



## Cinnamon Honey Buns

3 Tbsp. butter, softened and divided  
½ cup honey, divided  
¼ cup chopped toasted nuts  
2 tsp. ground cinnamon

1 loaf (1 lb.) frozen bread dough, thawed  
according to package directions  
⅔ cup raisins

Grease 12 muffin cups with 1 tablespoon butter. To prepare honey-nut topping, mix together 1 tablespoon butter, ¼ cup honey and chopped nuts. Place 1 teaspoon topping in each muffin cup. To prepare filling, mix together remaining 2 tablespoons butter, remaining ¼ cup honey and cinnamon. Roll out bread dough onto floured surface into 18x8-inch rectangle. Spread filling evenly over dough. Sprinkle with raisins. Starting with long side, roll dough into log. Cut log into 12 (1½-inch) slices. Place 1 slice, cut-side up, into each prepared muffin cup. Set muffin pan in warm place; let dough rise 30 minutes. Place muffin pan on foil-lined baking sheet. Bake at 375°F for 20 minutes or until buns are golden brown. Remove from oven; cool in pan 5 minutes. Invert muffin pan to remove buns. **Yield:** 12 buns.

## Deb Plumley's Recipes

### Foolproof Spaghetti Carbonara

8 slices bacon, cut into ½-inch pieces  
½ cup water  
3 garlic cloves, minced  
2½ oz. Pecorino Romano, grated (1¼ cups)

3 large eggs plus 1 large yolk  
1 tsp. pepper  
1 lb. spaghetti  
1 tsp. salt

1. Bring bacon and water to simmer in 10-inch nonstick skillet over medium heat; cook until water evaporates and bacon begins to sizzle, about 8 minutes. Reduce heat to medium-low and continue to cook until fat renders and bacon browns, 5 to 8 minutes longer. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Strain bacon mixture through fine-mesh strainer set in bowl. Set aside bacon mixture. Measure out 1 tablespoon fat and place in medium bowl. Whisk Pecorino, eggs and yolk, and pepper into fat until combined.

2. Meanwhile, bring 2 quarts water to boil in Dutch oven. Set colander in large bowl. Add spaghetti and salt to pot; cook, stirring frequently, until al dente. Drain spaghetti in colander set in bowl, reserving cooking water. Pour 1 cup cooking water into liquid measuring cup and discard remainder. Return spaghetti to now-empty bowl.

3. Slowly whisk ½ cup reserved cooking water into Pecorino mixture. Gradually pour Pecorino mixture over spaghetti, tossing to coat. Add bacon mixture and toss to combine. Let spaghetti rest, tossing frequently, until sauce has thickened slightly and coats spaghetti, 2 to 4 minutes, adjusting consistency with remaining reserved cooking water if needed. Serve immediately. **Yield:** 4 servings.

**Note:** It's important to work quickly in steps 2 and 3. The heat from the cooking water and the hot spaghetti will "cook" the sauce only if used immediately. Warming the mixing and serving bowls helps the sauce stay creamy.

## **Flourless Peanut Butter Chocolate Chip Cookies**

1 cup smooth peanut butter  
¾ cup brown sugar  
½ tsp. baking soda  
Pinch of salt

1 large egg  
1 tsp. vanilla  
½ cup chocolate chips or mini chips

Preheat oven to 350°F. Beat the peanut butter, sugar, baking soda, and salt at medium speed of your mixer, until well-blended. Add the egg and vanilla, and blend on low-medium speed until incorporated. Stir in the chocolate chips. Scoop the dough by the tablespoonful onto a parchment-lined baking sheet (a tablespoon cookie scoop is best for this job) and push the top of the dough to flatten just slightly. Bake the cookies for 8 to 10 minutes. Remove them from the oven, and cool right on the pan. The tops should be slightly crinkled and you will want to pull them BEFORE they begin to brown on the edges. **Yield:** 18 cookies.

## **Fresh Apple Cake**

2 ⅓ cups flour  
2 cups sugar  
2 tsp. baking soda  
¾ tsp. salt  
1 tsp. cinnamon  
¼ tsp. each: cloves and nutmeg

4 cups chopped peeled apples  
½ cup soft shortening  
½ cup chopped walnuts  
2 eggs  
Caramel frosting (*recipe below*)

Combine flour, sugar, soda, salt, and spices in large mixing bowl. Mix until well blended, 3 to 4 minutes. Add apples, shortening, nuts and eggs. Beat at a medium speed until well blended. Pour into a greased and floured 9x13-inch pan. Bake in pre-heated 325°F oven 45 minutes, or until cake springs back when touched. Cool completely on wire rack. Frost in pan with caramel frosting.

