

Across the Fence

Family Favorite Recipes – September 2017

Carolyn Peake's Recipes Company Fruit Salad

4 medium Golden Delicious apples, diced
4 medium Red Delicious apples, diced
2 cups seedless green grapes, halved
2 cups seedless red grapes, halved
1 can (20 oz.) pineapple chunks, drained
1 can (11 oz.) mandarin oranges, drained

Dressing:
3 oz. cream cheese, softened
½ cup sour cream
½ cup mayonnaise
½ cup sugar

Combine all the fruit in a large bowl. In a mixing bowl, beat the dressing ingredients until smooth. Pour over fruit, toss gently to coat. Serve immediately. **Yield:** 16 to 20 servings.

Garden Chowder

½ cup chopped green pepper
½ cup chopped onion
¼ cup butter
1 cup each diced potato, celery,
cauliflower, carrots, and broccoli
3 cups chicken broth

Salt and pepper to taste
½ cup all-purpose flour
2 cups milk
1 Tbsp. minced fresh parsley
3 cups (12 oz.) shredded cheddar cheese

In a large soup pot, sauté green peppers and onion in butter until tender. Add vegetables and chicken broth, salt and pepper and bring to a boil. Reduce heat, cover and simmer for 20 minutes or until vegetables are tender. Combine the flour and milk until smooth and stir into pan. Bring to a boil cooking and stirring for 2 minutes. Add the parsley. Just before serving, stir in the cheese until melted. **Yield:** 6 to 8 servings.

Carrot Zucchini Bread

1 cup unsweetened applesauce
¾ cup shredded carrots
¾ cup shredded peeled zucchini
½ cup sugar
2 eggs (or ½ cup egg substitute)
1½ tsp. pumpkin pie spice

1 tsp. ground cinnamon
½ tsp. ground nutmeg
3 cups all-purpose flour
1 Tbsp. baking powder
½ tsp. baking soda
¾ cup orange juice

In a bowl, combine the first eight ingredients. In another bowl, combine flour, baking powder and baking soda, and then alternately mix with the orange juice to the carrot mixture. Pour into two greased 8x4x2-inch loaf pans. Bake at 350°F for 45 minutes, or until bread tests done. Cool for 10 minutes then remove from pans to a wire rack to cool completely. **Yield:** 2 loaves (about 16 slices each).

Peach Upside-Down Cake

1/3 cup butter, melted
1/2 cup packed brown sugar
1 can (29 oz.) peach halves
1/4 cup shredded coconut
2 eggs

2/3 cup sugar
1/2 tsp. almond extract
1 cup all-purpose flour
1 tsp. baking powder
1/4 tsp. salt

Pour melted butter into a round 9-inch baking pan. Sprinkle with brown sugar. Drain peaches, reserving 6 Tbsp. of syrup. Arrange peach halves, cut sides down, in a single layer over the sugar. Sprinkle coconut around peaches and set aside. In a mixing bowl, beat the eggs until thick and lemon colored. Gradually beat in the sugar. Add extract and reserved syrup. Combine flour, baking powder and salt, add to egg mixture and mix well. Pour gently over peaches. Bake at 350°F for 50 to 60 minutes or until a toothpick inserted near the center comes out clean. Cool for ten minutes then invert cake onto a serving plate. **Yield:** 6 to 8 servings.

Deb Plumley's Recipes

Chocolatey Chocolate Cake

2 cups sugar
1 3/4 cups flour
3/4 cup unsweetened cocoa
1 1/2 tsp. baking powder
1 1/2 tsp. baking soda
1 tsp. salt

2 eggs
1 cup milk
1/2 cup vegetable oil
2 tsp. vanilla
1 cup boiling water

Grease and flour two round 9-inch baking pans. Combine dry ingredients in large bowl. Add milk, eggs, oil, and vanilla; beat on medium speed for 2 minutes. Stir in boiling water (batter will be thin). Pour into pans. Bake at 350°F for 30 to 35 minutes or until toothpick or knife inserted into the middle of the cake comes out clean. Cool 10 minutes. Remove from pans onto cooling rack. Frost with Peanut Butter Frosting and enjoy. **Note:** In a Bundt cake pan bake 45 to 50 minutes. For cupcakes bake 22 to 25 minutes.

