

Maggie Knudsen
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Peaches



A Little Book of Favorite Recipes for 2010
Rotary Club of Conifer

Selecting and Washing

Choose fully ripe, but firm fruit. Under-ripe fruits may be bitter. Freeze soft, very ripe fruits as purees. To thoroughly remove dirt, bacteria and pesticide residue, wash all fruits in cold water. Drain and rinse several times with cold water. Lift fruits from water to prevent re-depositing of dirt and residues. Do not let fruits soak.

Freezing Peaches

Freezing fruit is simple and easy. Wash peaches to remove peach fuzz. Slice and remove pit into a large bowl. Sprinkle with "Fruit Fresh" or other ascorbic acid product and spoon into a freezer lock baggie.

Syrups for Canning

**Sugar to one quart
(950ml) Liquid**

Yield of Syrup

2 cups (480 ml)

5 cups (1200 ml)

3 cups (720 ml)

5 1/2 cups (1320 ml)

4 3/4 cups (1140 ml)

6 1/2 cups (1560 ml)

Shrimp and Peach Stir-Fry

2 Tablespoons vegetable oil

1 pound large shrimp, shelled, deveined

½ pound broccoli, stems diagonally sliced, flowerets cut into bite-sized pieces

1 8 ounce can water chestnuts, drained, sliced

2 fresh peaches, sliced

3 green onions, diagonally sliced

Glossy Sauce (recipe follows)

Heat 1 tablespoon oil in wok or large skillet. Add shrimp and stir-fry until tender, about 4-5 minutes. Remove from wok, set aside. Add 1 tablespoon oil and stir-fry broccoli until tender-crisp, about 4-5 minutes. Add shrimp, water, chestnuts, peaches and onions to wok and heat through. Stir in Glossy Sauce and cook just until thick and glossy. Makes 4 servings.

Glossy Sauce: Blend 1-1 ½ tablespoons cornstarch with ¾ cup chicken broth, 1/3 cup sherry, teaspoon soy sauce, ½ teaspoon fresh ginger root, minced, and 1 teaspoon sugar.

Peach Custard

2 cups fresh sliced peaches
1 tablespoon lemon juice
1 tablespoon powdered sugar
¼ cup margarine, softened
1 cup milk
3 egg whites
¾ cup baking mix
1 tablespoon vanilla

Heat oven to 375 degrees. Grease 8x8x2 inch square pan. Place peaches in pan and sprinkle with lemon juice then sugar; set aside. Mix remaining ingredients until well blended in a medium sized bowl. Pour over peaches. Bake 40-45 minutes until edges are light golden brown and toothpick comes out clean. Serve warm. Serves 6-8.

Baked Peaches & Sausage

- 1 pound mild bulk pork sausage
- 1 large can peach halves
- ¼ cup firmly packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves

Pre-heat oven to 450 degrees. In a large skillet, cook sausage until browned, stirring to crumble. Drain off excess fat and set aside. Drain peach halves, reserving ¾ cup juice. Place peaches, cut side up, in a well-greased glass baking dish and add reserved peach juice. Combine brown sugar and spices, stirring well. Sprinkle over peach halves. Bake for 15 minutes. Remove from oven and sprinkle cooked sausage evenly over top. Return to oven and bake for 15 more minutes.

Peach Swirl Biscuits

5 large fresh peaches - peeled, pitted and sliced
2 cups water
1 ½ cups white sugar
2 tablespoons cornstarch

1 1/3 cups buttermilk baking mix
2 tablespoons white sugar
2 tablespoons margarine, melted
1/3 cup milk

2 tablespoons margarine, softened
¼ cup white sugar
1 teaspoon ground cinnamon

Preheat oven to 425 degrees. In large saucepan over medium heat, combine peaches, water, 1 ½ cups sugar and cornstarch. Cook stirring constantly until mixture boils. Boil for one minute, then reduce heat to low to deep warm. In a large bowl, stir together baking mix, 2 tablespoons sugar, melted margarine and milk for form soft dough. Remove to floured surface and knead 8 to 10 times. Roll out into a 9-inch square. Spread softened margarine over dough. Combine ¼ cup sugar with cinnamon and sprinkle mixture over dough. Roll dough into a log shape and cut into 6 - 1 ½ inch slices. Pour hot peach mixture into an 8x8 inch-baking dish. Place roll slices; cut side up, on top of peach mixture. Bake in preheated oven 20 to 25 minutes, until puffed and golden. Serve warm. Serves 6

Fresh Peach Cookies

1 cup shortening
1 ½ cups white sugar
2 eggs
1 cup fresh peaches, pitted and chopped
3 cups all-purpose flour
1 teaspoon salt
½ tablespoon baking soda
¾ cup chopped walnuts

Preheat oven to 325 degrees. Grease a cookie sheet.

