

Across the Fence

Harvest Recipes – October 2014

Lyn Jarvis' Recipes

Slow Cooked Pulled Pork Stuffed Corn Muffins

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| 3 lbs. boneless pork shoulder, skin and excess fat removed | 2 cups BBQ sauce |
| 1 onion, chopped | 2 Tbsp. mustard |
| ½ cup low-sodium chicken broth or water | 2 Tbsp. honey |
| | 1 Tbsp. soy sauce |
| | Salt and pepper |

Scatter onion over bottom of slow cooker and place pork on top. Add broth, put on lid and cook on low until very tender, almost 8 hours. Remove meat and let cool. When cool enough to handle, pull meat into thin shreds, removing all fat and gristle. Skim excess fat from liquid in slow cooker. Return pulled pork to slow cooker and stir in barbecue sauce, mustard, honey, and soy sauce. Season with salt and pepper. Cook for 1 hour longer on low.

6 corn muffins 2 to 3 cups coleslaw BBQ sauce, as desired

While pork is cooking prepare 6 corn muffins using packaged mix, as directed, or your favorite recipe. Prepare 1 to 2 cups coleslaw, or purchase from deli. When pork is ready, crumble corn muffin in bowl; top with pulled pork, coleslaw and barbecue sauce. Microwave to warm, if necessary. Enjoy!

Spiced Peach-Carrot Bread

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| ¾ cup chopped pecans | ¼ tsp. ground nutmeg |
| 2½ cups all-purpose flour | 1½ cups fresh peaches, peeled and chopped |
| 1 cup sugar | ¾ cup freshly grated carrots |
| 1 tsp. cinnamon | ⅔ cup vegetable oil |
| ¾ tsp. baking soda | ½ cup milk |
| ½ tsp. baking powder | 2 large eggs, lightly beaten |
| ½ tsp. salt | |

Preheat oven to 350°. Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool 15 minutes. Stir together flour and next 6 ingredients in a large bowl; add peaches, next 4 ingredients, and toasted pecans, stirring just until dry ingredients are moistened. Spoon batter into a lightly greased 9x5-inch loaf pan. Bake at 350°F for 1 hour and 5 minutes to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes. Remove from pan to wire rack, and cool completely (about 1 hour).

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Grape Pie

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| Your favorite double crust pie recipe | 7 cups seedless red or black grapes, halved |
| ½ cup packed brown sugar | ¼ cup port wine or red grape juice |
| ⅓ cup all-purpose flour | 1 egg white |
| 2 Tbsp. fresh sage or 1 tsp. ground sage | 1 Tbsp. water |

Preheat oven to 375°F. Prepare crust and line pie plate with it. **For filling:** In a large bowl stir together brown sugar, flour, and sage; stir in grapes and port wine. Transfer the filling to the pastry-lined pie plate. Roll remaining dough into a circle about 12 inches in diameter. Cut slits to allow steam to escape. Place pastry on the filling; trim to ½-inch beyond edge of plate. Fold top pastry under bottom pastry. Crimp edge as desired. Place pie on a baking sheet. In a small bowl combine egg white and water. Brush top of pie with egg white mixture. Cover edge of pie with foil. Bake for 25 minutes; remove foil. Bake 30 to 35 minutes more or until top of pastry is golden brown and filling bubbles through slits in crust. Remove from oven; cool at least 6 hours. Pie can be baked up to 24 hours ahead. Loosely cover and store at room temperature. **Yield:** 8 servings.

