

# *Across the Fence*

## 'Comfort Food' Recipes – November 2013

### Lyn Jarvis' Recipes

#### Sweet Cinnamon Biscuits

2 cups sifted all-purpose flour	4 Tbsp. butter, softened
1 Tbsp. baking powder	$\frac{3}{4}$ cup sugar
1 tsp. salt	1 tsp. cinnamon
$\frac{1}{4}$ tsp. baking soda	$\frac{1}{2}$ cup chopped nuts, optional
$\frac{1}{4}$ cup vegetable oil	1 cup milk, optional
$\frac{3}{4}$ cup buttermilk	

Combine flour, baking powder, salt and baking soda in a medium bowl and mix well. Stir in vegetable oil. Add buttermilk and stir just until blended. Knead the dough on a lightly floured surface until smooth. Roll dough into a 15x8-inch rectangle. Preheat the oven to 400°F. Grease a 9-inch round baking pan lightly. Spread butter over the dough. Combine sugar, cinnamon, and nuts (if desired) in a small bowl and mix well. Sprinkle over butter. Roll up rectangle, jelly roll fashion, starting from one long side. Pinch seam to seal. Cut the roll into  $\frac{1}{2}$ -inch slices. Arrange the slices, cut side up, in prepared baking pan. Bake until lightly browned, about 20 to 30 minutes. Remove from oven. Pour milk over the top, if desired. Serve hot. **Note:** For a frosted biscuit, mix 1 cup confectioners sugar, 1 tsp. vanilla and 1 Tbsp. milk. Spread over biscuits when cool.

#### Johnnycake Bread from the Bryant House, Weston, Vt.

$\frac{1}{4}$ cup vegetable oil, plus more for pans	$\frac{3}{4}$ tsp. kosher salt
1 $\frac{1}{4}$ cups all-purpose flour	2 large eggs
$\frac{3}{4}$ cup cornmeal	1 cup milk
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup mild-flavored (light) molasses
1 $\frac{1}{2}$ tsp. baking powder	1 Tbsp. maple sugar or raw sugar

Heat oven to 325°. Lightly oil two 5x2 $\frac{1}{2}$ -inch loaf pans (or one 8 $\frac{1}{2}$ x4 $\frac{1}{4}$ -inch loaf pan). Whisk flour, cornmeal, granulated sugar, baking powder and salt in a large bowl. Make a well in the center, add eggs, milk, molasses, and  $\frac{1}{4}$  cup oil; whisk in dry ingredients. Divide batter between pans. Sprinkle with maple sugar. Bake bread until golden and a tester inserted in the center comes out clean, 40 minutes for small loaves (50 to 55 minutes for large loaf). Transfer pan(s) to a wire rack and let bread cool 10 minutes before turning out. **Note:** Bread can be made 1 day ahead. Store wrapped tightly at room temperature. If you do not have maple sugar, substitute  $\frac{1}{2}$  the molasses and  $\frac{1}{2}$  the vegetable oil with Vermont maple syrup.

#### Crunchy Onion Chicken

1 box (6 oz.) French fried onions	4 boneless, skinless chicken breasts
2 Tbsp. flour	1 egg, beaten

Preheat oven to 400°F. Crush French fried onions with flour in a plastic bag. Dip chicken into egg, then coat in onion crumbs. Bake for 20 minutes until cooked through.

### **30-Minute Chili Mac**

1 lb. extra-lean ground beef	1 can (15 oz.) tomato sauce
2 tsp. chili powder	1 cup thick and chunky salsa
1½ cups water	¾ cup elbow macaroni, uncooked
1 can (15.5 oz.) kidney beans, rinsed	1 cup shredded Pepper Jack cheese

Brown meat with chili powder in large saucepan. Add all remaining ingredients except cheese; mix well. Bring to a boil; cover. Simmer on low heat 15 minutes, stirring after 8 minutes. Serve topped with cheese.  
**Optional:** Top each serving with chopped fresh cilantro.

