

Across the Fence
Comfort Food Recipes – September 2008

Lyn Jarvis' Recipes

The Shed's Shepherd Pie

1 Tbsp. vegetable oil	¾ tsp. garlic powder
1 small yellow onion, finely chopped	1 tsp. (1 packet or 1 cube, crumbled) beef bouillon
1½ lbs. ground beef	½ cup water
¾ tsp. dried oregano	Pepper to taste
2 Tbsp. flour	1½ lb. potatoes, mashed following the recipe of your choice, or instant mashed potatoes
1 Tbsp. plus 1 teaspoon dry sherry, optional	1 cup (about 4 oz.) shredded sharp cheddar cheese
1 Tbsp. plus 1 teaspoon soy sauce	
1 can (15.5 oz.) corn with juice	
1½ tsp. Kitchen Bouquet® browning and seasoning sauce	

Preheat oven to 375°F with oven rack in top position. In a large sauté pan or skillet set over medium-high heat, warm vegetable oil. Add onions, ground beef, and oregano and cook, stirring occasionally, until onion is soft and beef is cooked through, about 7 to 9 minutes. Drain off any excess fat before continuing. Sprinkle flour over meat and cook, stirring, another 1 to 2 minutes until flour is absorbed. Add sherry, soy sauce, canned corn with juice, Kitchen Bouquet®, garlic powder, beef bouillon, and water to pan and stir to combine. Simmer about 10 minutes to combine flavors and thicken gravy. Taste and add pepper as desired. Divide meat evenly into ovenproof crocks or pour into a baking dish. Top with mashed potatoes and a sprinkle of cheddar cheese. Warm through in oven (12 to 15 minutes for individual crocks, about 25 minutes for larger baking dish). If cheese is not golden and bubbly, broil for a minute at the end. Yield: 4 to 6 servings.

Cider House Mac 'n Cheese

1 pkg. (16-oz) rotini (corkscrew) pasta	1 cup (about 4 oz.) shredded whole milk mozzarella
2 Tbsp. olive oil	2 cups (about 8 oz.) shredded sharp cheddar cheese, divided
4 Tbsp. unsalted butter	1 tsp. salt plus more to taste
¼ cup all-purpose flour	Pepper to taste
2 cups whole milk plus ½ cup, divided	
1 cup heavy cream	

Cook pasta according to package directions. Drain, and toss with olive oil to prevent sticking. Set aside. In a pot large enough to fit pasta, melt butter over medium heat. When butter is bubbling, whisk in flour and cook, whisking constantly, until the mixture is light tan and smells slightly nutty, about 3 to 4 minutes. Carefully pour in milk and cream, whisking constantly to prevent lumps from forming, and bring the sauce to a simmer. Cook until the mixture is thick enough that a line drawn by your finger across a coated spoon leaves a mark, another 2 to 3 minutes. Take pot off the heat and immediately stir in mozzarella and 1 cup of the cheddar until melted. Stir in salt. Stir pasta into sauce along with the remaining cup of cheddar. Add remaining milk to adjust creaminess as desired. Taste and adjust seasoning as desired. Serve immediately. Yield: 4 to 6 servings.

Tacos in a Skillet

1 lb. ground beef	½ cup water
1 can (10¾ oz.) tomato soup	Corn chips, amount desired
½ cup salsa (spiciness to taste)	Shredded cheddar cheese, amount desired

Cook beef in 10-inch skillet until well browned, stirring to break up meat. Pour off fat. Stir in soup, salsa, and water. Heat to a boil. Reduce heat to low and cook for 5 min. Stir in corn chips and top with cheese. Serve immediately. Yield: 4 servings.

Lyn's Banana Pudding

1 large pkg. (5.1 oz.) instant vanilla pudding	1 ct. (12 oz.) whipped topping
2½ cups cold milk	4 to 5 sliced bananas
1 can (14 oz.) sweetened condensed milk	Ginger snaps (crushed into bite-size pieces)

Mix pudding and milk, add condensed milk. Blend well; fold in half the whipped topping. Alternate layers of pudding, bananas and ginger snaps. Top with remaining topping and a few banana slices just before serving. Yield: 12 to 15 servings. Recipe can be halved.

Heather Fischer's Recipes

Cheese Garlic Biscuits

1¾ cups all-purpose flour	1 cup milk
½ tsp. salt	1 cup shredded cheddar cheese
½ tsp. baking powder	¼ cup butter, melted
5 Tbsp. butter	1 clove garlic, minced

Preheat oven to 450°F. In a large bowl, sift together flour, salt, and baking powder. Cut in butter until mixture resembles coarse crumbs. Make a well in the center of flour mixture. Add the milk and cheddar cheese; stir to combine. Drop batter by spoonfuls onto an ungreased baking sheet. Bake in preheated oven for 12 to 15 minutes, until lightly browned. While biscuits are baking mix melted butter and minced garlic. Brush garlic butter over hot baked biscuits.