Beef & Broccoli Stir-Fry

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| 1½ lbs. boneless beef sirloin steak, well trimmed and cut 1-inch thick | 3 carrots, sliced diagonally |
| 2 Tbsp. vegetable oil | ¼ cup rice wine vinegar |
| 1 Tbsp. finely chopped gingerroot | ¼ cup soy sauce |
| 2 garlic cloves, pressed | 1 medium onion, sliced |
| | 1½ cups chopped fresh broccoli |

Cut steak in half and then crosswise into ⅛-inch-thick strips. In wok or deep-sided 12-inch skillet, heat oil over medium-high heat. Add beef, gingerroot and garlic; stir-fry 2 to 3 minutes or until beef is browned. Remove from wok with slotted spoon; set aside. Add carrots to wok; stir-fry 2 minutes. In small bowl, combine vinegar and soy sauce; add to wok with onion and broccoli. Stir-fry 2 minutes or until vegetables are crisp-tender. Return beef to skillet and heat through. Serve immediately. **Yield:** 6 servings

Carolyn Peake's Recipes

Impossibly Easy Chicken and Broccoli Pie

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| 2 cups frozen broccoli cuts, thawed and drained | ½ cup baking mix |
| 1½ cups shredded Cheddar cheese (6 oz.) | 1 cup milk |
| 1 cup cut-up cooked chicken | ¼ tsp. pepper |
| 1 medium onion, chopped (½ cup) | 2 eggs |

Heat oven to 400°F. Spray a 9-inch glass pie plate with cooking spray. Sprinkle broccoli, 1 cup of the cheese, chicken and onion in the pie plate. In medium bowl, stir remaining ingredients with wire whisk until blended. Pour into pie plate. Bake for 35 to 38 minutes or until knife inserted into center comes out clean. Sprinkle with remaining ½ cup cheese. Bake 1 to 2 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

Baked Carrot Donuts

3 Tbsp. butter
½ cup milk
1 envelope instant dry yeast
½ cup sugar
½ cup dark brown sugar
1 tsp vanilla
1 tsp. each ginger and cinnamon
¼ tsp. nutmeg

1 cup carrot puree (about 6 steamed carrots)
1 egg plus 2 egg yolks, lightly beaten
4 cups bread flour

Topping:

1 cup sugar
1 tsp. cinnamon
1 tsp. ginger
4 Tbsp. butter

In a small saucepan, melt the three tablespoons butter over medium heat. Pour into a small bowl and set aside to cool. Add the milk to the saucepan and heat until warm to the touch but not so hot that you can't hold your finger in it comfortably. Pour the milk into a large bowl and stir in the yeast. Let stand for 10 minutes. Stir in the sugars, vanilla, ginger, cinnamon, and nutmeg. Add the carrot puree, eggs and butter and stir until combined. Add 3½ cups of the bread flour until combined, then continue to add flour, ¼ cup at a time, until the dough holds together but is still pretty tacky. Knead the dough on a heavily floured surface until it is smooth and elastic, about 10 minutes. Place the dough in a large, lightly buttered bowl, cover and let rise for an hour. On a lightly floured surface, roll out the dough to ½-inch thick and cut the donuts using a medium round donut cutter. Re-roll the scraps once to cut a few more donuts. Place the donuts on parchment-paper lined baking sheets cover loosely with plastic wrap and let rise for an hour. Preheat oven to 400°F. Bake until just turning golden, about 15 minutes for the donuts and 10 minutes for the "holes". Meanwhile, prepare the topping by melting the 4 Tbsp. butter in a small saucepan and mixing the sugar and spices in a medium bowl. Allow the donuts to cool enough to handle, then add in batches to a medium bowl and toss in the melted butter, then roll in the sugar and spices mixture. Serve warm or at room temperature. They are best on the first day but are still great on day two.

Shepherd's Pie

2 lbs. ground beef
2 cans (12 oz. each) home style beef gravy
(or make your own)
2 cups frozen corn
2 cups frozen peas and carrots
2 tsp. dried minced onion (or ¾ cup fresh
chopped onion)

Additional ingredients for each casserole:

2 - 3 cups mashed potato
2 Tbsp. butter, melted
Paprika to taste

In a large skillet, cook beef until no longer pink; drain. Add the gravy, vegetables and onion. Spoon half into a greased 2-qt. baking dish or one larger dish. Top with mashed potatoes. Drizzle with butter and sprinkle with paprika. Bake uncovered at 350°F for 30 to 35 minutes or until heated through. If desired, place remaining beef mixture in a freezer container and freeze for up to three months. To use, thaw in the refrigerator then transfer to a prepared baking dish. Top with potato, butter, and paprika and bake as directed. This makes two 2-quart dishes of the casserole. You can either put it in one larger baking dish or bake one and put the other in the freezer.

