdered sugar and lift from the pan using the overhanging parchment. Cut into squares, which can be stored in an airtight container for up to a week. **Yield:** 12 bars.

Carolyn Peake's Recipes

Coleslaw in a Bag

2 large carrots, shredded
1 small head of cabbage, shredded
1 medium green pepper, chopped
1 small onion, chopped

Dressing:

1 cup (8 oz.) sour cream
½ cup mayonnaise or salad dressing
2 Tbsp. vinegar
2 Tbsp. sugar
2 tsp. celery seed
½ to 1 tsp. lemon juice
¼ to ½ tsp. lemon peel
salt and pepper to taste

In a large plastic bag, toss the carrots, cabbage, green pepper and onion. Combine dressing ingredients in a bowl and stir completely. Pour into the bag and toss to mix completely. Chill until serving. **Note:** This can be prepared several days in advance to save time. **Yield:** 15 to 20 servings.

Quick and Easy Herb Rolls

2 cups all-purpose flour, divided
2 Tbsp. sugar
1 pkg. fast rising yeast
¾ tsp. salt
1 Tbsp. dried parsley
1 Tbsp. dried thyme leaves

½ tsp. dried rosemary leaves
½ tsp. ground sage
¾ cup evaporated milk
¼ cup water
¼ cup butter
1 egg

In a large bowl, combine 1½ cups flour, sugar, undissolved yeast, salt and herbs. Heat milk, water and butter until very warm (125°F to 130°F) then stir into dry ingredients. Stir in the egg and the rest of the flour (½ cup) flour to make a stiff batter. Spoon batter into 12 greased muffin cups. Cover with waxed paper and allow it to rise in a warm, draft free place until nearly doubled, about 30 minutes. Preheat oven to 400°F for 14 to 16 minutes or until golden brown. Remove from muffin cups to wire rack and allow to cool.

Magic Cookie Bars

1 stick of butter (½ cup)
1½ cups graham cracker crumbs
1 can (14 oz.) sweetened condensed milk
2 cups semi-sweet chocolate chips

1½ cups flaked coconut
1 cup chopped nuts
1 cup caramel ice cream topping

Preheat oven to 325°F. Melt the butter in the oven in a 9x13x2-inch baking dish. Sprinkle the crumbs over the butter; then evenly pour the condensed milk over the crumbs. Layer evenly with the remaining ingredients except the caramel. Press down firmly with a fork. Bake for 25 minutes or until lightly browned. Remove from oven and drizzle the caramel over the top of the cookies. Cool and chill if desired. Cut into bars. Store loosely covered at room temperature.

Mom's Tuna Casserole

1 pkg. (1 lb.) elbow macaroni
2 cans tuna fish, drained
2 cans cream of chicken or cream of mushroom soup (or one of each)
2 cups shredded cheddar cheese, divided
1 cup (or more) milk

Cook macaroni as directed on the box. Preheat oven to 350°F. In a large bowl, combine the macaroni, tuna fish, soup and 1 cup of cheese. Place in a greased 2-quart baking dish. Top with the other cup of cheese. Pour in enough milk to bring it about half way up the sides of the baking dish. Bake for about ½ hour or until the cheese is bubbly and starting to brown.

Deb Plumley's Recipes

Beef Burgundy (Instapot Recipe)

2 lbs. beef boneless short ribs, cut into 1-inch chunks	1 Tbsp. tomato paste
Kosher salt and black pepper	1½ cup frozen pearl onions
¼ cup all-purpose flour	8 oz. white button mushrooms, sliced
1 tsp. olive oil	2 carrots, peeled and thinly sliced
2 slices bacon, chopped	1 bay leaf
1 cup dry red wine	½ tsp. dried thyme
1 cup beef broth	2 Tbsp. minced fresh parsley for garnish

Season the beef chunks with salt and pepper. Dredge the meat in the flour, and set aside. Heat the oil in the inner pot on Sauté. Add the bacon and cook, stirring occasionally until browned, 3 to 4 minutes. Using a slotted spoon, transfer the bacon to a paper towel lined plate to drain. Working in batches if necessary, add the beef and brown on all sides, 4 to 5 minutes. Stir in the red wine and broth. Using a wooden spoon, loosen the brown bits at the bottom of the pot. Stir in the reserved beef along with the tomato paste, onions, mushrooms, carrots, bay leaf, thyme, ½ tsp of salt and ¼ tsp. of pepper. Lock the lid. Cook on HIGH pressure for 15 minutes. Let the pressure release naturally for 10 minutes, and then manually release any pressure. If the liquid seems too thin, cook it on Sauté for a few minutes until it reaches the desired consistency. Stir in the parsley, and season to taste with salt and pepper. Sprinkle the dish with the reserved bacon bits. **For slow cooker:** Brown the bacon and the beef separately in a skillet. Place in slow cooker with other ingredients. Cook on LOW for 6 to 8 hours. **Yield:** 4 to 6 servings

90 Minute Bread

1½ cup warm water	2 Tbsp. melted butter, cooled to lukewarm
1 Tbsp. Vermont maple syrup	4 cups bread flour
2¼ tsp. yeast	1½ tsp salt

