

*Across the Fence*  
**Cooking with Youth – May 2012**

**Lyn Jarvis' Recipes**  
**Gram's Cream Puffs**

1 cup boiling water	½ tsp. salt
1 cup flour	4 eggs
½ cup butter	

Combine butter, salt and water. Heat to boiling. Sift flour and measure. Add to the boiling mixture. Beat vigorously until the mixture leaves the sides of the saucepan and does not cling to the spoon. Remove from heat and cool slightly. Add unbeaten eggs, one at a time. After each addition, beat thoroughly until the mixture is smooth and has no lumps. Drop by tablespoon on a well-oiled baking sheet, 2-inches apart. Shape the mixture into a round pile that is piled slightly in the center. Bake in a hot oven at 400°F for 30 minutes. Lower heat to 350°F. Continue baking until each mound is firm and dry, about 8 to 10 minutes. Remove from the oven and cool. Cut a slit in the side of each pastry for filling; spoon in filling and top with glaze. Yield: about 14 puffs

**Cream filling for puffs:**

⅓ cup sugar	1½ cups milk
2 Tbsp. cornstarch	2 egg yolks, slightly beaten
⅛ tsp. salt	2 tsp. vanilla

Mix sugar, cornstarch and salt in 2 quart saucepan. Stir in milk gradually. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Stir ½ of hot mixture into egg yolks in saucepan, boil and stir 1 minute. Remove from heat, stir in vanilla. Cool to room temperature. To save time, use 1 box (3.4 oz.) instant vanilla pudding.

**Chocolate Glaze:**

2 squares (1 oz.each) unsweetened chocolate	1 cup powdered sugar
3 Tbsp. butter	¾ tsp. vanilla

Cook chocolate and butter over low heat until melted. Remove from heat. Stir in 1 cup powdered sugar and ¾ teaspoon vanilla. Stir in 1 teaspoon hot water at a time until desired consistency.

**Liam Peterson's Recipes, Monkton, Vt.**  
**Key Lime Pie**

5 egg yolks, beaten	½ cup key lime juice
1 can (14 oz.) sweetened condensed milk	1 (9-inch) graham cracker crust

Preheat oven to 375°F. Combine the egg yolks, sweetened condensed milk and lime juice. Mix well. Pour into unbaked graham cracker shell. Bake in preheated oven for 15 minutes. Allow to cool. Top with whipped topping and garnish with lime slices if desired.

### **Strawberry Tarts**

26 Oreo® cookies, finely crushed  
(about 2 cups)  
1/3 cup butter, melted  
4 cups fresh strawberries, divided  
1/3 cup sugar

4 1/2 tsp. cornstarch  
1 tsp. lemon juice  
1/2 cup water, divided  
1/2 cup thawed whipped topping

Mix cookie crumbs and butter; spoon into 12 paper-lined muffin cups, adding about 2 rounded Tbsp. to each. Press onto bottoms and up sides of cups. Refrigerate while preparing filling. Reserve 12 of the smallest strawberries for garnish. Slice remaining strawberries. Mix sugar, cornstarch and lemon juice in small bowl; stir in 1/4 cup water. Set aside. Combine 1 cup strawberry slices and remaining water in small saucepan; bring to boil on medium-high heat. Simmer on medium-low heat for 3 minutes, stirring occasionally. Stir in sugar mixture. Return to boil; cook and stir 1 minute or until sauce is clear and thickened. Cool slightly. Meanwhile, pat remaining strawberry slices dry. Spoon evenly into tart shells; top with strawberry glaze. Refrigerate 1 hour. Top tarts with whipped topping and reserved whole strawberries just before serving.

### **Chicken and Cheese Enchiladas**

1 can (10 3/4 oz.) condensed cream  
of chicken soup  
1/2 cup sour cream  
1 cup picante sauce (optional)  
2 tsp. chili powder

2 cups chopped cooked chicken  
1/2 cup shredded Monterey Jack cheese  
6 flour tortillas (6-inch), warmed  
1 small tomato, chopped (about 1/2 cup)  
1 green onion, sliced (about 2 Tbsp.)

Heat the oven to 350°F. Stir the soup, sour cream, picante sauce (if desired), and chili powder in a medium bowl. Stir 1 cup soup mixture, chicken and cheese in a large bowl. Divide the chicken mixture among the tortillas. Roll up the tortillas and place seam-side down in an 11x7x2-inch baking dish. Pour the remaining soup mixture over the filled tortillas. Cover the baking dish. Bake for 40 minutes or until the enchiladas are hot and bubbling. Top with the tomato and onion.

### **Savanna and Moria Covey's Recipes, Williamstown, Vt.** **Marsh Blueberry Muffins**

2 cups flour  
2 tsp. baking powder  
1/2 cup shortening  
1 1/2 cups sugar

2 eggs  
1/2 cup milk  
1 tsp. salt  
2 1/2 cups blueberries

Combine flour, baking powder, sugar and salt. Add shortening, eggs and milk. Mix completely. Fold in blueberries. Pour into greased muffin tin, filling each one about half full. Sprinkle tops with sugar. Bake at 375°F for 25 minutes or until done.