Peanut Butter Frosting

1 cup creamy peanut butter
8 Tbsp. butter, at room temperature (1 stick)
2 cups confectioners' sugar, sifted

3 to 4 Tbsp. milk
2 tsp. vanilla

Place peanut butter and butter in a large mixing bowl. Blend with electric mixer on low speed until fluffy. Stop and add confectioners' sugar, 3 tablespoons of the milk and vanilla. Blend with the mixer on low speed until the sugar is well combined. Increase the speed and beat until the frosting lightens and is fluffy. Blend in up to 1 tablespoon milk if frosting seems too thick. Use all frosting at once. **Yield:** About 3 cups.

Fresh Apple Cake

2½ cup flour	4 cups chopped peeled apples	½ cup firmly packed brown sugar
2 cups sugar	½ cup shortening, softened	Dash salt
2 tsp. baking soda	½ cup chopped walnuts	3 Tbsp. milk
¾ tsp. salt	2 eggs	1½ cups sifted confectioners' sugar
1 tsp. cinnamon	Frosting	¼ tsp. vanilla
¼ tsp. ground cloves	½ cup butter	
¼ tsp. ground nutmeg		

Combine flour, sugar, soda, salt, and spices in large mixing bowl. Mix until well blended. Add apples, shortening, nuts and eggs. Beat at a medium speed until well blended. Pour into a greased and floured 9x13-inch pan. Bake at 325°F oven for 45 minutes or until cake springs back when touched. Cool completely on wire rack. **To make frosting:** melt butter in small saucepan, add brown sugar and salt. Stir over medium heat until sugar melts. Add milk and bring to a boil. Pour into mixing bowl and cool 10 minutes. Add confectioners' sugar and vanilla. Beat to spreading consistency, adding additional confectioners' sugar if necessary. Frost cake in pan with caramel frosting. **Note:** At Hackett's we use McIntosh apples as a favorite in cakes and breads, but feel free to use your favorite! Recipe courtesy of The Bakery Lane Soup Bowl Cookbook.

Better For You Beef Stew

1 lb. stew beef (chuck) cut into 1-inch cubes	1 cup frozen pearl onions	1 tsp. dried thyme
3 Tbsp. flour	1 pkg. (10 oz.) mushrooms	1 tsp. basil
1 cup parsnips sliced on angle	1 can (14 oz.) no salt added diced tomatoes with liquid	1 bay leaf
1 cup carrots sliced on angle	½ cup red wine	1 can (15 oz.) cannellini beans, rinsed and drained
1 cup diced butternut squash	1 cup low sodium beef broth	Parsley, finely chopped (optional garnish)
2 large garlic cloves, minced	1 Tbsp. Worcestershire sauce	
	1 tsp. freshly ground pepper	

Place beef in a slow cooker and sprinkle with flour, tossing to coat. Add parsnips, carrots, squash, garlic, onions and mushrooms. Do not stir. Add tomatoes, wine, broth and Worcestershire sauce. Add pepper, thyme, basil and bay leaf. Top with beans. Cover and cook on HIGH until meat is tender, about 4 hours. If possible, after 2 hours, stir stew well, then replace cover and continue cooking. To serve, remove the bay leaf. Ladle stew into individual bowls and top each with a sprinkling of parsley.