Artichoke, Spinach and Feta Stuffed Shells

1 tsp. dried oregano	¼ tsp. freshly ground black pepper
¼ cup chopped pepperoncini peppers	1 pkg. (9 oz.) frozen artichoke hearts, thawed and chopped
1 can (28 oz.) fire-roasted crushed tomatoes with added puree (such as Progresso®)	½ pkg. (10 oz) package frozen chopped spinach, thawed, drained, squeezed dry
1 can (8 oz.) no-salt-added tomato sauce	2 garlic cloves, minced
1 cup (4 oz.) shredded mozzarella cheese, divided	20 cooked jumbo pasta shells (about 8 oz. uncooked pasta)
1 cup (4 oz.) crumbled feta cheese	Cooking spray
½ cup (4 oz.) fat-free cream cheese, softened	

Preheat oven to 375°F. Combine first 4 ingredients in a medium saucepan. Place over medium heat; cook 12 minutes or until slightly thick, stirring occasionally. Remove from heat; set aside. Combine ½ cup mozzarella and the next 6 ingredients (through garlic) in a medium bowl. Spoon or pipe about 1½ tablespoons cheese mixture into each pasta shell; place stuffed shells in a 13x9x2-inch baking dish coated with cooking spray. Spoon tomato mixture over shells; sprinkle with remaining ½ cup mozzarella. Bake at 375° for 25 minutes or until thoroughly heated and cheese melts.

Chewy Chocolate Chip Cookies

2 sticks unsalted butter	1 egg yolk
2¼ cups bread flour	2 Tbsp. milk
1 tsp. kosher salt	1½ tsp. vanilla extract
1 tsp. baking soda	2 cups semisweet chocolate chips
¼ cup sugar	Ice cream scooper
1¼ cups brown sugar	Parchment paper
1 egg	

Heat oven to 375°F. Melt the butter in a heavy-bottom medium saucepan over low heat. Sift together the flour, salt, and baking soda and set aside. Pour the melted butter in bowl. Add the sugar and brown sugar. Cream the butter and sugars on medium speed. Add the egg, yolk, 2 tablespoons milk, and vanilla extract and mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Stir in the chocolate chips. Chill the dough, then scoop onto parchment-lined baking sheets, 6 cookies per sheet. Bake for 14 minutes or until golden brown, checking the cookies after 5 minutes. Rotate the baking sheet for even browning. Cool completely and store in an airtight container.

Carolyn Peake's Recipes

Impossible Coconut Pie (from Virginia Kennedy)

1 cup sugar	2 cups evaporated milk
4 eggs	½ cup all-purpose flour
1 tsp. vanilla extract	¼ cup butter, melted
1 cup shredded coconut	

Place all ingredients in a blender and mix until smooth. Pour mixture into greased 10-inch pie plate and bake at 350°F for 45 to 50 minutes.

Dreamy Chicken Stew

2 cans (10.5 oz.) condensed cream of chicken soup	4 medium potatoes, cut into bite-sized pieces
3 cups water	6 medium carrots, cut into bite-sized pieces
1 to 2 cups sliced celery	Basil, oregano, and garlic to taste
1 medium onion, chopped coarsely	½ cup barley
6 boneless, skinless chicken breasts, cut into bite-sized pieces	

Put all ingredients (except barley) in large crock-pot and cook on medium for 4 hours. Add barley and cook another 2 hours or until carrots and potatoes are tender.

Roland's Shepherd's Pie

5 large potatoes, peeled, cooked and mashed
1 lb. ground beef
1 medium onion, chopped
2 cans cream style corn

In a large skillet sprayed with non-stick cooking spray, cook onions until tender. Add ground beef and cook until no longer pink. Mix corn into beef mixture and place in 9x13x2-inch pan which has been sprayed with cooking spray. Spread mashed potatoes evenly over the ground beef mixture. Bake at 350°F until bubbly and potatoes have browned slightly. **Note:** Any mixture of vegetables can be mixed into the ground beef, whatever your family likes. Also, the potato can be topped with grated cheese when the casserole is hot and allowed to brown lightly.

