

Across the Fence

Crockpots, Air Fryers & Slow Cookers – March 2020

Carolyn Peake's Recipes

Blueberry Cobbler

¾ cup biscuit mix	½ tsp. almond extract
½ cup packed brown sugar	1 (5 oz.) can evaporated milk
⅓ cup granulated sugar	2 tsp. butter, melted
2 eggs, beaten	3 cups fresh or frozen blueberries
1 tsp. vanilla	Vanilla ice cream or whipped cream

Coat the inside of the slow cooker with nonstick cooking spray. Combine biscuit mix and sugars in a large bowl. Add eggs, vanilla and almond extract, stirring until well combined. Add evaporated milk and butter and stir until fully combined. Pour about one fourth of the batter into the slow cooker. Pour the blueberries over the batter, then pour the rest of the batter over the blueberries. Cover and cook on LOW for 5 to 6 hours. Serve warm with cream or ice cream. Yield: 4 to 6 servings.

Fried Chicken

5 chicken legs	1 Tbsp. onion powder
4 chicken thighs	1 Tbsp. garlic powder
5 chicken wings	1 Tbsp. paprika
3 cups buttermilk	6 cups cornflakes, crushed
1 tsp. black pepper	

Marinate chicken in the buttermilk for at least 30 minutes in the refrigerator or better yet, overnight. Mix the pepper, onion powder, garlic powder, paprika and crushed corn flakes together in a bowl. Roll the chicken in the dry mixture to coat well. Place the chicken onto the Air Flow Racks. Place the racks in the Air Fryer Oven. Press the power button, then the chicken button (40 minute cooking time) and increase the cooking temperature to 375°F to begin the cooking cycle. After 10 minutes, rotate the cooking racks. Use a meat thermometer to measure the temperature of the chicken. It is done when the internal temperature reaches 165°F. Additional cooking time may be needed to reach this temperature.

Best-Ever Roast

1 beef chuck shoulder roast (3 to 5 lbs.)
1 can (10 ¾ oz.) cream of mushroom soup, undiluted
1 pkg. dry onion soup mix
4 to 5 medium potatoes, unpeeled and quartered
4 cups baby carrots

Place the roast in the slow cooker. If necessary, cut it in half to fit in the cooker. Combine the can of soup and the dry soup mix in a bowl and pour over roast. Cover and cook on LOW for 4 hours. Add the potatoes and carrots to the slow cooker. Cover and cook on LOW for 2 hours. Yield: 6 - 8 servings.

Cheddar Biscuits

2 cups flour	½ tsp. garlic powder
1 stick of butter	½ tsp. seafood seasoning
2 tsp. baking powder	¼ tsp cayenne powder
¾ cup buttermilk	1½ cups cheddar cheese, shredded
½ cup scallions, chopped	

Cut butter into flour until it is pea-sized. Add remaining ingredients into bowl and mix completely. Divide the mixture into 16 balls and place the balls onto one Air Flow rack. Place the rack in the Air Fryer oven and press the power button, then the baking button (350°F.) and decrease the time to 15 minutes to begin the cooking cycle. Serve the biscuits with the fried chicken.

Marco Ayala's Recipes

Parmesan Potato Wedges

3 russet potatoes
1 Tbsp. olive oil
½ tsp. salt
1 Tbsp. dried sweet basil
½ cup grated parmesan cheese

Wash the potatoes and dry them with a towel. Cut the potatoes lengthwise into wedges. Drizzle the wedges with olive oil; sprinkle them with salt, basil, and parmesan cheese. Spray the air fryer basket with cooking oil. Cook on **CHIP** setting (392°F) for 15 to 20 minutes shaking the basket every 5 minutes so the wedges cook evenly. Serve warm.

