

Across the Fence

“Our Favorite Meal” Recipes – February 2011

Butterscotch Torte

6 eggs, separated
1½ cups sugar
1 tsp. baking powder
2 tsp. vanilla
1 tsp. almond extract
2 cups graham cracker
crumbs
1 cup chopped nuts

Frosting:
2 cups heavy cream
2 Tbsp. confectioners'
sugar

Topping:
½ cup water
¼ cup melted butter
1 cup brown sugar
1 Tbsp. flour
1 egg, well beaten
¼ cup orange juice
½ tsp. vanilla

Beat egg yolks well, slowly adding sugar, then baking powder and flavorings. Mix well. Beat egg whites until they hold stiff peaks; fold into yolk mixture. Fold in crumbs and nuts. Pour into two 8-inch pans, greased and lined with wax paper. Bake in a slow oven at 325°F for 30 to 35 minutes. Cool 10 minutes then remove from pans. Frost when completely cooled.

To frost: Whip heavy cream, slowly adding confectioners' sugar. Spread frosting between layers and over top of torte. **Topping:** Add water to melted butter in saucepan. Blend in brown sugar and one Tbsp. flour. Add egg, orange juice, and vanilla. Mix well. Bring to a boil and cook until thick. Cool thoroughly. Pour over whipped cream, so the sauce drizzles down the sides. Yield: 12 servings.

Anchorage Meat Loaves

1 egg
¾ cup milk
1 cup shredded cheddar cheese
½ cup quick cooking oatmeal
½ cup chopped onion

1 tsp. salt
1½ lbs. lean ground beef
1 cup ketchup
½ cups packed brown sugar
1½ tsp. mustard

In a bowl, beat the eggs and milk. Stir in the cheese, oatmeal, onion, and salt. Add beef and mix well. Shape into 8 loaves and place in a greased 11x7x2-inch baking dish. Combine ketchup, brown sugar, and mustard; spoon over loaves. Bake uncovered at 350°F for 45 minutes or until meat is no longer pink. Yield: 8 meat loaves.

Bacon Mashed Potatoes

5 cups cubed peeled potatoes (1½ lbs.)
½ cup milk
½ cup mayonnaise
5 tsp. minced chives

¼ tsp. garlic powder
¼ tsp. pepper
1 cup shredded cheddar cheese
6 bacon strips, cooked and crumbled

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15 to 20 minutes or until tender. Drain. Add the milk, mayonnaise, chives, garlic powder, and pepper; mash potatoes. Stir in cheese and bacon. Yield: 6 servings.

Broccoli Corn Casserole

1 can (14.75 oz) cream style corn	½ cup Velveeta® cheese, diced
2 eggs, beaten	1 small pkg. (12 oz.) frozen broccoli, thawed
2 Tbsp. sugar	2 Tbsp. butter
2 Tbsp. flour	
1 tsp. salt	

Mix all together in 1½-quart ungreased casserole dish. Bake at 350°F for 1 hour.

Vermont Maple Stew

1½ lbs. ground beef	2 medium onions, thickly sliced
½ lb. bacon	½ cup Vermont maple syrup
1 can (28 oz.) whole tomatoes	Salt and pepper to taste
1 can (15 oz) dark kidney beans, drained	

Cut bacon into 1-inch squares. Brown them in frying pan. Remove and discard fat. Brown ground beef. Put all ingredients in a large heavy saucepan and simmer for about 45 minutes. Prepare a few hours ahead of time to let the flavors develop. Great for slow cookers (Crock-pots®) and potluck dinners.

Carolyn Peake's Recipes

Chicken Broccoli Bake

2 heads broccoli, cut into florets and cooked	Sauce:	
6 cups cooked chicken or turkey, cut in bite-sized pieces	2 cans (10.75 oz) cream soup (celery, chicken, mushroom, etc.)	1 tsp. lemon juice
	¾ cup evaporated milk	1 cup mayonnaise
		1 cup strong cheese, grated

Spray 9x13x2-inches baking dish with non-stick cooking spray. Spread broccoli in pan and layer chicken over broccoli. **Make sauce:** Mix all ingredients. Pour over chicken. Sprinkle with crushed bran cereal and bake at 350°F for about 45 minutes or until hot and bubbly. This also freezes very nicely for baking later.

