

Across the Fence

Locally Grown Recipes – August 2017

Carolyn Peake's Recipes

Italian-Style Veggie Wraps

1 small zucchini, chopped	4 green onions, chopped
1 cup provolone cheese cut into ½-inch cubes	¼ cup prepared zesty Italian salad dressing
1 cup cubed hard salami cut into ½-inch pieces	3 Tbsp. hot pepper sandwich relish
1 cup chopped fresh broccoli	1 Tbsp. prepared Catalina salad dressing
1 medium tomato, seeded and chopped	6 romaine lettuce leaves
12 each of pimiento-stuffed olives and pitted ripe olives, both chopped	6 whole wheat tortillas (8-inch)

In large bowl, combine first 11 ingredients. To serve, place a romaine leaf on each tortilla; top with filling. Fold up bottom and sides of the tortilla, securing with a toothpick if desired. **Yield:** 6 servings.

No Mayo Broccoli Salad with Blueberries and Apple

1½ lbs. fresh broccoli, cut into bite-size pieces	Dressing:
1 cup fresh blueberries	1 cup plain Greek yogurt
¼ cup finely chopped red onion	¼ cup honey
½ cup dried cranberries	1 Tbsp. lemon juice
¼ cup sunflower seeds	2 tsp. apple cider vinegar
1 large apple, chopped into bite-size pieces	1 Tbsp. poppy seeds
1 Tbsp. lemon juice	

Place broccoli, blueberries, onion, cranberries and sunflower seeds in a large bowl. In a small bowl, toss the apple chunks with 1 Tbsp. lemon juice. Add to the large bowl with salad. In a small bowl (the one you did the apples in, maybe, to save dishes!), whisk together all dressing ingredients. Pour dressing over the salad and toss gently to combine. Salad may be served immediately or refrigerated until serving. It will last two or three days in the refrigerator.

Cheese Potato Pie (from Louise Peters, East Royalty, Prince Edward Island)

2 lbs. potatoes	6 oz. grated cheddar cheese
Milk for mashing	3 oz. butter
6 oz. tuna or salmon	4 hard-boiled eggs
3 mild onions	Salt and pepper to taste

Cook potatoes until mashing consistency. Mash them with milk. Cook onions slightly. Add the onions, butter and fish and half the grated cheese and mix together. Pour half of the mixture into a greased casserole dish. Top with sliced eggs. Pour rest of the mixture over the eggs. Top with rest of cheese. Bake at 400°F for 20 minutes.

Slow-Cooker Squash and Cornbread Casserole

1 can (10¾ oz.) cream of mushroom soup
1 container (8 oz.) sour cream
1½ lbs. yellow squash, cut into ½-inch slices
1 cup shredded carrot
1 cup chopped onion

1 can (11 oz.) sweet corn, drained
1½ cups cornbread stuffing mix
¼ cup butter, melted
2 tsp. dried sage leaves

Spray 4-quart slow cooker with cooking spray. In a large bowl, stir soup and sour cream together. Add squash, onion, carrot, and corn. Stir gently to coat and spoon mixture into slow cooker. In a medium bowl, mix stuffing mix, melted butter and sage. Sprinkle over vegetable mixture. Cover and cook on low heat setting for 5 hours. Uncover and let stand 10 minutes before serving.

Lyn Jarvis' Recipes

Snowcapped Blueberry-Lemon Roll

Cake:

4 eggs, separated
⅔ cup sugar, divided
1 Tbsp. lemon juice
½ tsp. grated lemon zest
⅔ cup cake flour
¼ tsp. salt
Confectioner's sugar

Lemon Filling:

½ cup sugar
2 Tbsp. cornstarch
Dash of salt
¾ cup cold water
2 egg yolks, lightly beaten
3 Tbsp. lemon juice
1 tsp. grated lemon zest

1 Tbsp. unsalted butter,
room temperature
1 cup fresh blueberries

Meringue:

1 egg white
¼ cup sugar

Preheat oven to 350°F. **For cake:** In a large mixing bowl, beat egg whites until soft peaks form. Gradually add ⅓ cup of the sugar and beat until stiff peaks form. In a small mixing bowl, beat egg yolks at high speed until thick and lemon-colored, 5 minutes. With mixer running, gradually add remaining ⅓ cup sugar. Stir in lemon juice and zest. Gently fold yolks into whites. Sift together flour and salt. Fold half of flour mixture into batter, just until blended. Fold in remaining flour mixture. Spread batter evenly in 15x10-inch jelly-roll pan. Bake for 15 minutes. Loosen sides of cake and immediately turn out onto a towel generously sprinkled with confectioner's sugar. Starting at narrow end, roll cake and towel together into a log. Cool.

For lemon filling: In a saucepan, combine sugar, cornstarch, and salt. Gradually add water. Stir in egg yolks, lemon juice and zest. Cook over medium heat, stirring continuously, until bubbly. Cook 1 minute more. Remove from heat, add butter, and stir until melted. Cool.

