

## *Across the Fence*

### Recipes with an International Flair – May 2016

#### Lyn Jarvis' Recipes

#### Caramel Cake – Iceland

##### **Sponge Base:**

2 eggs, separated	½ cup all-purpose flour
¼ tsp. salt	1 Tbsp. cornstarch
6 Tbsp. corn syrup	¼ tsp. baking powder
1 pinch grated lemon rind	

Butter bottom of pan and line with parchment paper. Butter the paper and then sprinkle with flour. Gently shake the flour around and shake excess out of the pan. The caramel is enough for one sponge base, baked in a 9-inch flan tin, the type that has a raised center and a deeper trench along the rim, so when the cake is turned out, top-to-bottom, there will be a raised rim along the edge. Set oven to 350°F. Beat egg whites with salt until stiff but not dry. Heat corn syrup to boiling in small saucepan; pour slowly over beaten whites, beating constantly with rotary mixer. Add lemon rind to yolks and beat well; fold into whites. Remove 1 tablespoon flour and discard. Place remaining flour in separate bowl; add cornstarch. Sift 5 times. Fold sifted flour and baking powder into egg mixture. Pour into tin. Bake for 20 minutes or until pick inserted in center comes out clean. Cool for 10 minutes and turn out onto plate to continue to cool.

##### **Caramel Topping:**

1½ cups heavy cream	3 Tbsp. butter
1¼ cups sugar	1½ tsp. vanilla
3 Tbsp. golden corn syrup or clear	

Mix cream, sugar and syrup in large saucepan. Cook, stirring constantly, until the mixture is so thick that a wooden spoon drawn edgeways through it leaves a mark. Do not overcook. Add the butter and vanilla and stir to mix well. Set aside to cool. When the caramel is almost cool, spoon it into the center, smooth it over the top and allow to set. This cake keeps well and can be frozen. Top with a dollop of whipped cream.

#### Bailey's Irish Cream Cake – Ireland

1 cup walnuts, chopped	<b>Glaze:</b>
1 box (15.25 oz.) yellow cake mix	1 stick butter
1 pkg. (3.4 oz.) vanilla instant pudding mix	¼ cup water
4 eggs	1 cup sugar
½ cup cold water	½ cup Bailey's® Irish Cream
½ cup Bailey's® Irish Cream	

Preheat oven to 325°F. Grease and flour a tube or Bundt pan. Sprinkle nuts on the bottom of pan. Combine the rest of the ingredients. Pour over nuts. Bake 1 hour. Cool completely. Remove to serving plate with sides. **For Glaze:** Melt butter. Stir in water and sugar. Boil for 5 minutes stirring constantly. Remove from heat. Stir in Bailey's® Irish Cream. Prick cake and baste regularly over a few hours. Use butter knife to get more glaze to settle into cake. Let cake sit for a day to soak in all the glaze. Always a favorite at any occasion.

## **Ropa Vieja – Cuba**

1 Tbsp. vegetable oil	1 green bell pepper, seeded	1 tsp. chopped fresh cilantro
2 lbs. beef flank steak	and sliced into strips	1 Tbsp. olive oil
1 cup beef broth	2 cloves garlic, chopped	1 Tbsp. white vinegar
1 can (8 oz.) tomato sauce	1 can (6 oz.) tomato paste	
1 small onion, sliced	1 tsp. ground cumin	

Heat vegetable oil in a large skillet over medium-high heat. Brown the flank steak on each side, about 4 minutes per side. Transfer beef to a slow cooker. Pour in the beef broth and tomato sauce, then add the onion, bell pepper, garlic, tomato paste, cumin, cilantro, olive oil and vinegar. Stir until well blended. Cover, and cook on HIGH for 4 hours or on LOW for up to 10 hours. When ready to serve, shred meat and serve with tortillas, rice, or corn chips.

