

# *Across the Fence*

## **Locally Grown Recipes – August 2019**

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

#### **Broccoli Salad**

1 bunch broccoli  
1 cup mayonnaise  
1 Tbsp. vinegar  
1 red onion, chopped  
1 cup sunflower seeds  
1 cup raisins

Chop the broccoli into bite-sized pieces. Mix all ingredients together. Chill. Keeps well in the refrigerator for a couple of days at least.

#### **Raw Apple Cake**

4 cups cooking apples  
2 cups sugar  
1 cup chopped nuts  
3 cups sifted all-purpose flour  
2 tsp. baking soda  
1 cup oil  
1 Tbsp. vanilla

Chop apples into small pieces. Add sugar and nuts. Mix and let stand one hour or longer, stirring often. Add flour and soda and mix ingredients together. Pour into greased and floured 13x9x2-inch pan or an angel cake pan, and bake at 350°F approximately 1 hour. You do not need a frosting on this as it makes its own shiny gloss. Serve with ice cream or whipped cream.

#### **Raspberry Salad**

3 pkgs. (3 oz.) raspberry gelatin  
2 cups boiling water  
1/3 cup sugar  
3 Tbsp. lemon juice  
2 pkgs. (10 oz.) frozen raspberries  
1 can (20 oz.) crushed pineapple  
1 pint sour cream

Dissolve gelatin in boiling water. Add sugar, lemon juice, frozen berries and pineapple. Mix well. Pour half the mixture into a 9x13-inch dish. Refrigerate until firm. Spread sour cream over gelatin layer and set back into refrigerator for 15 minutes. Pour rest of gelatin mixture over sour cream and refrigerate until set. Now that you have made this one, think of all the other frozen fruits you can try this with. Make sure your gelatin matches in some way the fruit you use!

## Turkey Creole

4 Tbsp. oil  
2 cups onion, diced  
2½ cups celery diced  
1 cup green pepper, diced  
2 tsp. finely minced garlic  
1 can (20 oz.) tomatoes, broken into pieces  
1 Tbsp. paprika  
5 tsp. Worcestershire sauce, divided  
2 Tbsp. cornstarch  
¼ cup water  
4 cups (about 1½ lbs.) cooked turkey, diced

In a large heavy saucepan, heat oil. Add onions, celery, green pepper and garlic and sauté for five minutes. Add tomatoes. Stir in the paprika and 3 tsp. of the Worcestershire sauce. Bring to a boil and simmer, covered, for 20 minutes. Blend cornstarch and water. Stir into saucepan. Add turkey and remaining 2 tsp. Worcestershire sauce, simmer, covered, stirring occasionally, until mixture is thickened, about 10 minutes. Spoon into a rice ring if desired.

## Marco Ayala's Recipes

### Peach Streusel Pie

#### **Crust**

Use your favorite single pie crust recipe.

#### **Filling**

¾ cup sugar (brown, white, or a combination)  
⅓ to ½ cup tapioca\*  
⅛ tsp. salt  
6 cups fresh peach slices  
1 tsp. vanilla extract  
¼ tsp. almond extract, optional  
1 Tbsp. lemon juice

#### **Topping**

¾ cup brown sugar  
¾ cup all-purpose flour  
½ cup old-fashioned oats  
½ cup chopped pecans or walnuts  
¼ tsp. salt  
½ cup softened butter

Line a 9-inch pie pan with the pastry, and refrigerate while you make the filling. Preheat the oven to 425°F. Mix the sugar, tapioca, and salt. Toss with the peaches, extracts, and lemon juice. Spoon into the crust. Make the topping by combining the brown sugar, flour, oats, and nuts, then mixing in the soft butter until the mixture is crumbly. Sprinkle the topping over the filling. Place the pie on a parchment-lined baking sheet. Bake for 20 minutes, reduce the oven heat to 350°F, and bake for 40 minutes more, until the filling bubbles. Cover the edges of the pie with foil or a pie shield if they brown too quickly. You can also shield the streusel with foil if it's over-browning. Remove the pie from the oven, and cool it completely before slicing. **Yield:** 8 to 10 servings. **\*Note:** You will need more tapioca if you're using frozen peaches or have especially ripe peaches; and less if your peaches are a bit under-ripe.

