

*Across the Fence*  
**Summer Fruit Recipes – June 2013**

**Deb Plumley's Recipes**

**Blueberry Orange Coffee Cake**

4 cups sifted flour	4 eggs
3 tsp. baking powder	1 tsp. vanilla
¼ tsp. salt	½ cup milk
2 tsp. grated orange peel	½ cup orange juice
1 cup butter, softened	2 cups fresh blueberries
1¾ cups sugar	

Preheat oven to 375°F. Sift flour, baking powder and salt together. Set aside. In large bowl with mixer at high speed, cream the butter and sugar. Add eggs, vanilla and orange peel and beat until light and fluffy. At low speed, beat in flour mixture alternately with milk and orange juice, beginning and ending with the flour mixture. Beat just until smooth. With rubber spatula, gently fold in blueberries. Pour into greased and floured 9x13x2-inch pan, and bake for 40 to 45 minutes. Cooled cake can be dusted with confectioners' sugar. **Note:** Reserve a small amount of flour to pre-dust the blueberries to minimize sinking while baking.

**Fruity Chicken Salad**

3 cups cooked orzo pasta	1 small red onion, thinly sliced
2 cups chopped, cooked chicken	1 cup fresh blueberries
½ cup thin carrot strips	1 cucumber, diced

Mix salad ingredients with ½ cup of raspberry vinaigrette dressing. Chill for 2 hours. Serve on a bed of lettuce with additional dressing, if desired. Add chopped fresh parsley as a garnish.

**Chocolate-Strawberry Shortcake Whoopie Pies**

1 pkg. (2 layer) chocolate cake mix	1 pkg. (8 oz.) cream cheese, softened
¾ cup water	1 jar (7 oz.) marshmallow crème
½ cup oil	1 tub (8 oz.) whipped topping, thawed
3 eggs	3 cups fresh strawberries, sliced

Heat oven to 350°F. Beat first 4 ingredients with mixer until well blended. Drop 2 Tbsp. batter, 2-inches apart, into 32 mounds on baking sheet sprayed with cooking spray. Bake 10 min. or until toothpick inserted in centers comes out almost clean. Cool on baking sheets for 3 min. Remove to wire racks; cool completely. Beat cream cheese with marshmallow crème in large bowl with mixer until well blended. Add whipped topping; beat on low speed just until blended. Spread about 2 Tbsp. of mixture onto bottoms of each of 16 cookies. Top with strawberries and remaining cookies. **Yield:** 16 whoopie pies.

## Carolyn Peake's Recipes

### Blueberry Soup

1½ qts. blueberries  
½ cup sugar

3 qts. water  
4 Tbsp. cornstarch

Cover berries with the water and bring to a boil. Simmer gently until berries are soft. Using a fine sieve, strain, keeping the juice. Return that to the soup pot. Mix cornstarch with a small amount of water and stir into the soup. Add sugar and heat to boiling. Stir well. Boil about 4 minutes. Serve chilled. **Yield:** about 4 quarts. Recipe can be halved.

### Raspberry Chicken Breasts

2 Tbsp. olive oil  
4 boneless, skinless chicken breast halves  
2 Tbsp. flour  
4 scallions, thinly sliced  
4 tsp. sugar  
⅓ cup raspberry vinegar or red wine vinegar

¾ cup chicken broth  
½ tsp. dried tarragon  
salt to taste  
1½ tsp. cornstarch blended with  
1 tsp. water  
½ pint raspberries

In a large skillet, heat oil over medium heat. Dredge chicken in flour, shaking off excess. Place chicken in pan and sauté 4 minutes per side or until golden brown. Transfer chicken to plate. Add scallions to pan and cook for one minute or until soft. Add sugar and cook 4 minutes or until sugar has melted and is amber in color. Add vinegar and bring to a boil. Add broth, tarragon and salt and bring to a boil. Return chicken to pan, reduce to a simmer, cover and cook 5 minutes or until chicken is cooked through. Transfer chicken to dinner plates. Return sauce to a boil, whisk in cornstarch mixture and cook, stirring constantly, one minute, or until sauce is slightly thickened. Stir in raspberries and spoon sauce over chicken. **Yield:** 4 servings.

