

Across the Fence Harvest Recipes – September 2012

Lyn Jarvis' Recipes

Shrimp Chowder

2 Tbsp. unsalted butter	5 cups whole milk
1 small yellow onion, diced small	1 lb. medium shrimp, peeled and deveined
2 cups corn kernels (from 3 ears), cobs reserved	¼ cup thinly sliced fresh basil leaves, plus more for serving
4 medium Yukon Gold potatoes, peeled and cut into ½-inch pieces (5 cups)	Crusty bread (optional)
Salt and pepper	

In a medium pot, melt butter over medium heat. Add onion and sauté until translucent, about 6 minutes. Stir in corn kernels and potatoes; season with salt and pepper. Add milk and corncobs. Increase heat to medium-high and bring to a boil, then reduce to a simmer and cook until potatoes are tender when pierced with a knife, about 8 minutes. Add shrimp and cook until opaque throughout, 3 to 5 minutes. Discard cobs and stir in basil. (To store, refrigerate in an airtight container, up to 3 days.) Divide among bowls and top with more basil. Serve with bread, if desired. **Yield:** 8 servings.

Nectarine Plum Crisps

1 pkg. (9 oz.) apple crisp mix	2 cups sliced fresh plums
6 Tbsp. cold butter, cubed	2 tsp. cornstarch
2 cups sliced fresh nectarines	Vanilla ice cream, optional

Place crisp mix in a small bowl; cut in butter until crumbly. Spoon half of the mixture into four 10 oz. ramekins or custard cups coated with cooking spray; reserve remaining mixture for topping. In another bowl, combine the nectarines, plums and cornstarch; toss to coat. Spoon over crumb layer. Sprinkle with topping. Bake at 375°F for 25 to 30 minutes or until filling is bubbly and topping is golden brown. Serve warm; top with ice cream, if desired. **Yield:** 4 servings.

Butterscotch Apple Treat

3 cups diced red apples	1 carton (8 oz.) frozen whipped topping, thawed
1 cup miniature marshmallows	1 pkg. (3.4 oz.) instant butterscotch pudding
1 cup peanuts	
1 can (8 oz.) crushed pineapple, drained	
⅓ cup raisins, optional	

In a large bowl, combine apples, marshmallows, peanuts, pineapple and raisins, if desired. Combine whipped topping and dry pudding mix; fold into fruit mixture and mix well. Refrigerate until ready to serve. **Yield:** 6 to 8 servings.

Apple Peach Cobbler

4 cups sliced peeled fresh or frozen peaches, thawed
1 medium tart apple, peeled and thinly sliced
1/3 cup sugar
1/3 cup packed brown sugar
1 tsp. ground cinnamon
1/4 tsp. ground nutmeg

Topping:
1 cup all-purpose flour
1 Tbsp. sugar
1 tsp. baking powder
1/4 tsp. salt
2 Tbsp. cold butter
1/2 cup whole milk
Vanilla ice cream

In a large bowl, combine the first six ingredients. Transfer to a greased shallow 2-qt. baking dish. **For topping:** In a bowl combine the flour, sugar, baking powder, and salt. Cut in butter until crumbly. Stir in milk just until blended. Drop by spoonfuls over peach mixture. Bake at 400°F for 25 to 30 minutes or until filling is bubbly and topping is golden brown. Serve warm with ice cream. **Yield:** 6 servings

Chicken Breasts with Melon Relish

1/4 tsp. salt
1/4 tsp. ground ginger
1/4 tsp. ground nutmeg
1/4 tsp. pepper
4 boneless skinless chicken breast halves (6 oz. each)
1 Tbsp. canola oil

Relish:
1 cup diced cantaloupe
1/4 cup finely chopped celery
1 green onion, chopped
2 Tbsp. minced fresh mint
1 Tbsp. chopped candied ginger
1 Tbsp. lime juice
1 Tbsp. honey
1/2 tsp. grated lime peel

In a small bowl, combine salt, ginger, nutmeg and pepper. Rub over both sides of chicken. In a large skillet, cook chicken in oil over medium heat for 8 to 10 minutes on each side or until juices run clear. Meanwhile, in a small bowl, combine the relish ingredients. Serve with chicken. **Yield:** 4 servings.

Judy Simpson's Recipes

Garlicky Sweet Potato Fries

2 large sweet potatoes scrubbed and cut lengthwise into 1/2-inch thick wedges
1/2 cup olive oil

1/4 cup chopped fresh parsley
4 garlic cloves, minced
Salt and pepper

Toss sweet potatoes with olive oil, parsley, garlic, 1 teaspoon salt, and 1 1/2 teaspoon of pepper. Cover with plastic wrap and marinate for 2 hours. Heat grill to medium. Grill sweet potatoes until tender, turning once 7 to 8 minutes per side. Serve with hot Creamy Scallion dip (next page), if desired.

