

Across the Fence

Summer Fruit Recipes –July 2011

Carolyn Peake's Recipes

Low-Fat Cherry Cheesecake

2 pkgs. (8 oz. each) fat-free cream
cheese, softened
 $\frac{2}{3}$ cup plus 3 Tbsp. sugar, divided
 $1\frac{1}{2}$ tsp. vanilla, divided

Egg substitute equivalent to three eggs
1 cup (8 oz.) nonfat sour cream
1 cup reduced-sugar cherry pie filling

In mixing bowl, beat cream cheese, $\frac{2}{3}$ cup sugar and $\frac{1}{2}$ teaspoon vanilla until fluffy. Slowly add egg substitute and beat until smooth. Spray a 9-inch pie plate with non-stick cooking spray and pour the mixture into it. Bake at 350°F for 30 to 35 minutes or until puffy and light brown around the edges. Cool on a wire rack for 10 minutes. While that is cooling, combine sour cream and remaining sugar and vanilla and spread over cheesecake. Bake for 15 minutes longer. Cool completely on wire rack then refrigerate. When serving, top with 2 tablespoons cherry pie filling. Yield: 8 servings.

Strawberry Banana Bread

1 cup sugar
1 cup mashed bananas
 $\frac{1}{2}$ cup strawberry yogurt
 $\frac{1}{4}$ cup melted butter
1 tsp. vanilla

2 eggs
2 cups flour
1 tsp. baking soda
1 cup finely chopped strawberries

Preheat oven to 350°F and grease a loaf pan. Blend first six ingredients, then add flour and baking soda, mixing just until moist. Fold in strawberries. Bake for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes and remove from pan. Finish cooling on rack.

Berry Tossed Salad

1 pkg. (10 oz.) ready-to-serve
salad greens
1 cup sliced fresh strawberries
1 kiwifruit, peeled and sliced
 $\frac{1}{4}$ cup chopped red onion
 $\frac{1}{4}$ cup crumbled feta cheese
2 Tbsp. slivered almonds

Creamy Raspberry Dressing:

$\frac{1}{2}$ cup mayonnaise
2 Tbsp. plus 2 tsp. sugar
1 Tbsp. raspberry vinegar
1 Tbsp. milk
 $2\frac{1}{2}$ tsp. poppy seeds
 $2\frac{1}{2}$ tsp. seedless raspberry jam

In a large salad bowl, combine salad greens, fruits, onion, cheese and almonds. In a small bowl, whisk the dressing ingredients. Drizzle desired amount over salad and toss to coat. Serve immediately. Refrigerate any leftover dressing. Yield: 8 servings.

Fruit Pizza

10 oz. sugar cookie dough	$\frac{3}{4}$ cup orange juice
8 oz. softened cream cheese	$\frac{3}{4}$ cup water
1 tsp. vanilla	1 pint strawberries, sliced
$\frac{1}{2}$ cup sugar	1 pint blueberries, or fruit of choice
1 cup sugar	Sweetened coconut
3 Tbsp. cornstarch	

Use a very large cookie sheet or 14-inch pizza pan. Line with parchment paper. Roll out cookie dough to fit pan. Bake at 350°F for 10 to 12 minutes. Cream together cream cheese, $\frac{1}{2}$ cup sugar and vanilla. Spread on rolled pizza cookie. Top with sliced strawberries and blueberries and any other fruits you wish. Make glaze by mixing cornstarch, orange juice, water and 1 cup sugar in saucepan. Bring to a boil. Cool and pour over fruited cookie. Chill well and cut into wedges or squares. Sprinkle coconut over the top.

Diane Imrie's Recipes

Fresh Peaches with Mascarpone and Blackberry Coulis

2 fresh peaches	$\frac{1}{2}$ cup fresh blackberries
4 tsp. butter	$\frac{1}{4}$ cup mascarpone cheese
8 large fresh mint leaves, chopped	1 Tbsp. Vermont maple syrup

Cut the peaches in half and remove the pits. Peel each half. Place the peaches in a medium size bowl. Place the butter in a small glass bowl and microwave briefly, just until the butter melts. Add the chopped mint to the butter and mix. Add the warm butter mixture to the peaches, and toss to coat the peaches lightly. Set aside. In a food processor, puree the blackberries until smooth. Pour through a fine sieve to remove the seeds. Place the puree in a small saucepan, and cook over medium heat for approximately 2 minutes, stirring. The puree should be slightly thickened when ready, but be careful to not let it burn. In a small bowl mix together the mascarpone cheese and maple syrup.

Heat the grill to 350 °F. Grill the peaches on both sides until just tender, and grill marks are visible. To serve, place one peach half in a fruit dish, place the mascarpone mixture into the hollow of the peach and drip the blackberry coulis over the top. Serve.

