

# *Across the Fence*

## Summer Fruit Recipes – July 2010

### Lyn Jarvis' Recipes

#### Pork Chops with Blackberries

½ cup seedless blackberry spreadable fruit	4 boneless pork loin chops (5 oz. each)
1 Tbsp. lemon juice	2 tsp. steak seasoning
1 Tbsp. reduced-sodium soy sauce	2 tsp. olive oil
Dash ground cinnamon	1 cup fresh blackberries

In a small saucepan, combine the spreadable fruit, lemon juice, soy sauce, and cinnamon. Cook and stir over low heat until spreadable fruit is melted. Remove from the heat; set aside. Sprinkle both sides of pork chops with steak seasoning. In a large nonstick skillet coated with cooking spray, cook chops in oil over medium-high heat for 5 to 7 minutes on each side or until a meat thermometer reads 160°F. Serve with sauce and blackberries.

#### Blueberry-Orange Mini Loaves

1 cup all-purpose flour	¾ cup orange juice
1 cup whole wheat pastry flour	¼ cup canola oil
¾ cup sugar	1 Tbsp. grated orange peel
½ tsp. salt	1 cup fresh or frozen blueberries
½ tsp. baking soda	½ cup chopped pecans
1 egg	

In a large bowl, combine the flours, sugar, salt, and baking soda. In a small bowl, whisk the egg, orange juice, oil, and orange peel. Stir into dry ingredients just until moistened. Fold in blueberries and pecans. Transfer to two 5<sup>3</sup>/<sub>4</sub>x3x2-inch loaf pans (or a single 8x4x3-inch pan) coated with cooking spray. Bake at 350°F for 40 to 45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire rack.

#### Pear Praline Pie

¼ cup all-purpose flour	Pastry for double-crust pie (9-inch)
½ tsp. grated lemon peel	1 cup packed brown sugar
½ tsp. ground ginger	½ cup chopped pecans, toasted
4 medium pears, peeled and sliced	¼ cup butter, melted

In a large bowl, combine the flour, lemon peel, and ginger. Add pears; toss gently to coat. Line a 9-inch pie plate with bottom pastry; trim even with edge of plate. Add pear mixture. Combine the brown sugar, pecans, and butter; sprinkle over pears. Roll out remaining pastry to fit top of pie; cut a decorative design in the center if desired. Place over filling; trim, seal and flute edges. (If using whole pastry on top without a decorative design, cut slits in pastry). Bake at 400°F for 35 to 45 minutes or until filling is bubbly and pears are tender (cover edges with foil during the last 15 minutes to prevent over-browning if necessary). Cool completely on a wire rack. Store in the refrigerator. Yield: 6 to 8 servings.

## Nectarine Pandowdy

### **Crust:**

1½ cups all-purpose flour  
1 Tbsp. sugar  
¼ tsp. salt  
½ cup unsalted butter, chilled, cut up  
4 to 6 Tbsp. cold water

### **Filling:**

8 cups sliced (generous ½-inch) unpeeled nectarines (about 3½ lbs.)  
¾ cup packed light brown sugar  
3 Tbsp. all-purpose flour  
2 tsp. grated lemon peel  
1 tsp. grated nutmeg  
1 tsp. lemon juice  
1 tsp. vanilla extract  
2 Tbsp. sugar  
½ tsp. ground cinnamon

Mix together flour, sugar, and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with some pea-sized pieces. Add 4 tablespoons of the water; stir until dough begins to form, adding additional water 1 teaspoon at a time, if necessary. Shape into flat round; cover. Refrigerate 30 minutes or until chilled. Meanwhile, heat oven to 375°F. Butter 13x9x2-inch glass baking dish. In another large bowl, toss together nectarines, brown sugar, 3 tablespoons flour, lemon peel, nutmeg, lemon juice, and vanilla; spread evenly in baking dish. On lightly floured surface, roll dough into 13x9-inch rectangle. Place over fruit in baking dish. Crimp or fold under edges to fit inside dish; do not seal crust against pan's edges. In small bowl, stir together 2 tablespoons sugar and cinnamon; sprinkle over crust. Bake 40 minutes or until crust is light brown. Remove from oven. With knife, cut crust into 12 squares. Using spatula, gently press crust into filling. Bake an additional 5 minutes or until golden brown and bubbly. Cool 20 to 30 minutes; serve warm or at room temperature.

