

Across the Fence

Quick & Easy Recipes –May 2011

Lyn Jarvis' Recipe **Bac-Mac & Cheese**

1 block (8oz.) Cabot[®] smoky bacon cheese, cubed
1 bag (8 oz.) shredded sharp cheddar
6 to 8 strips pre-cooked sliced bacon
8 oz. elbow macaroni
1 cup milk

Cook macaroni as directed. While cooking, microwave bacon until crisp, crumble and set aside. In medium microwave-safe bowl, combine smoky bacon cheese, shredded cheddar and milk. Microwave on high until melted, 2 one-minute cycles should do it. Stir cheese between cycles. Drain cooked macaroni and put in large bowl. Sprinkle bacon over macaroni and add cheese mixture. Stir and serve immediately. Yield: 6 servings. **Note:** If you can't find smoky bacon cheese, use 2 bags sharp cheddar cheese and a couple extra slices of pre-cooked bacon.

Sidesaddle Pork 'n' Beans

½ lb. bulk pork sausage	2 Tbsp. ketchup
⅓ cup chopped onion	⅛ tsp. salt, optional
1 can (15¾ oz.) pork and beans	⅛ tsp. dried rosemary, crushed
¼ cup barbecue sauce	⅛ tsp. dried thyme
3 Tbsp. honey	⅛ tsp. Cajun seasoning

In a large skillet, cook the sausage and onion over medium heat until meat is no longer pink; drain. Stir in the beans, barbecue sauce, honey, ketchup, and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 5-8 minutes or until slightly thickened. Yield: 8 servings.

Carolyn Peake's Recipes **Company Potatoes**

5 potatoes, sliced	2 Tbsp butter
2 (8 oz.) cartons whipping cream	Small amount of garlic powder
2 Tbsp. Dijon-style mustard	Salt and pepper to taste

In a greased 9x13-inch baking dish, layer the potatoes with a little salt and pepper. In a saucepan, combine cream, mustard, butter, and garlic powder and heat to boiling. Pour over potatoes. Cover and bake at 350°F for about an hour. Uncover and top with grated cheese. Bake 10 minutes longer or until potatoes are tender.

French-Onion Biscuits

2 cups biscuit mix
¼ cup milk

1 container (8 oz.) French-onion dip
2 Tbsp. finely minced green onion

Mix all ingredients until a soft dough has formed. Drop dough by spoonfuls onto a greased cookie sheet. Bake at 400°F for about 10 minutes or until light brown.

Cherry-Chocolate Bundt Cake

1 box (18 oz.) chocolate cake mix
1 can (21 oz.) cherry pie filling
2 large eggs, beaten

Combine all the ingredients in mixing bowl and mix well. Spray a microwave-safe Bundt pan with non-stick cooking spray. Pour batter into the pan and microwave on high for 4 minutes. Turn pan a quarter turn and microwave for another 1 minute or until toothpick comes out clean. If desired, pour a chocolate glaze over cake before serving.

Fantastic Fruit Salad

2 cans (11 oz.) mandarin oranges
2 cans (25 oz.) pineapple chunks
1 carton (16 oz.) frozen strawberries,
thawed

1 can (20 oz.) peach pie filling
1 can (20 oz.) apricot pie filling

Drain the first three ingredients. Combine all ingredients and gently fold together.

Diane Imrie's Recipes

Pumpkin Cheddar-Ale Soup

1 tsp. olive oil
½ cup onions, finely chopped
1 tsp. garlic, chopped
¼ cup carrots, finely chopped
¼ cup celeriac or celery, finely chopped
3 tsp. all-purpose flour
1 cup medium amber ale

2 cups basic chicken stock
¾ cup roasted pumpkin purée
3 Tbsp. sour cream
¼ tsp. fresh ground black pepper
⅛ tsp. fresh sage, minced
4 oz. sharp cheddar, finely shredded

Heat soup pot over medium heat. Add olive oil, onion, garlic, carrots, and celeriac, and sauté until tender, about 4 to 6 minutes. Add flour to coat vegetables and continue to cook for 2 minutes. Stir in the ale, stock and pumpkin. Bring to a boil, then reduce heat and simmer for 10 minutes. Remove from heat. Using an immersion blender (or countertop blender) blend soup ingredients until smooth. Return to heat. Whisk in sour cream, pepper and sage. Finally, whisk in the cheddar cheese and serve. Yield: 4 servings
(See hint on next page.)