Beat shortening and sugar together. Blend eggs and fruit into the shortening and sugar mixture. Stir flour, salt, baking soda and nuts into the egg mixture; mix well. Drop dough by teaspoonfuls onto the greased cookie sheet. The cookies will double in size while baking, so set the cookies far apart on the cookie sheet. Bake for 12 to 15 minutes. Makes 4 dozen.

Peach and Berry Bake

- 1 tablespoon cornstarch
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ cup sugar
- 1 quart sliced peeled peaches (about 2 pounds)
- 1 cup blueberries, rinsed
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ cup (1/8 pound) butter or margarine
- 1 large egg
- ¾ cup orange juice
- 2 tablespoons lemon juice

In a shallow ½ to 2-quart baking dish, mix cornstarch, cinnamon, nutmeg and ¼ cup of the sugar. Stir in peaches and blueberries. In a food processor or a bowl, whirl or rub with your fingers the flour, baking powder, remaining ¼ cup sugar and butter until it assumes the texture of coarse cornmeal. Add egg, whirl or stir to mix well. Sprinkle mixture evenly over fruit. Mix orange juice and lemon juice; pour evenly over fruit.

Grilled Stone Fruit Antipasto Plate

Dressing:

- 3 tablespoons white balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- 1 tablespoon brown sugar
- 2 teaspoons vanilla extract
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 1/8 teaspoon hot sauce

Fruit:

- 1 lb firm black plums halved & pitted
- 1 lb firm peaches, halved & pitted
- 1/2 lb firm nectarines, halved & pitted
- 1/2 lb firm pluots, halved & pitted
- Cooking spray
- Chopped fresh mint (optional)

1. Prepare grill
2. To prepare dressing, combine first 8 ingredients in small bowl, stirring well with a whisk.
3. To prepare fruit, place fruit on a grill rack coated with cooking spray, grill 3 minutes on each side. Remove from grill. Drizzle fruit with dressing. Garnish with mint if desired. Yield: 8 servings

Chocolate Amaretti Peaches

4 ounces amaretti biscuits (amaretto cookies), crushed
2 ounces plain chocolate, chopped
Grated rind of $\frac{1}{2}$ orange
1 tablespoon clear honey
 $\frac{1}{4}$ teaspoon ground cinnamon
1 egg white, lightly whisked
4 firm ripe peaches
5 tablespoons white wine
1 tablespoon caster or granulate sugar

Mix together the amaretti biscuits, chocolate, orange rind, honey and cinnamon in a bowl. Stir in the egg white to bind the mixture.

Halve and stone the peaches and fill the cavities with the chocolate mixture, mounding it up slightly.

Arrange the stuffed peaches in a lightly buttered, shallow microwave-proof dish, which will just hold them. Pour the wine into a cup and stir in the sugar.

Pour the sweetened wine around the peaches. Cover loosely and microwave on High for 2-3 minutes until the peaches are tender. Serve at once with a little of the cooking juices spooned over and the whipped cream.

4 servings

Peach Foster

½ cup butter
2/3 cup brown sugar
1 teaspoon cinnamon, ground
4 peaches, sliced
1/3 cup rum
1 quart vanilla ice- cream

In a saucepan, melt butter with brown sugar and cinnamon. Cook over medium high heat, stirring occasionally, until golden brown, about 3 minutes. Add slices peaches, heat through, carefully turning to coat. Heat rum until warm in small saucepan. Pour slowly over the peach mixture and ignite immediately. Do not stir. Spoon the sauce and peaches over vanilla ice- cream.

Peachy Parmesan Chicken

4 half chicken breast, boned skinned
2 tablespoons dijon mustard
¼ pound prosciutto
2 tablespoons flour
½ teaspoon tarragon
1 egg, slightly beaten
1/3 cup grated Parmesan cheese
½ cup dry fine breadcrumbs
4 tablespoons butter, melted
4 tablespoons white wine
3 fresh peaches, sliced

Pound chicken breasts between wax paper until 1/8 inch thick. Spread mustard on one side of chicken. Top with prosciutto. Roll up chicken breast secure with toothpicks. Mix flour with tarragon. Mix breadcrumbs with Parmesan. Dip chicken roll-up in flour mixture, then egg, then in breadcrumb mixture. Heat 2 tablespoons butter in 8x8 ovenproof pan. Put roll-ups in melted butter and bake in 375-degree oven 20 minutes. Add peach slices. Mix remaining melted butter with wine, sprinkle over chicken. Bake 15 minutes more. Serve with pan juices. Makes 4 servings.