## **Crab Empanadas with Potatoes and Cheese – Easter Island**

2 Tbsp. canola oil	All-purpose flour for dusting
½ yellow onion, chopped	2 unbaked pie dough crusts (9-inch)
1 large Russet potato, cut into small cubes	1 cup shredded Cheddar
1 can (6 oz.) crab meat	1 egg, beaten

Heat oil in a large skillet over medium heat. Stir in onion and potatoes. When onion is translucent, add crabmeat and stir, breaking up the meat. Reduce heat to low and cover. Cook for approximately 15 more minutes or until potatoes are tender. Remove from heat and set aside. Preheat oven to 350°F. Unroll piecrusts on a floured surface, and extend to a 10-inch circle with rolling pin. Cut out three, 5-inch circles using the rim of an overturned bowl. Gather dough scraps and roll out to cut one more circle. Repeat with second pie dough, ending up with eight circles. Prepare baking sheets with cooking spray. Place 1½ to 2 tablespoons of crab mixture on the center of each dough circle; top with 1 tablespoon of shredded Cheddar. Using a baking brush, egg wash around crab filling or edges of the circle. Fold one side of the dough circle over filling, creating a pocket semi-circle. Using a fork, gently press and seal the edges of the empanada. With fork, poke a few holes on top of semi-circle to let any trapped air escape. Place empanadas on prepared baking sheet, and brush top with egg wash. Bake for 20 minutes, or more, until golden. Yield: 8 empanadas.

## **Deb Plumley's Recipes**

### **Gingerbread – Jamaica**

2 cups flour	½ cup margarine	⅔ cup milk
3 tsp. ground ginger	¾ cup brown sugar	1 egg
1 tsp. baking soda	¾ cup molasses	

Sift dry ingredients. Place margarine, sugar, molasses and milk in a saucepan. Heat and stir until the margarine has melted then add this mixture and the egg to the dry ingredients. Beat well. Pour into a greased 9x4-inch loaf tin. Bake on the center rack of 325°F oven for about 1 hour. Cool and store in an airtight tin for best flavor. If desired, frost with lime glaze icing. **Glaze:** Mix together 1 cup sifted confectioners' sugar, ½ tsp. lime juice and water as needed for glaze consistency. Spread on gingerbread.

## **Scandinavian Sour Cream Apple Pie**

3 cups apples, peeled, cored, and cut into 6 slices  
3 Tbsp. flour  
 $\frac{2}{3}$  cup sugar  
 $\frac{1}{8}$  tsp. salt  
1 egg  
2 tsp. vanilla  
1 cup sour cream  
9-inch pie crust, prepared or purchased

### **Topping:**

$\frac{1}{3}$  cup flour  
 $\frac{1}{2}$  cup cold butter  
 $\frac{1}{3}$  cup sugar ( $\frac{1}{2}$  white and  $\frac{1}{2}$  brown)  
1 tsp. cinnamon

Preheat oven to 350°F. Mix together the flour, sugar, and salt and coat the apples in it all. Beat together the egg and vanilla and add to the apple mix. Fold in the sour cream. Bake in a 9-inch pie shell for 40 minutes. Mix the topping while the pie bakes, by cutting the cold butter into the flour, sugars, and cinnamon until the texture is crumbly. Cover the baked pie with this topping and bake an additional 10 to 15 minutes. Best cooled one hour before serving.

## **Jerk Chicken – Jamaica**

1 medium onion, coarsely chopped  
3 medium scallions, chopped  
2 Scotch bonnet chilies, chopped  
2 garlic cloves, chopped  
1 Tbsp. five-spice powder  
1 Tbsp. allspice berries, coarsely ground  
1 Tbsp. coarsely ground pepper

1 tsp. dried thyme, crumbled  
1 tsp. nutmeg  
1 tsp. salt  
 $\frac{1}{2}$  cup soy sauce  
1 Tbsp. vegetable oil  
Two  $3\frac{1}{2}$  to 4 lb. chickens, quartered

In a food processor, combine the onion, scallions, chilies, garlic, five-spice powder, allspice, pepper, thyme, nutmeg, and salt; process to a coarse paste. With the machine on, add the soy sauce and oil in a steady stream. Pour the marinade into a large, shallow dish, add the chicken and turn to coat. Cover and refrigerate overnight. Bring the chicken to room temperature before proceeding. Light a grill. Grill the chicken over a medium-hot fire, turning occasionally, until well browned and cooked through, 35 to 40 minutes. Cover the grill for a smokier flavor. Transfer the chicken to a platter and serve.

