

# *Across the Fence*

## Summer Fruits - July 2015 Recipes

### Carolyn Peake's Recipes Chilled Strawberry Soup

1 cup apple juice	16 oz. strawberry yogurt
1 cup water, divided	2 cups fresh strawberries
$\frac{2}{3}$ cup sugar	2 drops red food coloring, optional
$\frac{1}{2}$ tsp. cinnamon	Additional strawberry halves or mint for garnish, optional
$\frac{1}{8}$ tsp. cloves	

In a saucepan, combine apple juice,  $\frac{3}{4}$  cup water, sugar, cinnamon and cloves and bring to a boil over medium heat. Remove from heat and allow to cool. Place strawberries and remaining water in a blender and process until smooth. Pour into a large bowl. Add apple juice mixture, yogurt and food coloring. Cover and refrigerate until well chilled. Garnish with additional strawberries and/or mint if desired. **Yield:** 6 to 8 servings.

### Fruity Rice Salad

3 oz. cream cheese, softened	3 fresh peaches or nectarines, pitted and chopped*
$\frac{1}{2}$ cup plain yogurt	1 cup halved green grapes
$\frac{1}{4}$ cup honey	$\frac{1}{2}$ cup sliced celery
2 Tbsp. lemon juice	$\frac{1}{2}$ cup raisins
1 tsp. grated lemon peel	$\frac{1}{2}$ cup chopped pecans
2 cups cooked long grain rice, cooled	

In a bowl, combine the first five ingredients and beat until smooth. Add the next five ingredients and stir well. Cover and refrigerate for at least 6 hours. Just before serving stir in the pecans. **\*Note:** Can use  $1\frac{1}{2}$  cups frozen sliced peaches, thawed and chopped. **Yield:** 6 servings.

### Fruited Pasta Salad

$1\frac{1}{2}$ cups uncooked spiral pasta	2 Tbsp. non-fat sour cream
1 can (8 oz.) unsweetened pineapple chunks	$1\frac{1}{2}$ cups cubed cantaloupe
1 carton (8 oz.) non-fat peach yogurt	1 cup halved seedless grapes
	$1\frac{1}{2}$ cups sliced fresh strawberries

Cook the pasta. Rinse in cold water, drain and cool completely. Drain pineapple, reserving 2 tablespoons juice. Set pineapple aside. In a small bowl, combine the yogurt, sour cream and reserved pineapple juice until smooth. Cover and refrigerate. In a large bowl, combine pasta, pineapple, cantaloupe, and grapes. Just before serving, stir in the strawberries and drizzle with yogurt mixture. **Yield:** 13 servings.

## **Berry Mini Breads**

½ cup butter, softened	1 tsp. baking soda
1 cup sugar	1 tsp. salt
2 eggs	1 cup buttermilk
3 cups all-purpose flour	1 cup whole-berry cranberry sauce
1 tsp. baking powder	1 cup fresh or frozen blueberries

In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Combine dry ingredients and add to the creamed mixture alternately with buttermilk. Stir in cranberry sauce and blueberries. Pour into four greased 5¾x3x2-inch loaf pans. Bake at 350°F for 25 to 30 minutes or until toothpick inserted near center comes out clean. Cool for 10 minutes before removing from pans to wire rack to finish cooling. **Yield:** 4 loaves.

## **Lyn Jarvis' Recipes**

### **Pear-Pecan Muffins**

3 cups all-purpose flour	1 cup vegetable oil
2 cups sugar	1 tsp. vanilla extract
2 tsp. baking soda	4 cups chopped peeled ripe pears (about 6 medium)
1 tsp. cinnamon	1 cup chopped pecans
½ tsp. salt	
2 eggs	

In a large bowl, combine the flour, sugar, baking soda, cinnamon and salt. In another bowl, combine the eggs, oil and vanilla; stir into dry ingredients just until moistened. Fold in the pears and pecans. Fill paper-lined muffin cups two thirds full. Bake at 350°F for 25 to 30 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. **Yield:** about 2 dozen.

## **Strawberry Riesling Jam**

2 lbs. very ripe hulled strawberries  
1 cup sugar  
½ cup Riesling wine  
1 medium peeled Macintosh apple, grated  
1 box (1.75 oz.) fruit pectin for less or no-sugar recipes  
1 rosemary sprig

Combine first 5 ingredients in a 6-quart slow cooker. Cover and cook on low for 8 hours. Mash the fruit to a chunky puree with a potato masher. Increase heat to high, cook uncovered 4 hours. Turn off heat and nestle rosemary sprig into fruit mixture; let stand 1 hour. Remove and discard rosemary sprig and any loose needles. Place jam in a bowl, cover and chill 8 hours. Store refrigerated for up to 3 weeks.

