

Across the Fence

Tasty and Special Dietary Needs – November 2015

Lyn Jarvis' Recipes

White Chip Apricot Oatmeal Cookies

¾ cup (1½ sticks) butter, softened	1 tsp. baking soda
½ cup granulated sugar	2½ cups rolled oats, gluten free if needed
½ cup packed light brown sugar	12 oz. white chocolate chips
2 eggs	1 bag (6 oz.) chopped dried apricots
1 cup all-purpose flour, gluten free if needed	

Preheat oven to 375°F. Beat butter, granulated sugar and brown sugar in large bowl until fluffy. Add eggs and beat well. Add flour and baking soda; beat until well blended. Stir in oats, white chips and apricots. Loosely form rounded teaspoon dough into balls, place on ungreased cookie sheet. Bake 7 to 9 minutes or just until lightly browned. Do not overbake. Cool 1 to 2 minutes; remove from cookie sheet to wire rack. Cool completely. **Yield:** about 3½ dozen cookies.

Egg and Ham Supreme

1 cup cracker crumbs, gluten free if necessary
4 Tbsp. butter, melted, lactose free if needed
6 hard cooked eggs
1 can cream of mushroom soup (see recipe below)
1 cup cooked ham, chopped

Moisten crumbs with melted butter. Remove egg yolks and press with fork. Chop egg whites fine. Into a greased 8x8x2-inch baking dish place alternate layers of crumbs, chopped egg whites, soup, ham, and yolks. Repeat layers and cover with crumbs. Bake at 325°F for 15 minutes. **Yield:** 6 to 8 servings.

Gluten Free and Dairy Free Cream of Mushroom Soup

5 cups mushrooms	3 Tbsp. rice flour
1½ cups vegetable broth	¼ tsp. salt
½ cup chopped onion	¼ tsp. pepper
½ tsp. dried thyme	1 cup rice milk or 1 cup almond milk
3 Tbsp. margarine, lactose free if needed	1 Tbsp. sherry wine, optional

In saucepan, cook mushrooms, broth and thyme until mushrooms are tender. Blend mixture in blender, leaving some chunks of veggies in it. Set it to the side. In saucepan, melt the butter, and whisk the flour until smooth. Add salt and pepper, rice milk and mushroom puree. Stirring consistently, bring to a boil and cook until thickened. Adjust seasoning to individual taste, and add sherry, if desired. **Yield:** 6 servings.

Creamless Creamy Tomato Soup

¼ cup extra-virgin olive oil, plus more
for drizzling

1 medium onion, chopped medium

3 medium garlic cloves, minced or
pressed through garlic press

Pinch hot red pepper flakes (optional)

1 bay leaf

2 cans (28 oz.) whole tomatoes in juice

1 Tbsp. brown sugar

3 large slices good-quality white
sandwich bread, crusts removed, torn
into 1-inch pieces

2 cups low-sodium chicken broth

2 tablespoons brandy (optional)

Salt and black pepper

¼ cup chopped fresh chives

Heat 2 tablespoons oil in Dutch oven over medium-high heat until shimmering. Add onion, garlic, red pepper flakes (if using), and bay leaf. Cook, stirring frequently, until onion is translucent, 3 to 5 minutes. Stir in tomatoes and their juice. Using potato masher, mash until no pieces bigger than 2 inches remain. Stir in sugar and bread; bring soup to boil. Reduce heat to medium and cook, stirring occasionally, until bread is completely saturated and starts to break down, about 5 minutes. Remove and discard bay leaf. Transfer half of soup to blender. Add 1 tablespoon oil and process until soup is smooth and creamy, 2 to 3 minutes. Transfer to large bowl and repeat with remaining soup and oil. Rinse out Dutch oven and return soup to pot. Stir in chicken broth and brandy (if using). Return soup to boil and season to taste with salt and pepper. Sprinkle each portion with pepper and chives and drizzle with olive oil. Top with croutons if desired.

