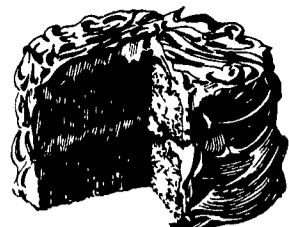


Home On The Range



Peachy Eating

July ushers in one of the most wonderful fruits — peaches. The fruit is classified in two categories, freestone and clingstone. Clingstone peaches are ideal for freezing because they have a firmer flesh. Freestone peaches are preferred for eating and freezing.

When picking the perfect peach, look for a bright fresh look, a peach firm to the touch, a cream to yellow skin color between red areas, and a peachy fragrance.

Firm peaches can be further ripened by keeping them at room temperature, out of direct sunlight. Ripe peaches should be refrigerated and used within a few days.

A tree-ripened peach creates a wonderful aroma when first picked, but it rapidly fades after four hours off the tree.

Now is the season to try these recipes for peachy eating.

PEACH BREAD

½ cup butter, softened
1 cup sugar
3 eggs
2½ cups flour
1½ teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
1½ teaspoons ground cinnamon
2 cups peaches, fresh, sliced
3 tablespoons frozen orange juice concentrate

1 teaspoon vanilla extract
Cream butter. Gradually add sugar, beating well. Add eggs, one at a time, beating well after each addition.

Combine flour, baking powder, salt, baking soda and cinnamon. Add to creamed mixture alternately with the peaches, beginning and ending with flour mixture.

Stir in orange juice concentrate and vanilla. Pour batter into a greased and floured loaf pan.

Bake at 350 degrees for one hour or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and cool.

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HONEY PEACH BUTTER

18 peaches
¼ cup water
2½ cups sugar
¾ cup honey
Wash and peel peaches and chop coarsely. Cook in water until soft. Puree in blender. Measure 6 cups of mixture into large saucepan. Stir in sugar and honey. Heat to boiling, stirring frequently. Boil gently for 50 minutes, until thick. Fill prepared jars and process in boiling water bath. Let cool. Store in cool, dry place.

NJ Cooperative Extension

DIET PEACH JAM

1½ teaspoons unflavored gelatin
1½ tablespoons cold water
3 cups crushed peaches
1½ tablespoon liquid sweetener
¼ teaspoon ascorbic acid powder

Soften gelatin in cold water. Combine fruit and sweetener in saucepan. Place over high heat and stir constantly until mixture comes to a boil. Remove from heat. Add softened gelatin. Return to heat and continue to cook for 1 minutes. Remove from heat; blend in ascorbic acid. Ladle into clean hot jars leaving 1 to 2-inches headspace; seal. Store in refrigerator or freezer. Yields approximately 3 cups. 1 tablespoon = 10 calories.

NJ Peach Promotion

PEACHY FROST

1 medium peach, cut in chunks
1 egg
½ cup lemon or peach yogurt
3 ice cubes
½ teaspoon honey
Combine all ingredients in blender and blend approximately 10 seconds. Pour into a tall glass and serve immediately. Garnish with peach slice or mint leaves. Serves 1.

NJ Cooperative Extension

FROZEN PEACH-YOGURT SALAD

2 cups sliced peaches
2 cups plain yogurt
2 tablespoons sugar
2 tablespoons chopped nuts
Combine all ingredients. Pour into 4 individual molds. Freeze overnight. Unmold on salad greens. Serves 4.

NJ Cooperative Extension

PEACH MUFFINS

1 egg, beaten
1 cup milk
¼ cup shortening, melted
¾ cup sugar
½ teaspoon salt
¼ teaspoon vanilla
1 teaspoon lemon juice
¼ teaspoon cinnamon
2 cups flour
3 teaspoons baking powder
1 cup diced peaches
Blend egg and milk together. Add shortening, sugar, salt, vanilla, and lemon juice. Sift together the cinnamon, flour, and baking powder. Fold into the egg and milk mixture until just combined. Fill greased muffin cups two-thirds full with batter. Bake in 450 degree oven for about 15 minutes. Makes 15 average sized muffins.

