



Cool Fruity Recipes

Eating is never better than in the summertime.

Luscious peaches, cool water-melons, plums, apricots, nectarines, and berries offer variety for the most finicky eater.

Fruit can be eaten fresh or combined with a variety of other foods and baked, cooked, or churned into smooth, creamy flavors of ice cream.

Cool off with these fruity recipes.

SUMMERY SWEET PEACH SAUCE

Jazz up ordinary bread pudding with a summery sweet peach sauce. Puree six medium peeled and pitted peaches and combine with a tablespoon honey in a medium saucepan. Dissolve a tablespoon cornstarch in ¼ cup water and then stir into the puree.

Bring the peach mixture to a boil over medium heat and cook, stirring constantly, until the mixture thickens. Remove from heat and stir in ½ teaspoon lemon extract. Chill the sauce and ladle over the bread pudding when ready to serve.

JUST PEACHY SHAKE

1 pint frozen vanilla yogurt
1 medium fresh peach, peeled, pitted, and cut up, or ½ cup peach slices
1 tablespoon honey
1 tablespoon creamy peanut butter
Chopped fresh peach (optional)
Finely chopped peanuts (optional)

In a blender container, combine frozen yogurt, cut-up fresh or frozen peach, honey, and peanut butter. Cover and blend until smooth. Pour into two glasses. If desired, garnish each serving with chopped peach and finely chopped peanuts. (Makes two 6-ounce servings).

PA Honey Queen
Renee Blatt

CANTALOUPE BOATS

¼ cup sliced almonds
¼ cup honey
1 ripe medium cantaloupe, cut into quarters, with seeds removed
1 pint vanilla frozen yogurt
½ pint raspberries

In a small non-stick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey; set aside.

To serve, place cantaloupe quarters on four dessert plates. Top with frozen yogurt, raspberries, and warm almond mixture. Makes 4 servings.

PA Honey Queen

Renee Blatt

CHILLED FRUIT CUPS

12-ounce can frozen pineapple juice concentrate, thawed
6-ounce can frozen orange juice concentrate, thawed
1 cup water
1 cup sugar
2 tablespoons lemon juice
3 medium firm bananas, sliced
16-ounce package frozen unsweetened strawberries
15-ounce can mandarin oranges, drained
8-ounce can crushed pineapple
18 clear plastic cups (9 ounces)

In a large bowl, prepare pineapple juice concentrate according to package directions. Add orange juice concentrate, water, sugar, lemon juice, and fruit. Spoon ¼ cupful into each plastic cup. Place cups in a pan and freeze. Remove from the freezer 40-50 minutes before serving. Yield: 18 servings.

Karen Hoffer
Lititz

DEEP DISH PEACH PIE

8-10 peaches
½ cup sugar
¼ teaspoon salt
4 tablespoons flour
1 tablespoon lemon juice
1 teaspoon almond extract
2 tablespoons butter

Crust:

¼ cup flour
½ teaspoon salt
½ cup quick rolled oats
5 tablespoons butter
2-3 tablespoons cold water

Prepare peaches and cut into quarters. Place in a greased casserole. Combine sugar, salt, and flour, sprinkle over peaches. Sprinkle lemon juice and almond extract over top. Dot with pieces of butter. Sift together flour and salt. Mix in rolled oats. Blend butter into dry ingredients as for pie crust. Add enough water to hold together. Roll out dough to ¼-inch thickness. Cover peaches with crust. Bake 10 minutes at 450 degrees, reduce heat to 350 degrees and bake 40 more minutes.

PA Pride

BLUE CHEESE STUFFED PLUMS, APRICOTS

3 fresh plums
3 fresh apricots, halved and seeds removed
1½ cups blue cheese, crumbled
1 tablespoon honey
1½ tablespoons chopped toasted hazelnuts

Top each piece of fruit with crumbled blue cheese, drizzle

with honey sprinkle with hazelnuts. Serve immediately. Serves 12.

Am. Dairy

BLUEBERRY GRAPE SAUCE

Bring the elegance of French cuisine to your table in a dessert crepe filled with blueberry grape sauce.