Note: Prosciutto may be found in deli section of supermarket. Thinly sliced ham may be substituted.

High Altitude Peach Muffins

- 1 cup fresh peaches, cut in small pieces
- 2 cups flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup sugar
- 1 cup milk
- 2 eggs, slightly beaten
- ¼ cup oil

Sift dry ingredients and set aside in large bowl. In smaller bowl, beat milk, eggs and oil. Add peaches to flour mixture and gently stir to coat lightly. Add the milk mixture to the flour mixture and stir 6 to 8 times to gently blend. Do not over stir. Bake in greased jumbo muffin tins or in regular muffin tin using muffin papers or liners, at 425 degrees for 15 minutes. Test with a toothpick inserted into the muffin. For altitudes over 8,000 feet, decrease oven temperature to 400 degrees.



alternating with buttermilk, to make batter.

Scrape batter into the pans. Bake until a toothpick inserted in the center comes out clean, about 35 to 40 minutes. Cool the cake in their pans on a rack for 15 minutes then turn them out onto the rack, peel of wax paper and cool completely.

Shortly before serving, peel, pit and slice the peaches. Toss with lemon juice⁴ and 1 tablespooOn sugar; set aside for 15 minutes. Whip the cream with the vanilla and the remaini9ng 1 ½ tablespoon of sugar until it holds soft peaks. Place one cake on a serving platter; spread with half the cream, then half the peaches. Cover with the second cake, spread with most of the remaining cream and top with remaining peaches. Top with a dollop of cream and, if desired, a mint sprig. Serve immediately with the Raspberry Melba Sauce on the side or drizzled over the cake. Serves 10.

Raspberry Melba Sauce

2 cups raspberries

½ cup confectioner's sugar

1 tablespoon fresh lemon juice

¼ cup apple juice

Puree all the ingredients, and then pass through a strainer to remove the seeds. Makes 2 cups.

Creamy Peach Salad

- 3 ounce package peach gelatin
- 1 small can crushed pineapple
- 4 ½ tablespoons sugar]
- 1 ½ cups buttermilk
- 1 or 2 peaches, peeled, cut into small pieces
- 4 ounce Cool Whip

Mix first three ingredients in a pan and bring to a boil and stir until gelatin and sugar is dissolved. Let cool. Put the gelatin mixture in a serving bowl. Add buttermilk and stir. Refrigerate until cold but not set. Add the peaches and Cool Whip. Refrigerate and let set.

Peach Cobbler

3 tbs. ripe freash peaches, peeled and sliced

2 tbsp. cornstarch

2/3 cup granulated sugar

1/2 tsp. cinnamon

1 tbsp. lemon juice

1 tbsp. cream

Biscuit topping

1 1/4 cups all purpose flour

1/2 cup granulated sugar

1 tsp. backing powder

1/2 tsp. salt

4 tbsp. butter, cut into small cubes

1 tsp. vanilla extract

1/2 cup cream

course or crystal sugar sprinkle on top

Filling: Mix all ingredients in a bowl and set aside.

Topping: Preheat oven to 350. Combine dry ingredients except crystal sugar in a bowl, and mix well. Add butter and mix with fingers until mixture is mealy and butter is about the size of peas. Add wet ingradients & gently mix until a soft dough is formed. Add more cream if necessary.

Combine: Put fruit into a 9"x9" cassorole & place biscuit-size pieceas of dough on top. Brush extra cream on top of dough & sprinkle with crystal sugar. Bake 20 to 25 minutes or until top is brown & fruit is bubbly. Enjoy with frozen yogurt or ice cream.

Cream Cheese-Peach Tart

- 1 cup unsalted butter softened
- 1 $\frac{3}{4}$ cups sugar, divided
- 3 $\frac{1}{2}$ teaspoons vanilla extract, divided
- 2 large eggs, divided
- 2 $\frac{3}{4}$ cups all-purpose flour, divided
- 2 (8-ounce) packages cream cheese, softened
- 4 fresh peaches, peeled and slices*

Beat butter, $\frac{3}{4}$ cup sugar and 1 $\frac{1}{2}$ teaspoons vanilla extract at medium speed with an electric mixer until creamy; add 1 egg beating until blended. Stir in 2 $\frac{1}{2}$ cups flour. Press into bottom and up sides of a lightly greased removable bottom 11-inch tart pan, trimming excess pastry; cover and chill 1 hour. Beat cream cheese and $\frac{3}{4}$ cup sugar at medium speed until creamy; add remaining egg and remaining 2 teaspoons vanilla and beat until blended. Add remaining $\frac{1}{4}$ cup flour and beat until blended. Spread in pastry shell. Toss together peach slices and remaining $\frac{1}{4}$ cup sugar; arrange peach slices over cream cheese mixture. Bake at 400 degrees for 35 to 40 minutes or until set. Cool on a wire rack. Chill in refrigerator for at least 1 hour. Yield 1 tart.