Autumn Apple Salad with Creamy Maple Dressing

5 oz. mixed baby greens	½ cup chopped, toasted walnuts	¼ cup Vermont maple syrup
2 apples, unpeeled, cored and cut into bite-sized pieces.	Dressing:	¼ cup mayonnaise
½ cup dried cranberries	½ cup canola oil	2 Tbsp. white wine vinegar
		2 tsp. sugar
		Salt and pepper to taste

In a salad bowl, combine greens, apples, cranberries and walnuts. **To prepare the dressing:** Combine all dressing ingredients and whisk until well blended. Add the dressing to the salad and toss to blend. **Yield:** 4 servings. **Note:** To toast the walnuts, place in a dry non-stick skillet over medium heat for 3 to 5 minutes, stirring occasionally. Cool before adding to the salad.

Lyn Jarvis' Recipes

Apricot Bars

¾ cup butter	½ cup chopped walnuts
1 cup sugar	½ tsp. vanilla
1 egg	1 jar (12 oz.) apricot preserve
2 cups flour	1 cup dried chopped apricots (optional)
¼ tsp. baking powder	¾ cup chopped walnuts (optional)
1⅓ cup coconut	

Cream butter and sugar. Add egg and mix well. In a separate bowl combine flour and baking powder. Gradually add to butter mixture. Add coconut, apricots, walnuts (if desired), and vanilla. Mix thoroughly. Press ⅔ of the dough into a greased 13x9x2-inch baking pan. Spread preserves over dough. Press remaining dough over preserves. Bake at 350°F for 30 to 35 minutes or until golden. Cool in pan on a wire rack. Cut into squares.

Busy-Day Lemon Cheesecake

8 oz. cream cheese
2 cups milk
1 pkg. (5.9 oz.) lemon instant pudding
1 Tbsp. lemon juice
1 tsp. lemon zest, plus 1 tsp. to sprinkle on top (optional)
1 graham cracker crust (8-inch)

Stir cream cheese until very soft, blend in ½ cup milk. Add remaining milk and the pudding mix. Beat slowly with egg beater just until well mixed, about 1 minute (do not overbeat), add lemon juice and lemon zest and mix well. Pour at once into graham cracker crust. Sprinkle graham cracker crumbs lightly over top and remaining lemon zest, if desired. Chill about one hour. **Yield:** 8 servings.

Hot Dog Casserole

1 lb. hot dogs	¼ cup butter
8 oz. egg noodles	2 Tbsp. flour
1½ cup Parmesan cheese	½ tsp. salt
1 cup milk	¼ cup brown sugar
2 Tbsp. mustard	¼ cup mayonnaise

Cook noodles and drain. Replace noodles in pan. Stir in cheese, milk, butter, flour, and salt until well mixed. Pour into a greased baking dish. In large bowl, combine hot dogs, sliced, with remaining ingredients. Spoon over top of noodles. Bake at 370°F for 25 minutes or until hot.

Tuna Treat

1 can (11.5 oz.) cream of mushroom soup	1 cup cooked green peas, drained
½ cup milk	1¼ cups crushed potato chips
1 cup (7 oz. can) drained flaked tuna	

In a skillet, combine soup, milk, tuna, green peas, and potato chips. Heat and serve over toast. Garnish with diced pimento or parsley for a dash of color. **Yield:** 4 servings.

Cherry Pie Bars

3 cups all-purpose flour	$\frac{3}{4}$ cup chopped pecans
$\frac{3}{4}$ cup granulated sugar	1 cup powdered sugar
$\frac{1}{2}$ tsp. salt	4 to 5 tsp. whole milk
1½ cups cold butter, cubed	$\frac{1}{4}$ tsp. almond extract
3 cups canned cherry pie filling (about 1½ (21 oz.) cans)	

Preheat oven to 350°F. Line bottom and sides of a 13x9x2-inch pan with heavy-duty aluminum foil, allowing 2 to 3-inches to extend over sides; lightly grease foil with cooking spray. Pulse flour, granulated sugar, and salt in a food processor until combined. Add butter cubes, and pulse until mixture is crumbly. Reserve 1 cup flour mixture. Press remaining flour mixture onto bottom of prepared pan. Bake in preheated oven until lightly browned, 25 to 30 minutes. Spread cherry pie filling over crust in pan. Toss together reserved 1 cup flour mixture and pecans. Sprinkle pecan mixture evenly over filling. Bake in preheated oven until golden brown, 40 to 45 minutes. Cool completely in pan on a wire rack, about 1 hour. Lift baked bars from pan, using foil sides as handles. Stir together powdered sugar, 4 teaspoons milk, and almond extract. Add additional milk, if needed, to reach desired consistency. Drizzle over pecan mixture. **Yield:** 48 small bars.