### **Venison BBQ in the Slow Cooker**

1 medium onion	2 tsp. seasoned salt
4 cloves garlic	1 lb. bacon strips
3 lbs. cubed venison	2 cups ketchup
1 cup red wine vinegar	½ cup molasses
½ cup Worcestershire sauce	½ cup brown sugar
2 tsp. tenderizing salt	

Dice onion and mince garlic. In 5 or 6-quart slow cooker, place onion, garlic, venison, red wine vinegar, Worcestershire sauce, tenderizing salt and seasoned salt. Cover and cook on high for 1 to 2 hours. Meanwhile, in large skillet over medium-high heat, cook bacon strips until tender but not crispy. Remove bacon from skillet and chop into ½-inch pieces. After 1 or 2 hours, add bacon, ketchup, molasses and brown sugar to slow cooker. Cover and cook on low for an additional 8 to 9 hours. To serve, stir ingredients in slow cooker and transfer to serving plates. Serve with rice, potatoes or toast.

### **Carolyn Peake's Recipes**

#### **Fudge Ecstasies**

1 pkg. (12 oz.) semi-sweet chocolate pieces (2 cups)	⅔ cup sugar
2 oz. unsweetened chocolate, chopped	¼ cup all-purpose flour
2 Tbsp. butter	1 tsp. vanilla
2 eggs	¼ tsp. baking powder
	1 cup chopped nuts

Preheat oven to 350°F. Grease cookie sheets and set aside. In a heavy medium saucepan, combine one cup of the semi-sweet chocolate pieces, unsweetened chocolate and the butter. Cook and stir over low heat until melted. Remove from heat and add the eggs, sugar, flour, vanilla and baking powder. With a sturdy wooden spoon, stir together vigorously until combined, scraping sides of pan to get everything mixed together. Stir in the remaining chocolate chips and the nuts. Drop dough by rounded teaspoons 2-inches apart onto the prepared cookie sheets. Bake for 8 to 10 minutes or until edges are firm and surfaces are dull and crackled. Transfer to wire rack and allow to cool. Makes about 3 dozen cookies.

## **Turnip Soup**

¼ lb. butter	8 cups chicken stock
3 lbs. turnips, peeled and chopped	1 cup half and half or light cream
4 large onions, chopped	¼ tsp. ground nutmeg
1 clove garlic, minced	Salt and pepper to taste

Melt butter in a large pot and sauté onions and garlic until soft. Pour in chicken stock and turnips and cook until the turnips are tender. Drain and reserve some of the liquid. Purée the vegetables in a blender until smooth. You may also need to put it through a sieve or food mill to get the right smoothness. Return to pot. Add salt and pepper to taste and half and half, mixing well. If the soup is too thick, add some of the reserved cooking water. Serve hot with a nice crusty bread or biscuits. **Note:** Put the rest of the reserved cooking water into a container and freeze it to use later in a chicken soup or turkey soup made with the leftovers from Thanksgiving!

## **Lemon Angel Cake Bars**

1 pkg. angel cake mix	<b>Frosting:</b>
1 can (15¾ oz.) lemon pie filling	1 pkg. (8 oz.) cream cheese softened
1 cup finely shredded unsweetened coconut	½ cup butter, softened
	1 tsp. vanilla extract
	2½ cups confectioner's sugar
	3 tsp. grated lemon peel

Preheat oven to 350°F. In a large bowl, mix cake mix, pie filling and coconut until blended. Spread into a greased 15x10x1-inch baking pan. Bake 20 to 25 minutes, or until toothpick inserted in the center comes out clean. Cool completely in the pan on a wire rack. Meanwhile, in a large bowl, beat cream cheese, butter and vanilla until smooth. Gradually add confectioner's sugar. Spread over cooled bars, sprinkle with lemon peel. Refrigerate, covered, at least 4 hours. Cut in bars or triangles. Makes about 4 dozen.

## **Mom's Tuna Casserole**

1 lb. box macaroni  
2 cans (7 oz. each) tuna fish packed in water  
2 cans (10¾ oz. each) cream of chicken soup  
1 cup milk  
1 to 2 cups grated strong Cheddar cheese

Cook macaroni according to directions on box. Drain and place in large bowl. Drain the tuna and add to the macaroni. Add cream of chicken soup. Mix thoroughly. Place mixture into large casserole dish. Pour milk over the mixture. Top with cheese. Bake at 350°F until cheese is melted and casserole is bubbly.