Harvest Hint:

Beer is one of the oldest brewed beverages, dating back to the early Egyptian times. Today you can find a variety of beer flavors brewed close to home. Beer is brewed from grains, usually hops, barley or wheat, and sometimes infused with seasonal flavors like fruit or spices. Beer pairs well with local cheeses, and can be an interesting ingredient in making bread, stews, soups, and marinades. You can now find local beer that is certified by the Northeast Organic Farmers Association.

Sweet Purple Slaw with Apples and Walnuts

Salad

4 cups red cabbage, sliced (1/4-inch by 1-inch long)
1 Honeycrisp apple, chopped (1/4-inch, or 2 cups total)
1/2 small red onion (or 1/4 cup), chopped
1 Tbsp. lemon juice
1/2 cup walnuts, chopped
1/4 cup dried cranberries

Dressing

1/8 cup red wine vinegar
1/4 cup olive oil
1/8 cup Vermont maple syrup
1/8 tsp. salt
1/8 tsp. fresh ground black pepper

In a large bowl mix together the cabbage, apple, onion, lemon juice, walnuts, and cranberries. Prepare the dressing by whisking together the vinegar, olive oil, maple syrup, salt, and pepper. Add the dressing to the cabbage mixture and mix well to coat. Refrigerate at least 2 hours before serving. Yield: 6 to 8 servings

Harvest Hint:

Walnuts are an excellent choice when looking for a plant-based protein to add to a salad. Adding nuts can add interesting texture and good nutrition. Walnuts are the only nut with a significant amount of omega-3 fats, they are low in saturated fat, and contain antioxidants. Black walnut trees grow in cold climate zones so you may be able to find them locally. To keep walnuts fresh, store them in the refrigerator or freezer.

Viewer's Recipes

Yummy Chicken

Judy Morgan, Berlin, Vt.

8 chicken thighs and drumsticks, (could also use chicken breasts)
1 bottle (8 oz.) Catalina dressing
1 jar (10 oz.) apricot preserves
1 envelope onion soup mix

Spray a 9x13-inch pan with non-stick cooking spray. Place chicken in baking dish. Mix together dressing, preserves and onion soup mix. Pour over chicken. Bake at 350°F until browned, about 1 hour or more. Yield: 4 to 6 servings.

Beef Bake

Barbara Larvey, Isle La Motte, Vt.

- 1 lb. lean ground beef
- 1 can (10¾ oz.) condensed cream of chicken soup (mushroom garlic, tomato, etc.)
- 1 onion, finely chopped
- 1 lb. Tater Tots®

Preheat oven to 350°F. Press ground beef and onions into a 9-inch square baking dish. Spoon your choice of soup evenly over ground beef. Arrange Tater Tots® on top covering entire mixture. Bake in preheated oven for 1½ hours. Let stand about 10 minutes before serving. Cut in squares to serve.

Yield: 5 to 6 servings.

Night Before Sticky Buns

Donna Barcomb, Colchester, Vt.

In a well greased large Bundt pan (I used non-stick cooking spray), layer the following:

- 1 cup chopped walnuts
- 1 bag frozen dinner rolls dough balls (up to 18 balls)
- 1 box (3.5 oz.) butterscotch pudding (cook and serve, not instant) sprinkle over rolls
- 1 stick of melted butter, pour on top
- ¾ cup brown sugar, sprinkle over top
- Cinnamon to taste (optional)

Place filled Bundt pan in cold oven the night before. Rolls will rise through the night. In the morning turn the oven on to 325°F and bake for 30 minutes (this includes pre-heating). Take out and flip over immediately onto a large serving tray. All the sticky goodness will drip over the rolls. Enjoy.

Old Fashioned Gingerbread

Claire Moore, North Hudson, N.Y.

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| ½ cup butter, room temperature | 1½ tsp. ginger |
| ½ cup sugar | ½ tsp salt |
| 1 egg | 1 tsp. cinnamon |
| 1 cup molasses | ½ tsp. ground cloves |
| 2½ cups flour, sifted | 1 cup hot water |
| 1½ tsp. soda | |

Cream butter until soft and gradually add sugar. Beat until light and fluffy. Beat in egg thoroughly and stir in molasses. Add sifted flour, soda, salt and spices alternately with hot water. Pour into greased and floured 9-inch square pan. Bake at 350°F for 50 minutes or until toothpick inserted near center of the cake comes out clean. Top with whipped cream or applesauce or a combination of the two.

