

Across the Fence

Local Food Recipes – August 2016

Deb Plumley's Recipes:

Bacon and Tomato Pasta

2 Tbsp. kosher salt	3 Tbsp. garlic, minced
16 oz. spaghetti pasta	2 cups Roma tomatoes, diced
1 lb. thick-cut bacon or pancetta, chopped	¼ cup red wine (or vegetable broth)
3 Tbsp. extra-virgin olive oil	4 Tbsp. basil, finely sliced
1 cup red onion, diced	¼ cup freshly grated Parmesan
1 tsp. red chili flakes	Salt and freshly ground black pepper

In a large stock pot, boil 3 quarts of water, when boiling add 2 tablespoons kosher salt and the pasta and cook until the pasta is al dente. In a large sauce pan over medium heat, add bacon and sauté until bacon is crispy. Remove bacon to drain on a paper towel-lined plate and remove ¾ of the bacon fat from the pan. Add extra-virgin olive oil, onions, and red chili flakes. Cook until onions are translucent, add garlic, cook for 2 minutes then add tomatoes. Sauté for 5 minutes, then deglaze with wine (or broth). Drain pasta and add to the tomato mixture pan. Add basil and bacon. Toss with Parmesan, and add salt and pepper, to taste.

Berry Blitz Freezer Jam

4 cups of mixed crushed berries*	¾ cup water
¼ cup of lemon juice	3 tsp. pectin
1 cup sugar	4 tsp. calcium water, more if needed

Mix crushed berries with lemon juice and sugar. Mix well together. Boil ¾ cup of water and add pectin powder. Blend for 1 to 2 minutes until all the powder is dissolved. If using a blender vent the lid. Add hot liquid pectin to fruit, stir until well blended. Add 4 teaspoons of liquid calcium water; stir well. Jell should appear. If not, continue adding calcium water 1 teaspoon at a time and stirring well until jell appears. Fill containers to ½-inch of top and store in freezer. Will keep up to 1 year frozen or 1 week in refrigerator.

*Note: Raspberries, blueberries, strawberries or blackberries. Higher quantities of raspberries will result in a softer jam.

Summer's Bounty Soup

4 medium tomatoes, chopped	1 cup fresh mushrooms, sliced
2 medium potatoes, peeled and cubed	1 small onion, chopped
2 cups halved fresh green beans	1 Tbsp. minced fresh parsley
2 small zucchini, cubed	1 tsp. chopped garlic
1 medium yellow squash, cubed	2 tsp. dried herbal seasonings*
4 small carrots, thinly sliced	4 cups V8® juice
2 celery ribs, thinly sliced	

In a 5 quart slow cooker combine all ingredients. Cover and cook on LOW 7 to 8 hours until vegetables are tender. *Note: Basil, oregano or an Italian herb blend can be used.

Carolyn Peake's Recipes:

Farmer's Market Overnight Breakfast Egg Casserole

1 lb. sweet Italian turkey sausage	2 - 3 plum tomatoes, seeded and diced (to equal about 1 to 1¼ cups)
1½ cups diced onion	
8 oz. fresh sliced mushrooms	½ cup chopped green onions
2 cloves garlic, minced	12 eggs
2 cups frozen hash brown potatoes	1¾ cup non-fat milk
2 cups shredded reduced fat sharp Cheddar cheese, divided	1½ tsp. dried parsley
1 cup diced green pepper	1 tsp. dried basil
	¼ tsp. black pepper

In a large non-stick skillet over medium heat, cook sausage, onions, mushrooms, and garlic until sausage is no longer pink and mushrooms have given off some of their liquid, about 10 minutes. As it cooks, stir to crumble the sausage and the mushrooms. Drain the liquid. Coat a 9x13x2-inch pan with cooking spray then layer the frozen potatoes, sausage mixture, 1 cup cheese, green peppers, tomatoes, and green onions. In a medium mixing bowl, combine eggs, milk, parsley, basil, and pepper. Whisk thoroughly to combine. Add remaining cheese and whisk again. Pour egg mixture evenly over other ingredients in baking pan. Cover with plastic wrap and refrigerate overnight (this can also be cooked immediately). In the morning, preheat oven to 375°F. Bake casserole, uncovered, for about 60 to 70 minutes, or until egg in center is just about set and edges are lightly golden brown. Remove from oven and allow to cool for 10 minutes before cutting and serving. Yield: 12 to 20 servings. Recipe can be halved.