### Strawberry Rhubarb Sauce

6 cups chopped rhubarb  
1 cup sugar  
1 cinnamon stick

½ cup white grape juice  
2 cups sliced strawberries

Place rhubarb in slow cooker. Pour sugar over it. Add cinnamon stick and grape juice. Stir well. Cover and cook on LOW for 5 to 6 hours or until rhubarb is tender. Stir in the strawberries and cook for 1 hour longer. Remove cinnamon stick and chill. Serve over cake or ice cream. **Yield:** 6 to 8 servings.

**Tips on cooking with rhubarb:** If you sweeten rhubarb after it is cooked, you will need less sweetener. Generally, the redder the stalk, the less sweetener is needed.

## **Strawberry Muffin Cones**

2 cups all-purpose flour	½ cup vegetable oil
½ cup sugar	1 cup chopped fresh strawberries
2 tsp. baking powder	15 cake ice cream cones (about 3-inches tall)
½ tsp. baking soda	1 cup semisweet chocolate chips
½ tsp. salt	1 Tbsp. shortening
2 eggs	colored sprinkles
1 carton (6 oz.) strawberry yogurt	

In a large bowl, combine first five ingredients. In another bowl beat eggs, yogurt, oil, and strawberries. Stir into dry ingredients just until moistened. Place the ice cream cones into muffin cups and spoon about 3 Tbsp. batter into each one. Bake at 375°F for about 20 minutes or until toothpick inserted in center comes out clean. Cool completely. In a sauce pan over low heat, melt chocolate chips and shortening, stirring until smooth. Dip muffin tops in chocolate, then decorate with sprinkles. **Note:** These muffins are best served the day they are made. The muffins can be baked in paper liners rather than in cones, if preferred. **Yield:** 15 servings.

## **Lyn Jarvis' Recipes**

### **Cinnamon Biscuit Peach Cobbler**

1½ cups all-purpose flour	¾ cup chopped walnuts
1 Tbsp. plus ⅓ cup packed brown sugar, divided	¾ tsp. ground cinnamon
2 tsp. baking powder	
¼ tsp. salt	<b>Filling:</b>
¼ tsp. baking soda	1 cup packed brown sugar
6 Tbsp. cold butter	2 Tbsp. cornstarch*
½ cup milk	¾ tsp. grated lemon peel
2 Tbsp. butter, melted	½ cup water
	7 to 8 cups sliced peeled peaches

Combine flour, 1 Tbsp. brown sugar, baking powder, salt, and baking soda; cut in butter until mixture resembles coarse crumbs. Stir in milk just until blended. Transfer to floured surface; knead 10 to 12 times. Pat into a 12-inch square. Brush with melted butter. Combine walnuts, cinnamon and remaining brown sugar; sprinkle over dough to within ½-inch of edge.

Roll up jellyroll style. Seal dough; set aside. In a large saucepan, combine brown sugar, cornstarch and lemon peel; stir in water until blended. Add peaches. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly. Transfer to a greased 13x9x2-inch baking dish. Cut biscuit dough into twelve 1-inch slices; arrange biscuits over filling. Bake, uncovered, at 400°F for 20 to 25 minutes or until golden brown. **Yield:** 12 servings. **\*Note:** You may have to add more cornstarch depending on how juicy the peaches are before baking.

### **Easy Fruit Salad**

½ cup sugar  
½ cup water  
juice of 1 orange  
zest of 1 orange  
2 tsp. vanilla

2 pints strawberries, hulled and halved  
1 pint blueberries  
1 cup red grapes, halved  
1 cup green grapes, halved  
mint leaves

Place the sugar, water, orange juice, and orange zest into a small saucepan and stir to combine. Bring to a boil, then turn the heat to low and simmer for 15 to 20 minutes to thicken slightly, add vanilla. Set aside to cool, then store in the fridge until cold. Mix together all the fruit in a large bowl and pour the syrup over the top, tossing gently. Garnish with mint leaves and serve. **Yield:** 6 servings.