## Quebec Blueberry Cake

¾ cup sugar  
¼ cup shortening  
1 egg  
½ cup milk  
2 cups all-purpose flour  
½ tsp. salt  
2 tsp. baking powder  
½ tsp. nutmeg or ginger  
2 cups blueberries

### **Topping:**

½ cup sugar  
⅓ cup all-purpose flour  
½ tsp. cinnamon  
¼ cup butter (room temperature)

Place the sugar, shortening, and egg in a bowl and mix well. Add the milk and stir. Sift the flour together with the salt, baking powder, and nutmeg or ginger. Add this to the sugar mixture and stir just enough to mix. Spread the mixture in a greased 8x8x2-inch pan. Spread the blueberries over the batter. **Topping:** In a bowl, mix the sugar, flour, cinnamon, and butter. Sprinkle this mixture over the blueberries in the pan and bake in a 375°F oven for 40 to 50 minutes. Serve hot or warm with whipped cream.

## Sweet Cherry Conserve

2 medium oranges  
6 cups fresh dark sweet cherries, pitted  
3½ cups sugar  
6 Tbsp. lemon juice

4 individual black cherry or wild berry  
herbal tea bags  
1 cup boiling water  
1 pouch (3 oz.) liquid fruit pectin

Grate zest from the oranges; set zest aside. Peel oranges and discard peel; chop the oranges. In a large saucepan, combine the cherries, sugar, lemon juice, and chopped oranges. Bring to a boil. Reduce heat; simmer, uncovered, for 6 to 8 minutes or until slightly thickened. Meanwhile, place tea bags in a small bowl. Add boiling water. Cover and steep for 5 to 6 minutes. Discard tea bags; add liquid to cherry mixture. Bring to a full rolling boil over high heat, stirring constantly. Stir in pectin. Boil for 1 minute, stirring constantly. Remove from the heat; skim off foam. Ladle hot mixture into hot sterilized half-pint jars, leaving ¼-inch headspace. Remove air bubbles; wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

## Blueberry-Pineapple Crisp

### **Topping:**

1 cup flour  
¾ cup sugar  
1 tsp. baking powder  
½ tsp. salt  
1 egg  
2 Tbsp. butter, melted (reserve)  
1 tsp. cinnamon (reserve)

### **Filling:**

3 cups blueberries  
1 can (16 oz.) pineapple chunks, drained  
2 Tbsp. brown sugar  
½ cup butter, melted  
1 Tbsp. tapioca

Mix together the topping ingredients (except melted butter and cinnamon) until it resembles coarse crumbs. Use a fork so you don't have large lumps. Set aside. **Filling:** Mix and place filling ingredients in a greased 7x11x2-inch baking dish. Sprinkle topping mixture over fruit, drizzle the melted reserved butter over the topping and sprinkle with cinnamon. Bake at 375°F for 30 minutes or until the top is lightly brown and baked thoroughly. Test with a fork, if it isn't brown enough for you, turn up the oven heat for the last few minutes.

## Carolyn Peake's Recipes

### Raspberry Iced Tea

8¼ cups water, divided  
⅔ cup sugar

5 individual tea bags  
3 to 4 cups unsweetened raspberries

Bring four cups water to a boil. Stir in sugar until dissolved. Remove from heat and add tea bags. Steep for 5 to 8 minutes, then discard teabags. Add 4 cups of water. In another saucepan, bring raspberries and ½ cup water to a boil. Reduce heat and simmer, uncovered, for 3 minutes. Strain and discard pulp. Add raspberry juice to tea mixture. Serve over ice. Yield: about 2 quarts.