Canada's Best Carrot Cake with Cream Cheese Icing

Cake:

2 cups all-purpose flour
1 tsp. baking powder
2 tsp. cinnamon
1 tsp. baking soda
½ tsp. nutmeg
¾ cup sugar
¾ cup packed brown sugar
3 eggs
¾ cup vegetable oil

1 tsp. vanilla
2 cups grated carrots
1 cup drained crushed canned pineapple
½ cup chopped pecans

Icing:

8 oz. cream cheese, softened
¼ cup butter, softened
½ tsp. vanilla
1 cup confectioner's sugar

Grease and flour a 9x13x2-inch pan and set aside. Preheat oven to 350°F. In a large bowl, whisk together flour, baking powder, cinnamon, baking soda, and nutmeg. In separate bowl beat together sugars, eggs, oil and vanilla until smooth. Pour over flour mixture and stir together just until moistened. Stir in carrots, pineapple and nuts. Spread in prepared pan. Bake in center of oven for 40 minutes or until toothpick inserted in center comes out clean. Let cool in pan on rack. For icing: In bowl, beat cream cheese with butter and vanilla until smooth. Beat in confectioner's sugar, ⅓ at a time, until smooth. Spread over cake. Cover and refrigerate for a day if desired. Yield: 18 servings.

Chicken Soup Casserole

1 stick butter, divided	1½ cups chicken stock
2 large garlic cloves, minced	1 cup half & half
2 cups diced onion	4 cups cooked, shredded chicken
1½ cups chopped celery	Salt and pepper to taste
3 cups frozen mixed vegetables*	1 can (8 oz.) refrigerated crescent rolls
5 Tbsp. all-purpose flour	

Preheat oven to 375°F. Spray 9x13x2-inch baking dish with non-stick cooking spray and set aside. In a Dutch oven pot melt 4 Tbsp. butter over medium-high heat. Add garlic and sauté for 30 seconds. Add in onion, celery and mixed vegetables. Cook until softened, about 7 minutes. Add remaining 4 Tbsp. butter and let melt. Stir in flour until well combined and continue cooking for 2 minutes. Slowly add chicken stock and half & half, stirring after each addition. Let cook until thickened; about 5 minutes. Stir in the chicken and season to taste. Transfer mixture into prepared casserole pan. Unroll crescent rolls into two long rectangles and press edges and perforations to form one rectangle. Place dough over chicken mixture. Bake for 12 to 15 minutes or until crust is golden brown. Serve Immediately. *Note: Corn, peas, green beans, carrots or whatever your favorite mix is can be used. Yield: 6 to 8 servings.

Broccoli Cauliflower Salad

2 cups cauliflower, cut in bite-sized pieces	<u>Dressing:</u>
2 cups broccoli, cut in bite-sized pieces	2 cups mayonnaise
½ cup chopped celery	¼ cup sugar
1 cup frozen peas	¼ cup Parmesan cheese
1½ cups cooked, chopped bacon	2 tsp. vinegar
	¼ cup chopped onion

In a large bowl toss the vegetables and bacon. In medium bowl combine the dressing ingredients. Mix well. Pour over salad and toss to mix well and serve.

Lyn Jarvis' Recipes:

Yin Yang Soup

4 cups cantaloupe, peeled and diced	2 Tbsp. sugar
2 Tbsp. sugar	⅓ cup orange juice
⅓ cup orange juice	Pinch of salt
4 cups honeydew melon, peeled and diced	Yogurt
	Fresh mint, for garnish (optional)

Add 4 cups cantaloupe to a food processor or blender with sugar, juice and salt. Puree until it is nice and smooth. Pour into container to chill in the refrigerator. Rinse out food processor and repeat with honeydew melon, keeping the two purees separate. When soup is cold and you are ready to serve, stir each one up a little bit and pour them, at the same time into the same bowl from opposite sides. Garnish as you wish, with a dollop of yogurt and a sprig of fresh mint.