## **Cherry Blueberry Pie**

2 cups pitted sweet cherries  
2 cups fresh blueberries or frozen  
unsweetened blueberries  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup all-purpose flour

$\frac{1}{8}$  tsp. nutmeg  
9-inch pastry for a double-crust pie  
1 Tbsp. butter  
Additional sugar

In a large bowl, gently combine the cherries and blueberries. In a small bowl, mix sugar, flour and nutmeg; stir into fruit. Let stand 10 minutes. Preheat oven to 425°F. On a lightly floured surface, roll one half of the dough to a  $\frac{1}{8}$ -inch thick circle; transfer to a 9-inch pie plate. Trim pastry to  $\frac{1}{2}$ -inch beyond rim of plate. Add filling; dot with butter. Roll remaining dough to a  $\frac{1}{8}$ -inch thick circle; cut into  $\frac{1}{2}$ -inch wide strips. Arrange over filling in a lattice pattern. Trim and seal strips to edge of bottom pastry; flute edge. Sprinkle with additional sugar. Cover edge loosely with foil. Bake 15 minutes. Reduce oven setting to 350°F. Bake 30 to 35 minutes longer or until crust is golden brown and filling is bubbly. Cool on a wire rack. **Yield:** 8 servings.

## **Red White and Blue Cheesecake Bars**

1 graham cracker crust (9-inch)  
 $\frac{3}{4}$  cup 2% cottage cheese  
1 pkg. (8 oz.) reduced-fat cream cheese  
1 cup sugar\*  
1 tsp. grated lemon peel  
2 Tbsp. lemon juice

1 tsp. vanilla  
2 egg whites  
1 egg  
 $\frac{1}{3}$  cup reduced-sugar strawberry  
preserves  
 $\frac{1}{2}$  cup fresh blueberries

Preheat oven to 375°F. Line an 8-inch square baking pan with foil, letting ends extend up sides; coat foil with cooking spray. Break pie crust into fine crumbs into prepared pan. Press crumbs onto bottom of pan. Place cottage cheese in a small food processor; process until smooth. Transfer to a bowl. Add cream cheese, sugar blend, lemon peel, lemon juice and vanilla; beat until smooth. In a small bowl, lightly beat egg whites and egg; add to the cottage cheese mixture. Beat on low speed just until blended. Pour over crust. Drop preserves by teaspoonfuls over filling. Cut through with a knife to swirl. Sprinkle with blueberries. Bake 25 to 30 minutes or until center of cheesecake is almost set. Cool for 1 hour on a wire rack. Refrigerate 2 hours or until cold. Lifting with foil, remove cheesecake from pan. Cut into bars.

\***Note:** Sugar substitute blend equaling to 1 cup sugar can be used. **Yield:** 1 dozen bars.

**Fresh or frozen:** In most cases, if you are using frozen berries instead of fresh, you don't want to thaw them before using them in baking recipes. Frozen berries in muffins? Great. Frozen berries in pie? Even better. If you thaw them, the moisture content will likely be off, and you'll end up with a soggy pie and blueberry muffins that are bluish green.

## **Blueberry Apple Crisp**

4 cups sliced and peeled tart apples	½ tsp. salt
2 cups blueberries	½ tsp. cinnamon
2 Tbsp. brown sugar	¼ tsp. nutmeg
1 cup all-purpose flour, divided	1 egg, beaten
¾ cup sugar	½ cup butter, melted
1 tsp. baking powder	

Place apples in a greased 11x7x2-inch baking dish. Top with blueberries. Mix brown sugar and 2 tablespoons flour; sprinkle over fruit. Combine sugar, baking powder, salt, cinnamon, ginger, and remaining flour. Stir in egg with a fork until mixture is crumbly. Sprinkle over fruit; drizzle with butter. Bake at 350°F for 55 to 60 minutes or until apples are tender. Serve warm. **Yield:** 12 servings.

## **Deb Plumley's Recipes**

### **Fresh Cherry Salsa**

1 clove garlic	½ green pepper
2 cups halved fresh pitted cherries	¼ tsp cayenne pepper
½ red onion	Juice of half a lime (about 1 Tbsp.)
½ yellow pepper	Salt and pepper, to taste

Place garlic clove in food processor and pulse a few times until finely chopped. Add half of cherries and the rest of the ingredients (except salt) and process until finely chopped. Add the rest of the cherries and pulse until cherries are coarsely chopped (you want some larger pieces for a better texture). Season with salt to taste. Let salsa rest refrigerated for 3 to 4 hours for the flavors to develop. Add more seasonings if desired.

### **Pear Crumb Pie**

1 pastry for single crust pie, unbaked	⅓ cup all-purpose flour
¾ cup all-purpose flour	1 cup sugar
½ cup cold butter, cubed	2 tsp. cinnamon
¾ cup light brown sugar	6 cups peeled and sliced Bartlett pears (2½ lbs.)
½ cup old-fashioned oats	½ cup dried cranberries
½ cup chopped toasted pecans	

Preheat oven to 365°F. Cut butter into ¾ cup flour using a pastry blender or fork until mixture resembles coarse meal. Stir in brown sugar, oats, and pecans; set mixture aside. Stir together ⅓ cup flour, sugar and cinnamon. Add pears and cranberries, stirring to coat. Pour into prepared crust. Top evenly with pecan mixture. Place on an aluminum foil lined rimmed baking sheet. Bake at 365°F for 70 minutes, or until bubbly and golden brown. Let cool completely on a wire rack. **Yield:** 8 to 10 servings.