## **Black and Blue Cobbler**

1 cup flour	2 Tbsp. vegetable oil
$\frac{3}{4}$ cup sugar	2 cups fresh (or frozen) blueberries
1 tsp. baking powder	2 cups fresh (or frozen) blackberries
$\frac{1}{4}$ tsp. ground cinnamon	$\frac{3}{4}$ cup water
$\frac{1}{4}$ tsp. ground nutmeg	1 tsp. grated orange peel
2 eggs, beaten	$\frac{3}{4}$ cup sugar
2 Tbsp. milk	Whipped topping or ice cream, (optional)

Combine flour,  $\frac{3}{4}$  cup sugar, baking powder, cinnamon, and nutmeg. Combine eggs, milk, and oil. Stir into dry ingredients until moistened. Spread batter evenly in bottom of greased 5-qt. slow cooker. In saucepan, combine berries, water, orange peel, and  $\frac{3}{4}$  cup sugar. Bring to a boil. Remove from heat and pour over batter and cover. Cook on high for 2 to 2 1/2 hours, or until toothpick inserted into batter comes out clean. Turn off cooker. Uncover and let stand 30 minutes before serving. Spoon from cooker and serve with whipped topping or ice cream, if desired.

## **Strawberry Pizza**

6 Tbsp. butter, softened	<b>Filling:</b>
$\frac{1}{2}$ cup sugar	1 pkg. (8 oz.) cream cheese, softened
1 egg	$\frac{1}{2}$ cup confectioner's sugar
$\frac{1}{2}$ tsp. vanilla extract	2 cups sliced fresh strawberries
$\frac{1}{4}$ tsp. almond extract	1 cup sugar
$1\frac{1}{4}$ cups all-purpose flour	$\frac{1}{4}$ cup cornstarch
$\frac{1}{2}$ tsp. baking powder	2 cups crushed strawberries

In mixing bowl, cream butter and sugar for 2 minutes. Beat in eggs and extracts. Combine flour and baking powder and gradually add to creamed mixture, mixing well. Cover and refrigerate for one hour. On a floured surface, roll dough into a 13-inch circle and transfer to a 12-inch pizza pan. Build up edges slightly. Bake at 350°F for 18 to 22 minutes or until lightly browned. Cool completely. In a mixing bowl, beat cream cheese and confectioner's sugar until smooth. Spread over crust. Arrange sliced strawberries on top. In a saucepan, combine sugar, cornstarch, and crushed berries until blended. Bring to a boil; cook and stir for two minutes or until thickened. Cool slightly. Spoon over strawberries. Refrigerate until serving. Yield: 12 to 16 servings.

## **Raspberry Cheesecake Trifle**

1 pkg. (9 oz.) white cake mix	3 cups fresh raspberries
1 pkg. (8 oz.) cream cheese, softened	2 squares (1 oz. each) semisweet chocolate,
$\frac{1}{4}$ cup confectioners' sugar	coarsely grated or shaved
$1\frac{1}{2}$ cups whipping cream, whipped	

Prepare and bake cake mix according to package directions. Cool and cut into 1-inch cubes. In a small mixing bowl, beat cream cheese and sugar until smooth. Fold in whipped cream. In a large glass bowl or trifle bowl, layer half of the cake cubes, 1 cup of raspberries, half the cream cheese mixture, and half of the chocolate. Repeat layers. Top with the remaining raspberries. Refrigerate for 4 hours or overnight. Yield: 12 to 14 servings.

### **Fruited Chicken Salad**

3 cups cut up cooked chicken breast  
4½ cups cut up mixed fruits (any fruits  
of your choice)

1 cup vanilla-flavored low fat yogurt  
4½ tsp. orange juice  
Sliced cantaloupe (optional)

Mix chicken and fruit. Scoop onto lettuce-lined plate. Mix yogurt and orange juice and drizzle over chicken. Serve with sliced cantaloupe.