Maple Carrots

1 lb. carrots, sliced	¼ cup Vermont maple syrup
2 - 3 Tbsp. butter	½ tsp. cinnamon

Cook carrots slightly in water. Drain and add syrup and butter to carrots in pan. Return to heat and allow to boil until thickened. Keep track of this and stir often. Sprinkle with cinnamon and stir. (This can also be used with parsnips for a wonderful change of pace, or mix carrots and parsnips.)

Mandarin Orange Delight

1 lg. box (6 oz.) orange gelatin	2 cans (11oz. each) mandarin oranges, drained
2 cups boiling water	
2 cups vanilla ice cream	

Dissolve gelatin in boiling water. Add ice cream and stir until melted. Refrigerate until thickened, but not set. When thickened, beat with electric mixer until smooth, then add fruit. Coat a mold with non-stick cooking spray and pour gelatin into it. Refrigerate until completely set. Unmold and serve. This can also be made with other flavors of gelatin and other fruits. Experiment and enjoy!

Quick Banana Bread or Muffins

1¾ cups all-purpose flour	¾ tsp. grated lemon rind
2¼ tsp. baking powder	1 - 2 beaten eggs
⅓ cup shortening	1 - 1¼ cups ripe banana pulp
⅔ cup sugar	

Combine dry ingredients. Set aside. Blend the shortening, sugar, and lemon rind until creamy. Add eggs and banana pulp. In three parts, add the dry ingredients, blending until smooth each time. Place batter in greased bread pan or muffin tins. **Bake bread** at 350°F for about an hour, or until done. **Bake muffins** at 400°F for about 20 minutes or until done.

Choco-Dot Pumpkin Cake

2 cups all-purpose flour	2 cups sugar
2 tsp. baking powder	4 eggs
1 tsp. baking soda	2 cups pumpkin
1½ tsp. ground cinnamon	1 cup vegetable oil
½ tsp. ground cloves	2 cups All-Bran® or Bran Buds® cereal
¼ tsp. ground allspice	1 pkg. (12 oz.) semisweet chocolate bits
¼ tsp. ginger	1 cup coarsely chopped nuts

Stir together flour, baking powder, soda, spices, and sugar. Set aside. In large mixing bowl, beat eggs until foamy. Add pumpkin, oil, and cereal. Mix well. Add flour mixture, mixing only until combined. Stir in chocolate bits and nuts. Spread evenly in ungreased 10x4-inch tube pan. Bake at 350°F for about 70 minutes or until wooden pick inserted near center comes out clean. Cool completely before removing from pan. Drizzle with confectioner's sugar glaze if desired.

Heather Fischer's Recipes **Spinach and Feta Salad**

¾ cup toasted almonds	½ cup – 1 cup feta cheese
1 lb. spinach, rinsed and torn into bite-size pieces	Balsamic vinaigrette salad dressing to taste
1 cup dried cranberries	Additional seasonal items such as: Tomatoes, cucumbers and/or carrots

In a large bowl, combine the spinach with the toasted almonds and cranberries. Add additional vegetables, if desired. Before serving toss with balsamic vinaigrette dressing and feta cheese.

Best Ever Spaghetti Sauce

1 lb. sweet Italian sausage	2 Tbsp. white sugar
¾ lb. lean ground beef or turkey	1½ tsp. dried basil leaves
½ cup minced onion	½ tsp. fennel seeds
2 cloves garlic, crushed	1 tsp. Italian seasoning
1 can (28 oz.) crushed tomatoes	1 Tbsp. salt
2 cans (6 oz each) tomato paste	¼ tsp. ground black pepper
2 cans (6.5 oz. each) canned tomato sauce	4 Tbsp. chopped fresh parsley
½ cup water	

In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 tablespoons parsley. Simmer covered; for about 1½ hours, stirring occasionally.

To Die For Brownies

½ cup melted butter	⅓ cup cocoa
1 cup sugar	¼ tsp. baking powder
1 tsp. vanilla	¼ tsp. salt
2 eggs	½ cup chocolate chips
½ cup flour	

Preheat oven to 350°F. Grease a 9x9x2-inch pan. Stir together the melted butter, sugar, and vanilla. Add eggs and beat well. In a separate mixing bowl, stir together the flour, cocoa, baking powder, and salt. Combine the sugar mixture with the dry ingredients until just combined. Add chocolate chips and spread mixture into prepared pan. Bake for 20 to 25 minutes.