### **Chocolate Raspberry Cake**

1 pkg. chocolate cake mix with pudding in the mix  
1 pkg. (12 oz.) semi-sweet chocolate chips, divided  
8 oz. sour cream  
1 can (21 oz.) raspberry pie filling

Prepare cake mix as directed on the package. Stir in 1 cup of the chocolate chips. Pour batter into 2 greased and floured 9-inch round cake pans. Bake at 350°F for 25 to 30 minutes or until toothpick comes out clean. Cool for 10 minutes on a rack, then remove from pans and cool completely. Meanwhile, melt remaining chips, and then gradually stir in the sour cream. Spread  $\frac{2}{3}$  cup of the pie filling on one cake layer and top with second layer. Frost cake with the sour cream mixture. Garnish with remaining pie filling. Chill for 2 hours. Yield: 10 to 12 servings.

### **Chocolaty Raspberry Crumb Bars**

1 cup butter, softened	2 cups chocolate chips
2 cups flour	1 can sweetened condensed milk
$\frac{1}{2}$ cup packed brown sugar	$\frac{1}{3}$ cup seedless raspberry jam
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup chopped nuts (optional)

Combine flour, brown sugar and salt and mix completely. Stir butter until creamy and add the flour mixture, mixing until crumbly. Press  $1\frac{3}{4}$  cups of mixture into a greased 9x13x2-inch pan and bake at 350°F for 10 to 12 minutes. Meanwhile microwave chocolate chips and condensed milk for about a minute. Stir and add jam. Microwave for another 10 seconds. Spread over hot crust. Sprinkle with remaining crumb mixture to which nuts have been added. Bake for 25 to 30 minutes or until center is set.

### **Cheap Chocolate Cake**

#### **Sift together:**

3 cups flour	2 tsp. baking soda
2 cups sugar	2 tsp. salt
6 heaping Tbsp. baking cocoa	

#### **Combine:**

2 cups water	2 Tbsp. cider vinegar
$\frac{2}{3}$ cup oil	2 tsp. vanilla

Mix this with the flour mixture and stir until smooth. Pour into a greased 9x13x2-inch pan and bake at 350°F for about 30 minutes or until cake tests done. When cool, frost with Boiled Chocolate Icing (next page).

## **Boiled Chocolate Icing**

2 cups sugar	2 squares unsweetened chocolate (1 oz. each)
½ cup shortening	2 Tbsp. butter
⅔ cup milk	1 tsp. vanilla

Mix sugar, shortening, milk and chocolate together in a saucepan. Heat on medium, stirring occasionally. When it comes to a full boil, boil for 3 minutes, stirring constantly. Remove from heat and add butter and vanilla. Stir until hard enough to spread on cake.

## **Ethan and Caden Fischer's Recipes** **Homemade Granola Bars**

2 cups oats	4 Tbsp. butter
½ cup wheat germ	2 tsp. vanilla
¼ cup flax seed meal	½ tsp. Kosher salt
¾ cup sunflower seeds	½ cup dried cranberries or raisins (optional)
1 cup nuts (peanuts, whole or sliced almonds or walnut pieces)	½ cup coconut (optional)
⅔ cup brown sugar	½ cup mini chocolate chips (optional)
½ cup honey	

Preheat the oven to 350°F. Mix the oats, wheat germ, flax seed meal, sunflower seeds, and almonds in a 9x13x2-inch baking dish. Toast them in the oven for 10 to 12 minutes, stirring after 5 minutes, so that the mixture doesn't burn. Meanwhile, prepare another 9x13x2-inch glass baking dish by lining it with waxed paper. Make sure the wax paper is a little longer than necessary on each side of the dish.

While the dry mixture is toasting, combine the brown sugar, honey, butter, vanilla, and salt in a saucepan and bring it to a simmer over medium heat, stirring constantly. Once the honey mixture begins to bubble, pour it over the toasted dry ingredients into a large bowl. Add the optional ingredients at the end of the list and coat completely with the honey mixture. After the mixture is thoroughly coated, pour it into the waxed paper lined baking dish. Fold over the sides of the waxed paper or add a sheet on top, and **press hard** all over the granola. You want to compact it together so that your bars won't fall apart when you cut them. Allow the granola bars to cool for a couple of hours. Open the wax paper and carefully turn the granola onto a large surface, peeling away the rest of the waxed paper.

Using a large knife, firmly press down (without sawing) to cut the bars into whatever size you prefer. Store individually in plastic wrap or in an airtight container, separating each layer with waxed paper (so they don't stick together).

## Lasagna Roll Ups

24 oz. jar of your favorite spaghetti sauce	¾ cup freshly, finely grated Parmesan cheese, divided
1 container (15 oz.) ricotta cheese	⅓ cup freshly, finely grated Romano cheese
1 large egg	¼ tsp. salt
⅓ cup fresh flat leaf parsley	¼ tsp. freshly ground black pepper
2¼ cups freshly grated Mozzarella cheese, divided	12 uncooked lasagna noodles

Cook lasagna noodles in a large pot of boiling water along with 1 teaspoon salt and 2 tablespoons of olive oil to al dente according to directions listed on package. Once noodles are cooked, drain and immediately, line noodles in a single layer on waxed paper or cookie sheets. Preheat oven to 350°F.