## **Country Herb Bread Twist**

1 envelope active dry yeast  
1 tsp. sugar  
¼ cup hot water (110°F)  
2 Tbsp. butter or margarine  
2½ to 3 cups all-purpose flour  
1 ½ tsp. salt  
2 Tbsp. minced fresh rosemary  
2 Tbsp. minced fresh basil

Sprinkle yeast with sugar and add hot water. Let stand until foamy. Blend 1 cup water and 1 Tbsp. of butter with the yeast mixture. Combine 2½ cups flour and salt. Stir into the yeast mixture, a little at a time. This will be a somewhat sticky dough. Add up to ½ cup more flour if needed. Turn dough onto floured surface and knead until smooth and elastic (5 minutes). Form the dough into a ball and place in a large oiled bowl. Turn ball of dough to coat all surfaces with oil. Cover and let rise until double in volume (approx. 1 to 1 ½ hours). Punch down and divide into thirds. Knead rosemary into one third, thyme into second third and basil into last third. Roll each into a rope about 20-inches long. Arrange ropes side by side, starting in the middle, working toward an end, braid the ropes pressing the end together and pinch under. Repeat braiding at opposite end. Transfer to greased cookie sheet sprinkled lightly with cornmeal. Cover with clean cloth and let rise for 30 to 40 minutes (about double in volume). Preheat oven to 375°F. Brush dough with 1 Tbsp. of melted butter and bake for 20 to 30 minutes. Bread should be golden brown and sound hollow when tapped on the bottom. Yield: 1 large loaf.

### **Tips for cooking with fresh fruit:**

**Shop for what's in season:** The most important tip for baking with fruit: [cook with what's in season!](#) There are so many benefits to baking with local produce. Aside from it being much more cost efficient and reducing the carbon footprint, locally picked fruit lends the best flavor to a recipe. It is picked when it is ripe (unlike imported produce), offering a natural sweetness to the final dish. Not to mention going berry picking is a fun activity during the warm months!

**Uniformity is key:** Cut fruit into evenly sized pieces. Similar to cooking with vegetables, it is important to slice or dice your fruit into evenly sized pieces. This will ensure in a crisp, crumble, galette or pie that everything bakes through evenly. It will also be much more pleasant to bite into when everything is carefully sliced or diced.

**Dust fruit in flour first:** When baking with fresh fruit for loaf cakes, coffee cakes, muffins, and so on, dust the fruit lightly in all-purpose flour before adding it to the batter. This will help stop the fruit from sinking to the bottom during the baking process. This tip works with nuts and chocolate chips, too.

**Give it a garnish:** When prepping your fresh fruit, save some on the side to use as a garnish at the end. A slice of fruit or sprinkle of berries makes a beautiful (and delicious) addition for serving. [A little whipped cream never hurt, either!](#)

## Summer Fruit Cake

2 peaches, firm ripe  
2 pears, firm ripe  
1½ cups pitted halved cherries  
1 cup plus 2 Tbsp. sugar  
½ cup butter or margarine  
2½ cups all-purpose flour  
1 Tbsp. baking powder  
¼ cup milk  
4 eggs

