

Across the Fence Harvest Recipes – October 2013

1st. Place King Arthur® Youth Brownie Competition, Champlain Valley Expo: Calleigh's "Can't Just Eat One" Peanut Butter Swirl Brownies - Calleigh Brignull, Essex Jct. Vt.

1 cup unsalted butter (2 sticks)	¼ cup tapioca flour
4 oz. high quality unsweetened chocolate, chopped	¼ cup King Arthur® Gluten Free multi- purpose flour
2 oz. high quality bittersweet chocolate, chopped	1¾ tsp. guar gum
2 cups sugar	1 tsp. salt
¼ cup almond meal	5 large eggs
½ cup cornstarch	2½ tsp. vanilla extract (gluten free)
	2 to 4 oz. creamy peanut butter

Preheat oven to 350°F. Line greased 13x9-inch baking pan with parchment paper (cut 2 inch slit in each corner, which allows you to fit the paper in the pan with perfectly smooth edges). Melt chocolate and butter in double boiler, stirring to avoid burning. When melted, remove from heat and whisk in 1 cup of sugar. Set aside. Combine all dry ingredients in medium bowl. Set aside. Using electric mixer, whisk eggs with 1 cup of sugar until doubled in volume. Stir half the chocolate and half the dry mixtures into the egg mixture. Repeat and stir until batter looks like chocolate pudding. Fold in vanilla. Spread in prepared pan.

Warm peanut butter in microwave for a few seconds until softened. Place dollops of peanut butter on top of brownie batter. Using knife, gently drag through dollops to swirl (do not over mix!). Bake for 30 minutes, or until edges are cracked. Cool completely before cutting. Enjoy!

Best In Show - 1st. Show, Champlain Valley Expo: Pumpkin Molasses Muffins - Elliot Montroll, Burlington, Vt.

3 cups brown sugar	1½ tsp. cinnamon
1 cup oil	1 tsp. nutmeg
4 eggs	½ tsp. allspice
15 oz. pumpkin	½ tsp. ginger
3½ cup flour	¼ tsp. cloves
1 tsp. baking soda	¼ cup milk
½ tsp. baking powder	½ cup walnuts, crushed
¼ cup molasses	

Combine sugar, oil and eggs. Add pumpkin and mix well. Combine dry ingredients in bowl. Alternate mixing milk with dry ingredients and pumpkin mixture. Pour into baking cups. Add a few walnuts on top and bake for 20 minutes at 350°F. **Yield:** 2 dozen muffins.

Best In Show - 2nd. Show, Champlain Valley Expo: Mom's White Cupcakes with Creamy Chocolate Frosting - Shelby Hawkins, Swanton, Vt.

1 cup plus 2 Tbsp. flour	¾ cup sugar
1¼ tsp. baking powder	1 egg
½ tsp. salt	½ cup plus 1 Tbsp. milk
¼ cup shortening	½ tsp. vanilla

Use electric mixer to blend all ingredients together. Pour mixture into 12 cupcake liners. Bake for 15 to 20 minutes at 375°F.

Creamy Chocolate Frosting

2¾ cups confectioners' sugar	5 Tbsp. evaporated milk
6 Tbsp. unsweetened cocoa powder	1 tsp. vanilla
6 Tbsp. butter	

In a medium bowl, sift together the confectioners' sugar and cocoa, set aside. In a large bowl, cream butter until smooth, then gradually beat in sugar mixture alternately with evaporated milk. Blend in vanilla. Beat until light and fluffy. If necessary, adjust consistency with more cocoa powder or sugar.

1st. prize - 5 Ingredients or Less, Champlain Valley Expo: Spaghetti Amatriciana - Christine Payne, Colchester, Vt.

