

Across the Fence
Summer Fruit Recipes – July 2012

Lyn Jarvis' Recipes

Sour Cream Peach Pecan Pie

Pastry for single-crust pie (9 inches)
4 cups sliced peeled peaches
2 Tbsp. peach preserves
1 cup sugar
1 cup (8 ounces) sour cream
3 egg yolks
¼ cup all-purpose flour
1 tsp. vanilla extract

Topping:
½ cup all-purpose flour
½ cup packed brown sugar
¼ cup sugar
¼ cup chopped pecans
1 tsp. ground cinnamon
¼ cup cold butter

Line a 9-inch pie plate with pastry; trim and flute edges. In a large bowl, combine peaches and preserves. Transfer to pastry. In a small bowl, whisk the sugar, sour cream, egg yolks, flour and vanilla. Pour over peaches. Bake at 425°F for 30 minutes. Meanwhile, in a small bowl, combine the flour, sugars, pecans and cinnamon. Cut in butter until crumbly; sprinkle over pie. Cover edges of crust to prevent overbrowning. Bake for 20 to 25 minutes or until a knife inserted in the center comes out clean and topping is golden brown. Cool on a wire rack for 1 hour. Store in the refrigerator. **Yield:** 8 servings.

Apricot-Blueberry Cobbler

1 Tbsp. cornstarch
½ cup, plus 2 Tbsp. sugar, divided
12 apricots (fresh or canned) cut into
½-inch wedges
1¼ cups blueberries
1½ cups all-purpose flour (spooned
and leveled)

2 tsp. baking powder
¼ tsp. coarse salt
1 stick cold unsalted butter, cut into
small pieces
¾ cup cold heavy cream, plus more
for brushing
Sanding sugar (optional)

Preheat oven to 375°F, with racks in middle and lower thirds. In a large bowl, whisk together cornstarch and ½ cup granulated sugar. Stir in apricots and blueberries. Spread mixture into a 10-inch cast-iron skillet or heavy ceramic pie plate. In a food processor, pulse remaining 2 tablespoons granulated sugar, flour, baking powder, and salt until combined. Add butter and pulse until mixture resembles coarse meal, with a few pea-sized pieces of butter remaining. Add heavy cream and pulse 2 or 3 times until combined. Spoon batter in 8 mounds on fruit mixture. Press lightly on tops to flatten, brush with heavy cream, and sprinkle with sanding sugar if desired. Bake on middle rack, with a foil-lined rimmed baking sheet on lower rack to catch drips, until biscuits are golden and juices bubble in center, 40 to 45 minutes. Transfer to a wire rack and let cool. Serve warm or at room temperature (cover and keep at room temperature up to 2 days). **Yield:** 8 servings. **Note:** May have leftover dough depending on size of biscuits. Use for shortcakes.

Blueberry-Cantaloupe Salad

2 cups blueberries
½ cantaloupe, cut into 1-inch pieces
1 Tbsp. sugar
1 tsp. grated peeled fresh ginger
½ tsp. grated lime zest plus 1 Tbsp. juice
2 Tbsp. thinly sliced fresh mint leaves

In a large bowl, combine all ingredients except mint. Cover and let stand 30 minutes (or refrigerate, up to 2 days). Stir in mint just before serving. **Yield:** 4 servings.

Pork Medallions with Blackberry Chutney

3 Tbsp. unsalted butter, divided	1 tsp. cinnamon
2 large shallots, thinly sliced	Salt and pepper
¼ cup sherry vinegar	1 pork tenderloin (1½ lbs.) cut into
¼ cup dark-brown sugar	1-inch slices and flattened slightly with
1½ cups blackberries	your palm

In a small saucepan, melt 1 tablespoon butter over medium heat. Sauté shallots until tender, 8 minutes. Add vinegar, brown sugar, blackberries, and cinnamon and cook until mixture is syrupy and some of the berries have collapsed, about 10 minutes. Season with salt and pepper. Meanwhile, season pork with salt and pepper. In a large skillet, melt 1 tablespoon butter over medium-high heat. Add half the pork and cook until golden brown and cooked through, flipping once, about 8 minutes. Repeat with remaining 1 tablespoon butter and pork. Serve pork topped with chutney. **Yield:** 4 servings. **Note:** Up to 2 Tbsp. cornstarch can be added to acquire desired consistency.