## **Deb Plumley's Recipes**

### **Black Bean Soup**

1 lb. dried black beans (about 2 cups), rinsed, soaked in 4 quarts of water overnight or 6 hours, drained	½ carrot, chopped fine
½ lb. uncooked bacon, diced	1 celery rib, chopped fine
2 bay leaves	½ tsp. salt
5 cups water	4 medium garlic cloves, minced
⅛ tsp. baking soda	1 Tbsp. ground cumin
½ tsp. salt	1 tsp. chili powder
4 Tbsp. olive oil	2 cups chicken stock
1 large yellow onion, chopped fine	1 Tbsp. molasses
1 medium sweet potato, chopped into ½-inch pieces	1 red bell pepper, roughly chopped
	3 to 4 Tbsp. lime or lemon juice
	Salt to taste
	Sour cream for garnish

Place beans in a 4-quart, thick-bottomed pot. Add 5 cups water, bay leaves, salt and baking soda. Bring to a boil, reduce heat to a low simmer. Cover and let cook 1 hour 15 minutes to 1 hour 30 minutes, until beans are tender. Remove bay leaves. Heat olive oil in a large 8-quart thick-bottomed pot on medium high until the oil is hot, but not smoking. Add the onions, celery, sweet potato, bacon and ½ teaspoon salt. Cook, stirring occasionally, until lightly browned and softened, about 10 to 15 minutes. Reduce heat to medium, add the cumin, chili powder, and garlic, cook for an additional 2 minutes, stirring constantly. Add the beans, their cooking liquid, chicken stock, molasses, and bell pepper. Bring to a boil then reduce heat to a simmer. Cook, stirring occasionally, for 20 to 30 minutes. Remove 4 cups of the soup (about half of it) to a blender. Purée until smooth and return to the pot of soup (You may need to purée the soup in smaller portions, depending on the size of your blender. Don't fill the blender more than half way at a time and hold the lid while blending). Add 3 Tbsp. of lime or lemon juice. Adjust seasonings. If on the sweet side, add a bit more lime juice. Salt to taste. Serve with garnishes. **Note:** Soup may continue to thicken. If you would like it thinner, just add some water to desired consistency.

### **Molasses Brown Bread**

2¼ cups whole wheat flour	2 beaten eggs
1¾ cups all-purpose flour	2 cups sour milk or buttermilk*
2 tsp. baking soda	½ cup molasses
1 tsp. salt	⅓ cup honey

In a large mixing bowl, stir together dry ingredients. Set aside. In another bowl combine eggs, sour milk or buttermilk, molasses and honey. Add to flour mixture, stirring until combined. Turn batter into 2 greased and floured 8x4x2 inch loaf pans. Bake in a 350°F oven about 55 minutes, covering with foil the last 15-20 minutes to prevent over browning. Remove from pans and cool on wire racks. Makes 2 loaves.

\***Note:** For sour milk, place 2 tablespoons lemon juice or vinegar in a large glass measuring cup. Add enough milk to make 2 cups liquid. Stir and let stand 5 minutes.

## **Double Chocolate Cranberry Chunkies**

1¾ cups all-purpose flour	½ cup packed brown sugar
⅓ cup unsweetened cocoa powder	1 egg
½ tsp. baking powder	1 tsp. vanilla
½ tsp. salt	2 cups semisweet chocolate chips
1 cup butter, softened	¾ cup Craisins®
1 cup sugar	Additional sugar

Preheat oven to 350°F. Combine flour, cocoa powder, baking powder and salt in a small bowl; set aside. Beat butter and sugars in a large bowl at medium speed until light and fluffy. Beat in egg and vanilla until well blended. Gradually beat in flour mixture on low speed until blended. Stir in chocolate chips and Craisins®. Drop dough by level ¼ cupfuls onto parchment lined cookie sheets, spacing 3 inches apart. Flatten dough until 2 inches in diameter with bottom of a glass dipped in additional sugar. Bake 11 to 12 minutes or until cookies are set. Cool cookies 2 minutes on cookie sheets, transfer to wire racks. Cool completely. Yield: About 1 dozen (4-inch) cookies.