## **Marco Ayala's Recipes**

### **Postre de Limon – Mexico**

1 cup lime juice (from about 8 limes)  
1 can (12 oz.) evaporated milk

1 can (14 oz.) sweetened condensed milk  
2 rolls/pkgs. Maria cookies\*

Juice the limes. Place the juice with the evaporated and condensed milks in a blender. Blend until smooth. In a 9x13-inch dish, arrange cookies in a single layer. Pour enough of the lime-milk mixture over the cookies and spread to cover them. Repeat until lime-mixture is gone (about four layers of cookies) ending with milk-lime mixture. Cover with plastic wrap and refrigerate for at least three hours or overnight to allow the cookies to soften, the lime-milk mixture to solidify and the flavors to develop. Cut into squares. Garnish with limes (optional). **Yield:** 24 servings. **\*Note:** Maria cookies can be found in the international aisle at your favorite grocery store.

### **Crispy Flautas – Mexico**

1 tsp. vegetable oil	½ cup shredded Cheddar cheese
½ green bell pepper, chopped	24 toothpicks
½ onion, finely diced	1 cup vegetable oil for frying
1 lb. skinless, boneless chicken breast, cut into 1-inch pieces	Sour cream to taste
1 packet (1 oz.) taco seasoning mix	Salsa to taste
¾ cup water	½ head of lettuce, finely chopped
1 pkg. (10 or 12 count) corn tortillas	1 cup shredded Cheddar

Heat 1 teaspoon vegetable oil in a skillet over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Increase heat to medium-high and stir in the chicken breast. Cook and stir until the chicken breast is no longer pink in the center, about 10 minutes. Shred the chicken using two forks. Stir in the taco seasoning and water. Simmer until the liquid has evaporated, stirring occasionally, about 10 minutes. Stir in the Cheddar cheese, then remove from heat, and set aside. Spread about 2 tablespoons of the chicken mixture in a line along the bottom edge of the tortilla. Tightly roll the tortilla into a cylinder, and secure in the middle with a toothpick. Repeat with remaining tortillas. Heat 1 cup vegetable oil in a large skillet to 375°F. Fry the flautas in the preheated oil, no more than 4 at a time, until golden and crisp, turning so the whole surface is fried, about 4 minutes. Drain the flautas on a paper towel-lined plate. Discard toothpicks and top finished flautas with sour cream, salsa, lettuce and cheese.

### **Carolyn Peake's Recipes**

#### **Layered Apple Cake (Yabluchnyk) – Ukraine**

##### **Filling:**

8 cups peeled and sliced apples (can be a combination of sweet and sour apples)	Juice of ½ lemon
½ cup sugar	1½ tsp. cinnamon

##### **Cake:**

1½ cups sugar	1 tsp. vanilla
¾ cup vegetable oil	2½ cups all-purpose flour
3 eggs	2 tsp. baking powder
1 cup fresh orange juice	

Preheat oven to 350°F. Generously grease a 9x13-inch baking pan or a 10-inch spring form pan. Set oven rack second from the bottom. In a large bowl, toss the apples with ½ cup sugar, lemon juice and cinnamon. In another bowl, blend the oil with 1½ cups sugar. Beat or whisk in the eggs, then the orange juice and vanilla. Fold in the flour and baking powder to make a smooth, soft batter. Spoon ½ the batter into the prepared pan. Top with apples, then remaining batter. Bake until the cake is crusty and set on top, about 45 minutes. **Yield:** 10 to 12 servings.

#### **Sweet Bread (Pao Doce) – Portugal**

2 Tbsp. active dry yeast	3 eggs
¼ cup warm water	½ cup butter, softened
1 cup lukewarm milk (this should be scalded, then cooled)	5 to 6 cups all-purpose flour
¾ cup sugar	1 egg
	1 tsp. sugar

Dissolve yeast in the warm water in a large bowl. Stir in the milk, ¾ cup sugar, 3 eggs, butter, and 3 cups of flour. Beat until smooth. Stir in enough of the remaining flour to make the dough easy to handle. Lightly flour a surface and knead the dough until it is smooth and elastic, about 5 minutes. Place in a greased bowl and let rise in a warm place until double in size, about 1 to 1½ hours. Punch down dough and divide in half. Shape each half into a round, slightly flat loaf. Place each loaf into a well-greased, 9x1½-inch round pan. Cover and let rise until double, about an hour. Heat oven to 350°F. Beat egg and brush over tops of the loaves. Sprinkle with 1 teaspoon sugar. Bake until loaves are golden brown, about 35 to 45 minutes.