6 slices bacon	2 Tbsp. canola oil
1 large sweet onion, thinly sliced	½ tsp. salt
3 large red tomatoes, chopped	¼ tsp. pepper
4 tsp. white balsamic vinegar	8 oz. spaghetti, cooked and drained

Fry bacon until crisp. Remove and drain, crumble and set aside. Sauté onion about 6 to 8 minutes in oil (use pan that you fried bacon in). Add chopped tomatoes, vinegar, salt, pepper, and crumbled bacon. Simmer about 12 minutes. Toss with spaghetti and serve. **Yield:** 2 large servings.

Deb Plumley's Recipes
Apple Cheddar Bread

2 cups flour	½ tsp. dried thyme flakes
⅔ cup sugar	½ cup shortening
½ tsp. baking soda	2 eggs
1 tsp. baking powder	1 cup shredded apple
½ tsp. salt	¾ cup shredded Cheddar cheese

Cream sugar and shortening. Add eggs. Sift in flour, baking soda, baking powder, salt, and thyme. Add shredded apple and cheese. Fold into greased and floured 9x5-inch loaf pan. Bake at 350°F for approximately 50 to 55 minutes. Cool and remove from pan.

Fresh Apple Salsa

Mix together:

1½ cup diced tomatoes	1½ Tbsp. good quality oil (olive, vegetable or sunflower)
1 cup diced unpeeled apples (about 2)	Generous handful of diced fresh basil
¾ cup diced sweet yellow pepper	Salt and pepper to taste
3 green onions, diced	
3 Tbsp. apple cider or lemon juice	

Cover and chill 2 hours. Best used same day.

Apple Pumpkin Soup

2 cups finely chopped peeled tart apples	½ tsp. cinnamon
½ cup finely chopped onion	½ tsp. nutmeg
2 Tbsp. flour	½ tsp. ginger
4 cups chicken broth	1 cup apple juice or cider
3 cups pumpkin puree	½ cup half and half
¼ cup brown sugar	¼ tsp. salt and pepper

In large saucepan, sauté the onions in butter for 3 to 5 minutes or until tender. Stir in the flour until blended. Gradually whisk in the chicken broth. Stir in the chopped apples, pumpkin, brown sugar and spices. Bring to a boil. Reduce heat, cover and simmer 25 minutes. Cool slightly. In a blender, cover and process soup in batches until smooth. Pour into a bowl; cover and refrigerate for 8 hours or overnight. Just before serving, transfer soup to a saucepan. Cook over medium heat for 5 to 10 minutes. Add apple juice (or cider), half and half, salt and pepper. Heat through. **Yield:** 12 servings.

Carolyn Peake's Recipes Blueberry Breakfast Rolls

1 pkg. (12.4-oz. package) refrigerated cinnamon rolls with icing (8)
1 cup frozen blueberries, thawed and well drained
⅓ cup blueberry preserves
1 tsp. finely shredded lemon peel
¼ cup chopped pecans, toasted

Lightly grease sixteen regular sized muffin cups. Remove rolls from package and set the icing aside. Cut each roll in half crosswise. Press each half into the bottom and about ½-inch up the side of each muffin cup. In a small bowl, stir together the blueberries, preserves and lemon peel. Spoon this over the tops of each roll. Sprinkle with pecans. Bake in a 375°F oven for about 12 minutes or until golden. Cool the muffins in the pan for 5 minutes. Remove from pans and place on a rack to cool for 5 more minutes. Place icing in a small bowl. If necessary, stir in a little milk to make the icing of drizzling consistency. Drizzle icing over rolls. Serve them warm. **Yield:** 16 rolls.

