

Across the Fence

Locally Grown Recipes – August 2018

Carolyn Peake's Recipes

Favorite Beets

5 medium fresh beets, peeled and sliced
1 medium onion, sliced and separated into rings
½ cup red wine or cider vinegar
3 Tbsp. vegetable oil
salt and pepper to taste

Place beets in a big saucepan, big enough to cover them with water. Bring to a boil, reduce heat, cover and simmer for 10 to 12 minutes or until tender. Drain, place in a bowl and add the onions. In a small bowl, combine the vinegar, oil, salt and pepper. Drizzle over beets and toss to coat. Serve immediately or refrigerate and serve chilled. **Yield:** 6 servings.

Creamed New Potatoes

2½ lbs. unpeeled small red potatoes, cut into 1-inch slices	1 tsp. dried thyme
1 pkg. (8 oz.) cream cheese, cubed	1 tsp. dried tarragon
1 cup buttermilk	¼ tsp. pepper
1 bunch green onions, chopped	3 Tbsp. minced fresh parsley

Place potatoes in a saucepan and cover them with water. Bring to a boil, then reduce heat; cover and cook for 15 to 20 minutes until the potatoes are tender. In another saucepan, combine cream cheese and buttermilk. Cook this and stir over medium heat until cheese is melted and mixture is smooth. Remove from heat; add the onions, thyme, tarragon and pepper. Drain the potatoes and place in a serving bowl, add cream sauce and toss to coat. Sprinkle with parsley. **Yield:** 6 servings.

Cherry-Raspberry Chocolate Cobbler

1 can (21 oz.) cherry pie filling	½ cup bittersweet chocolate chips
½ tsp. almond extract	1 cup biscuit mix
2 cups fresh raspberries	3 Tbsp. sliced almonds
¾ cup chocolate ice cream	

Heat oven to 375°F. In a medium bowl, mix pie filling and almond extract, then fold in raspberries. Spread in ungreased 8-inch square pan. Bake for 15 minutes. While that is baking, in a medium microwavable bowl, microwave ice cream and chocolate chips on HIGH for about 1 minute and 30 seconds, until smooth, stirring every 30 seconds. Add biscuit mix and mix well. Let stand until fruit is done baking. Drop dough into 8 mounds (about three tablespoons each) over hot fruit. Sprinkle each mound with almonds. Bake 15 to 18 minutes longer or until chocolate topping is just set. Serve warm. **Yield:** 8 servings.

Bacon Broccoli Salad (from Marie Danforth)

1 head broccoli, cut into small pieces	1 cup shredded cheddar cheese
8 slices bacon, fried and crumbled	1 cup salad dressing (or mayonnaise)
¼ cup raisins	2 Tbsp. vinegar
1 clove garlic, chopped	4 Tbsp. sugar
1 small onion, chopped	

Mix all together.

Impossibly Easy BLT Pie

12 slices of bacon cooked crispy and crumbled	⅛ tsp. pepper
1 cup (4 oz.) shredded Swiss cheese	2 eggs
½ cup biscuit mix	2 Tbsp. mayonnaise
⅓ cup mayonnaise	1 cup shredded lettuce
¾ cup milk	6 thin slices of tomato

Heat oven to 400°F and spray a 9-inch glass pie plate with non-stick cooking spray. Layer the bacon and cheese in pie plate. In a medium bowl, stir together biscuit mix, ⅓ cup mayonnaise, milk, pepper, and eggs with a wire whisk until well blended. Pour over bacon and cheese in the pie plate. Bake for 25 to 30 minutes or until top is golden brown and knife inserted in center comes out clean. Let stand for five minutes. Spread 2 Tbsp. mayonnaise over the top of the pie. Sprinkle with lettuce and place tomato slices on the lettuce. **Yield:** 6 servings.

Lyn Jarvis' Recipes

Chicken Stuffing Casserole

2 large potatoes, peeled and cubed
2 medium carrots, coarsely chopped
1 pkg. (8 oz.) crushed corn bread stuffing
½ cup butter, melted
3 cups cubed cooked chicken
1 can (10 ¾ oz.) condensed cream of chicken soup, undiluted
1 can (10 ¾ oz.) condensed cream of celery soup, undiluted
1 cup chicken broth

Place 1 inch of water in a saucepan; add potatoes and carrots. Bring to a boil. Reduce heat; cover and simmer for 5 to 7 minutes or until crisp-tender. Drain and set aside. Toss the stuffing and butter; spread half in a greased 9x13-inch baking dish. Top with chicken. In a large bowl, combine the soups, broth, potatoes and carrots; spread evenly over chicken. Sprinkle with remaining stuffing mixture. Bake uncovered, at 350°F for 40 to 45 minutes or until heated through. **Yield:** 6 to 8 servings.