Calico Skillet

2 cups diced zucchini
¾ cup onion chopped
½ tsp. basil leaves, crushed
2 Tbsp. butter
1 cup Cheddar cheese sauce*
3 cups cooked elbow macaroni

2 cups shredded sharp Cheddar cheese
1¾ cups fresh tomatoes chopped, or
1 can (16 oz.) tomatoes chopped and
well drained
½ tsp. mustard

In large skillet cook zucchini and onion with basil in butter until tender. Add remaining ingredients. Heat until cheese melts. Stir occasionally. Yield: Makes 5 cups. Serve with a fresh garden salad. Note: It's 3 cups cooked elbow macaroni.

***Cheddar Cheese Sauce**

1 cup low-fat milk, divided
4 tsp. all-purpose flour
¼ tsp. salt
1.5 oz. sharp shredded Cheddar (about
⅓ cup packed)
¼ tsp. pepper

Combine ¼ cup milk and flour in saucepan, stir with a whisk. Stir in remaining ¾ cup milk and salt; bring to a boil over medium heat, stirring frequently. Reduce heat to low, simmer 2 minutes or until slightly thickened, stirring constantly. Remove from heat. Stir in cheese and pepper, stirring until cheese melts. Add to other Calico Skillet ingredients.

Raspberry Rumble

2 cups fresh raspberries
¼ cup butter, softened
¾ cup sugar
2 large eggs
2¼ cups all-purpose flour
2 tsp. baking powder
1 tsp. salt
¾ cup milk

Topping:

3 large egg whites
1 cup sugar
⅛ tsp. cream of tartar
½ cup boiling water, optional
¼ tsp. almond extract
Sliced almonds

Preheat oven to 350°F. Place raspberries on a baking sheet and freeze until firm. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs. In another bowl, whisk flour, baking powder and salt; add to the creamed mixture alternately with the milk, beating well after each addition. Fold in frozen raspberries. Spread into a greased 13x9x2-in. baking pan. Bake 25 to 30 minutes or until a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack. Let egg whites stand at room temperature 30 minutes. Combine whites, sugar and cream of tartar in the top of a double boiler or in a metal bowl over simmering water. Beat on low speed until a thermometer reads 160°F, about 5 minutes. Beat on high until stiff glossy peaks form, about 5 minutes. Beat in boiling water, if desired, and almond extract until the mixture reaches a spreadable consistency. Spread over the cake; sprinkle with sliced almonds.

Parmesan Chicken Cutlets

¾ cup all-purpose flour	Salt and pepper
2 large eggs	4 skinless, boneless chicken cutlets (about 2 lb. total)
1½ cups panko (Japanese breadcrumbs)	8 Tbsp. olive oil, divided
¼ cup grated Parmesan	1 lemon, halved
1 Tbsp. mustard powder	

With a roller pin, pound chicken cutlets to ¼ -inch thickness. Place flour in a shallow bowl. Beat eggs in a second shallow bowl. Combine panko, Parmesan, and mustard powder in a third shallow bowl and season mixture with salt and pepper. Season chicken with salt and pepper, then dredge in flour, shaking off any excess. Transfer to bowl with beaten egg and turn to coat. Lift from bowl, allowing excess to drip back into bowl. Coat with panko mixture, pressing to adhere. Heat 6 tablespoons oil in a large heavy skillet over medium-high heat. Working in 2 batches, cook cutlets, adding remaining 2 tablespoons oil to pan between batches, until golden brown and cooked through, about 4 minutes per side. Transfer cutlets to a paper towel-lined plate and season with salt. Serve with lemon. Yield: 4 servings

Blueberry-Apricot Tart

1½ cups all-purpose flour	3 egg yolks
¼ cup sugar	½ cup sugar
¼ tsp. salt	2 Tbsp. all-purpose flour
½ cup butter	1 Tbsp. grated lemon rind
1 large egg	1 Tbsp. fresh lemon juice
6 fresh apricots, halved*	1 tsp. vanilla
2 cups fresh blueberries	½ tsp. salt
1 cup buttermilk	

Pulse first 3 ingredients in a food processor until blended. Add butter; pulse until mixture is crumbly. Add whole egg; process until mixture forms a ball. Cover and chill 30 minutes. Roll pastry to 1/8-inch thickness on a lightly floured surface. Fit into a 10-inch tart pan with removable bottom, or a 9-inch pie plate; trim edges. Remove apricot seeds and arrange halves, cut side down, in tart pan. Sprinkle berries around apricots. Process buttermilk and remaining ingredients in a food processor until smooth. Pour buttermilk mixture over fruit. Bake at 375° for 1 hour or until set. Cool in pan on a wire rack. Yield: 10 to 12 servings. *Can use dried apricots.