### **Scottish Pancakes – Scotland**

1½ cups plus 2 tsp. all purpose flour	1 tsp. cinnamon	Honey or Vt. maple syrup
1 Tbsp. baking powder	2 eggs	Fresh berries
1 Tbsp. sugar	1¼ cups milk	
	Butter for pan	

In mixing bowl, combine flour, baking powder, sugar and cinnamon. Whisk to combine. Combine eggs and milk in your mixing bowl and beat on medium high until eggs are foamy, about 15 seconds. Whisk the dry ingredients into the wet ingredients and whisk until just combined. Set aside for 15 minutes. Put about a teaspoon of butter in a frying pan and melt over medium heat. Pour about ⅛ cup of the batter into the pan and cook until it starts to rise up and bubble; flip over and continue to cook until golden brown. Remove from pan and keep covered while working on the rest of the batter. Reapply butter to skillet between batches. Serve immediately, drizzled with maple syrup or honey and fresh berries.

### **Viewer's Recipes**

#### **Chicken Lasagna – Italy - Ethel Baker, Pownal, Vt.**

2 cups (16 oz.) 2% cottage cheese	½ cup chopped onion
3 oz. cream cheese, softened	½ tsp. salt
4 cups cubed cooked chicken	6 lasagna noodles, cooked & drained
1 can (10¾ oz.) cream of mushroom soup	1 pkg. (6 oz.) stuffing mix
1 can (10¾ oz.) cream of celery soup	½ cup butter, melted
⅔ cup milk	

In a small bowl, combine cottage cheese and cream cheese. In a large bowl, combine chicken, soups, milk, onion, and salt. Spread half of the chicken mixture into a greased 13x9x2-inch baking dish. Top with three noodles. Spread with half the cheese mixture. Repeat layers. Toss stuffing mix with butter; sprinkle over casserole. Bake uncovered, at 350°F for 30 to 40 minutes or until golden brown. Let stand for 10 minutes before cutting. **Yield:** 8 servings

#### **Russian Tea Cakes - Ruth Clough, Dorset, Vt.**

1 cup butter, softened	2¼ cups flour
½ cup confectionary sugar	¼ tsp. salt
1 tsp. vanilla	¾ cup finely chopped nuts

Mix butter, sugar, and vanilla thoroughly. Blend flour and salt and stir in butter/sugar mixture. Mix in nuts. Chill. Heat oven to 400°F. Roll cold dough into balls. Place on ungreased baking sheet. Bake 10 to 12 minutes. While still warm, roll in confectionary sugar. Cool. Roll again in sugar. Ruth adds that she uses 1 tsp. butter pecan flavoring along with the vanilla.

### **Soda Bread – Ireland - Veronica Hershberger,**

**Essex Junction, Vt.**

In a large bowl, combine:

6 cups flour	½ tsp. salt
1 cup sugar	2 tsp. caraway seeds, make sure they are fresh
7 tsp. baking powder, make sure it is fresh	

Add and mix well by hand (the batter will get thick and sticky very quickly):

½ cup vegetable oil	3 cups milk (I use whole milk)
2 eggs	2 cups raisins

After it is combined, add 2 cups raisins (I use the dark ones) and mix well. Grease and flour 2 metal loaf pans (do not use glass bread dishes). Divide batter into the 2 prepared pans. Bake at 350°F for about one hour. It might take a little longer depending on oven temperature. The top will split open and turn a nice light brown color. I always check for doneness with a long metal cake tester. It is best if served lightly toasted or warmed in the microwave with butter.

### **Diablo Dip – Mexico - Lois Allen, Barnet, Vt.**

¾ lb. raw lean ground turkey	1 can (4 oz.) green chili peppers
½ cup chopped onions	½ cup low-fat mozzarella, shredded
1 can (16 oz.) pinto beans, drained and mashed	½ cup low-fat Cheddar, shredded
1 tsp. chili powder	½ cup no-salt added picante sauce
½ tsp. cumin	½ cup non-fat sour cream
	¼ cup sliced green onions

Coat non-stick skillet with cooking spray; place over medium heat until hot. Add turkey and onions, cooking until turkey is browned and crumbles. Drain and pat dry with paper towels. Set aside. Combine beans, chili powder and cumin and spread in a shallow 1½-quart baking dish, coated with cooking spray. Layer turkey, green chilies, cheeses, and picante sauce over the bean mixture. Bake uncovered at 350°F for 20 minutes or until cheeses are melted and mixture is heated through. Top with dollops of sour cream and then sprinkle green onions over the very top. Serve with tortilla chips.

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