½ tsp. lemon extract or grated lemon  
rind  
Fresh peaches, sliced, for garnish

### **Sweetened sour cream or yogurt:**

1 cup sour cream or plain yogurt  
2 Tbsp. honey or sugar  
1 tsp. Vanilla

Peel skin from peaches. Cut into ½-inch pieces. Remove skin from pears. Cut into ½-inch pieces. Combine peaches, pears, and pitted cherries. Set aside. In large bowl, beat together the butter and sugar until light and creamy. In another large bowl, combine the flour and baking powder. Mix milk and half of flour mixture into creamed butter and sugar. Beat in 4 eggs. Add remaining flour mixture. Blend well. Stir in lemon extract or rind and the fruit. Pour batter into a greased 9 or 10-inch spring form pan. Bake at 350°F for 1 hour and 10 minutes or until golden brown and wooden pick comes out clean. Cool on rack in pan for 15 minutes before carefully turning out to cool on rack. **Sweetened sour cream or yogurt:** combine all ingredients, adding bits of fresh fruit if desired. Serve warm with a dollop of sweetened sour cream or yogurt, if desired. **Yield:** 10 servings.

## Viewer Recipes

### Chunky Tomato & Bean Soup

Shirley Hale – Andover, Vt.

3 medium (about 1 lb.) fresh tomatoes  
1 Tbsp. vegetable oil  
1½ cups chopped onions  
2 tsp. minced garlic  
2½ cups cooked white kidney (cannelloni beans),  
drained and rinsed

1 can (13¾ oz.) chicken or vegetable broth  
¼ tsp. ground black pepper  
½ tsp. Italian seasoning, crushed  
3 cups spinach leaves  
4 slices toasted Italian bread  
1 cup water

Use fully ripe tomatoes at room temperature. Core tomatoes; coarsely chop (makes about 3 cups); set aside. In a 4-quart sauce pan, heat oil until hot. Add onion and garlic; cook and stir until softened, 3 to 4 minutes. Add beans, broth, 1 cup water, black pepper, Italian seasoning, and reserved tomatoes; bring to a boil; reduce heat and simmer, covered for 15 minutes. Stir in spinach; cook until spinach is tender, 2 to 3 minutes. To serve: in each bowl place a slice of bread; ladle in soup. Sprinkle with Parmesan cheese, if desired. **Yield:** 4 servings.

**You can subscribe to [Across the Fence Recipes](#) by sending self-addressed and stamped business sized envelopes (up to 12) and a check made out to Marco Ayala for as many recipes you are ordering (\$2 each) and we will mail them to you as soon as they become available each month!**

**Strawberry Shortcake Cookies**  
**Eva Compton – Williston, Vt.**

**Dough:**

Cooking spray  
¾ cup chopped strawberries  
1 Tbsp. lemon juice  
½ cup plus 1 tbsp. granulated sugar  
2 cups all-purpose flour  
½ tsp. baking powder  
¼ tsp. kosher salt  
½ cup butter, softened

¼ cup packed brown sugar  
1 large egg  
1 tsp. pure vanilla extract

**Filling:**

4 Tbsp. cream cheese, softened  
3 Tbsp. powdered sugar  
Zest of 1 lemon

Preheat oven to 350°F. Line two large baking sheets with parchment paper and grease with cooking spray. Make cookie dough: In a small bowl, stir strawberries, lemon juice and 1 tablespoon granulated sugar until combined. Let sit 10 minutes, then drain. In a medium bowl, whisk together flour, baking powder, and salt. In a large bowl using a hand mixer, beat butter, remaining ½ cup sugar, and brown sugar until light and fluffy. Beat in egg and vanilla extract, then stir in flour mixture until just combined. Using a wooden spoon, very gently fold in strawberries. Set aside. Make filling: Line a large plate or baking sheet with parchment paper. In a medium bowl, combine cream cheese, powdered sugar, and lemon zest until smooth. Scoop into 12 small balls (about 1½ teaspoons each) and place on prepared baking sheet. Using a medium cookie scoop, scoop heaping tablespoons of dough (about 24 balls) and flatten into pancake-like circles on the baking sheet. Place cream cheese filling on top of 12 pieces of dough. Place remaining dough on top of filling and pinch edges together. Roll gently into balls. Arrange stuffed cookie dough balls 2-inches apart on baking sheets and bake until cookies are set and just golden around edges, about 18 minutes.