Double Chocolate Brownies

¼ cup water	1½ cups flour, sifted
1½ cups butter (3 sticks)	6 eggs, slightly beaten
6 squares (1 oz. each) unsweetened chocolate	3 tsp. vanilla
3 cups sugar	1 pkg. mini chocolate chips

In large sauce pan, combine water, butter, and chocolate. Cook over medium heat until butter and chocolate are melted. Stir frequently. Remove from heat and add sugar. Mix thoroughly and allow to cool until warm. Beat eggs and add to chocolate mixture along with vanilla. Mix well. Add the flour and stir until smooth. Add chocolate chips and stir well. Pour mixture into a 9x13x2-inch pan that has been sprayed with nonstick cooking spray. Bake at 350°F about 40 minutes or until top is crusty and firm to the touch. Do not over bake! Let sit for several hours, or better yet, overnight. Cut into 48 squares and serve. These are very fudgy brownies.

Viewer Recipes

Scalloped Pineapple

Bob & Priscilla Foley, North Hero, Vt.

1 cup butter	¼ cup milk
2 cups sugar	4 cups white bread cubes
4 eggs, beaten	1 can (20 oz.) crushed pineapple, with juice

Cream together butter, sugar, and eggs. Add remaining ingredients and mix well. Place in a buttered 8x10x2-inch casserole. Bake at 375°F for 15 minutes, then at 350°F for 1 hour. Yield: 6 to 8 servings.

Apple Macaroon Pie

Valerie Bert, Braintree, Vt.

1 unbaked pie crust	½ tsp. cinnamon
4 cups apples, thinly sliced	½ tsp. salt
½ cup sugar	2 tsp. butter
1 Tbsp. flour	

Coconut topping:

1 egg, well beaten	1 cup coconut, shredded
½ cup sugar	¼ cup milk

Line 9-inch pie plate with pastry and arrange apple slices in pan. Combine sugar, flour, cinnamon, and salt. Sprinkle mixture on top of apples. Dot with butter and bake in 425°F oven for 20 minutes. Add coconut topping: lower heat to 350°F and bake 30 minutes longer. Coconut topping: Combine well beaten egg, sugar, shredded coconut, and milk. Spread over top of partially baked pie. Yields 8 servings.

Cranberry Fruit Bread

Terri Pilch, Burlington, Vt.

2 cups flour	1 orange, juiced and zested
1 cup sugar	1 egg, well beaten
1½ tsp. baking powder	2 Tbsp. melted butter
½ tsp. baking soda	½ cup chopped nuts
1 tsp. salt	2 cups cranberries, cut in half

Sift dry ingredients. Combine juice and zest and add enough water for ¾ cup liquid. Add beaten egg and melted butter. Pour over dry ingredients and mix until moistened. Add nuts and cranberries. Bake in loaf pan in 325°F oven for 50 to 60 minutes until pick inserted in center comes out clean. Cool before serving.

Cheesy Barbecued Meatballs
Barbara Ailes, St. Johnsbury, Vt.

2 cups corn flakes cereal	1 cup ketchup
2 eggs	¾ cup water
½ cup milk	2 Tbsp. cider vinegar
½ tsp. salt	3 Tbsp. firmly packed brown sugar
⅛ tsp. pepper	1 Tbsp. instant minced onion
½ lb. ground beef	1 tsp. salt
1 cup (4 oz.) shredded cheddar cheese	1 tsp. celery seed

Crush corn flakes cereal slightly in medium-size mixing bowl. Add eggs, milk, salt, and pepper. Mix well. Let stand about five minutes or until cereal is softened. Add ground beef and cheese, mixing until well combined. Shape into 1-inch meatballs. Place in single layer in greased shallow baking pan. Bake at 400°F about 10 minutes or until browned. Remove from oven and immediately loosen meatballs from pan. Do not remove from pan at this time. For sauce, combine remaining ingredients in a large saucepan. Bring to a boil. Reduce heat to low. Add meatballs and cook uncovered for 15 minutes. Serve over rice or noodles, or as an appetizer. Yield: 36 meatballs

Rice Pudding

4 cups milk	¼ tsp. salt
½ cup sugar	¼ tsp. nutmeg
½ cup rice	½ cup raisins

Mix all ingredients together in a baking dish. Bake at 350°F for approximately 1½ hours. As the pudding thickens, stir occasionally during baking. Bake until the pudding is the consistency to your liking. Serve warm or cold.

Pennies from Heaven
Lisa Tremblay ,Newport. Vt

6 potatoes cut into bite-size pieces	½ soup can of milk
1 pkg. hot dogs, cut into pennies	6 slices American yellow cheese, broken into pieces
1 medium onion, chopped	Salt and pepper to taste
1 can cream of mushroom soup	

Boil potatoes with salt to taste for 10 minutes. Add all ingredients to a 9x13x2-inch baking dish that has been previously sprayed with cooking oil. Bake at 350°F for 45 minutes. Yield: 6 to 8 servings.

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