Air Fryer Apple Fritters

½ cup sugar	1 can (10.2 oz.) refrigerated buttermilk biscuits (5 biscuits)
½ tsp. cinnamon	3 Tbsp. butter, melted
1 cup chopped peeled apple (1 medium)	

Spray basket with cooking spray. In small bowl, mix sugar and cinnamon. In another small bowl, mix chopped apple and 2 tablespoons of the cinnamon-sugar until well mixed. Separate dough into 5 biscuits; separate each biscuit into 2 layers. Press each into 4-inch round. Spoon 1 heaping tablespoonful of the apples into center of each round. Gently fold edges up and over filling; pinch to seal. Brush biscuits on all sides with 2 tablespoons of the melted butter. Place 3 of the biscuits, seam sides down, on parchment in air fryer basket. Set to 325°F; cook 6 minutes. Using tongs, carefully turn biscuits, to make sure bottoms brown evenly. Cook 2 to 4 minutes longer or until cooked through and biscuits are browned. Repeat process with remaining biscuits. Brush biscuits with remaining 1 tablespoon melted butter; roll in remaining cinnamon-sugar mix.

Air Fryer Chicken Wings

2 lbs. chicken wings
1 Tbsp. baking powder

Salt and pepper to taste

Garlic Parmesan Wings

¼ cup butter
3 cloves garlic minced
½ cup grated parmesan cheese, freshly
grated or pre-grated
1 tsp. garlic powder

½ tsp. salt
¼ tsp. black pepper
1 tsp. red pepper flakes
2 Tbsp. freshly chopped parsley leaves

Buffalo Wings

¼ cup butter
½ cup hot sauce

1 Tbsp. honey or brown sugar
Salt

Honey BBQ Wings

1 cup BBQ sauce
¼ cup honey

2 Tbsp. melted butter
2 tsp. siracha or hot sauce (optional)

Remove tips of chicken wings and split at the joint. Pat the chicken wings dry with a paper towel. In a large bowl, toss chicken wings with 1 tablespoon baking powder and a dash of salt and pepper. Transfer to air-fryer basket and place in the air fryer. Cook at 375F for 25 minutes, shaking the basket halfway through cooking time. Increase the temperature to 420F or highest setting and bake for another 5 minutes or until the skin is crispy and brown. Remove from air fryer and immediately toss in wing sauce of choice.

To make Garlic Parmesan wings:

Cook garlic in butter then turn off the heat and pour it into a large mixing bowl. Add the remaining ingredients along with the wings to the bowl and toss.

To make Buffalo wings:

Cook butter with garlic for 2 minutes. Turn off heat and pour into a large bowl. Add hot sauce and salt. Stir in wings.

To make Honey BBQ wings:

Simmer all ingredients in a small pot or pan. Transfer to a bowl and toss in wings.

Pat the chicken dry: Be sure the wings are completely dried through. This will help the baking powder stick to the skin and result in a super crispy texture. **No Oil Needed:** This is my absolute favorite part about air frying chicken wings. That's right, no oil needed. The oil from the chicken wings will break down and when combined with the salt and baking powder, will form a crunchy crust that is to die for. **Air-frying Method:** The wings are first air-fried on medium heat to cook the interior and then the heat is turned up to 400°F to crisp up the skin. The result is chicken wings that are soft and tender on the inside and super crispy on the outside.

Air Fried Breakfast Dumplings

3 center-cut bacon slices
3 large eggs, lightly beaten
1 oz. cream cheese, softened

1 Tbsp. chopped fresh chives
4 oz. fresh prepared whole-wheat pizza dough
Cooking spray

Cook bacon in a medium skillet over medium until very crisp, about 10 minutes. Remove bacon from pan; crumble. Add eggs to bacon drippings in pan; cook, stirring often, until almost set but still loose, about 1 minute. Transfer eggs to a bowl; stir in cream cheese, chives, and crumbled bacon. Divide dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 5-inch circle. Place one-fourth of egg mixture in center of each dough circle. Brush outside edge of dough with water; wrap dough around egg mixture to form a purse, pinching together dough at the seams. Place dough purses in single layer in air fryer basket; coat well with cooking spray. Cook at 350°F until golden brown, 5 to 6 minutes, checking after 4 minutes.

Garden Relish

3½ lbs. green tomatoes
8 medium onions
4 large red peppers

4 large green peppers
2 cups sugar
2 cups vinegar
1 tsp. salt

Put all ingredients through food chopper. Pour hot water over mixture and drain. Repeat 2 more times. Add sugar, vinegar, and salt to drained mixture. Bring mixture to a boil for 4 to 5 minutes. Pack in jar while hot. **Note:** Vinegar can be diluted as desired.