Sweet Potato Sheet Cake With Bacon Cream Cheese Frosting

Cake:

1 box moist yellow cake mix
¾ cup milk
⅓ cup vegetable oil
3 eggs
1½ cups mashed cooked sweet potatoes
1½ tsp. apple pie spice

Frosting:

1 pkg. (8 oz.) cream cheese, softened
¼ cup butter, softened
2½ cups powdered sugar
⅔ cup packed brown sugar
½ tsp. vanilla
7 slices bacon, crisply cooked, crumbled
½ cup coarsely chopped pecans

Heat oven to 350°F. Lightly grease 13x9-inch pan. In a large bowl, beat cake mix, milk, oil, eggs, sweet potatoes, and apple pie spice with electric mixer on low speed for 30 seconds. Increase to medium speed and beat for 2 minutes. Pour into pan. Bake for 34 to 38 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack for about 1 hour. Meanwhile, in a medium bowl, beat cream cheese and butter with electric mixer at medium speed for 2 minutes or until creamy. Beat in the sugars and vanilla. Stir in the bacon and frost the cake. Sprinkle with pecans and store covered in the refrigerator. **Yield:** 24 servings.

Meatball Stew

2 lbs. ground beef	6 medium carrots, sliced	1½ tsp. balsamic vinegar
6 medium potatoes, cubed	1 cup ketchup	1 tsp. dried basil
1 large onion, sliced	1 cup water or beef broth	1 tsp. dried oregano
		Salt and pepper to taste

Mix beef and salt and pepper to taste. Mix well; then shape into 1-inch balls. Brown meat in fry pan over medium heat. Drain. Place potatoes, carrots and onion in slow cooker. Top with meatballs. Combine ketchup, water or beef broth, vinegar, and spices, plus salt and pepper to taste. Pour over meatballs. Cover, and cook on HIGH for 4 to 5 hours, or until vegetables are tender. **Yield:** 8 servings.

Lyn Jarvis' Recipes

Apple Maple Cobbler

¾ cup maple syrup	½ cup sugar
½ cup boiling water	1½ cups flour
1 tsp. vanilla	1 tsp. baking powder
5 med. Apples; peeled, cored, and sliced	½ cup milk
2 Tbsp. soft butter	

Combine syrup with water and vanilla, heat until it boils. Let simmer while preparing apples and batter. Place apples in a greased 8x8-inch pan. Blend sugar and butter. Combine dry ingredients with milk in a separate bowl then add to the butter/sugar mixture. Batter will be thick (I use my fingers to mix and spread). Spread over apples and pour syrup over all. Bake at 375°F for 35 to 40 minutes. Serve warm with vanilla ice cream or whipped cream. Note: Some apples are juicier, if cobbler seems too moist, pour off excess liquid and thicken with cornstarch and tapioca. Spread over top. **Yield:** 6 to 8 servings.

P.E.I. Potato Pie

3 to 4 lbs. peeled potatoes
2 - 3 cups Cheddar cheese (grated)
1 tsp. ground thyme
Chopped chives (fresh or dry)
1 lb. bacon
Salt and pepper to taste

Maple Bacon Sauce:

1 cup mayonnaise
½ cup sour cream
¼ cup maple syrup
1 tsp. bacon bits

Thinly slice potatoes. Line a pie plate or casserole dish with bacon leaving half of each slice of bacon over the edge of the dish. Layer potatoes, a generous amount of grated cheese, chopped chives, salt & pepper to taste. Repeat until you have four layers (sprinkle first layer only with ground thyme). Pull bacon up over top. Pie should be 3 to 4-inches thick at middle. Fasten center with skewer. Bake at 375°F for 2 hours covered with foil, drain excess liquid. Bake an additional 30 minutes, uncovered.

Sauce: Combine all ingredients and pour over potato pie. **Yield:** 6 servings.

Viewer's Recipes

French Toast Breakfast

Jess Pastor, Hyde Park, Vt.

1 cup brown sugar	1 loaf Italian bread (1-inch slices)
½ cup melted butter	6 large eggs
3 tsp. cinnamon, divided	½ cup milk
½ cup dried Craisins®	1 tsp. almond extract
3 tart apples, peeled and sliced	

Combine brown sugar, butter and 1 tsp. cinnamon in a 13x9x2-inch baking dish. Add apples and Craisins®; toss to coat. Spread evenly on bottom of dish. Arrange bread slices on top. Mix eggs, milk, almond extract and remaining cinnamon. Blend well. Pour mixture over bread and soak. Cover and refrigerate overnight. Bake, covered with aluminum foil in preheated 375°F oven for 40 minutes. Uncover and bake for 5 minutes longer. Remove from oven and let stand for 5 minutes before serving.