NJ Cooperative Extension



Peach ice cream offers a refreshing treat for hot July days.

FRESH PEACH ICE CREAM

4 cups milk
4 eggs
2 cups sugar
2 tablespoons cornstarch
½ teaspoon salt
4 cups crushed peaches
1 13-ounce can evaporated milk
2 cups light or heavy cream
Scald milk. Mix together eggs, sugar, cornstarch, and salt. Add scalded milk to mixture. Cook over medium heat, stirring constantly until mixture thickens enough to lightly coat a silver spoon. Cool. Add peaches, evaporated milk, and cream. Freeze according to manufacturer's directions.

NJ Peach Promotion

IRON SKILLET FRESH PEACH PIE

2 cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
8 tablespoons butter
½ to ¾ cups milk
8 fresh peaches, sliced
½ to ¾ cup sugar
½ teaspoon cinnamon
Sift flour, salt, and baking powder together in a bowl. Cut in 6 tablespoons butter and enough milk to make a soft dough. Form into ball on floured surface. Knead lightly, only enough to smooth, on floured surface. Roll to ¼-inch thickness. Pat dough into 10-inch iron skillet, letting extra dough hang over sides. Fill pastry with sliced peaches. Mix together sugar and cinnamon and sprinkle over peaches. Bake at 450 degrees for 10 minutes. Reduce heat to 375 degrees and bake another 15 minutes.

NJ Cooperative Extension Service

LAZY DAY DUFF

¼ cup butter
1 cup flour
3 teaspoons baking powder
6 peaches
¼ teaspoon salt
½ cup sugar
¾ cup milk
Melt butter or margarine in an 8-inch square pan. Sift together flour, baking powder, salt, and

sugar. Gradually add milk and blend, but do not stir vigorously. Spoon batter into melted butter. Arrange sliced peaches on top of the batter. Bake 35 minutes in 375 degree oven. Cool 30 minutes, then cover with aluminum foil to keep moist. May be served warm or cold.

NJ Peach Promotion Council

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Featured Recipe

"REAL Royal Recipes" moo..ves with dairy-delicious recipes. The approximately 300-page book features favorite dairy recipes from county dairy princesses and promotional coordinators from 1974 until now.

These are the people who know that REAL dairy products make the best recipes. To order a book, contact your county dairy committee or send \$10 plus \$2 for postage and handling to Pa. Dairy Princess Promotion Services, Inc., 214 South Street, Box 640, Clarion, PA 16214.

Here is a recipe from the cookbook that combine peaches and cream, submitted by 1975 PA State Dairy Princess Charlene Maust.

PEACH SOUR CREAM CAKE

1 1-pound 13-ounce can sliced peaches
3-ounces cream cheese
1 cup granulated sugar
1½ cup sour cream
3 eggs
¾ teaspoon salt
1 cup sifted flour
1 teaspoon baking powder
½ cup butter
1 teaspoon vanilla
2 tablespoons brown sugar

In a small bowl, mix cream cheese with ½ cup sugar, add ¼ cup sour cream. Beat in 1 egg and ¼ teaspoon salt. Set aside. Drain peaches and save 1 tablespoon syrup. In large mixing bowl, cream butter with remaining eggs, beating well after each egg. Stir in reserved syrup and vanilla. Add flour, baking powder and remaining salt. Blend well. Spread evenly on bottom and sides of 10-inch pie pan. Spoon in cheese mixture. Bake 30 to 35 minutes at 350 degrees. Remove from oven. Place peaches in circle on cake. Blend 1 cup sour cream and brown sugar. Put on cake. Bake 5 more minutes before serving. Chill. Serves 6 to 8.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

July 13- Pickled Possibilities
20- Favorite Covered Dishes
27- Blueberry Specials