*Substitute 1 (16-ounce) package frozen peach slices, thawed for 4 fresh peaches, if desired.

A Peachy Baked Alaska

(Surprisingly Simple)

2 large egg whites, at room temperature

Pinch of salt

1/4 cup sugar

1/2 teaspoon pure almond or vanilla extract

2 large peaches, halved & pitted

1/2 cup vanilla ice cream

1. Heat oven to 450. Place baking sheet in the freezer for at least 10 minutes.
2. Using an electric mixer, beat the egg whites and salt on medium until foamy. Increase speed to high. Gradually add the sugar. 1 tablespoon at a time, and beat until stiff and glossy, 2 to 3 minutes. Beat in the almond extract.
3. Cut a thin slice from the round side of each peach half (to stabilize it) and place on the chilled baking sheet. Spoon the ice cream into the cavity of each peach half and mound the meringue on top, enclosing the ice cream.
4. Bake until the meringue is golden brown, 2 to 3 minutes. Serve immediately.

Peaches & Cornish Hens

2 Cornish hens

1 quart frozen peaches (approximately) partially thawed
salt and pepper to taste

Optional: nutmeg

Cinnamon

Preheat oven to 350 degrees. Wash and prepare Cornish hens as you usually do. Place in a roasting pan or covered baking dish. Sprinkle with salt and pepper. Sprinkle with a little cinnamon and nutmeg if you wish. Thaw the peaches over the hens, cover and bake for one hour or until hens are done. You can do this with chicken or pork, too.

Peach & Apple Bread Pudding With Whiskey Sauce

3 eggs, beaten
1 cup white sugar
2 ½ cups whole milk
1 ½ teaspoons ground cinnamon
½ teaspoon ground nutmeg
4 fresh peaches - peeled, pitted and sliced
4 apples - peeled, cored and sliced
6 cups day-old bread cubes
6 tablespoons butter, cut into pieces

1 cup whiskey
1 pound butter
2 cups white sugar

Coat a 9x13-baking dish with cooking spray. Preheat oven to 350 degrees. In a large bowl, combine eggs, 1 cups sugar, milk, cinnamon and nutmeg and stir until smooth. Fold in peaches, apples and bread cubes, until bread is well coated. Pour into prepared baking dish. Dot w 6 tablespoons butter. Bake in preheated oven for 1 hour, until set. Serve warm with whiskey sauce.

To make whiskey sauce: In a medium saucepan over medium heat, combine whiskey, 1 pound butter and 2 cups sugar. Cook and stir until sugar dissolves and sauce is smooth. Remove from heat and serve hot. Serves 14.

Colorado Peaches & Cream Pie

$\frac{3}{4}$ cup sugar

3 $\frac{1}{2}$ tablespoon quick-cooking tapioca

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{4}$ teaspoon ground nutmeg

$\frac{1}{2}$ cup whipping cream 6 cups peeled and sliced firm-ripe peaches

One u-baked pastry for a single-crust 9" pie
(Refrigerated pie dough can be used).

$\frac{1}{4}$ cup sliced almonds

In a small bowl, stir together sugar and tapioca; mix in vanilla, nutmeg, and cream. Let stand 15 minutes for tapioca to soften.

Pour peaches into pastry, and then pour cream mixture evenly over fruit. Set pie in a foil-lined 10x15 inch pan. Bake in 375-degree oven on lowest rack until filling is bubbly and lightly browned and pastry is golden brown, about 45 to 50 minutes. If rim begins to darken excessively, drape with strips of foil. About 5 minutes before pie is done, sprinkle almonds on it. Serve warm or at room temperature. If made ahead, cool cover and chill up until next day. Cut into wedges. Serves 8 or 9

Peach Slump

8 cups thinly sliced peeled peaches (approximately 8 medium size peaches)

2 tablespoons light brown sugar

½ teaspoon almond extract

½ teaspoon cinnamon

1 ½ cups all-purpose flour

2 teaspoons baking powder

2 tablespoons white sugar

1/3 cup butter

½ cup milk

¼ cup buttermilk

1 egg - well beaten

Preheat the oven to 400 degrees. Lightly butter a 1 ¼ quart casserole. In a medium-size bowl, toss together the peaches, brown sugar, almond extract and cinnamon. Spread in the bottom of the casserole. Sift together the flour, baking powder and 2 tablespoons of the white sugar. Cut the butter into the flour mixture until it has the consistency of coarse crumbs. Combine the milk, buttermilk, egg and combine with the flour. Do not knead; the dough will be sticky, stiff and lumpy. Drop by the spoonful over the peaches. Try to get even coverage but don't worry about a few bare spots. Bake for about 25 minutes until the top is golden and the juices are bubbling. Cool on a wire rack for about 5 minutes. Loosen the biscuit from the sides of the pan and invert onto a serving platter.