Basic Creamy Coleslaw

Donna Barcomb, Colchester, Vt

1 medium head green cabbage, quartered, cored, and shredded	1 carrot, peeled and shredded	¼ cup sour cream
½ small onion, shredded	2 tsp. salt	1 Tbsp. white vinegar
	½ cup mayonnaise	2 tsp. sugar
		¼ tsp. pepper

Toss cabbage, onion, carrot, and salt in colander set over bowl. Let stand until wilted, about 1 hour. Rinse cabbage mixture under cold water, drain, dry well with kitchen towel. Whisk mayonnaise, sour cream, vinegar, sugar, and pepper in large bowl. Stir in cabbage mixture and refrigerate until chilled, at least 30 minutes (can be refrigerated in airtight container for 2 days).

Pineapple Chicken and Sweet Potatoes

Sharon Roy, South Hero, Vt.

⅔ cup plus 3 Tbsp. flour, divided
1 tsp. salt
1 tsp. ground nutmeg
½ tsp. ground cinnamon
⅛ tsp. onion powder
⅛ tsp. black pepper
6 boneless skinless chicken breasts

3 sweet potatoes, peeled and sliced
1 can (10¾ oz.) condensed cream
of chicken soup
½ cup pineapple juice
¼ lb. mushrooms, sliced
2 tsp. packed light brown sugar
½ tsp. grated orange peel
Hot cooked rice

Combine ⅔ cup flour, salt, nutmeg, cinnamon, onion powder, and black pepper in large bowl. Thoroughly coat chicken with flour mixture. Place sweet potatoes on bottom of slow cooker. Top with chicken. Combine soup, pineapple juice, mushrooms, remaining 3 tablespoons flour, brown sugar, and orange peel in medium bowl; stir well. Pour soup mixture over chicken. Cover; cook on LOW 8 to 10 hours or on HIGH 3 to 4 hours. Serve chicken and sauce with rice. **Yield:** 6 servings

Veggie Mac 'N' Cheese

Helen Davis, Duxbury, Vt.

1 medium carrot, thinly sliced
2 Tbsp. butter or margarine
1 medium onion, chopped
1 medium zucchini, sliced
1 medium yellow summer squash,
halved length wise and sliced
1 can (10¾ oz.) condensed Cheddar
cheese soup, undiluted

⅓ cup milk
½ tsp. salt
⅛ tsp. pepper
1⅔ cups cooked elbow macaroni
¾ cup shredded Cheddar cheese
4 bacon strips, cooked and crumbled

In a large skillet, sauté carrot in butter for about 2 minutes. Add onion; cook and stir 2 minutes longer. Add zucchini and summer squash; cook 5 minutes or until veggies are tender. In a bowl, combine soup, milk, salt, and pepper. Stir into skillet. Add macaroni; heat through. Sprinkle with cheese. Cover and cook for 2 minutes or until cheese is melted. Sprinkle with bacon.

Broccoli Creamed Corn Casserole

Ruth Nash, Andover, Vt.

1 pkg. frozen broccoli
1 can creamed corn
1 beaten egg

1 cup bread crumbs
Butter
1 cup Cheddar cheese

½ cup bacon crumbs
Salt and pepper

Place 1 package thawed broccoli cuts in a 1 to 1½ quart casserole. Pour can creamed corn over the cuts. Add beaten egg, salt and pepper. Top with bread crumbs and dots of butter, shredded cheese and bacon bits. Bake for 45 minutes at 350°F. **Yield:** 6 servings.

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