Sweet Potato Muffins

1½ cups all-purpose flour
2 tsp. baking powder
1 tsp. cinnamon
½ tsp. cloves
¼ tsp. nutmeg
2 eggs
1 cup firmly packed light brown sugar
1 can (16 oz.) sweet potatoes, drained
and mashed*
½ cup vegetable oil

Streusel Topping:

⅓ cup light brown sugar
⅓ cup chopped pecans
¼ cup all-purpose flour
½ tsp. cinnamon
3 Tbsp. cold butter

Preheat oven to 350°F. Grease 12 muffin cups or line with paper baking cups. In a large mixing bowl, combine flour, baking powder, cinnamon, cloves and nutmeg; whisk lightly to blend. In another bowl beat together eggs, brown sugar and oil on medium speed until creamy. Beat in sweet potato and combine well. Add dry ingredients to sweet potato mixture in two batches, beating on low speed for about 1 minute after each addition. Mix just until blended. Do not overbeat. Spoon into prepared muffin cups. Sprinkle with streusel topping.

Streusel topping: In a small bowl, combine sugar, chopped pecans, flour, and cinnamon. Cut in butter until mixture is crumbly. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan to cooling rack.

**Can also use ¾ cup mashed cooked sweet potato or pureed pumpkin instead of sweet potato.*

Deb Plumley's Recipes

Southwestern Winter Squash Chowder

2 Tbsp. olive oil
2 Tbsp. butter
1 large onion, coarsely chopped
1 large green pepper, finely chopped
2 Tbsp. seeded and minced jalapeno pepper
½ cup flour
1 tsp. sea salt
1 tsp. red pepper flakes
8 cups chicken or vegetable broth
3 cups peeled, seeded and diced squash
2 cups peeled and diced potatoes
3 cups fresh or frozen corn kernels
1½ cup light cream
2 cups shredded cheddar cheese

Heat oil and butter in large heavy bottomed stock pot over medium high heat. Add the onions and peppers and sauté until the onions are transparent, about 5 minutes. Add the flour, salt and red pepper flakes and stir until blended. Stir in the broth, squash and potatoes. Bring to a boil and reduce the heat to low and simmer, covered, until the potatoes and squash are tender, about 20 minutes. Add the corn, light cream and shredded cheese to the chowder and stir them in, cook for a few minutes until the cheese has melted. Using an immersion blender, carefully blend the soup to the desired consistency. Adjust seasonings to taste.

Harvest Loaf Cake, (From Celia Hackett, South Hero, Vt.)

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| 1 ³ / ₄ cup flour | 1/4 tsp. ground cloves |
| 1 tsp. baking soda | 1/2 cup butter |
| 1 tsp. cinnamon | 1 cup sugar |
| 1/2 tsp. salt | 2 eggs |
| 1/2 tsp. nutmeg | 3/4 cup pureed pumpkin |
| 1/4 tsp. ginger | 3/4 cup mini chocolate chips |

Sift flour, soda, salt, and spices. Cream butter and sugar. Blend in eggs, beat well. Add dry ingredients alternately with pumpkin, beginning and ending with dry ingredients. Stir in chocolate chips. Turn into greased and floured 9x5 loaf pan. Bake for 65 to 70 minutes at 350°F until a toothpick in center comes out dry. Remove from oven and let cool on wire rack.

Viewer's Recipes

Special Pear Cheese Bread, Heidi Chamberlain, South Hero, Vt.