In a saucepan, mix together 1½ cups blueberries and ½ cup red grape juice. Dissolve 2 teaspoons cornstarch in ½ cup water and add to blueberries. Stir in a tablespoon honey and cook over medium heat, stirring constantly, until the mixture bubbles and thickens. Remove the sauce from heat and spoon into the crepe. Top with a dollop of low-fat whipped topping.

RASPBERRY SAUCE

A raspberry sauce add richness and texture to a feather-light angel food cake. Drain and reserve the juice from a cup of thawed, unsweetened frozen raspberries. Place the berries in a small sauce pan. In a jar with a tight-fitting lid, shake together the reserved raspberry juice and 2 tea-

spoons cornstarch. Add enough water to make ½ cup. Stir the juice into the raspberries and bring to a boil, stirring constantly until thickened. Cool before spooning over the cake.

PEACHES AND CREAM MILKSHAKE

1 cup sliced fresh peaches
1 cup cold milk
1 pint peach ice cream
Sugar

Place peaches and ¼ cup milk in blender. Cover and blend until smooth, about 10 seconds. Spoon in ice cream, cover, and blend until softened. Add re-

maining milk; mix until blended. Sweeten if desired. Pour into tall glasses and garnish with fresh peach slices. Yields 4 cups.

LUCIOUS LEMON ICE CREAM

2½ cups sugar
6 tablespoons cornstarch
¼ teaspoons salt
5 cups milk
2 cans sweetened condensed milk
6 pasteurized processed eggs
2 cups whipping cream
2 cups light cream
1½ cups fresh lemon juice
2 packages unflavored gelatin

In a heavy saucepan, heat milk until it scalds. Mix eggs, cornstarch, sugar, and salt. Stir into milk until it forms into a soft custard. Soften unflavored gelatin in the lemon juice. Stir this into custard mix and add sweetened condensed milk. Let custard mixture cool, add whipping cream and light cream. Stir and pour into freezer. Makes 4 quarts.

Elsie Smith
Roaring Springs

FRUIT LEATHER

Wash fruit; cut away blemished areas; peel, if necessary; remove pits or seeds. Puree fruit in a blender until smooth.



Fresh peach ice cream is a seasonal favorite among ice cream lovers.

If too thick, thin with a little water or fruit juice. Add 1 tablespoon honey or corn syrup if fruit is too tart, if desired. Spices or flavorings may be added at this time. Fruits that oxidize (apples, nectarines, peaches, and pears) should be heated to 190 degrees and allowed to cool before proceeding. Cover drying trays with heavy, food grade plastic wrap or use specifically designed sheets that come with most dehydrators. Spread puree

evenly, about ¼-inch thick in the center ¼-inch thick at the edges or dehydrator trays. Dry at 135 degrees until fruit puree feels pliable and leather-like. Check center to be sure there are no sticky spots. Roll, jelly-roll style, while still warm; cut into pieces and seal securely in plastic wrap. Store fruit leather in home canning jars for long-term storage.

Ball Book
(Turn to Page B12)

Featured Recipe

Ice cream never tastes better than in hot summer weather. Churn a batch using seasonal fruit, and you'll enjoy it even more.

Here are two recipes just in time for using in-season fruit. Jim Bob's Cherry Vanilla Ice Cream was a winner at Ag Progress several years ago. It's still a winner with those who try it. Happy churning.

PEACH ICE CREAM

1 pint crushed peaches
1 egg
½ cup sugar
1½ cups milk
1½ cups whipping cream
¼ teaspoon almond extract
¼ teaspoon salt

Sweeten peaches to taste. Beat egg until foamy in a large mixing bowl. Gradually add sugar; beat until thickened. Add milk, almond extract and salt. Blend in peaches. Chill. Churn-freeze. Yields approximately 2 quarts.

JIM BOB'S CHERRY VANILLA

1½ pints heavy cream
2 cups sugar
2 cans evaporated milk
10 pasteurized processed eggs
1½ quarts milk
2 teaspoons vanilla
1½ cups dark cherries

In ice cream can, mix together first six ingredients very well with wire whisk, then begin to freeze according to ice cream churn manufacturer's instructions. About two minutes before the ice cream is done, add the cherries and freeze until done. Makes 6 quarts.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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