Creamy Scallion Dip

Combine ½ cup mayo, 3 tablespoons sliced scallions, 2 teaspoons Dijon mustard and 1 teaspoon Worcestershire sauce. Serve with Garlicky Sweet Potato Fries.

Carolyn Peake's Recipes

Sweet Potato Crunch

1½ cups all-purpose flour
¾ cup finely chopped pecans
¾ cup butter, melted

Filling:

3 medium sweet potatoes, peeled
and cubed
⅓ cup sugar
3 Tbsp. butter
1 tsp. vanilla extract
¼ tsp. almond extract

Topping:

1 pkg. (8 oz.) cream cheese, softened
4 cups confectioners' sugar
1 carton (8 oz.) frozen whipped topping,
thawed
Additional chopped pecans, optional

In a bowl, combine flour and pecans. Stir in butter and press into a 9x13x2-inch baking dish. Bake at 350°F for 12 to 14 minutes. Cool on a wire rack. Place sweet potatoes in a large saucepan and cover with water, bringing to a boil. Cover and boil for 15 minutes or just until tender. Drain and mash. Add the sugar, butter and extracts, stir until smooth. Spread over crust. To make topping, beat cream cheese and sugar in a bowl until smooth. Fold in whipped topping and spread over filling. Sprinkle with pecans if desired. Refrigerate for 4 to 6 hours. **Yield:** 12 to 16 servings.

Cooking Tips: Sweet potatoes should not be refrigerated unless cooked. Store between 55°F and 65°F. Always use a stainless steel knife when cutting a sweet potato. Using a carbon blade will cause it to darken. When selecting fresh sweet potatoes, choose those that are smooth, plump, dry and clean.

Sunny Vegetable Salad

5 cups broccoli florets
5 cups cauliflowerets
2 cups shredded cheddar cheese
⅔ cup chopped onion
½ cup raisins

1 cup mayonnaise
½ cup sugar
2 Tbsp. cider or red wine vinegar
6 bacon strips, cooked and crumbled
¼ cup sunflower kernels

In a large bowl, toss broccoli, cauliflower, cheese, onions, and raisins. In small bowl, combine mayonnaise, sugar and vinegar. Pour over salad and toss to coat. Cover and refrigerate for 1 hour. Sprinkle the bacon and sunflower seeds over the top. **Yield:** 12 to 16 servings. Recipe can be halved.

Beef Barley Stew

1½ lbs beef stew meat, cut into 1-inch pieces	1 celery stalk, thinly sliced
1 medium onion, chopped	½ tsp. oregano
2 Tbsp. vegetable oil	½ tsp. paprika
1 qt. water	¼ tsp. pepper
1 can (15 oz.) tomato sauce	2 cups fresh or frozen green beans
5 medium carrots, cut into ½-inch pieces	2 cups fresh or frozen corn
	¾ cup medium pearl barley

Brown the beef and the onion in oil in a skillet and then drain. Transfer the mixture to a 5-qt. slow cooker. Add water, tomato sauce, carrots, celery, oregano, paprika, and pepper. Cover and cook on low for 4 to 5 hours. Add beans, corn and barley; cover and cook on low for an additional 2 hours or until barley, beef and vegetables are tender. **Yield:** 6 to 8 servings.

Cucumber Pan Rolls

1 large cucumber, peeled and diced	3¾ to 4¼ cups all-purpose flour
½ cup sour cream	1 pkg. (¼ oz.) active dry yeast
¼ cup water	2 Tbsp. fresh or dried chives
1 Tbsp. sugar	2 Tbsp. minced fresh dill or
1 tsp. salt	¾ tsp. dill weed

Process the cucumber in a blender until it is smooth. Place ¾ cup of puree in saucepan (discard remaining puree or save for another use). Add sour cream, water, sugar, and salt to saucepan and heat to 120°F to 130°F (mixture will appear separated). In a mixing bowl, combine 1¼ cups flour, yeast, chives and dill; add the cucumber mixture. Beat on low speed just until moistened; beat on high for 3 minutes. Add enough of the remaining flour to form a stiff dough. Turn onto a floured surface and knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down and allow it to rest 10 minutes. Shape into 12 balls; place in greased 13x9x2-inch baking pan. Cover and let rise until doubled, about 45 minutes. Bake at 375°F for about 30 to 35 minutes or until golden brown. Remove from pan and cool on a wire rack for 10 minutes. Serve warm. **Yield:** 1 dozen.