Jane's Old Fashioned Peach Cake

¼ pound butter or margarine, cut into pieces
2 cups flour
2 cups sugar
½ teaspoon salt
4 teaspoons baking powder
1 ½ cup milk
16 ounces frozen sliced peaches (Do not defrost)

Preheat oven to 350 degrees. Put butter pieces in 9x13 dish; place in oven until butter is melted. In a large bowl stir together flour, sugar, salt and baking powder; stir in milk until smooth and pour batter mixture over melted butter. Push batter into the corners with a spatula. Arrange the peaches over batter. Bake for 50 minutes or until golden brown. Serve warm with whipped cream or ice cream, if desired. Serves 12.

Peach Brandy Tiramisu Recipe

1 package (8 ounces) Neufchatel cheese
2 tablespoons + 1 tablespoon peach brandy
1 tablespoon milk
½ cup + 2 tablespoons confectioner's sugar
½ teaspoon + ¼ teaspoon vanilla extract
½ cup + ½ cup heavy cream or whipping cream
1 package (3 ounces) Ladyfingers
2 to 3 tablespoons cooled espresso or strong coffee
1 cup diced fresh peaches
well-drained peach slices, for garnish

In a large mixer bowl, beat cream cheese, 2 tablespoons peach brandy, and milk until blended and fluffy. Blend in ½ cup confectioner's sugar and ½ teaspoon vanilla. In a small mixer bowl, whip cream until stiff peaks form. Fold into cream cheese mixture and set aside. Line four 8-ounce dessert dishes with ladyfinger halves, split side in. Brush with espresso coffee. Spoon half of cream cheese mixture into ladyfinger-lined dishes. Spoon peaches over the top. Spoon remaining cream cheese mixture over the peaches. Garnish with Brandy Whipped Cream. Cover and refrigerate at least 2 hours. Garnish with peach slices just before serving.

Brandy Whipped Cream

In a small mixer bowl, combine ½ cup whipping cream, 2 tablespoons confectioner's sugar, 1 tablespoon peach brandy, and ¼ teaspoon vanilla extract. Whip until stiff peaks form.

Canning Peaches

1. Visually examine jars and sealing surfaces for nicks, cracks or sharp edges.
2. Wash jars and closures in hot soapy water. Rinse, leave jars and closures in hot water until needed.
3. Select firm-ripe peaches. Sort, wash and drain just enough fruit for one canner load. Fill boiling water bath canner half full with hot water. Put canner on to heat. Prepare sugar syrup as described on page 17.
4. Put peaches in wire basket or cheese cloth. Dip peaches into boiling water one half to one minute to loosen skins. Dip into cold water. Drain.
5. Cut peaches into halves, pit and peel. Drop halves into salt-vinegar solution, 2- tbsp (30 ml) each per gallon (3800 ml) of cold water. Rinse before packing.
6. Stand hot jar on rubber tray, wood or cloth. Pack peaches, cavity side down, layers overlapping. Leave 1/2 inch (13 mm) head space.
7. Cover peaches with boiling hot syrup, leaving 1/2-inch (13 mm) head space. It will take 1-1 1/2 cups (240-360 ml) syrup for each quart jar.
8. Run non-metallic kitchen utensil gently between fruit and jar to release air bubbles. Add more syrup if needed.
9. Wipe top and threads of jar with clean, damp cloth. If using vacuum lids with metal screw bands, put lid on with sealing compound next to jar. Screw band down evenly and tight.
10. As each jar is filled, stand it on rack in boiling water bath canner. Water in canner should be hot, but not boiling. If needed , add more hot water to cover jars 1-2 inches (25-51 mm). Put cover on canner.
11. Bring water to a boil. At altitudes less than 1,000 feet (305 m) above sea level, process pints 25 minutes, quarts 30 minutes, at a gentle but steady boil.
12. Remove jars & stand several inches apart & out of drafts. Allow to cool for about 12 hours. DO NOT retighten bands. Test for seal. Remove bands. Store jars in dry, dark, cool place.

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