### **Mona's Rhubarb Orange Pie**

2 cups rhubarb, cut up  
1 cup sugar  
2½ Tbsp. cornstarch  
3 egg yolks, slightly beaten  
juice of one large orange  
2 tsp. grated orange peel  
pinch of salt

**Meringue:**  
3 egg whites  
6 Tbsp. sugar  
⅛ tsp. cream of tartar  
½ tsp. vanilla

Cook rhubarb in about ¼ cup water until tender, about 5 to 8 minutes. Mix together remaining filling ingredients and pour into hot rhubarb and cook until it thickens. Pour into 8-inch baked pie crust. **Meringue:** Beat egg whites first and gradually add remaining ingredients, beat until stiff and pour over rhubarb/orange mixture. Smooth with knife. Bake at 350°F until lightly browned.

### **Pork Tenderloin with Blueberry Barbecue Sauce**

2 pints (5 to 6 cups) blueberries  
⅔ cup honey  
½ cup ketchup  
½ cup chopped shallots  
1 Tbsp. grated fresh ginger

2 tsp. fresh lime juice  
½ tsp. dry mustard  
2 one-pound pork tenderloins  
salt and pepper to taste

**Sauce:** Combine ingredients in a medium saucepan. Bring to a boil over medium heat; reduce heat and simmer until thickened, about 45 minutes. Divide sauce between 2 bowls. Set aside. **Meat:** Preheat grill or frying pan to medium heat. If cooking in frying pan, slice into 1-inch thick pieces. Season pork with salt and pepper. Sear, turning to cook all sides, 10 to 15 minutes. Brush with half the barbecue sauce, turning frequently, until pork is thoroughly glazed, about 10 minutes more (a meat thermometer should read about 150°F). Set aside and let rest 5 minutes. If grilled, carve crosswise; serve with remaining barbecue sauce. **Yield:** 4 servings.

### **Plum Crazy Cake**

3 cups firm pitted and quartered plums (about 6 red ones)	½ stick butter (¼ cup)
1 ⅔ cups sugar, divided	1 egg
2 Tbsp. cornstarch	2 cups sifted flour
1 tsp. orange rind	1 tsp. baking powder
½ cup orange juice	¼ tsp. salt
½ cup water	1 cup milk
	whipped cream for topping

Arrange plums, skin side down in a 9-inch square baking pan. In 1-quart saucepan combine 1 cup sugar and cornstarch; gradually add orange rind, juice, and water. Cook over medium heat; stirring until thickened. Cook 2 more minutes. Pour over plums. In mixing bowl cream butter; gradually add ⅔ cup sugar and beat until light and fluffy. Beat in egg. Stir together flour, baking powder, and salt; add to creamed mixture alternately with milk, beginning and ending with dry ingredients. Carefully spoon mixture over top of plums; spread evenly to cover orange mixture. Bake in preheated 350°F oven for 45 minutes. Cool in pan on wire rack for 5 minutes. Invert onto serving dish. Serve warm with whipped cream.

**\*Note:** Remove all plum juice from pan before cooking as it could cause the cake to be soggy.

### **Caramel Pear Crisp**

¼ cup quick-cooking oats	4 large pears, peeled, cut into ½-inch-thick slices
3 Tbsp. brown sugar	12 caramels
2 Tbsp. cold butter, cut up	1 Tbsp. milk
15 vanilla wafers, coarsely crushed (about 1 cup)	¾ cup thawed whipped topping

Preheat oven to 375°F. Mix oats and sugar in medium bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in wafer crumbs. Place pears in 1½-qt. casserole; top with crumb mixture. Bake for 35 to 40 minutes or until pears are tender and topping is golden brown. Cool 15 minutes. Meanwhile, microwave caramels and milk in small microwavable bowl on HIGH for 1 to 1½ minutes or until caramels are completely melted, stirring after 1 min. Drizzle caramel sauce over dessert just before serving; top with whipped topping. **Yield:** 4 servings.