Coconut Cherry Crisp

5 cups fresh or frozen unsweetened pitted tart red cherries	⅓ cup all-purpose flour
¼ cup granulated sugar	¼ tsp. ground cardamom, nutmeg, or ginger
4 tsp. cornstarch	⅓ cup butter
¾ cup regular or quick-cooking rolled oats	¼ cup chopped pecans or walnuts
½ cup packed brown sugar	Ice cream or light cream (optional)
	½ cup coconut

For fresh cherries, pit over a bowl to catch any juices (if using frozen fruit, thaw but do not drain). In a large saucepan combine sugar and cornstarch; stir in cherries and 2 tablespoons reserved cherry liquid or water. Cook and stir until thickened and bubbly. Turn into a 2-quart square baking dish; set aside. For topping, combine oats, brown sugar, flour, and spice. Cut in butter until mixture resembles coarse crumbs. Stir in coconut and nuts. Sprinkle topping over filling. Bake in a 375° F. oven about 25 minutes or until golden. Serve warm with ice cream or light cream, if desired. **Yield:** 6 servings.

Blueberry Cornbread

1/3 cup butter	2 tsp. baking powder
3/4 cup of sugar	1/4 tsp. salt
2 eggs	1 1/2 cups milk
1 cup yellow cornmeal	1/2 cup blueberries, rolled in flour
1 1/2 cups flour	

In large bowl with electric mixer, cream butter and sugar. Add eggs and cornmeal. Sift together flour, baking powder and salt. Add 1/3 of flour mixture to cornmeal mixture, then 1/2 cup of the milk. Repeat twice until you have used all the flour and milk. Fold in blueberries and turn into greased 8-inch square baking pan. Bake at 375°F for 35 to 40 minutes, or until wooden pick inserted near center comes out dry. Serve hot. **Yield:** 6 servings.

Carolyn Peake's Recipes

Five-Fruit Salsa

2 cups chopped fresh cantaloupe	1 medium sweet red pepper, chopped
6 green onions, chopped	1 can (8 oz.) crushed unsweetened pineapple, drained
3 kiwi fruit peeled and finely chopped	2 jalapeno peppers, seeded and chopped
1 medium navel orange, peeled and finely chopped	1 cup finely chopped fresh strawberries
1 medium sweet yellow pepper, chopped	

Cinnamon Tortilla Chips

10 flour tortillas (8-inch)	1/3 cup sugar
1/4 cup butter, melted	2 tsp. ground cinnamon

In a bowl, combine first eight ingredients. Cover and refrigerate for 8 hours or overnight. Drain if desired. Just before serving, stir in strawberries. **For chips:** Brush tortillas with butter; cut each into 8 wedges. Combine sugar and cinnamon; sprinkle over tortillas. Place on ungreased baking sheets and bake at 350°F for 10 to 14 minutes or just until crisp. Serve with fruit salsa. **Yield:** 8 cups salsa and 80 chips.

Berry Slaw

1/4 cup cider vinegar	6 cups shredded cabbage
1/4 cup unsweetened apple juice	1 1/2 cups sliced fresh strawberries
1 tsp. sugar	1/2 cup dried cranberries
1/4 tsp. white pepper	

In a large bowl, combine vinegar, apple juice, sugar, and pepper; add cabbage. Toss gently to coat. Cover and refrigerate for at least 8 hours or overnight, stirring occasionally. Just before serving, stir in strawberries and cranberries. **Yield:** 6 servings.