Harvest Hint: Even though this dessert includes luscious mascarpone cheese, it is still quite light tasting, and is an easy finish to a late summer meal. If you preserve peaches, you can serve this recipe in the winter by skipping the grilling step and using frozen blackberries, blueberries or strawberries to make the coulis. Yield: 4 servings

Garlic-Roasted Cherry Tomatoes with Fresh Basil and Goat Cheese

2 pints cherry tomatoes	Salt and pepper, to taste
¼ cup olive oil	Small whole-wheat baguette
1 Tbsp. fresh garlic, chopped	4 ounces goat cheese
½ cup fresh basil leaves, chopped	

Preheat the grill to low, approximately 250°F. In a heavy stainless steel saucepan, stir together the tomatoes, olive oil and garlic. Cook this slowly on the grill for approximately 45 minutes, or until all the tomatoes have burst. The sauce should be slightly thickened when ready. Stir in the fresh basil, salt and pepper. Slice the baguette lengthwise and toast on the grill. Lightly spread on your favorite goat cheese, and top generously with garlic-roasted cherry tomatoes. Serve.

Harvest Hint: Can be served as an appetizer, or as a light main dish served with a green salad. Also delicious served as a sauce over fresh, homemade pasta. Sauce can be stored in the freezer for up to three months. Yield: 4 servings.

Lyn Jarvis' Recipes

Green Salad with Strawberry Dressing

1 lb. strawberries, hulled, halved	½ cup olive oil
1 pkg. (5 oz.) mixed baby greens	3 Tbsp. balsamic vinegar
1½ cups crumbled feta cheese	1 Tbsp. sugar
½ cup walnuts, toasted	

Mash enough strawberries to measure ½ cup. Place remaining strawberries in large bowl. Add greens, cheese, and nuts. Whisk oil, vinegar and sugar in small bowl to blend. Whisk in mashed strawberries. Season dressing with salt and pepper. Add to salad; toss to coat. Yield: 6 servings.

Lemon-Raspberry Pudding Cake

1 cup raspberries	1 cup milk
2 lemons	3 large eggs, separated
¾ cup sugar	4 Tbsp. butter, melted
¼ cup all-purpose flour	⅛ tsp. salt

Preheat oven to 350°F. Grease shallow 1½-quart glass or ceramic baking dish. Spread raspberries in dish. From lemons, grate 1 tablespoon peel and squeeze ⅓ cup juice. In large bowl, combine sugar and flour. With wire whisk, beat in milk, egg yolks, butter, lemon peel, and juice. In small bowl, with mixer at high speed, beat egg whites with salt until soft peaks form. With rubber spatula, fold one-fourth of egg whites into lemon mixture; gently fold in remaining whites. Pour batter over raspberries in baking dish. Place baking dish in 13x9-inch roasting pan; place on rack in oven. Carefully pour boiling water into roasting pan to come halfway up side of dish. Bake pudding cake 35 to 40 minutes or until top is golden and set. Transfer dish from roasting pan to wire rack. Cool pudding cake in dish 15 minutes to serve warm. Yield: 6 servings.

Italian Cherry Bread Pudding

½ cup dried cherries	5 large eggs
2 Tbsp. orange juice	¾ cup sugar
6 cups cubed brioche or other white bread, tough crusts removed	1 tsp. vanilla
1½ cups milk	¼ tsp. salt
½ cup cream or half & half	Nutmeg to taste

Combine cherries and orange juice in a microwave-safe cup. Heat in the microwave till very hot, then set aside for the fruit to soften. Butter a 1-to 2-quart baking dish. Spread the bread cubes in the dish. Whisk together the milk, cream, eggs, sugar, vanilla, and salt. Sprinkle the cherries over the bread cubes. Pour the milk mixture over the bread and cherries, pressing the bread down into the milk. Let sit for an hour or so, at room temperature, or overnight in the refrigerator, covered. Just before baking, preheat the oven to 350°F. Uncover the pudding, and bake for 45 to 55 minutes, uncovered, until the top is browned and the middle springs back when lightly pressed. Remove from the oven, and sprinkle nutmeg over the top, if desired. Serve warm; ice cream is a tasty accompaniment. Yield: about 8 servings.

Cherry Pork Tenderloin Medallions

1 lb. pork tenderloin	1 Tbsp. Dijon mustard
2 Tbsp. olive oil	1 cup cherries, halved and pitted
½ cup apple juice	2 Tbsp. brown sugar

Cut pork crosswise into 1-inch slices. Place on sheet of waxed paper; cover with another sheet of waxed paper. Using a meat mallet or rolling pin, gently pound each piece of meat until ½-inch thick. Heat olive oil in large nonstick skillet and add pork tenderloins. Cook for 5-6 minutes, turning once, or until pork is slightly pink in center and internal temperature registers 160°F. Remove pork from skillet and place on serving platter; cover with foil. Add apple juice, brown sugar and mustard to skillet; cook and stir over medium high heat until sauce thickens and bubbles. Add cherries; cook and stir for 2 minutes longer. Return pork to skillet for 1 minute; then serve. 4 servings

Viewer's Recipes

Strawberry Cold Pie (My grandmother's recipe)

Theresa Dezotelle, Johnson, Vt.