"All-Together" Cake

Jeannine Ahearn from Gilman, Vt.

1 cup flour	½ tsp. salt
1 cup sugar	2 eggs
½ tsp. soda	1 tsp. vanilla
1½ tsp. baking powder	3 cups thinly sliced apples
1 tsp. cinnamon	½ cup melted butter

Into a 9-inch square pan, sift first six ingredients. Break eggs in the center, beat with a fork; add vanilla, then mix "All-Together." Add apples and butter. Mix thoroughly, then pat mixture level in pan. Bake in 350°F oven for 45 minutes (cake should be brown and apples done). Cut into squares and serve warm or cold. Top with Cider Syrup. Delightful with ice cream or whipped topping. Can be mixed in 10 minutes, with no extra pans to wash. Pyrex works well. Yield: 9 servings.

Cider Syrup

3 cups apple cider
½ cup sugar

Combine and cook over medium heat until reduced to syrup, about 45 minutes.

Chicken Onion and Pepper Stir Fry

Mary Steadman, South Hero, Vt.

2 chicken breasts, cut into bite-size pieces	3-4 celery stalks, sliced
3 to 4 Tbsp. oil	8 oz. mushrooms, sliced
3 Tbsp. soy sauce (low sodium), divided	2 carrots, sliced
¼ tsp. salt	¼ tsp. garlic powder
2 tsp. cornstarch, divided	½ cup water
1 green pepper, sliced	1 tsp. sugar
1 medium onion, chopped	

Cut chicken into bite-sized pieces and set aside. Cut veggies into bite-sized pieces and set aside (you can eliminate any of the veggies you don't like). Mix garlic powder, 1 Tbsp. soy sauce, 1 tsp. cornstarch, and salt together. Put chicken into mixture and allow to marinate ½ hour (you can actually do this part up to 2 hours ahead of time). In large skillet or wok put in the 2 Tbsp. oil and sauté veggies until they begin to soften. Remove and set aside. In same skillet cook chicken (you may need to add additional oil). Cooks quickly. Mix remaining soy sauce, cornstarch, water, and sugar. Add veggies back into chicken, pour remaining mixture in and cook on low heat for 5 to 10 minutes, until sauce thickens. Serve over rice. Yield: 3 to 4 servings.

Chicken Collins

Joanne Collins, Wilder, Vt.

2 Tbsp. olive oil
2 small onions, sliced
1 or 2 garlic cloves, chopped

½ to 1 lb. cooked chicken, picked
2 handfuls baby spinach, washed (6 oz.)
Splash of red or white wine, optional

In large frying pan over medium-low heat warm oil. Add onions and garlic. Sauté onion until clear and soft. Add cooked chicken and heat through. Toss in the spinach and add wine, if desired. Cover and turn off heat. Check after 1 minute. When spinach starts to wilt, it's done. Serve immediately.

Customized Pasta

½ lb. pasta (linguini, ziti or bowties)
2 cups chopped cooked veggies
and/or meat*
¼ cup water

¼ cup extra virgin olive oil, divided
Coarse black pepper to taste, optional
Grated parmesan cheese to taste, optional
1 - 2 chopped garlic cloves, optional

If using garlic, place in large serving bowl with 1 tablespoon olive oil and cook in microwave for a couple minutes until garlic is tender. Cook pasta according to package directions. While pasta is cooking, place veggies and/or meat into bowl with the garlic mixture and add ¼ cup water. Cook in microwave until hot. Drain pasta, reserving 1 cup of the water. Pour pasta over veggies/meat. Add remaining olive oil, pepper and cheese. Toss, if too dry, add a little of reserved cooking water. *Note: suggestions for veggies/meat are: broccoli, cauliflower and red bell peppers, canned or smoked salmon and kernel corn, asparagus and ham, salmon and peas, be creative and use your own favorites.

Kathleen Shangraw, Huntington, Vt.

Jeannette Prouty's Macaroon Pie

Mix together:

12 saltines, rolled fine
12 dates, chopped
½ cup chopped pecans
1 cup sugar
¼ tsp. baking powder

Fold in:

3 egg whites, beaten stiff
1 tsp. almond extract

Mix dry ingredients. Fold in three egg whites, beaten stiff, and 1 teaspoon almond extract into dry mixture and pour into well buttered pie plate. Bake 30 minutes in 350°F oven. Serve with whipped or ice cream.

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Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430
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