Yield: 6 to 8 servings.

Dairy-Free Evaporated Milk

12 oz. coconut milk

12 oz. rice milk

Shake can of coconut milk well to incorporate the "cream" that solidifies in the can. Combine with the rice milk in a heavy-bottomed pot on medium-high heat. Stirring occasionally, bring to slow boil. Turn heat to lowest setting and let simmer, stirring occasionally until liquid has reduced by half. Cooking time is very approximate. Measure evaporated milk as needed to ensure it has reduced sufficiently. When finished, pour into a container and allow to cool to room temperature before covering and placing in the fridge. Once cooled, the mixture will separate. That is easily remedied by whisking just before use and does not affect taste or outcome. Perfect for making ahead and will keep 2 to 3 days refrigerated.

Allergic to eggs? If a recipe that calls for up to three eggs, substitute 1 Tbsp. baking powder plus 1 Tbsp. of any liquid or water plus 1 Tbsp. of vinegar for each egg. Another option is half of a mashed medium banana or ¼ cup applesauce for 1 egg. In a savory baked dish, the fruit's sweetness may throw off the intended taste of the food, in this case, try 3 Tbsp. warm water and 1 Tbsp. ground white chia seed meal for each egg. This makes a gel-like mixture that substitutes well for an egg.

Carolyn Peake's Recipes

Butternut Squash Fries

2 lb. butternut squash, halved and seeded, salt to taste.

Preheat the oven to 425°F. Using a sharp knife carefully peel the squash. Cut squash into sticks, like French fries. Arrange the pieces on a baking dish and season to taste. Bake for 20 minutes in the preheated oven, turning the fries over halfway through baking. They are done when they are starting to brown on the edges and become crispy.

Paleo Spaghetti Pie (Grain, Gluten and Dairy Free)

1 large spaghetti squash, halved lengthwise and seeded	½ cup diced red bell pepper
1 lb. ground turkey sausage	¼ cup unsweetened applesauce
½ cup diced onion	1 tsp. dried basil
1 cup pizza sauce	½ tsp. garlic powder
1 cup coarsely chopped baby spinach leaves	½ tsp. dried oregano
	¼ tsp. black pepper
	3 eggs, beaten

Preheat oven to 400°F. Place squash, cut-side down, on baking sheet. Bake squash until cooked through, about 25 minutes. When cool enough to handle, scoop out the strands of squash and place in an 8-inch baking dish. Reduce oven temperature to 350°F. Cook and stir sausage and onion in a large skillet over medium-high heat until turkey is browned (4 to 6 minutes). Remove from heat and stir pizza sauce, spinach, red bell pepper, applesauce, basil, garlic powder, oregano and black pepper into sausage mixture. Spread mixture over squash in baking dish. Pour eggs over the turkey mixture and toss egg, turkey mixture, and squash together until egg is just combined. Bake in preheated oven until mixture is bubbling and eggs are set, about 1 hour.

Garbanzo Bean Chocolate Cake (Gluten Free)

1½ cups semisweet chocolate chips	¾ cup white sugar
1 can (19 oz.) garbanzo beans, rinsed and drained	½ tsp. baking powder
4 eggs	1 Tbsp. confectioner's sugar for dusting

Preheat the oven to 350°F. Grease a 9-inch round cake pan. Place the chocolate chips into a microwave-safe bowl and cook for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. Combine the beans and eggs in the bowl of a food processor. Process until smooth. Add the sugar and baking powder and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the sides to make sure the chocolate is completely mixed. Pour batter into prepared cake pan. Bake for 40 minutes or until a knife inserted into the center comes out clean. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate. Dust with confectioner's sugar just before serving.