Cooking tips: Bitterness in cucumbers can be caused by any stress on the plant such as high temperature, low moisture, and low soil nutrients, etc. Bitterness is also associated with fruit harvested late in the season from poor yielding, unhealthy plants. If you have bitter cucumbers, cut off the stem ends and peel them. Most of the bitterness is in the stem end and the peel and just below it.

Recipe Correction: *Summer Fruit Recipes 2012, Page 6, in Anna Fenton's Blueberry Muffins, the liquid was omitted from the recipe; please add to ingredients: ¾ to 1 cup milk.*

Zucchini Chocolate Cake

½ cup butter, softened
½ cup vegetable oil
1¾ cup sugar
2 eggs
1 tsp. vanilla extract
2½ cups all-purpose flour
¼ cup baking cocoa

1 tsp. baking soda
½ tsp. baking powder
½ tsp. ground cinnamon
¼ to ½ tsp. ground cloves
½ cup sour milk*
2 cups shredded peeled zucchini
½ cup semisweet chocolate chips

In a mixing bowl, cream the butter, oil and sugar. Beat in the eggs and vanilla. Combine the dry ingredients then add to the creamed mixture, alternating with milk. Mix well. Stir in zucchini. pour into a greased 9x13x2-inch baking pan. Sprinkle with chocolate chips. Bake at 350°F for 40 to 45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. You may either frost or leave it plain. **Yield:** 12 to 15 servings.

***Note:** To sour milk, place 1½ tsp. white vinegar in a measuring cup and add milk to equal ½ cup.

Viewer's Recipes

Cheddar Baked Tomatoes

Polly Crandlemire, Richford, Vt.

1 cup coarsely chopped broccoli
4 large tomatoes, cut in half
½ cup biscuit mix
½ cup shredded cheddar cheese

¼ cup mayonnaise
¼ tsp. salt
2 green onions, thinly sliced
1 egg

Cook broccoli until tender, drain. Add remaining ingredients except tomatoes. Cut tomatoes in half. Place in lightly greased baking dish (cut side up). Put spread on each top. Bake uncovered at 400°F until topping is puffed and golden brown, about 25 minutes.

Slow-Cooker Scalloped Potatoes & Ham

Arlene Tallman, Belvidere Center, Vt.

3 lbs. potatoes, peeled and sliced
1 onion, chopped
1 cup shredded cheddar cheese
1 cup chopped cooked ham

1 can (10¾ oz.) cream of mushroom soup
½ cup water

Combine the potatoes, onion, cheese and ham in a slow cooker. Mix together the mushroom soup and water in a small bowl. Pour over potato mixture in slow cooker. Cover pot, cook for 5 to 6 hours on high heat. Stir the mixture just before serving. **Note:** For a creamier mixture, add ½ to 1 cup half & half.

Glazed Whole Beets

Martha Brenek, Lowell, Vt.

3 cans (15 oz.) whole beets
5 tsp. sugar
1 Tbsp. all-purpose flour
¼ tsp. salt
1 Tbsp. cider vinegar

Drain beets, reserving ⅔ cup juice in a large skillet. Combine the sugar, flour and salt. Stir in vinegar and reserved beet juice until smooth. Bring to a boil, cook and stir for 2 minutes or until thickened. Add beets, reduce heat. Cook uncovered for 4 to 5 minutes or until heated through.

Quinoa Salad

Trish Kargman, Jericho, Vt.

1 mango, cubed
1 red pepper, chopped in bite-size pieces
1 can (15 oz.) chickpeas
½ cup Vidalia onion, chopped
2 stalks celery, chopped in bite-size pieces
1 medium jicama, peeled, chopped in bite-size pieces
1½ cups cooked red quinoa
¾ cup fresh Italian parsley, chopped

Citrus vinaigrette:

Zest and juice of 1 lemon, plus white wine vinegar to make ⅓ cup
½ cup olive oil
1 tsp. ground cumin
2 tsp. ground coriander
Salt and pepper to taste

Combine all ingredients and chill. Salad tastes better if made several hours ahead of time. This colorful salad is eye-appealing. It's vegan friendly, too.

Grape Salad

Louise Leach, Enosburg Falls, Vt.

2 to 3 lbs. seedless grapes (whole)
8 oz. cream cheese
½ cup sugar
8 oz. sour cream
Topping:
1 cup pecans
1 to 2 Tbsp. butter, melted
½ cup brown sugar

Mix cream cheese and sugar together until smooth. Add sour cream and stir in the grapes. **Topping:** Combine all ingredients and toast in the microwave until spreadable. Cool and put on top of the grape mixture.

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