For meringue: In a small mixing bowl, beat egg white until soft peaks form. Gradually add sugar and beat until stiff peaks form. Carefully unroll cake. Spread lemon filling over cake. Sprinkle blueberries over filling. Roll up cake (without towel) and place on an ungreased baking sheet. Spread meringue over top and sides. Bake for 12 to 15 minutes, or until golden brown. **Yield:** 10 servings.

Broccoli Raisin Salad

4 cups chopped broccoli
8 to 10 slices crisp bacon,
crumbled

⅓ cup raisins or dried
cranberries
½ cup onion, chopped

1 cup mayonnaise
2 Tbsp. wine vinegar
½ cup sugar

Combine broccoli, bacon, raisins and onion in a bowl, mix well. Blend mayonnaise, vinegar and sugar in a bowl. Add this mixture to broccoli mixture to coat. Chill until ready to serve. Keeps for 3 days in the refrigerator.

Rhubarb Custard Bars

2 cups all-purpose flour
¼ cup sugar
1 cup cold butter

Filling:

2 cups sugar
7 Tbsp. all-purpose flour
1 cup heavy whipping cream
3 large eggs, beaten
5 cups finely chopped
Fresh or frozen rhubarb,
thawed and drained

Topping:

6 oz. cream cheese,
softened
½ cup sugar
½ tsp. vanilla extract
1 cup heavy whipping
cream, whipped

In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13x9x2-inch baking pan. Bake at 350°F for 10 minutes. Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350°F until custard is set, 40 to 45 minutes. Cool. For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator. **Yield:** 3 dozen.

Blueberry Molasses Cake

2 cups all-purpose flour, plus more for
baking dish
1 tsp. baking powder
⅔ cup molasses
⅔ cup boiling water
1 tsp. baking soda
¼ tsp. salt

6 Tbsp. unsalted butter, softened, plus more
for baking dish
½ cup light-brown sugar
2 eggs, at room temperature
2 cups wild blueberries (fresh or thawed frozen
berries)

Preheat oven to 350°F. Butter and flour an 8x8x2-inch baking dish. Whisk together the flour and baking powder. In a separate bowl, mix the molasses, water, baking soda, and salt. Beat the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each. Stir in the molasses mixture. Add the flour mixture and stir just until incorporated. Add the blueberries and mix briefly to combine. Bake until the cake is firm in the center when tapped with a finger, 50 minutes to 1 hour. Serve warm or at room temperature. **Yield:** 8 to 10 servings.

Barbecued Pork Chop Supper

6 small red potatoes cut into quarters
6 medium carrots cut into 1-inch pieces
8 bone in pork loin or rib chops (½-inch thick and
8 oz. each)
1 tsp. salt

¼ tsp. pepper
1 bottle (28 oz.) barbecue sauce
1 cup ketchup
1 cup cola
2 Tbsp. Worcestershire sauce

Place potatoes and carrots in a 5-quart slow cooker. Top with the pork chops. Sprinkle with salt and pepper. Combine the barbecue sauce, ketchup, cola and the Worcestershire sauce; pour over the pork chops. Cover and cook on LOW for 8 to 9 hours or until meat and vegetables are tender. **Yield:** 8 servings. Recipe may be halved.

Deb Plumley's Recipes

Creamy Roasted Tomato Basil Soup

2½ lbs. Roma tomatoes, halved lengthwise
1¼ lbs. grape or cherry tomatoes, halved
lengthwise
8 whole cloves garlic, peeled and smashed with
back of knife
3 Tbsp. olive oil
Salt and freshly ground pepper

1 large onion, diced
1 red bell pepper, deseeded and cut up
2 potatoes, peeled and diced
3 Tbsp. tomato paste
4 cups vegetable broth
1 cup lightly packed fresh basil leaves, roughly
torn

Preheat oven to 430°F. Place tomatoes on a baking tray with the garlic cloves. Drizzle with 2 tablespoons of the oil, season with salt and pepper, and roast for about 25 minutes or until soft and charred on the tops. While the tomatoes are roasting, heat the remaining tablespoon of oil in a saucepan over medium-high heat. Add the onions, peppers and potatoes; cook while occasionally stirring, until the onion is translucent and the potatoes begin to crisp on their outer edges, about 6 to 7 minutes. Stir the tomato paste thru the potatoes and onions, pour in the broth; cover and bring to a boil. Reduce heat to low; simmer about 15 minutes or until potato is fork tender. Add the roasted tomatoes and garlic and all but 2 tablespoons of the basil to the broth. Continue to simmer until the basil is just soft, about 2 minutes. Blend soup using an immersion blender until smooth. For a textured, smoother soup, pour the soup thru a strainer or colander to remove any skins and thick tomato pieces. Serve with the extra basil and shaved Parmesan cheese.