Oatmeal Honey Nut Bread

2 cups boiling water	1 tsp. cinnamon
1 cup rolled oats	1 Tbsp. instant yeast (or 1 packet)
½ cup Vermont maple sugar	1½ cups 100% white whole wheat flour
3 Tbsp. honey	4 cups all-purpose flour
¼ cup butter	1 cup chopped walnuts
1 Tbsp. salt	

In a large mixing bowl, combine the water, oats, maple sugar, honey, butter, salt and cinnamon. Let cool to lukewarm. Add the yeast and flours, stirring to form a rough dough. Knead (about 10 minutes by hand, 5 to 7 minutes by machine) until the dough is smooth and satiny. Transfer the dough to a lightly greased bowl, cover the bowl with lightly greased plastic wrap, and allow the dough to rise for 1 hour. Divide the dough in half, add the chopped walnuts and shape each half into a loaf. Place the loaves in two greased 8½ x 4½-inch bread pans. Cover the pans with lightly greased plastic wrap and allow the loaves to rise till they've crowned about 1 inch over the rim of the pan, about 1 hour. Bake the loaves in a preheated 360°F oven for 33 minutes.* Remove them from the oven when they're golden brown, and the interior registers 190°F on an instant-read thermometer. **Yield:** 2 loaves.

**Note:* If your oven can't be set at 360°F, set it at 350°F and bake the bread for 35 to 40 minutes.

Blushing Peach Pie

1 cup sugar	2 cups sliced peaches
½ cup flour	¼ cup water
¼ tsp. nutmeg	1 pastry for single crust pie
¼ cup butter	

Mix together sugar, flour, nutmeg and butter until it resembles coarse meal. Sprinkle half of this mixture over bottom of pie shell. Arrange peaches on top of mixture. Sprinkle water over peaches and top with remaining crumb mixture. Bake at 425°F for 40 to 45 minutes. **Note:** Place a crust saver ring to prevent overbrowning, or use aluminum foil, to create a ring to set over crust. Serve with whipped cream.

Yield: 6 to 8 servings.

Lemon Blueberry Chiffon Pie

1 baked pie crust	1 lemon (for the juice and grated peel)
¾ cup boiling water	1 can (12 oz.) evaporated milk, whipped
1 pkg. (3 oz.) lemon flavored gelatin	1½ cups fresh blueberries
½ cup sugar	

Dissolve gelatin in boiling water. Add sugar, grated rind of lemon and juice. Chill until syrupy. Fold in whipped evaporated milk and blueberries. Pour into baked shell. Chill until ready to serve.

Yield: 6 to 8 servings.

Sweet Cherry Cobbler

Cherry Filling:

6 to 8 cups fresh sweet dark cherries, pitted
1 cup sugar
2 Tbsp. cornstarch
½ tsp. grated lemon zest
¼ tsp. almond extract
⅛ tsp. salt
½ tsp. cinnamon (optional)

Batter:

½ cup unsalted butter
1¼ cups all-purpose flour
2 Tbsp. baking powder
½ tsp. salt
½ cup sugar
1 cup milk

In a large bowl, combine the pitted cherries, sugar, cornstarch, grated lemon zest, almond extract, salt, and ground cinnamon (if using). Toss mixture gently and let stand at room temperature for 30 minutes so the flavors can combine well. Preheat oven to 350°F. Place the butter in a 9x13-inch rectangular glass or ceramic baking dish and put the baking dish in the oven while the oven preheats. While the butter is melting in the baking dish in the oven, mix the batter in a large bowl by combining the flour, baking powder, salt, sugar and milk. When the butter is completely melted, remove the pan from oven and pour the batter into the melted butter. The batter will immediately begin to cook, which is what you want. Carefully spoon the cherry mixture evenly over the batter. Return dish to oven and bake cobbler for approximately 25 to 30 minutes, or until batter sets and is browned (as the cobbler cooks, the batter will begin to rise up around the cherry mixture). Remove cobbler from oven and place on cooling rack. Serve cobbler warm or at room temperature. If desired, serve with vanilla ice cream, whipped cream or non-dairy whipped topping and decorate with a fresh mint sprig. **Yield:** 9 to 12 servings.

Note: Recipe may be halved.

Deb Plumley's Recipes

Angel Hair Pasta with Raw Tomato Sauce

3 lbs. fresh, best-quality tomatoes
1 small garlic clove, minced
2 Tbsp. fresh lemon juice or red wine vinegar
1 tsp. coarse salt, plus more to taste

1 tsp. sugar
½ tsp. black pepper
1 lb. dried angel-hair spaghetti
½ cup chopped fresh basil

Halve the first pound of tomatoes crosswise; rub the cut sides against the large holes of a box grater set in a large bowl, discarding the skin. Core and chop the last two pounds of tomatoes and add to the grated tomato bowl. Add garlic, lemon juice or vinegar, salt, sugar, and pepper. Let marinate at room temperature until ready to use, at least 10 minutes but also up to 2 hours if you're planning ahead. After it has steeped for a while, taste and adjust seasonings as needed. Cook pasta in salted boiling water as package time recommends. Drain then toss with fresh sauce and basil. Serve lukewarm or at room temperature with a drizzle of olive oil and freshly grated cheese on top.