Prepare cheese mixture (I do this while pasta is cooking) by stirring together Ricotta cheese, egg, ¼ teaspoon salt and ¼ teaspoon pepper with a fork in a large mixing bowl until well combined. Stir in chopped fresh parsley. Add in 1¾ cups grated Mozzarella cheese, ½ cup Parmesan cheese and ⅓ cup Romano cheese; stir mixture until well combined. Pour prepared spaghetti sauce into bowl. Spread ⅓ cup evenly into a 13x9x2 inch baking dish by tilting pan back and forth. Spread ¼ cup cheese mixture evenly onto each cooked lasagna noodle, then spread 1 heaping tablespoon spaghetti sauce along the top of cheese covered noodle.

Roll noodles up jellyroll style and arrange seam side down in baking dish. Cover rolled noodles with remaining sauce (about a heaping ⅛ cup over each) then sprinkle remaining ½ cup Mozzarella cheese and ¼ cup Parmesan cheese evenly over roll ups. Tent lasagna roll ups with foil (don't allow foil to rest on cheese or it will stick; you just want to loosely tent to prevent the cheese from browning) and bake for 35 minutes in preheated oven. Serve warm garnished with additional chopped fresh parsley.

## Bite Sized Greek Salad Appetizer

3 to 4 Persian cucumbers sliced in rounds	1 Tbsp. fresh lemon
1½ pints cherry tomatoes	2 Tbsp. olive oil
1 cup pitted Kalamata olives (halved)	¾ tsp. oregano
1 block of feta (cubed)	Fresh pepper
	Toothpicks

Set up an assembly line with veggies and cheese in bowls. Use a toothpick to skewer the tomato, then the cucumber, then the olive (cut part facing down) and finish with a cube of feta. Stand the skewer on a platter. Repeat until all ingredients are gone. Put lemon, oil, fresh pepper (to taste) and oregano in a jar and shake. Drizzle dressing over skewers **just before** serving.

## **Katy's A+ Crepes**

### **"Baking with Friends" Cookbook**

¾ cup pastry or white whole wheat flour	1 cup milk	1½ cups sliced fruit of berries
¼ cup all-purpose flour	4 large eggs	powdered sugar for sprinkling
1 Tbsp. sugar	1 tsp. vegetable oil	
⅛ tsp. salt	2 cups vanilla low fat yogurt or favorite flavor	

Combine pastry and all-purpose flour, sugar, and salt in medium mixing bowl. Combine milk and eggs until smooth in a separate medium mixing bowl. Add egg mixture to flour mixture and whisk until smooth. Set aside for 30 minutes or refrigerate batter overnight. Grease non-stick 8 or 10-inch skillet or crepe pan with vegetable oil. Heat until the surface will sizzle with a drop of water. Pour or ladle two tablespoons of batter into hot pan. Turn the pan until the bottom is evenly coated with batter. Place the pan back on the burner and cook just until the batter is set and lightly browned on the underside. Flip the crepe using a spatula until the other side is lightly browned. Transfer crepe to platter and repeat with remaining batter. Spoon ⅛ cup yogurt and two tablespoons of fruit down the center of each crepe; roll up. Sprinkle with powdered sugar if desired. Yield: 12 medium crepes

## **Cheese Quesadillas**

### **"Baking with Friends" Cookbook**

1 cup (8 oz.) shredded Colby Jack or blend of cheeses	1 can (14 oz.) black beans, rinsed and drained
½ cup chopped tomatoes	1 Tbsp. chopped fresh cilantro
¼ cup chopped onions	8 (10-inch) soft flour tortillas
¼ cup chopped bell peppers	

Combine cheese, tomatoes, onions and peppers in medium bowl for filling. Add black beans and cilantro to filling mixture, if desired. Spray or oil skillet or griddle; heat until medium hot about 325°F. Place tortilla on the hot griddle. Spread ¼ of the filling ingredients on the tortilla and place another tortilla on top. Bake each quesadilla 2 to 3 minutes per side until brown on each side. Cool slightly, cut into wedges and serve. Serve with salsa, chopped olives or sour cream if desired. Yield: 4 servings.

## **Easy Banana Muffins**

### **Linda Sanderson, Milton, Vt.**

1½ cups flour	1 egg
½ cup plus 1 Tbsp. sugar, divided	1 cup mashed fully ripe bananas (about 3)
2 tsp. baking powder	¾ cup light sour cream
½ tsp. baking soda	3 Tbsp. oil
¼ tsp. salt	¼ tsp. ground cinnamon

Preheat oven to 350°F. Combine flour, ½ cup sugar, baking powder, baking soda, and salt; set aside. Mix egg, bananas, sour cream and oil in large bowl. Add dry ingredients; stir just until moistened. Batter will be lumpy. Spoon into 12 paper-lined muffin cups. Mix remaining sugar and cinnamon; sprinkle over batter. Bake 22 to 24 min. or until toothpick inserted in center comes out clean. Cool in pan 5 minutes. Remove to wire rack; cool. Yield: 12 servings.

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