Slow Cooker Cranberry Pork

1 boneless rolled pork loin
roast (3 to 4 lbs.), halved
2 Tbsp. vegetable oil
1 can (16 oz.) whole-berry
cranberry sauce
¾ cup sugar

¾ cup cranberry juice
1 tsp. ground mustard
1 tsp. pepper
¼ tsp. ground cloves
¼ cup cornstarch
¼ cup cold water
Salt to taste

In a Dutch oven, brown roast in oil on all sides over medium-high heat. Transfer to a 5-qt. slow cooker. Combine the cranberry sauce, sugar, cranberry juice, ground mustard, pepper, and cloves; pour over roast. Cover and cook on low for 6 to 8 hours or until a meat thermometer reads 160°F. Remove roast and keep warm. In a saucepan, combine the cornstarch, water, and salt until smooth; stir in cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with roast. Recipe can be halved for smaller cooker. Yield: 10 servings.

Viewer's Recipes

Slow Cooker Cheeseburger Soup

Ron Deragon – Plattsburgh, NY.

1 lb. ground beef, browned and drained	¼ tsp. pepper
2 russet potatoes, diced	2 tsp dried basil
2 carrots, peeled and diced	½ tsp. garlic powder
3 celery stalks, peeled and diced	3 cups chicken broth
1 white onion, diced	1 lb. Velveeta® cheese
½ tsp. salt	8 oz. sour cream

Note: Before starting this recipe, the total slow cooking time is 8 hours, the Velveeta cheese and cream cheese are added at the 7th hour and cooked for 1 more hour. Add the cooked beef, potatoes, carrots, celery, onion, salt, pepper, basil, garlic powder and chicken broth. **DO NOT** add Velveeta cheese and cream cheese yet. Cover and cook on **LOW** for 7 hours without opening the lid during the cooking time. Cut the Velveeta® cheese and cream cheese into cubes, add to the soup in the slow cooker. Stir to get the cubes into the soup (they won't melt straight away). Cover and cook for one more hour on **LOW**. Stir until the cheeses are blended into the soup. Serve and enjoy!

Crock Pot Chili

Douglas Underwood, St. Albans, Vt.

1 lb. ground beef	2 cans (15 oz.) kidney beans
1 lb. Italian sausages	1 cup chopped celery
1 can (28 oz.) tomatoes	2 cloves garlic, minced
1 can (6 oz.) tomato paste	2 tsp. salt
1 cup chopped onions	2 tsp. chili powder
1 cup chopped green peppers	

Brown hamburger and sausage, drain. Sauté onions, celery, and green pepper. Mix all ingredients and place in crock pot and cook on low for 6 to 8 hours.

Slow Cooker Pot Roast

Lisa Tremblay, Newport, Vt.

1 bag (16 oz.) baby carrots
2 stalks celery, cut into thirds
6 potatoes, cut in half
1 pot roast (adjust for cooker size)
1 envelope onion soup mix
1 can (10¾ oz.) cream of mushroom
1 cup water

In slow cooker, put bag of baby carrots, place pot roast on top, and put stalks of celery and potatoes around the meat. Top with the onion soup mix and cream of mushroom soup. Add the 1 cup water and cook on low for about 8 to 9 hours.

Slow Cooker Pumpkin Pie Pudding
Julie Kauffman – Essex, Vt.

1 can (15 oz.) solid pack pumpkin
1 can (12 oz.) evaporated milk
¾ cup sugar
½ cup buttermilk biscuits baking mix
2 eggs, beaten
2 Tbsp. melted butter
1 Tbsp. pumpkin pie spice
2 tsp. vanilla
Whipped cream

Mix together all ingredients except whipped cream. Pour into greased slow cooker. Cover and cook on low for 6 to 7 hours, or until a thermometer reaches 160°F. Serve in bowls topped with whipped cream.

Air Fryer Tips:

- Follow manufacturer directions regarding preheating the unit
- Coat basket or rack with recommended oil (per manufacturer directions) to prevent sticking
- Shake the basket a few times during cooking to help brown things evenly
- Don't overcrowd the items in the basket
- Don't stack larger items, place in single layer
- Give plenty of space to your fryer (at least 5 inches on all sides)
- Clean as directed after every use

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