## Plum Poppy Seed Muffins

6 Tbsp. unsalted butter, melted, browned  
and cooled  
1 large egg, lightly beaten  
¼ cup granulated sugar  
¼ cup packed dark or light brown sugar  
¾ cup sour cream or a rich plain yogurt  
½ cup whole-wheat flour  
1 cup all-purpose flour

¾ tsp. baking powder  
¾ tsp. baking soda  
¼ tsp. salt  
Pinch cinnamon  
Pinch nutmeg  
2 Tbsp. poppy seeds  
2 cups pitted and diced plums\*

Preheat oven to 375°F. Set papers in 18 muffin cups. Whisk the egg with both sugars in the bottom of a large bowl. Stir in the melted butter, then the sour cream. In a separate bowl, mix together the flours, baking powder, baking soda, salt, cinnamon, nutmeg, and poppy seeds, and then stir them into the sour cream mixture until it is just combined and still a bit lumpy. Fold in the plums. Divide batter among prepared muffin cups. Bake for 15 to 18 minutes, until the tops are golden and a tester inserted into the center of a muffin comes out clean. Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool completely. **Do Ahead:** Generally, I think muffins are best on the first day, but these surprise me by being twice as moist, with even more developed flavors, on day two. They're just a little less crisp on top after being in an airtight container overnight.

\***Note:** About ¾ lb. Italian prune plums, though any plum variety will do.

## Viewer's Recipes

### Blueberry Tea Cake

Mary Beth Kikel, Lake Placid, NY.

2 cups all-purpose flour, sifted  
2 tsp. baking powder  
½ tsp. salt  
¼ cup butter, room temperature  
¾ cup sugar  
1 egg  
½ cup milk  
2 cups blueberries

### **Crumb Topping:**

½ cup sugar  
¼ cup flour  
½ tsp. cinnamon  
¼ cup butter, room temperature

Sift together flour, baking powder and salt; set aside. Cream butter and gradually beat in sugar. Add egg and milk, beat until smooth. Add dry ingredients. Fold in blueberries. Spread batter in greased and floured 8 or 9-inch square pan. **Crumb Topping:** Mix together sugar, flour and cinnamon. Cut in butter until coarse crumbs form. Sprinkle over batter. Bake at 375°F for 40 to 45 minutes or until a toothpick inserted in center comes out clean. Cut in squares and serve warm. **Yield:** 9 servings.

### Strawberry Cream Cheese Pie

Jean McNeil, Mansonville, Quebec.

8 oz. cream cheese  
1 cup powdered sugar  
½ pint heavy cream

1 tsp. vanilla  
1 pie crust, 9-inch, baked  
1 pint fresh strawberries, halved

Blend cream cheese with sugar. Whip cream and add vanilla. Fold into cream cheese mixture. Pour into cooled pie shell. Cover with strawberries. Chill until ready to serve. **Yield:** 8 servings.

## **Custard Rhubarb Pie**

**Awilda Stowe, Colchester, Vt.**

4 cups sliced rhubarb	½ tsp. salt
1½ cups sugar	3 eggs, beaten
¼ cup flour	9-inch pastry for a double crust pie
¼ tsp. nutmeg	

Place sliced rhubarb into unbaked crust. In a separate bowl combine sugar, flour, nutmeg, and salt. Beat eggs and add to dry mixture. Pour mixture over rhubarb. Add top crust of pie, flute edges and cut slits on top of crust for steam to escape. Bake at 400°F for 50 minutes. **Note:** You can sprinkle 2 tablespoons maple sugar over top crust before baking. **Yield:** 6 to 8 servings.

## **Zucchini Relish**

**Phyllis Dimick, Rutland, Vt.**

10 cups chopped zucchini	3 Tbsp. salt
4 cups onion, chopped	

Combine and let stand overnight. Drain well next day. Rinse with cold water, until it runs clear. Drain well. Place in large kettle and add:

1½ cups brown vinegar	1 cup red sweet pepper, chopped
4 cups sugar	1 Tbsp. celery seed
3 Tbsp. cornstarch	1 Tbsp. nutmeg
1 cup green pepper, chopped	1 Tbsp. turmeric

Simmer for 55 minutes. Pack into hot jars and seal. Process at 10 lbs. pressure for 15 minutes. **Yield:** 6 pints.

**How to choose a ripe melon:** To choose a ripe watermelon, hold it up to your ear and knock on it. Select the melon with the hollowest sounding knock. For cantaloupe, choose one with small, tight, netting on the skin. It should smell sweet, and the seeds should not make a rattling sound.

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