## **Caramel Frosting**

⅓ cup butter  
½ cup firmly packed brown sugar  
Dash salt

3 Tbsp. milk  
1 ½ cup sifted confectioner's sugar  
¼ tsp. vanilla

Melt butter in small saucepan, add brown sugar and salt. Stir over medium heat until sugar melts. Add milk and bring to a boil. Pour into mixing bowl and cool 10 minutes. Add confectioner's sugar and vanilla. Beat to spreading consistency, adding additional confectioner's sugar if necessary. Spread on fresh apple cake. **Yield:** about 1 cup.

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## Carolyn Peake's Recipes

### Squash Rolls

1 cup milk  
2 Tbsp. butter plus more for shaping the rolls  
½ cup sugar  
1 tsp. salt

1½ cups cooked, mashed winter squash  
1 packet (2¼ tsp.) dry yeast  
4 to 4½ cups all-purpose flour

Preheat oven to lowest temperature setting, then turn oven off. Pour milk into medium saucepan and set over medium heat. Bring to a point where it is steaming but NOT boiling, then remove from heat. Add the butter, sugar, salt, mashed squash, and yeast. Mix well and allow to cool for a few minutes. Scrape the mixture into a large, heat-proof mixing bowl and add the four cups of flour. Stir until well mixed, using hands if necessary to form a soft dough. Add more flour if needed so you can handle the dough. It will still be a little sticky. Cover bowl with a clean towel and place in the warm oven for 90 minutes to 2 hours to rise.

Transfer the dough to a generously floured counter and knead a few times. Roll dough to about ¼-inch thickness and use a 3-inch biscuit cutter or glass to cut rounds. Place rounds about two inches apart on a lightly greased cookie sheet. Put a quarter of a pat of butter in the center of each round and fold round in half to form a semi-circle, pressing down lightly to seal the butter in. Cover cookie sheets of rolls with clean towels and place in a warm, draft-free place to rise for about 45 minutes to 1 hour. Preheat oven to 425°F with the racks in the most central positions. Bake rolls for about 15 minutes, switching pans from top to bottom and end for end about half way through the baking process. Bake about 15 minutes or until golden. They will still look slightly moist at the fold, but they are better slightly under baked than over baked especially if you are going to reheat them before serving. **Yield:** about 30 rolls.

### Slow Cooker Lasagna

1 lb. bulk Italian sausage  
1 medium onion, chopped (½ cup)  
3 cans (15 oz. each) Italian-style tomato sauce  
2 tsp. dried basil

2 cups shredded mozzarella cheese  
1 container (15 oz.) container part-skim ricotta cheese  
1 cup grated Parmesan cheese  
15 uncooked lasagna noodles

Cook sausage and onion over medium heat for 6 to 8 minutes, stirring occasionally, until sausage is no longer pink. Drain. Stir in tomato sauce and basil. Mix 1 cup of the mozzarella and the ricotta and Parmesan together (put the rest of the mozzarella cheese in the refrigerator while the lasagna cooks). Spoon ¼ of the sausage mixture into a 6-quart slow cooker and top with 5 of the noodles, broken into pieces to fit. Spread with half the cheese mixture and ¼ of the sausage mixture. Top with 5 more noodles then remaining cheese mixture and ¼ of the sausage mixture. Finally, top with the remaining 5 noodles and remaining sausage mixture. Cover and cook on LOW for 4 to 6 hours or until noodles are tender. Sprinkle top of lasagna with remaining 1 cup of mozzarella cheese. Cover and let stand about 10 minutes or until cheese is melted. Cut into pieces and serve.

## **Waldorf Salad**

2 medium granny smith apples  
1 medium red delicious apple  
1 Tbsp. fresh lemon juice  
1 cup celery, diced  
¼ cup walnuts, coarsely chopped

¼ cup raisins  
¼ cup low-fat mayonnaise  
¼ cup low-fat sour cream  
1½ tsp. honey

Core and cut apples into 1-inch cubes. Mix the apple cubes with the lemon juice. Add celery, walnuts and raisins and toss together. Add mayonnaise, sour cream and honey; gently fold together until well blended. Chill for at least 2 hours before serving.