Simple Tomato Cucumber Salad

Dressing:

¼ cup olive oil
2 Tbsp. red wine vinegar
1 tsp. dried oregano
½ tsp. salt
freshly cracked pepper

Salad:

4 Roma tomatoes
1 medium cucumber, peeled
½ small red onion

Whisk together olive oil, vinegar, oregano, salt, and freshly cracked pepper in a bowl, or combine in a jar and shake until mixed. Set dressing aside to allow the flavors to blend. Dice tomato, cucumber, and red onion. Place them in a large bowl. Pour the dressing over the sliced vegetables and toss to coat. Serve, or refrigerate until ready to eat. The onions will become milder as they marinate in the dressing.

Maple Blueberry Tea Cake

1½ cups plus 4 Tbsp. whole
wheat flour*
1½ tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt
⅔ cup pure VT maple syrup

1 large egg, lightly beaten
½ cup milk
6 Tbsp. unsalted butter,
melted (¾ stick)
1 cup fresh blueberries or
frozen, unthawed

Maple Glaze:

3 Tbsp. pure VT maple syrup
3 Tbsp. unsalted butter
pinch of salt
¼ cup confectioner's sugar

Preheat oven to 375°F. Lightly grease an 8-inch loaf pan or 8-inch square cake pan. In a large bowl, combine dry ingredients; flour(s), baking powder, baking soda, and salt. In a medium bowl, whisk the wet ingredients; maple syrup, egg, milk, and melted butter. Pour maple syrup mixture into the flour mixture and fold together until just combined. Gently fold in the blueberries. Pour batter into the prepared pan. Bake until golden brown and a toothpick inserted into the middle comes out clean, about 45 to 50 minutes. Let the cake cool on a wire rack. If you are going to glaze the cake, set the wire rack over a sheet pan. Once the cake is cool, run the tip of a knife or spatula around the sides to loosen it. Place a plate over the cake and flip it over onto the plate, tapping the sides and bottom of the pan to make sure the cake is free. Remove the pan, turn the cake over and place it back on the wire rack over the sheet pan.

For glaze: Add the maple syrup, butter, and salt to the small saucepan set over medium heat and stir until combined, then add the sugar and cook until it is dissolved. Pour the warm glaze over the cake, letting the excess glaze drip onto the baking sheet or serving platter. Slice and serve. **Note:** Whole wheat flour can be substituted with ¾ cup plus 2 Tbsp. all-purpose flour and ¾ cup plus 2 Tbsp. whole wheat flour.

Viewer's Recipes

New England Blueberry Pie, Lise Charron – Berkshire, Vt.

4 cups fresh blueberries
1 cup sugar
3 Tbsp. cornstarch
¼ tsp. salt
¼ cup water
1 Tbsp. butter
1 baked 9-inch pie crust

In a saucepan, cook 2 cups blueberries with sugar, cornstarch, salt and water. Stir and cook until thick. Remove from heat and add butter, Let stand until cool. Add remaining 2 cups blueberries. Pour mixture into a pie shell. Let stand overnight for flavors to blend. Serve with whipped cream.

Yield: 6 to 8 servings.

Peach Custard Cake, Carolyn Bourgeois – Vergennes, Vt.

1½ cups all-purpose flour
½ tsp. salt
½ cup butter, softened
3 cups sliced fresh peaches
½ cup sugar
½ tsp. cinnamon

Custard:
½ cup sugar
½ cup water
1 egg
1 cup evaporated milk

In a bowl, mix flour, salt and butter. Mix with a pastry blender until mixture resembles coarse meal. With the back of a spoon, press mixture firmly onto bottom and half-way up sides of a buttered 8-inch square or round pan. Arrange peaches on crust in pan. Mix sugar and cinnamon and sprinkle over peaches. Bake in 375°F oven for 20 minutes.

Custard: In a saucepan, heat water and dissolve sugar into it. Allow to cool. Whisk together sugar mixture, egg, and evaporated milk. Pour over peaches. Bake 30 minutes more or until custard is firm and center is just set. Center becomes firm on standing. Serve warm or cold. **Yield:** 8 servings.

Note: A 15 oz. can of peaches can be used instead of fresh peaches. Drain peaches reserving ½ cup syrup to use in custard instead of water and sugar.

Blueberry Muffins, Edie Ackerman – Fairlee, Vt.

½ cup butter
1¼ cups sugar
2 eggs
½ cup milk
2 cups flour

1 tsp. baking powder
½ tsp. salt
2½ cups blueberries, divided
sugar for topping

In a large bowl, cream butter and sugar until fluffy. Add eggs, one at a time, until blended. In a separate bowl, mix dry ingredients and add alternately with milk to butter and egg mixture. Mash ½ cup of the berries and stir in with spoon. Gently stir in 2 cups of blueberries. Grease muffin tins. Pour batter into muffin cups (fill high) and sprinkle with sugar. Bake at 375°F for about 25 minutes **Yield:** 18 muffins.

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