Roasted Brussels Sprouts with Ham and Garlic

1 slice white bread	1 tsp. olive oil
3 lbs. Brussels sprouts, trimmed and halved	3 garlic cloves, thinly sliced
¼ cup finely chopped ham	Cooking spray
2 Tbsp. fresh lemon juice	2 Tbsp. grated fresh Parmesan cheese

Preheat oven to 425°F. Place bread in food processor; pulse 2 times or until crumbly. Sprinkle crumbs on a baking sheet and bake at 425°F for 5 minutes or until golden. Reduce oven temp. to 375°F. Set aside 3 Tbsp. toasted bread crumbs, reserving the rest for another use. Combine the sprouts, ham, lemon juice, olive oil, and garlic in a 3-qt. baking dish, coated with cooking spray, tossing to coat. Bake at 375°F for 30 minutes or until sprouts are tender and lightly browned on the edges, stirring twice. Combine 3 Tbsp. breadcrumbs and cheese and sprinkle over sprouts. Serve immediately.

Deb Plumley's Recipes

Eggless, Milkless, Butterless, Cake

1 cup brown sugar	¼ tsp. cloves
1½ cups water	¼ tsp. nutmeg
1½ cups raisins	½ tsp. salt
½ cup candied citrus peel, cut small	2 cups sifted flour, gluten free if needed
⅓ cup shortening	4 tsp. baking powder
1 tsp. cinnamon	½ tsp. vanilla

Boil together for three minutes sugar, water, raisins, candied citrus, shortening, spices, and salt. Cool. Add flour and baking powder sifted together and vanilla. Mix well and bake in greased 8-inch square pan. Bake in slow oven (325°F to 350°F) about 1 hour or until cake tests done. Frost with orange, lemon or cider confectioners' glaze, if desired.

Cider Glaze

3 cups sifted confectioner's sugar	Apple cider
2 tsp. cinnamon	

Mix confectioner's sugar and cinnamon. Add apple cider to desired consistency.

Baked Apples

4 large baking apples, such as Honeycrisp	½ cup brown sugar
4 Tbsp. (½ stick) butter, softened	¾ tsp. cinnamon
	¼ cup chopped pecans

Preheat the oven to 375° F. Wash and core apples, leaving enough of the core at the base of the apple to contain the filling. Combine the butter, brown sugar, cinnamon and chopped pecans in a small bowl. Roll log shapes of the mixture and press enough into each apple to fill the core. Fill a 2-quart baking dish with about ¾ cup water, or enough to cover the bottom. Place the apples upright in the dish. Bake until the apples are soft and the filling is browned, about 1 hour. **Yield:** 4 servings.

Gluten-Free Pumpkin Cake

5 large eggs	1 box gluten-free yellow cake mix
3 Tbsp. molasses	½ cup cornstarch
1 can (about 15 oz.) pumpkin purée	¼ tsp. baking soda
¾ cup vegetable oil	1 Tbsp. pumpkin pie spice*

Preheat the oven to 325°F. Lightly grease a 10-cup Bundt pan. Whisk together the eggs, molasses, pumpkin purée, and oil. Set aside. Whisk together the cake mix, cornstarch, baking soda, and spice. Stir the wet and dry mixtures together, then whisk until smooth. Pour the batter into the prepared pan. Bake the cake for 60 to 65 minutes, until the center feels firm when pressed. The internal temperature should be 210°F to 212°F. Remove the cake from the oven, let it cool in the pan for 15 minutes, then turn it out of the pan to cool completely on a rack. Dust the cake with confectioners' sugar, or glaze it with icing; we recommend our Cinnamon Cider Glaze. **Yield:** about 16 to 20 servings.

*Or you can substitute 2 teaspoons cinnamon, ½ teaspoon ginger, and ¼ teaspoon cloves.

Viewer's Recipes

Old Fashioned Date Nut Loaves

Janet Foster, Barre, Vt.