### **Granville Gingerbread**

1½ cups blueberries  
2 eggs  
½ cup butter  
1 cup molasses  
1 tsp. baking soda

½ cup sugar  
1 cup buttermilk  
2½ cups flour  
1 Tbsp. ground ginger

Cream butter and sugar. Add eggs, buttermilk, and molasses. Mix well. Sift together flour, baking soda, and ginger. Gradually add dry mixture to molasses mixture, stirring until well blended. Do not over-beat. Carefully fold in blueberries. Pour into greased and floured 9-inch ring mold. Bake at 350°F for about 40 minutes. Unmold while still warm. Serve warm or cold with whipped cream seasoned lightly with nutmeg.

### **Judy Simpson's Recipe**

#### **Fresh Fruit and Chocolate**

Strawberries, sliced  
Blueberries

Blackberries  
White chocolate chips

Arrange strawberries, blueberries, and blackberries in individual bowls. Melt white chocolate (I place chocolate chips inside a sealed bag and submerge it in hot water). Drizzle fruit with white chocolate and decorate with a sprig of fresh mint. Can be used with any selection of your favorite fruits.

### **Viewer's Recipes**

#### **Watermelon Pie**

##### **Marge McBride, formerly So. Hero, Vt.**

1 graham cracker pie crust  
1 pkg. (3 oz.) melon or mixed  
fruits gelatin

¼ cup boiling water  
1 container (12 oz.) whipped topping, thawed  
2½ cup cubed seedless watermelon

In a large bowl, dissolve gelatin in boiling water. Cool. Whisk whipped topping in gelatin. Fold in watermelon. Pour into graham cracker crust. Refrigerate 4 to 6 hours.

### **Summer Fruit Salad**

#### **Carolyn Bourgeois, Vergennes, Vt.**

2 cups cooked rice, room temp.  
½ cup strawberries, quartered  
½ cup grapes, halved  
2 kiwi fruit, quartered  
½ cup pineapple tidbits, drained  
(¼ cup juice reserved)

½ banana, sliced  
2 Tbsp. plain yogurt  
1 Tbsp. honey  
Lettuce leaves

Combine rice and fruit in large bowl. Blend the pineapple juice, yogurt, and honey in a small bowl. Pour over rice mixture. Toss lightly and serve on lettuce leaves.

## **Pretzel Salad**

**Charlene Calcagni, Barre, Vt.**

2 $\frac{2}{3}$  cups crushed pretzels  
3 Tbsp. sugar

$\frac{3}{4}$  cup butter, melted

Mix and press into the bottom of a 9x13x2-inch baking pan. Bake at 350°F for 10 minutes. Cool.

8 oz. cream cheese  
 $\frac{1}{2}$  cup sugar

1 container (8 oz.) whipped topping

Cream sugar and cream cheese until smooth, then add whipped topping. Spread over pretzel crust and refrigerate.

1 pkg. (6 oz.) strawberry gelatin  
2 cups boiling water

1 pint fresh or frozen strawberries, cut up

Mix gelatin with boiling water. Add strawberries and allow to thicken. Spoon gelatin mixture over cream cheese and allow to finish gelling. This can also be made with low-fat cream cheese and sugar-free gelatin.

## **Rhubarb Delight**

**Julie Whitney, South Hero, Vt.**

1 $\frac{3}{4}$  cup sugar, divided  
1 cup flour  
3 Tbsp. butter  
1 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt

$\frac{1}{2}$  cup milk  
3 cups rhubarb  
1 Tbsp. cornstarch  
1 Tbsp. cinnamon  
1 cup hot water

Mix  $\frac{3}{4}$  cup sugar, flour, butter, baking powder, salt, and milk. Spread rhubarb on bottom of an 8x8x2-inch baking dish; spoon mixture over rhubarb. Mix 1 cup sugar, cornstarch, and cinnamon, sprinkle over dough. Pour hot water over all. Bake for 1 hour at 350°F. Serve with whipped cream. Yield: 8 servings.

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