## **Viewer's Recipes**

### **Easy-Does-It Turkey Quiche**

**Joyce LeBlanc, Barre, Vt.**

2½ to 3 cups leftover stuffing or one 6 oz. pkg. chicken flavored stuffing mix.	4 eggs, beaten
1 cup turkey, chopped	1 can (5.5 oz.) evaporated milk
1 cup shredded Swiss cheese	¼ tsp. pepper

Preheat oven to 400°F. If using stuffing mix, prepare according to package directions. Press leftovers or prepared stuffing mix into a 9-inch pie plate or Quiche dish. Bake for 10 minutes. Meanwhile combine turkey and cheese. In another bowl beat together eggs, milk, and ¼ teaspoon pepper. Put turkey cheese mixture into hot crust. Pour egg/milk mixture over top. Lower oven temperature to **350°F**. Bake quiche for 30 to 35 minutes or until center is set. Let stand 10 minutes before serving. If desired, garnish with tomato wedges. **Yield:** 6 servings.

### **Date Bread**

**Marilyn Fuller, Newbury, Vt**

1 pkg. dates, cut fine	1 cup brown sugar	½ tsp. baking powder
1 tsp. baking soda	1 egg	Pinch of salt
1 cup boiling water	1½ cups flour	
1 Tbsp. butter	½ cup chopped nuts	

In a bowl, sprinkle baking soda over the dates, then add boiling water and set aside. Mix together butter, brown sugar, egg, flour, chopped nuts, baking powder, and a pinch of salt. Mix all together and pour into 9x5x3-inch greased pan. Bake at 350°F for 45 to 55 minutes or until pick inserted in center comes out clean.

**Stove Top Easy Turkey Bake**  
**Carolyn Bourgeois, Vergennes, Vt.**

1⅔ cups hot water	1 can (10¾ oz.) condensed cream of chicken soup
1 pkg. (6 oz.) stove top stuffing mix (for turkey)	¾ cup milk
4 cups chopped cooked turkey	1½ cups shredded Cheddar cheese
1 pkg. (14 oz.) frozen broccoli florets, thawed, drained	

Preheat oven to 350°F. Add hot water to stuffing mix and stir just until moistened. Combine turkey and broccoli in a 13x9-inch baking dish. Mix soup, milk and cheese and pour over turkey mixture. Top with stuffing. Bake 30 minutes or until heated through. Note: Turkey can be substituted with chicken (use chicken stuffing mix if so).

**Cheeseburger Soup**  
**Katherine Kennedy, Wallingford, Vt.**

½ lb. 90% lean hamburger	3 cups chicken broth
½ cup minced onion	4 cups diced potatoes
1 cup shredded carrots	8 oz. sharp cheese, cubed
1 tsp. dried basil	1½ cups milk
1 tsp. parsley flakes	Salt and pepper to taste
2 Tbsp. butter, divided	¼ cup sour cream (last)

Cook hamburger, but do not brown. Transfer to soup pot. Add 1 tablespoon butter to pan and add onions, carrots and spices. Cook for 5 to 6 minutes and add to soup pot. Pour chicken broth into pot and add potatoes. Cook until potatoes are soft. Add cheese and milk and turn off heat. Garnish each serving with a dollop of sour cream.

**Cranberry Relish in a Pumpkin**  
**Joan Krans, Williston, Vt.**

1 pumpkin, 6 to 7-inch	½ cup brown sugar
½ cup raisins	½ tsp. salt
1 cup fresh cranberries	1 tsp. cinnamon
½ cup chopped walnuts	1 tsp. nutmeg
2 cups chopped apples	1 tsp. all-spice
5 Tbsp. butter	2 to 3 Tbsp. apple cider

Cut a hole around the stem of pumpkin, about 4 to 5-inches in diameter (at an angle, so the stem doesn't fall in). Save the stem and scoop out all the seeds, be careful not to puncture a hole in the pumpkin. In a large bowl, combine raisins, cranberries, walnuts, apples, butter, sugar, salt, spices and cider. Mix all ingredients together and spoon into the pumpkin. Bake uncovered in a shallow baking dish for about 2 hours at 325°F. Bake stem separately. Can be served over vanilla ice cream. **Note:** Cider can be substituted with orange or apple juice.

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