¾ cup boiling water	2 Tbsp. vegetable oil	1 tsp. salt
1 pkg. (8 oz.) pitted dates, chopped	2 tsp. vanilla	½ tsp. baking powder
1 cup sugar	2 cups flour, gluten free if needed	1 cup plain yogurt, lactose free if necessary
1 egg	2 tsp. baking soda	¾ cup chopped walnuts

Pour boiling water over dates, let stand for 15 minutes. Beat sugar, egg and oil. Blend in dates and vanilla. Combine flour, baking soda, salt, and baking powder. Add dry mixture alternately with yogurt to beaten mixture. Stir in nuts. Pour mixture into 4 greased mini loaf pans (or 2 medium loaf pans). Bake at 350°F for 35 to 40 minutes.

Turkey and Broccoli Casserole

Lucille Curtis, Springfield, Vt.

4 cups or more cooked turkey	1 can (10¾ oz.) cream of mushroom soup (or see recipe on page 1)
2 pkgs. frozen broccoli	½ cup milk, lactose free if needed
1 pkg. bread stuffing, gluten free if needed	Shredded cheese, lactose free if needed

In a 13x9 inch casserole dish layer ingredients in the following order: broccoli at the bottom, turkey, soup and milk mixed together (or equal amount of prepared soup from recipe on page 1), top with cheese. Prepare stuffing following package directions, and put on top of casserole. Bake at 350°F for 25 to 30 minutes until hot and bubbly.

Upside Down Pizza

Gordon Brown, Lennoxville, Quebec.

1½ lbs. ground beef	2 eggs
1 medium onion, chopped	1 cup lactose free milk
1 jar (15½ oz.) pizza sauce	1 Tbs. oil
½ tsp. garlic salt	½ tsp. salt
¼ tsp. oregano	1 cup gluten free flour
8 oz. lactose free mozzarella cheese, grated	½ cup lactose free grated Parmesan cheese

Preheat oven to 350°F. Meanwhile, brown beef and onion; pour off fat. Blend in pizza sauce, garlic salt and oregano. Put mixture in greased 9x13x2-inch pan and sprinkle with mozzarella. In small bowl mix eggs, milk, oil, salt and flour. Pour over meat mixture and sprinkle with Parmesan cheese. Bake for 30 minutes, **Yield:** 12 servings. **Note:** Mushrooms, bell peppers, Italian sausage or Canadian bacon may be added if desired.

Barbecued Beef in the Crock Pot

Kay Wilbur, West Hartford, Vt.

3 lbs. boneless chuck roast	1 tsp. liquid smoke flavoring
1½ cups ketchup	½ tsp. salt
¼ cup packed brown sugar	¼ tsp. pepper
¼ cup red wine vinegar*	¼ tsp garlic powder
2 Tbsp. Dijon style mustard	Sandwich buns, gluten free if desired
2 Tbsp. Worcestershire sauce	

Place chuck roast in crock pot or slow cooker. Combine remaining ingredients in large bowl. Pour barbecue sauce mixture over chuck roast. Cover and cook on low 8 to 10 hours or 4 to 5 hours on high. Remove chuck roast from cooker; shred meat with fork. Place shredded meat back in the cooker. Stir meat to evenly coat with sauce. Spoon meat onto sandwich buns and top with additional barbecue sauce if desired. **Yield:** 12 servings. This is also good if you like pork or chicken better than beef. Pork: use boneless pork roast, cook for 8 to 10 hours on low. Chicken: use boneless breast, cook for 5 to 6 hours on low. *Original recipe but I prefer a little less vinegar. Recipe may be halved.

Maple-BBQ Chicken Wings

Mark Wiley, Swanton, Vt.

4 lbs. chicken wings
1 cup honey BBQ sauce
½ cup Vermont maple syrup

Place wings in a single layer in aluminum pan. Bake at 350°F for 30 minutes and drain. Continue baking for another 15 minutes and drain juices again. Mix together BBQ sauce and maple syrup (you can add hot sauce to taste at this time). Pour sauce over wings, stir and coat all sides. Return to oven for 30 minutes and stir well. Continue baking for 15 minutes and stir well. Continue baking and stirring every 15 minutes until sauce is caramelized. Preparation time: 2½ hours. Note: recipe can be halved.

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