Chocolate Pudding Cake **Millie O'Leary, Dorset, Vt.**

1 cup flour	½ cup milk	For topping mix:
2 tsp. baking powder	2 Tbsp. melted shortening	¼ cup brown sugar
½ tsp. salt	1 tsp. vanilla	¼ cup cocoa
¾ cup sugar	½ cup chopped nuts	
2 Tbsp. cocoa		

Sift flour, baking powder, salt, sugar, and cocoa. Add milk, vanilla, and shortening. Mix until smooth and add nuts. Pour into 8x8x2-inch pan and sprinkle topping over batter. After sprinkling, pour 2 cups hot water over batter and do not stir. Bake at 350°F for 40 to 45 minutes and serve with whipped or ice cream. Recipe can be doubled and baked in a 9x13x2-inch pan.

Chicken Pot Pie

Barbara Halko, Jay, N.Y

1 Tbsp. each butter and oil	¼ lb. grated sharp cheddar
2 onions, chopped	½ roasted chicken, cut into pieces
¼ tsp. garlic powder	1 small bag frozen mixed vegetables (or 10 oz. box)
1½ Tbsp. zesty (or regular) Italian dressing	1 pie crust
1 can (10.75 oz.) cream of chicken soup	1 egg yolk

Sauté onion and butter in oil until tender. Put all ingredients in bowl, except egg. Add salt and pepper, to taste. Mix well and put into 3 quart casserole. Place pie crust on top and brush with egg yolk. Slit to vent and bake at 400°F for 45 minutes.

Pineapple Cherry Cheese Pie

Kay Paquette, St. Albans, Vt.

1 graham cracker crust	2 egg yolks, divided
1 can (8 oz.) crushed pineapple, drained	1 cup plus 2 Tbsp. confectioners' sugar
1 jar (10 oz.) maraschino cherries, drained	4 Tbsp. lemon juice
1 pkg. (8 oz.) cream cheese	1 tsp. vanilla extract
1-2 containers (8 oz. each) low-fat whipped topping	

Coat pie crust with one egg yolk and cook 5 minutes at 375°F, then cool. In large bowl, microwave cream cheese and one egg yolk for 45 seconds, beat until fluffy. Add lemon juice and vanilla; mix on low speed for one more minute. Add one cup confectioner's sugar and beat at medium speed for another minute. Add container of whipped topping and continue mixing for another minute. Drain pineapple and cherries, reserving juice.* Chop cherries fine and add to pineapple. Add 2 tablespoons confectioners' sugar and stir with spoon. When mixed, add to cream cheese mixture and beat for 1 more minute on medium speed. Pour mixture in pie crust and top with whipped topping, if desired. Refrigerate 2 to 3 hours before serving. *Reserved cherry and pineapple juice is good in any diet soda of your choice.

Raspberry Salad

Carolyn Bourgeois, Vergennes, Vt.

1 pkg. (3 oz.) raspberry gelatin	1 can (8 oz.) crushed pineapple, drained
1 cup hot water	1 banana, diced
1 cup vanilla ice cream	1 cup chopped nuts
3 Tbsp. orange juice	

Dissolve the gelatin in hot water. Add vanilla ice cream and stir until melted. Then add orange juice, drained pineapple, diced banana, and nuts. Pour into mold and let stand overnight. This can be used as a jellied salad with mayonnaise or as a dessert with whipped cream.

Pennsylvania Oatmeal Cake
Mary Whirling, Lake Clear, N.Y.

2¼ cups boiling water
1½ cups uncooked oatmeal
¾ cup butter, softened
1½ cups sugar
3 eggs
2 tsp. vanilla
2¼ cups flour
2 tsp. baking soda
1 tsp. salt

Topping:
⅓ cup butter
½ cup brown sugar
2 Tbsp. milk
½ cup crushed walnuts
½ cup shredded coconut

Mix boiling water and oatmeal and let stand for 2 hours. Mix butter, sugar, eggs, vanilla, flour, baking soda, and salt. Add to oatmeal mixture. Pour into a 11x13x2-inch pan and bake at 350°F for 40 to 50 minutes or until toothpick inserted in center comes out clean. **For Topping:** Melt butter; stir in sugar and milk. Add walnuts and coconut and spread over cake.

Mary says this cake has been a family favorite for years originating with her aunt Margaret from Allentown, Pennsylvania.

Boston Pork Chops
Alberta Batchard, Poultney, Vt.

4 to 6 pork chops
Mustard, to taste
Ketchup, to taste

To baking dish add one inch of water. Spread mustard on one side of chops and place in baking dish. Cover chops with ketchup and bake at 350°F for 45 minutes or until done and bubbly sauce is created. *Alberta has used this recipe since the 1940's and is a family favorite.*

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