Trifle Fruit Salad

2 cups fresh pineapple cut into 1-inch chunks*	2 cups seedless green grapes
2 cups halved fresh strawberries	1 pkg. (3 oz.) banana cream pudding
2 cups fresh or frozen blueberries, thawed	1¼ cups milk
	½ cup dairy sour cream
	1 can (8 oz.) can crushed pineapple

In a 2-quart clear glass bowl, layer pineapple chunks, strawberries, blueberries, and grapes; set aside. In a medium bowl, whisk together dry pudding mix, milk and sour cream. Stir in un-drained crushed pineapple. Pour over the layered fruit. Cover and chill for at least 2 hours or up to 8 hours. **Yield:** 10 to 12 servings. ***Note:** Fresh pineapple can be substituted for 1 can (20 oz.) pineapple chunks, drained.

Glazed Fruit Medley

Glaze:	3 cups cubed honeydew melon
1 cup sugar	3 firm medium-sized bananas
2 Tbsp. cornstarch	2 cups green grapes
2 cups orange juice	2 cups halved fresh strawberries

For glaze: in a small saucepan, combine the sugar, cornstarch and orange juice until smooth. Bring to a boil, then cook and stir for 2 minutes or until thickened. Transfer to a bowl, cover and chill for 2 hours. In a large serving bowl, combine the fruit. Add glaze and gently toss to coat. **Yield:** 10 servings.

Berry Cheesecake Dessert

2¼ cups graham cracker crumbs	2 cups (16 oz.) sour cream
½ cup butter, melted	1 pkg. (3 oz.) strawberry gelatin
2 pkgs. (8 oz. each) cream cheese, softened	1 cup boiling water
1 cup sugar	¾ cup cold water
3 eggs	1 qt. fresh strawberries, sliced

In a bowl, combine the cracker crumbs and butter. Press onto the bottom and 1-inch up the sides of a 13x9x2-inch baking dish. In a large mixing bowl, beat cream cheese and sugar until smooth. Add eggs and beat on low speed just until combined. Pour into the crust. Bake at 350°F for 30 to 35 minutes or until the center is almost set. Carefully spread the sour cream over the top and bake for 10 minutes longer. Meanwhile, in a small bowl, dissolve gelatin in boiling water. Stir in cold water. Refrigerate for 45 minutes or until thickened, but not set. Carefully pour ⅓ of the gelatin over the sour cream layer. Arrange strawberries over gelatin; pour remaining gelatin over the berries. Cover and refrigerate for 4 hours or until set. **Yield:** 12 to 15 servings.

Judy Simpson's Recipe **Strawberry Hand Pies**

2³/₈ cups all-purpose flour, plus more
for dusting
1 tsp. baking powder
1¹/₄ tsp. salt
1 stick cold unsalted butter, cut into
small pieces

2 large egg yolks
1 tsp. vanilla
¾ lb. strawberries, cut into ½-inch pieces
½ cup confectioner's sugar
3 Tbsp. strawberry jam
1 Tbsp. sanding sugar

Preheat oven to 350°F. In a large bowl, combine 2¼ cups flour, baking powder, and 1 teaspoon salt. Using a pastry blender or 2 knives, cut butter into flour mixture until mixture resembles coarse sand. Add 1 egg yolk, ½ cup chilled water, and ½ teaspoon vanilla. Mix until just combined (if dough is dry or crumbly and doesn't stay together, add up to 3 tablespoons more chilled water). Transfer dough to a lightly floured surface and knead 2 to 3 times, just until dough comes together. Return dough to bowl, cover with plastic wrap, and refrigerate until chilled, about 15 minutes. **Filling:** In a medium bowl, combine strawberries, confectioner's sugar, and jam, plus remaining flour, vanilla, and salt. Set aside. In a small bowl, beat remaining yolk and 1 tablespoon water for egg wash; set aside. On a lightly floured surface, roll out dough to ½-inch thickness. Using a 3-inch round cookie cutter, cut dough into 6 rounds. Roll 1 round into a 6-inch circle. Spoon a heaping 2 tablespoons filling onto half of circle, leaving ½-inch border. Brush the edges with egg wash, then fold dough over filling. Using a fork, crimp the edges to seal hand pie. Transfer to a parchment-lined baking pan. Repeat with remaining dough rounds and filling. Using a toothpick, poke a few holes in the top of each pie. Brush with remaining egg wash and sprinkle each pie with ½ teaspoon sanding sugar. Bake until golden brown, 30 to 35 minutes. Transfer to a wire rack to cool. **Yield:** 6 pies