## **Meat Loaf**

3 slices of bread, torn into small pieces  
½ cup milk  
1½ lbs. ground beef (at least 80% lean)  
8 slices bacon, crisply cooked and crumbled  
1 cup finely shredded sharp cheddar cheese  
¼ cup dill pickle relish

½ cup finely chopped onion  
1 clove garlic, finely chopped  
1 egg, slightly beaten

### **Topping:**

⅓ cup ketchup  
1 Tbsp. packed brown sugar

Heat oven to 350°F. Line a 9x5-inch loaf pan with foil and spray with cooking spray. Mix bread and milk in a large bowl and let stand 5 minutes for the bread to absorb the milk. Add beef and all but two tablespoons of the bacon, shredded cheese, relish, onion, garlic and egg. Mix until well combined. Shape mixture into a loaf slightly smaller than the pan and place in pan. **Topping:** In a small bowl, stir together the ketchup and brown sugar. Spread on top and sides of the loaf. Top with the reserved 2 tablespoons of crumbled bacon. Bake uncovered for 1 hour to 1 hour 15 minutes, or until a meat thermometer inserted in center of loaf reads 160°F. Cool for 10 minutes. Cut meat into slices to serve.

## **Viewer's Recipes**

### **Turkey Crunch Casserole** **Joan Krans, Williston, Vt.**

2 cans (14.5 oz. each) French style green beans, drained  
2 cups leftover turkey (or chicken)  
¼ cup milk

1 can (10.5 oz.) cream of chicken soup  
1 can (2 oz.) mushrooms, chopped  
1 can (3 oz.) chow mein noodles  
1 can (3 oz.) dried onion rings

Put green beans on bottom of an 11x7-inch baking dish. Combine turkey, milk, cream of chicken soup, and chopped mushrooms, spoon over green beans. Combine noodles and onion rings; sprinkle over the turkey mixture. Bake in a 350° oven for 30 minutes. **Yield:** 6 servings.

### **Velvet Almond Fudge Cake**

**Betty Magoon, Colchester, Vt.**

1½ cup nuts, chopped	½ cup water
1 box (18.25 oz.) chocolate cake mix	¼ cup oil
1 pkg. (3.4 oz.) instant chocolate pudding	½ tsp. vanilla
4 eggs	½ tsp. almond extract
1 cup sour cream	1 pkg. (12 oz.) chocolate chips

Sprinkle ½ cup chopped nuts in bottom of well-greased 10-inch tube pan. Place remaining ingredients, except chocolate chips, into mixer bowl. Blend at medium speed for 4 minutes. Stir in chocolate chips and remaining nuts. Pour into pan and bake at 350°F for 70 minutes or until cake begins to pull away from side of pan. Do not under bake. Cool 15 minutes on wire rack before removing from pan.

### **Meat 'n Potato Pie**

**Carolyn Bourgeois, Vergennes, Vt.**

1 can cream of mushroom soup	2 Tbsp. chopped parsley
1 lb. ground beef	¼ tsp. salt
¼ cup finely chopped onion	dash of pepper
1 egg, slightly beaten	2 cups mashed potatoes
¼ cup fine dry bread crumbs	¼ cup shredded cheese

Mix well ½ cup of soup, beef, onion, egg, bread crumbs, parsley, and seasonings. Press firmly into 9-inch pie plate. Bake at 350°F for 25 minutes. Spoon on top the mashed potatoes, remaining soup, and cheese. Bake 10 minutes longer or until done. If desired, garnish with cooked bacon that has been crumbled. **Yield:** 6 servings.

### **Pineapple Crisp**

**Virginia Longe, Sheldon, Vt.**

1½ cups flaked coconut	<b>Filling:</b>
1 cup flour	¾ cup sugar
1 cup packed brown sugar	3 Tbsp. cornstarch
½ cup butter, melted	1 can (8 oz.) crushed pineapple, un-drained
⅛ tsp. salt	1 Tbsp. lemon juice
	1 Tbsp. butter

In a bowl, combine the coconut, flour, brown sugar, butter, and salt. Press 1½ cups into a greased 9-inch square baking dish; set remaining mixture aside. In a saucepan, combine the filling ingredients. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Cool; spread over crust. Sprinkle with reserved coconut mixture. Bake at 350°F for 25 to 30 minutes or until golden brown. Cool on a wire rack. **Yield:** 9 servings.

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