Viewer's Recipes:

Zucchini-Graham Bread with Blueberries & Walnuts – Glennia Cirone, Charlestown, N.H.

3 eggs	1 pkg. graham crackers finely crushed, about 1⅓ cups	½ tsp. baking powder
1 cup sugar	1½ cups flour	1 cup walnuts, chopped
⅔ cup vegetable oil	1 Tbsp. (plus 1 tsp.) cinnamon	2 cups blueberries
2 tsp. vanilla	1 tsp. baking soda	
2 cups shredded zucchini		

Preheat oven to 325°F. Grease and flour 2 loaf pans (9x5x3-inch or 8½x4x2½-inch). Beat eggs slightly in large bowl. Mix in sugar, oil, and vanilla. Stir in zucchini. Gradually mix in graham cracker crumbs and other dry ingredients. Stir in walnuts and blueberries. Pour into pans and bake 50 to 60 minutes until pick inserted in center comes out clean. Cool 10 minutes and remove from pan. Cool completely before slicing.

Spiced Squash Muffins -Liz Pecor, Monkton, Vt.

2 cups all-purpose flour	2 eggs, beaten
½ cup packed brown sugar	¾ cup mashed cooked squash*
2 tsp. baking powder	¾ cup light corn syrup
1 tsp. cinnamon	¼ cup butter, melted
⅛ tsp. salt	¼ cup vegetable oil
¼ tsp. ginger	1 tsp. vanilla
¼ tsp. nutmeg	

Topping:

½ cup packed brown sugar
1 tsp. cinnamon
1 Tbsp. flour
4 tsp. cold butter

In a large bowl, mix together the first seven ingredients. In another bowl, combine eggs, squash, corn syrup, butter, oil and vanilla; stir into dry ingredients just until moistened. Fill greased or paper lined muffin tins ¾ full. For topping: Combine brown sugar, cinnamon, and flour; cut in butter until crumbly. Sprinkle over batter. Bake at 400°F for 15 to 20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Note: Nuts, raisins or chocolate chips could be added to batter for a different treat!

*Squash such as butternut, acorn, even pumpkin could be used. Yield: about a dozen muffins.

Pear Crumb Cake with Almond Streusel - Edie Ackerman, Fairlee, Vt.

1½ cups flour	1 egg yolk
½ tsp. baking powder	⅔ cup sour cream
¼ tsp. baking soda	2 Bartlett or Anjou pears,
½ tsp. salt	peeled, cored, and cut into
¾ cup packed brown sugar	½-inch chunks
½ cup unsalted butter, softened	
¼ cup Vermont maple syrup	
2 eggs	

Almond Streusel:

½ cup finely ground almonds
3 Tbsp. flour
⅓ cup sugar
4 Tbsp. unsalted butter,
softened, cut into chunks
¼ cup Vermont maple syrup

Preheat oven to 325°F. To make the streusel topping, toss almonds, flour and sugar together in a bowl with a fork. Add butter chunks and maple syrup then continue mixing with the fork until it coheres. Cover and chill while preparing the cake. Butter an 8½-inch spring form pan, set aside. Place dry ingredients in a large bowl. Break up the brown sugar with your fingers to avoid clumping. Mix on low speed until thoroughly combined. Add butter and mix on medium speed for 5 to 6 minutes, scraping down the sides of the bowl. In a separate bowl, stir together the maple syrup, eggs, egg yolk, and sour cream with a fork. Add about ⅓ of the wet ingredients to the dry and beat at high speed for 1 minute. Add another third, beat 1 minute then beat in the final third. The batter should be pale, creamy and somewhat thick. Pour batter into prepared pan. Scatter pear chunks over batter. Crumble streusel topping over. Bake for 90 minutes or until pick inserted in center comes out clean.

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