**Glazed Raspberry Pie,**  
**Edna Wells, Lancaster, NH.**

5 cups fresh raspberries, divided  
1 cup water, divided  
1 cup sugar  
3 Tbsp. cornstarch  
2 Tbsp. lemon juice

1 pkg. (3 oz.) cream cheese, softened  
1 Tbsp. soft butter  
1 Tbsp. milk  
1 pastry shell (9 inches) baked  
Fresh mint, optional

In a saucepan, combine ⅔ cup raspberries and ⅔ cup water. Simmer, uncovered for 3 minutes. Strain raspberries (discard seeds), and set juice aside. In another saucepan, combine sugar, cornstarch and remaining water until smooth. Add raspberry juice. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in lemon juice. Cool. In a small mixing bowl, beat cream cheese, butter, and milk until smooth. Spread onto the bottom and up the sides of pastry shell. Fill pastry shell with the remaining raspberries. Slowly pour glaze over berries. Refrigerate until serving. Garnish with mint if desired. Yield: 6 to 8 servings.

## **Savory Tomatoes, Beans, and Squash in a Crockpot**

**Beth Jackson – Brattleboro, Vt.**

1 large onion, sliced	2 Tbsp. oil
1 clove garlic, minced	1 lb. green beans, cut
¼ cup minced parsley	3 large tomatoes, peeled and diced
2 tsp. salt	2 cups yellow squash, cut in chunks
¼ tsp. each pepper, thyme, & sage	2 cups zucchini, cut in chunks

Sauté onion, garlic, parsley, and seasonings in oil about 3 minutes. Put in crock pot with remaining ingredients. Cover and cook on high 3 to 4 hours, or until tender, stirring occasionally. Serves 4 to 6.

### **Tips on cooking vegetables:**

**Don't overcrowd the skillet:** Almost any vegetable can be prepared by slicing the vegetable thinly, heating oil in a pan over medium-high heat, and then sautéing it until tender. Add a little garlic if you like, and finish with sea salt. However, if you want the sautéed vegetables to be genuinely tasty, here's the trick you need to know: Don't overcrowd the skillet. Use a wide skillet and only sauté a single layer of vegetables at a time. Vegetables release water as they cook, especially softer vegetables like zucchini and mushrooms. If you put too many veggies in a pan at once, they'll steam and turn to mush in their own liquid instead of sautéing to golden brown. The same goes for roasting vegetables. Don't pile vegetables on a sheet pan. Spread them out evenly in a single layer.

**Try roasting:** The easiest way to use up vegetables is roasting. Make a habit of roasting a sheet pan's worth every week, using any vegetables that are past their salad prime. Roasted vegetables are a delicious side dish for any meal, and they're great added to any salad you pack for lunch the next day. Peel if needed, then cut all the vegetables into pieces that are basically the same size so they'll cook at the same rate. Group the vegetables by texture and/or type, so that shorter cooking veggies are on one sheet pan and longer cooking veggies are on another. Coat the veggies generously with olive oil and sprinkle with salt and pepper (or your favorite spice blend). Spread the vegetables out evenly in one layer on a sheet pan, with a little room to spare. Don't overcrowd the sheet pan. Roast in the oven at 425°F for 20 to 45 minutes, depending on the type of vegetable. Veggies are done when they can be easily pierced with a fork and are lightly browned on the edges. Mix the vegetables only once or twice while they roast. Use a rimmed baking sheet, so the veggies don't fall off the pan when you mix them.

*Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.*

Contact us at: [atfence@uvm.edu](mailto:atfence@uvm.edu), phone: (802) 656-5059, toll free at: 1-888-283-3430 or visit us online at: [www.uvm.edu/extension/atf](http://www.uvm.edu/extension/atf)

*University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.*