2 cups sugar	1 quart strawberries, washed and sliced
3 Tbsp. cornstarch	1 pkg. (3 oz.) strawberry gelatin
2 cups water	Graham cracker or regular crust

Put prepared strawberries in bottom of cooked crust. Mix together sugar, cornstarch, and water. Boil until thick. Add 3 oz. package strawberry gelatin. Stir and when cool, pour into crust. Top with whipped cream or ice cream.

Strawberry Rhubarb Crunch

Judy Morgan, Berlin, Vt.

2 cups sliced strawberries	¼ cup butter
3 cups chopped rhubarb	¼ cup brown sugar
¾ cup sugar	¼ cup flour
¼ cup flour	½ cup quick cooking oats

Preheat oven to 400°F. In a large bowl, combine strawberries, rhubarb, sugar, and ¼ cup flour. Mix well. Pour into a 9x9x2-inch baking pan. In separate bowl, cream together butter and brown sugar; cut in flour and oats. Sprinkle evenly over fruit. Bake for 35 to 40 minutes. Let cool slightly before cutting into squares. Great served warm with a scoop of vanilla ice cream,

Strawberry Bars

Jean McNeil, Mansonville, Quebec

1½ cups flour	½ cup butter, creamed
½ cup sugar	½ cup milk
½ tsp. salt	1 egg, slightly beaten
½ tsp. baking powder	1¼ cups strawberry preserves
½ tsp. cinnamon	

Sift together flour and sugar. Stir in salt, baking powder and cinnamon. Cream butter and fold into flour mixture. Add milk and slightly beaten egg. Mix well and spread half the batter into a greased 7x11x2-inch pan. Spread strawberry preserves over batter and drop the remaining batter, by spoonfuls, on top of the preserves. Bake 30 minutes at 400°F. Cool and cut into bars.

Blueberry Zucchini Bread

Janet Messier, Randolph Ctr, Vt.

3 eggs	1 tsp. baking soda
1 cup oil	1 tsp. baking powder
2 cups sugar	3 tsp. cinnamon
2 cups zucchini, grated	Dash nutmeg
3 tsp. vanilla	1½ cups blueberries
3 cups flour	1 cup nuts, chopped

Beat eggs; add oil, sugar, zucchini, and vanilla. Mix lightly, but well. Add flour, baking soda, baking powder, cinnamon, and nutmeg. Fold in blueberries and nuts. Pour mixture into 2 loaf pans. Bake at 325°F for approximately 1 hour or until tested done. Yield: 2 generous 4½x8-inch loaves or 2 lean 5x9½ -inch loaves.

Chilled Strawberry Soup

Barbara Shorey, North Hero, Vt.

2 pints strawberries, divided
¼ cup brown sugar
½ cup white wine (or white grape juice)

1¼ cups sour cream
¼ cup heavy cream

Puree 1 pint strawberries in blender with brown sugar, wine (or juice), and cream; process until smooth and set aside. Slice remaining 1 pint strawberries. Add sliced berries to the soup and refrigerate icy cold. Perfect for a summer dessert or appetizer. Yield: 6 servings.

Strawberry Pie

Sharon Sealer, Westmore, Vt.

2 pints strawberries, washed and divided
1 cup sugar
3 Tbsp. cornstarch
1 Tbsp. lemon juice

Mix sugar and cornstarch. Crush 1 pint strawberries in blender with lemon juice. Add to sugar and cornstarch mixture. Put in pan and cook over medium heat until clear, stirring constantly. When slightly cool, add remainder of strawberries, halved. Pour into baked pie shell and keep in refrigerator. Delicious topped with a little ice cream or whipped cream.

Pork Chops with Blueberry/Raspberry Sauce

Ruth Nash, Andover, Vt

4 bone-in pork chops
1 pint blueberries, divided
¼ cup sugar

1 Tbsp. water
1½ tsp. lemon juice
1 cup raspberries

Sauce can be made ahead and kept in refrigerator until meal time. Combine 1½ cups blueberries with the sugar, lemon juice and water in large heavy saucepan. Cook over medium-low heat, stirring constantly, until the berries pop and a sauce forms, about 5 to 10 minutes. Remove pan from the heat. Transfer the sauce to a bowl, cover and chill until cold. While chops are cooking warm sauce and just before serving, stir in the raspberries and remaining blueberries. Spoon over chops. For a sweeter sauce, add sugar to taste. Yield: 4 servings.

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