In the bowl of a stand mixer put the water, maple syrup and yeast. Stir and let sit until the yeast starts foaming a little, about 5 minutes. Add butter, salt and flour. Knead with dough hook for 10 minutes. Cover with a towel and let rise for 30 minutes. Lightly flour a bread board, turn out dough and knead lightly until have a smooth ball. Place the dough ball on a piece of parchment paper and let rise 30 minutes. Meanwhile, preheat the oven with a pizza stone in it to 400°F. After the 30 minutes, slip the dough, still on the parchment paper, onto the pizza stone. Bake 25 minutes. Loaf should sound hollow when tapped. **Note:** If you don't have a pizza stone, use an upside-down baking sheet. After pre-heating the oven to 400°F, place a heavy-duty baking sheet upside down on the middle rack for 10 minutes to heat.

Mandarin Orange Green Salad with Poppy Seed Dressing

Dressing:

1/3 cup apple cider vinegar
1/3 cup white sugar
1 tsp. mustard
1/4 tsp. salt
1/2 cup vegetable or canola oil
1 tsp. poppy seeds

Salad:

10 cups mixed salad greens and fresh spinach leaves (stems removed)
1 can (10 oz.) mandarin orange segments, drained
1/2 cup dried cranberries

In a jar with a tight lid, place dressing ingredients and shake until incorporated and dressing is creamy. Set aside until ready to serve. Just before serving, toss the salad greens and spinach with the orange segments and cranberries. Lightly dress the salad. To make this a more hearty salad, add 1/4 cup toasted slivered almonds and 6 slices of bacon, cooked and crumbled. **Yield:** 4 to 5 servings.

Viewer's Recipes

Apple Cake with Butter Maple Frosting

Donna Barcomb – Milton, Vt.

1 cup oil
1 1/2 cups sugar
3 eggs
2 cups all-purpose flour
1 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. vanilla

1/2 cup nuts, chopped
4 apples (about 2 cups, chopped)

Frosting:

1/3 cup butter, softened
3 cups confectioners' sugar, sifted
1/2 cup Vermont maple syrup

Mix oil, sugar and eggs; beat with hand mixer on medium until well combined, about 2 minutes. Sift dry ingredients and add to oil mixture 1 cup at a time until incorporated. Fold in vanilla, apples and nuts. Bake in a greased 9x13x2-inch pan at 350°F for 40 minutes or until done. **Frosting:** In a medium bowl, blend butter and sugar together. Stir in maple syrup mixing until smooth. Once cake is cool, frost in pan and serve with ice cream. **Yield:** 12 to 14 servings.

Slow Cooker Caramel Peanut Butter Hot Fudge Cake

Abigail Donohue – Vernon, Vt.

1 cup all-purpose flour
1 cup sugar, divided
1 tsp. baking powder
1 cup milk
1/3 cup vegetable oil
1/2 tsp. vanilla

3/4 cup peanut butter
15 to 20 Rolos® or similar caramel candy, unwrapped
3 Tbsp. unsweetened cocoa powder
1 cup boiling water

Stir the flour, 1/2 cup sugar, and baking powder in a large bowl. Add milk, oil, and vanilla and stir until smooth. Stir in the peanut butter. Spray a 6 or 7-quart slow cooker with cooking spray. Spread the batter in the bottom of the crockpot. Press Rolos® evenly across the top of the batter. Whisk 1/2 cup remaining sugar and cocoa powder in a medium bowl. Slowly whisk in the boiling water. Carefully and slowly pour the chocolate water over the top of the cake. Do not stir. Cover and cook on HIGH for about 2 hours, or until a toothpick comes out clean. Cool slightly before serving. Serve with ice cream or whipped cream. **Note:** all slow cookers cook differently. My crockpot has a "High 6 hour" setting, which is what I used. Be sure to check on your cake after 1 1/2 hours and it may take up to 3 hours, depending on how your machine cooks.

Taco Biscuit Casserole

Javier Zirko, Colchester, Vt.

1½ lbs. lean ground beef	shredded lettuce
1 pkg. (1.25 oz.) taco seasoning	chopped tomatoes
¾ cup water	additional salsa
1¼ cups salsa	sliced ripe olives, drained
1 can (16.3 oz.) large refrigerated biscuits	sour cream
8 oz. shredded Mexican cheese blend	sliced green onions

Preheat oven to 350°F. In a 10-inch skillet, brown beef over medium-high heat for 8 to 10 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix, water and salsa; heat to boiling. Reduce heat to low; simmer 3 minutes. Remove from heat. Separate dough into 8 biscuits. Cut each biscuit into 8 pieces. Add pieces to beef mixture; stir gently. Spoon mixture into ungreased 13x9x2-inch pan. Bake 18 to 23 minutes or until sauce is bubbly and biscuits are golden brown. Sprinkle with cheese. Bake an additional 8 to 10 minutes, or until cheese is bubbly. To serve, cut into 8 squares. Top with remaining ingredients. **Yield:** 8 servings.

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