Viewer's Recipes

Triple Fruit Pie

Edna Wells, Lancaster, NH.

1¼ cups each fresh blueberries,
raspberries, and chopped rhubarb
½ tsp. almond extract
1¼ cups sugar
¼ cup quick cooking tapioca

¼ tsp. ground nutmeg
¼ tsp. salt
1 Tbsp. lemon juice
1 pastry for 9-inch double crust pie

In a large bowl, combine fruits and extract; toss to coat. In another bowl, combine sugar, tapioca, nutmeg, and salt. Add to fruit, stir gently. Let stand for 15 minutes. Line a 9-inch pie plate with bottom crust; trim pastry even with edge. Stir lemon juice into the fruit mixture and spoon into the crust. Roll out the remaining pastry; make a lattice crust. Trim, seal and flute edges. Bake at 400°F for 20 minutes. Reduce heat to 350°F; bake 30 minutes longer or until the crust is golden brown and the filling is bubbly. Cool. Yield 6-8 servings. Note: Frozen blueberries, raspberries, and rhubarb may be substituted for fresh; thaw and drain before using.

Strawberry Mousse

Eileen Wadleigh, Danville, Quebec.

1 box (3 oz.) strawberry gelatin
1 cup boiling water
2 heaping cups vanilla ice cream

Put the gelatin in your desired dish and dissolve with the boiling water, stirring until the powder is well dissolved and thoroughly mixed. Immediately add the 2 cups vanilla ice cream to the dissolved gelatin, stirring gently until all the ice cream has melted. Refrigerate for about 3 hours or until the mixture has thickened and has a firm consistency. Spoon the mixture into serving dishes. Top with sliced strawberries and whipped cream with a strawberry on top for decoration.

Blueberry Muffins, Circa 1990

Anna Fenton, Middletown Springs, Vt.

2 cups flour	4 Tbsp. shortening
2 tsp. baking powder	½ cup maple sugar
1 egg	1 cup blueberries
¾ cup milk	

Shake a little flour on the blueberries. Combine the other ingredients in a mixing bowl and mix at low speed until smooth. Add blueberries. Pour into greased muffin tins and bake at 400°F for 20 minutes or until a wooden pick inserted into the middle of a muffin comes out clean.

Peach Upside-Down Cake

Eddie Ackerman, Fairlee, Vt.

½ cup butter, melted	⅔ cup sugar
½ cup packed brown sugar	½ tsp. almond extract
1 can (29 oz.) peach halves or 3 fresh peaches, peeled and halved	1 cup flour
¼ cup shredded coconut	1 tsp. baking powder
2 eggs	¼ tsp. salt

Pour butter into a 9-inch round baking pan; sprinkle with brown sugar. Drain peaches, reserving 6 Tbsp. of syrup (if using fresh peaches, use 6 Tbsp. water combined with 1 tsp. cinnamon). Arrange peach halves cut side down in a single layer over the sugar. Sprinkle coconut around peaches; set aside. In a mixing bowl, beat eggs until thick and lemon colored, gradually beating in sugar. Add almond extract and reserved syrup. Combine flour, baking powder and salt; add to egg mixture and mix well. Pour over peaches. Bake at 350°F for 50 to 60 minutes or until a toothpick inserted near center comes out clean. Cool for 10 minutes. Invert cake onto a serving plate. Serve warm. **Yield:** 6 to 8 servings.

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