



Home On The Range



Peachy Recipes For Summer Eating

How do you select a peachy peach?

Here are some tips:

- Ripe peaches have a creamy or golden undertone.
- The amount of rosy blush on the surface is a characteristic of the variety, not ripeness.
- Fragrance is also an indicator of ripeness.
- Select peaches that are slightly soft to firm and free from bruises. Avoid green colored peaches because they are unripe and will not become sweeter as the color changes.

To ripen firm peaches, store between 65-70 degrees with relative humidity of 95 percent. The amount of time required to ripen peaches varies depending on the peaches' firmness, but expect about 2 to 4 days.

Ripe peaches should be refrigerated in a single layer to prevent bruising and spoilage.

To peel peaches, dip in boiling water for 20 to 30 seconds. Immediately dip in cold water and skin will slide right off. Riper fruit needs less scalding time to loosen peels.

Peaches brown rapidly when exposed to air. To prevent this, soak halves or slices for 5 minutes in 1 quart water with 3 tablespoons lemon juice and two crushed 500-mg vitamin C tablets.

Approximately 3 to 4 peaches equals 1 pound, which equals 2 cups sliced peaches or 1 1/2 cups of pulp or puree.

FRESH PEACH CRISP

Bottom:

8 or 9 fresh ripe peaches, sliced (may add some sugar and/or cornstarch/flour if real juicy)

Topping:

1 cup flour
1 cup granulated sugar
1/4 teaspoon salt
1/2 teaspoon cinnamon (optional)

Put peaches in 8-inch by 8-inch by 2-inch square pan. Mix remaining ingredients as for pie crust until it resembles coarse cornmeal. Spread over peaches. Bake 45-50 minutes until topping is golden and peaches are tender. Serve with cream while warm.

Julianne Medaglia
Birdsboro

PEACH DELICIOUS

One 13-ounce box of Jell-O cake mix

1 1/2 cups of fresh peaches, thinly sliced

2 tablespoons sugar

1 teaspoon cinnamon

(Frozen or drained and canned peaches, sliced, may be used)

2 tablespoons sugar

1/4 teaspoon grated lemon rind

1 cup sour cream

Grease a 9-inch by 12-inch baking pan. Prepare cake mix according to package directions. Spread batter in pan. Arrange peach slices in rows over cake mix. Mix sugar and cinnamon and sprinkle over peaches. Bake in 350-degree oven for about 30-35 minutes.

For glaze, blend sugar and lemon rind into sour cream. Spread evenly over cake. Return to oven for 3 to 4 minutes. Cool and cut into squares. May also top with whipped cream topping.

Roberta Atwood
Prospect, Conn.

LAZY MAN'S PEACH PIE

1 stick butter

3/4 cup milk

1 teaspoon baking powder

1 cup sugar

1/2 cup flour

1 can or 2 cups peaches, sliced, juice included (but drained off)

Melt butter in casserole dish. Mix flour, sugar, and baking powder. Add milk and spread over butter. Pour peaches over this, leaving

juice for last ingredient to be poured over all. Bake 40-45 minutes at 350 degrees.

Betty J. Light
Lebanon

PEACH COBBLER

1 gallon sliced peaches

2 cups sugar

1 stick butter

2 tablespoons nutmeg

2 baked pie shells

Cook peaches for 10 minutes with sugar butter. Add nutmeg. Turn off heat. Break in the two pie shells. Let sit a few minutes and serve. Serves 20.

Betty J. Light
Lebanon



Peach Custard Tart features a crispy crust, lowfat filling and slices of fresh, naturally sweet juicy peaches.

PEACH CUSTARD TART

36 vanilla wafers, crushed

3 tablespoons honey

1/2 cup sugar

6 tablespoons cornstarch

1 egg

1 egg white

2 cups nonfat milk

1 teaspoon grated orange peel

1 teaspoon vanilla

5 fresh peaches, divided

Mix crushed wafers with honey; press into bottom of 9-inch removable bottom tart pan. Bake at 375 degrees for 12 minutes or until crisp and it begins to brown.

Mix sugar and cornstarch in bowl; whisk in egg and egg white. Scald milk in medium saucepan; slowly whisk into egg mixture. Return to saucepan and cook over lowest heat, stirring constantly to prevent burning, until mixture thickens. As it thickens, use a whisk to keep smooth. Stir in orange peel and vanilla. Cool to lukewarm. Chop enough peach to measure 1 cup; add to custard filling. Turn into tart shell and chill. Before serving, slice remaining peaches and arrange on top. Makes 8 servings.

To prevent sliced peaches from discoloring, dip in mixture of 1 cup water and 1 tablespoon lemon juice.

Featured Recipe

Rebecca Bechtel, the 1993-1994 Tioga County Dairy Princess, wants to leave you with some great recipes to beat the summer's heat.

The best way to beat the heat is, she says, by using real dairy products. One of her favorites is eating ice cream. There are so many different flavors to choose from that it's no wonder it's America's #1 dessert. Another great, refreshing dairy product would be a nice cold glass of milk to quench your thirst. There are more dairy products you can find in the dairy case in your grocery store that will also help you survive the summer. Here are two tasty recipes that I'm sure you'll love as much as I do.

ICE CREAM CAKE

1 chocolate cake

2-3 oz. boxes instant chocolate pudding

1 cup milk

4 cups vanilla ice cream, softened

8 oz. la Creme whipped topping

Mix the Pudding, milk, and ice cream together until smooth. Spread over cake and top with whipped topping. Serves 6-8.

CHOCOLATE ICE CREAM DESSERT

2 cups vanilla wafer crumbs

1/2 cup butter

2 squares chocolate or 6 Tablespoons cocoa

1 1/2 Tablespoons butter

2 cups powdered sugar

3 beaten egg yolks - 3 beaten egg whites

1/2 gallon vanilla ice cream

Butter a 12" x 14" pan. Sprinkle 1 1/2 cups wafer crumbs over the bottom. Melt butter and chocolate together over low heat. Add beaten egg yolks and powdered sugar. Cook slowly for a few minutes. Remove from heat and fold in the egg whites. Spread batter over the wafer crumbs and cool. Slice ice cream 1 in. thick and lay evenly over the crumbs. Sprinkle remaining crumbs over ice cream and cover tightly with aluminum foil. Freeze until ready to serve. Serves 12 - 15.

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

16- Garden Vegetables

23- Preserving Fruits & Vegetables

30- Tomato Recipes

August

6- Pot Luck Suppers