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| 2 cups flour | 1 cup shredded Colby Jack cheese |
| 1/3 cup sugar | 2 medium sized pears, finely chopped |
| 1/2 Tbsp. baking powder | 1 cup milk |
| 1/2 tsp. salt | 2 eggs |
| 1/4 tsp. pumpkin spice | 1/4 cup melted butter |

Preheat oven to 425°F. Combine dry ingredients and mix together in bowl. In another bowl, combine remainder of ingredients. Add to flour mixture and stir until moist. Spoon batter into 4 small loaf pans (oiled and floured) about 3/4 full. Bake for 20 to 25 minutes or until a toothpick inserted near center comes out dry. Remove from oven and let cool on wire rack before removing from pan.

Pumpkin-Ham Casserole, Carole Partington, Northfield, Vt.

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| 2 Tbsp. butter | 3/4 tsp. salt |
| 1 medium onion, finely chopped | 1/2 tsp. ginger |
| 1 cup chopped ham | 1/8 tsp. pepper |
| 3 cups cubed-peeled pumpkin | 1/2 tsp. cumin |
| 1 tsp. lemon juice | 1/3 cup sliced scallions |
| 2 tsp. fresh parsley | |

Melt butter in large pan over medium heat. When melted, add onions. Cook until soft, about 5 minutes. Add ham. Toss with spoon to combine. Add pumpkin, lemon juice, parsley, salt, ginger, pepper and cumin. Stir well. Cover pan. Cook until pumpkin is tender, about 15 minutes. Stir in scallion tips. Transfer to serving dish. Serve hot.

Pumpkin Cheesecake Pie, Clarice Bilodeau, Middlebury, Vt.

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| 2 pkgs. (8 oz. each) cream cheese, softened | 2 eggs |
| 2/3 cup sugar | 1 can (15 oz.) pumpkin |
| 2 tsp. pumpkin pie spice* | 1 graham cracker crust |

In large mixing bowl, beat cream cheese until fluffy. Add sugar and spice. Stir until combined. Add eggs, one at a time mixing until just combined after each addition. Stir in pumpkin. Pour into crust. Bake at 350°F for 35 to 40 minutes or until center is almost set. Cool for one hour on wire rack. Refrigerate at least 3 hours before serving. Garnish as desired. *May substitute for 1 tsp. cinnamon, 1/2 tsp. ginger, and 1/4 tsp. cloves instead of pumpkin pie spice. **Yield:** 10 servings

Cheesy Vegetable Soup

Eddie Ackerman, Fairlee, Vt.

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| ½ stick (4 Tbsp.) butter | 1 or 2 bouillon cubes |
| ½ cup celery, diced | 1 can evaporated milk |
| ½ cup onion, diced | 16 oz. Velveeta® cheese, cubed |
| 1 cup carrots, diced | 1 Tbsp. parsley, chopped (for garnish) |
| Pepper to taste | 2 cups of cooked ham, chicken, or |
| 2 to 3 cups potatoes, diced | seafood (optional) |
| 3 to 4 cups water | |

Melt the butter in a large pot over medium heat. Add the celery, carrots and onions, and sauté until the onions and celery are translucent. Add the potatoes, pepper, bouillon cubes and enough water to cover; bring to a boil. Simmer until the potatoes and carrots are tender. Remove from heat; add the evaporated milk, and the cubed cheese, stirring until completely melted. If necessary, reheat over low heat, taking care not to boil, and adding meat or seafood, if desired. Garnish heaping bowls with a sprinkle of parsley before serving. **Yield:** 6 servings

Cinnamon Apple Pie Bars

Anita & Candy Amsden, Chester, Vt.

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| 1 pkg. (18.5 oz.) spice cake mix | ¾ cup butter, cut into pieces |
| 2 cups old-fashioned oats | 1 egg |
| ½ tsp. cinnamon | 1 can (21 oz.) apple pie filling |

Preheat oven to 350°F. Spray a 13x9x2-inch pan with non-stick cooking spray. Mix cake mix, oats and cinnamon. Cut in butter until mixture resembles coarse crumbs. Stir in egg until blended. Divide mixture in half. Spread half of cake-oats mixture in pan. Spread apple pie filling on top. Layer with remaining cake-oats mixture. Bake for 25 to 30 minutes until lightly brown. Remove from oven and cool on wire rack. Cut from pan into bars. Enjoy.

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