Viewer's Recipes

Poppy Seed Swirl Bread – Bob Crosby, Wallingford, Vt.

Dough

1 cup milk	1 Tbsp. active dry yeast	2 eggs
$\frac{1}{3}$ cup sugar	4 cups all-purpose flour	2 Tbsp. vegetable oil
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ tsp. salt	

Filling:

1 can (12.5 oz.) poppy seed cake and pastry filling

Glaze:

2 cups confectioners' sugar	3 to 4 Tbsp. lemon juice	Lemon zest
-----------------------------	--------------------------	------------

In a small saucepan over medium heat, combine the milk, sugar and butter. Heat until slightly warm to the touch, remove from the heat and stir in the yeast. Let stand until foamy, about 10 minutes. In a large bowl (or ideally the bowl of a stand mixer), stir together the flour and salt. Add the eggs, oil and yeast mixture. Mix until dough pulls away from the sides of the bowl. Use the dough hook for 10 minutes or turn the dough out on a floured surface and knead until the dough is smooth and elastic, about 10 minutes. Grease a large bowl with 1 tablespoon oil. Place the dough in the bowl and turn once to coat. Cover and let stand in a warm place until double in size, about 1 hour (I use the oven with the oven light on which creates an ideal temperature of about 80°F). Use remaining oil to grease the bread pan. Punch down the dough and roll out to $\frac{1}{2}$ -inch thickness. Spread with poppy seed filling. Roll it up tightly. If necessary, tuck in the ends to make it fit the pan. Place dough in pan and let it rise again for 30 to 45 minutes in a warm place. Preheat oven to 375°F. Brush dough with melted butter and bake for 30 to 35 minutes. Let the bread cool. Remove from pan. Combine lemon juice and sifted confectioner's sugar. Add a little water, if necessary, to make it a liquid which can be poured over the bread. Sprinkle loaf with lemon zest.

Impossibly Fudgy Nut Pie – Concetta Cornforth, St. Albans, Vt.

4 eggs	½ cup biscuit mix
1 bar (4 oz.) cooking chocolate, melted and cooled	½ cup sugar
½ cup packed brown sugar	¼ cup butter, softened
	¾ cup chopped nuts

Preheat oven to 350°F. Grease a 9-inch pie plate. Beat all ingredients except nuts until smooth. Pour into pie plate, sprinkle with nuts. Bake until knife inserted in center comes out clean, about 30 to 35 minutes. Serve with ice cream or whipped cream.

Banana Oatmeal Cookies – Eileen Wadleigh, Danville, Quebec.

2 bananas	1 tsp. vanilla
1 to 1½ large flake oats	½ tsp. cinnamon
¼ cup chocolate chips	

Preheat oven to 350°F. In a medium bowl, mash bananas with oats. Add chocolate chips, vanilla and cinnamon, if desired, and mix well. Spoon onto a greased cookie sheet (don't press them too much) and bake for 15 minutes or until firm and golden on the bottom. Cool and store in a sealed container. **Note:** When deciding on the amount of oats, consider that the combination should create a dough that holds together, which may depend on the size of the bananas.

You can subscribe to *Across the Fence* recipes by sending self-addressed and stamped business-sized envelopes (up to 12) and a check made out to Lyn Jarvis for as many recipes you are ordering (\$2 each) and we will mail them to you as soon as they become available each month!

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430
or visit us online at: www.uvm.edu/extension/atf

University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.