### **Viewer's Recipes**

#### **Rhubarb Ambrosia Betty**

**Anita and Candy Amsden, Chester, Vt.**

5 cups rhubarb, cut into ½-inch pieces	sections from 1 orange, cubed
1¾ cup sugar	4 cups bread cubes (½-inch pieces)
1 Tbsp. flour	½ cup butter, melted, divided
¼ tsp. salt	½ cup flaked or shredded coconut
1½ tsp. grated orange rind, divided	

Mix together rhubarb, sugar, flour, salt, ¾ tsp. orange rind and fruit. Add 2 cups bread cubes and ¼ cup butter; mix. Put into greased 8x8x2-inch pan. Combine remaining bread cubes, butter, orange rind, and coconut. Sprinkle over top of rhubarb. Bake at 375°F about 40 minutes until brown. Serve warm with vanilla ice cream. **Yield:** 6 to 8 servings.

**Blackberry Cheesecake Tart**  
**Awilda Stowe, Colchester, Vt.**

**Blackberries:**

2 pints blackberries  
½ cup sugar  
½ tsp. cinnamon

**Crust:**

1½ cups graham  
cracker crumbs  
½ cup butter, melted  
¼ cup sugar

**Filling:**

8 oz. softened cream  
cheese  
½ cup sugar  
2 large eggs

Blackberries: Combine blackberries, sugar and cinnamon in a bowl and mix well. Let berries stand for 10 minutes until juicy. **Crust:** In a separate bowl, mix together crumbs, melted butter and sugar. Mix well with a fork and press into the bottom of a 9-inch pie plate. **Filling:** Mix together cream cheese and sugar with electric mixer until well blended. Beat in one egg at the time and continue beating until smooth. Pour filling into pie plate, carefully spreading it over graham cracker crust. Bake at 300°F for 40 minutes or until filling is set. Remove from oven and arrange berries on top of filling. Bake for 10 minutes or until berries are melted and softened a bit. Remove from oven and let cool partially. Serve with whipped cream. **Yield:** 8 servings.

**Tips on baking cheesecakes:** Avoid over-beating batter. Over-beating incorporates additional air and tends to cause cracking on the surface of the cheesecake. Avoid over-baking; the cheesecake will continue to bake after it is removed from the oven. The center should be just slightly moist when it is ready to be removed.

**Strawberry Rhubarb Bars**  
**Liz Pecor, Monkton, Vt.**

1½ cups all-purpose flour  
1½ cups old fashioned oats  
1 cup packed brown sugar  
¼ tsp. baking soda  
1 cup cold butter  
3 cups sliced fresh or frozen rhubarb  
1 cup chopped fresh or frozen  
strawberries

1 cup cold water  
¼ cup cold water  
1½ cups sugar  
3 Tbsp. cornstarch  
1 tsp. vanilla  
½ tsp. red food coloring, optional  
½ cup chopped nuts, optional  
¼ tsp. salt, optional

In a large mixing bowl, combine the flour, oats, brown sugar, baking soda, nuts, and salt. Cut in butter until crumbly. Press 3 cups into an ungreased 13x9x2 inch baking dish; set aside. Soak rhubarb in 1 cup cold water for 3 minutes; drain. In a saucepan, combine sugar and cornstarch. Stir in ¼ cup cold water until smooth. Add rhubarb, vanilla and food coloring, if desired. Bring to a boil; cook and stir for 5 minutes or until thickened. Add strawberries. Spoon over crust; sprinkle with remaining crumb mixture. Bake at 350°F for 23 to 25 minutes or until golden brown. **Yield:** 12 servings. **Note:** this recipe can be made with just the rhubarb if you desire. It's quite sweet so you could also use less sugar.

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