Cheese Garlic and Herb Bread

4 Tbsp. mixed fresh herbs such as dill,
rosemary, parsley and thyme OR
2 Tbsp. of the same dried herbs
2 Tbsp. olive oil
5 oz. shredded cheddar cheese
2¼ cups flour

2 tsp. baking powder
½ tsp. baking soda
1 tsp. salt
1¼ cup buttermilk*
2 eggs
2 small garlic cloves, crushed

Preheat oven to 350°F. Grease and flour an 8x4-inch bread pan. Mix herbs and olive oil in a small bowl, set aside. Sift the flour, baking powder, baking soda and salt into a bowl. In another bowl, mix together the buttermilk, eggs and crushed garlic. Make a well with the dry ingredients and add the buttermilk, eggs and garlic. Mix until just combined. Stir in herb/oil mixture and shredded cheese. Pour into prepared pan and bake for 30 minutes, until the top is brown. Remove from oven, tent loosely with foil and return to the oven to cook an additional 15 to 20 minutes. Check to make sure the center is cooked by inserting a skewer, it should come out clean. Turn the bread out onto a cooking rack. Allow to cool for at least 10 minutes before serving.

***Note:** As a substitute for buttermilk, use 1 cup plus 3 tablespoons milk and 1 tablespoon vinegar. Stir and let sit for 10 min. then add to recipe.

Cowboy Corn Casserole

4 oz. cream cheese, softened to room temperature
½ cup whole milk
¼ cup heavy cream
3 Tbsp. flour
1 tsp. paprika

1 tsp. garlic powder
4½ cups corn, cut from cob
3 cups shredded cheddar cheese
10 slices bacon, cooked and crumbled
Salt and pepper to taste
2 Tbsp. chopped chives, for garnish

Preheat oven to 350°F. In a large bowl, whisk cream cheese, milk, cream, flour, paprika, and garlic powder until combined. Fold in corn, 2½ cups of the cheese and bacon. Season with salt and pepper. Pour into a baking dish and sprinkle with remaining cheese and bake 20 minutes. Let cool slightly and garnish with chives and serve.

Viewer's Recipes

Blueberry Sauce – Liz Pecor, Monkton, Vt.

¼ cup sugar
1 tsp. cornstarch
Dash salt
¼ cup water

1 cup blueberries
1½ tsp. lemon juice
½ tsp. grated lemon peel
Vanilla ice cream

In a small saucepan, combine the sugar, cornstarch, and salt. Gradually whisk in water until smooth. Add the blueberries, lemon juice and peel; bring to a boil over medium heat, stirring constantly. Cook 2 to 3 minutes longer or until thickened, stirring occasionally (some berries will remain whole). Serve warm or chilled over ice cream. **Yield:** ¾ cup. Recipe may be doubled.

Zucchini Bars – Joyce Humphrey, East Burke, Vt.

¾ cup butter, cut up
½ cup sugar
½ cup brown sugar
2 eggs
1 tsp. vanilla
1¾ cup flour
½ tsp. salt

1½ tsp. baking powder
¾ cup shredded coconut
¾ cup chopped dates
¾ cup raisins (optional)
¾ cup chopped nuts
2 cups grated zucchini

Glaze:

1 tsp. butter, melted
2 tsp. milk
1 tsp. vanilla
¼ tsp. cinnamon
⅛ tsp. nutmeg
1 cup confectioner's sugar

Mix all ingredients and spread in a greased 9x13x2-inch pan. Bake at 350°F for 40 to 50 minutes or until lightly browned. Let bars cool on a wire rack. In a small bowl mix all the glaze ingredients until smooth. Spread glaze on bars and sprinkle with ¼ to ½ cup nuts.

Rhubarb Crunch – Greta Crandall, Peru, Vt.

3 cups diced rhubarb	1 Tbsp. water
1 Tbsp. flour	1 cup oatmeal
½ cup sugar	½ cup flour
1 tsp. cinnamon	1 cup brown sugar
⅛ tsp. salt	½ cup butter

Mix rhubarb, flour, sugar, cinnamon, salt, and water. Set aside. Mix remaining ingredients and put half of this in buttered 8x8x2-inch pan. Add rhubarb mix and top with remaining oatmeal mixture. Bake at 350°F for 45 minutes.

Quick Rhubarb Pickles – Eloise Bolio, East Hardwick, Vt.

2 cups cider vinegar	1 piece (1½- inch) fresh ginger, peeled and thinly sliced
1½ cups sugar	1 lemon
1½ Tbsp. coarse salt	1 lb. fresh rhubarb, cut crosswise into ¾-inch pieces
½ tsp. yellow mustard seeds	
10 whole cloves	
10 whole black peppercorns	

In a nonreactive medium saucepan, combine the vinegar, sugar, salt, mustard seeds, cloves, and peppercorns. Cook over medium heat, stirring occasionally, until the sugar is just dissolved, about 5 minutes. Add the ginger, then use a vegetable peeler to slice strips of zest from the lemon; add to the saucepan. Let the liquid cool to room temperature, about 30 minutes. Divide the rhubarb among 3 clean, small glass jars. Ladle in the cooled brine mixture. Top with the lids and refrigerate the pickles for 2 days before eating. **Note:** The pickles will keep refrigerated for up to 1 month.

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