

This week we revisit Darlene's column from her first year writing her column with us. This issue is dated August 9, 1990.

It's a busy time of the year for all the folks who can and freeze vegetables and fruits. Today I'm going to be giving you hints and recipes with that wonderful fruit called peaches.

For a ripe and flavorful peach; look for a creamy or yellowish color (the rosy blush just indicates variety) and a light "peachy" aroma. Just talking about those good "juicy" peaches makes me want to bite into one right now.

Select peaches that are firm, but give a little when squeezed "gently". Keep them at room temperature until soft enough to eat and then refrigerate until ready to use.

Fresh peaches are low in calories- about 37 calories for each. They contain a fair amount of calcium (not common in most fruits), plus vitamin A, iron and other valuable nutrients.

Frozen Peach Pie Filling

16 C. Sliced peaches

3-1/2 C. Sugar

1 tsp. ascorbic acid

1 tsp. salt

1/4 C. fresh lemon juice (1-2 lemons)

May use peaches, nectarines, pears or apples. The fruit will not turn brown in this mixture.

Pack the fruit mixture in plastic containers (not too full). If you want to serve as a sauce just add water after thawing or use in your pie with thickening. The fruit will taste as if it were fresh instead of frozen.

Fruit and Vegetable Relish

This is a fruit relish that our grandmothers use to make. It was really good served with beef or pork roast, ham or poultry.

4 garden apples

4 pears

4 tomatoes

4 peaches

2 med. Onions

2 red sweet peppers

6 C. sugar

1 C. vinegar

Small dash of cayenne (red pepper)

1 tsp. whole cloves

2 tsp. cinnamon

Chop everything into small pieces. For peaches and tomatoes, you first have to set in boiling water (so skins peel off). Peel other fruit, peppers get cut up, with seeds taken out. Mix together and cook over medium heat until thick. Stir constantly. Pour into sterile jars and seal.

Ginny's Peach Dessert

This next recipe I've had for many years. It was given to me from a dear friend who lived in Hanover at one time. Her name is Ginny Arneson.

2-1/2 C. graham cracker crumbs

1/2 C. butter (1 stick) melted

1 lb. marshmallows

4 T. orange juice

4 T. lemon juice

3 C. sliced peaches

2 C. whipping cream (1 pt.) whipped

Mix graham cracker crumbs and melted butter into a 9 x 13 pan. Bake 10 min. at 350°F.

Heat marshmallows and juices until melted. Stir together until blended. Cool, add peaches, sliced (frozen or fresh) and whipped cream. Chill and serve.

Diet Peach Pie

For all the folks that cannot have sugar here is a delicious pie made with peaches or nectarines.

1-1/3 C. powdered dry milk

1 C. water (divided)

1-1/2 pkgs. Equal® sweetener (divided)

1 tsp. vanilla extract (divided)

1/2 C. lite cream cheese

1/2 pkg. Knox® gelatin

1 pkg. sugar free orange Jello®

3-4 peaches or nectarines (peaches, scalded, peeled and sliced, nectarines just slice)

Crust: Mix 1-1/3 C. powdered dry milk, 1/3 C. water, 1 Pkg. Equal® and 1/2 tsp. vanilla right in your 9 inch pie pan with a fork. Bake 10-12 min. at 350°F until browned and puffy. Cool.

Second Layer: Mix together: 1/2 C. lite cream cheese, 1/2 pkg. Equal® sweetener and 1/2 tsp. vanilla and spread on cooled crust. Cover with plastic wrap until you are ready to add the filling.

Filling: Mix together: 1/2 pkg. Knox® gelatin, 1/2 C. cold water. Stir in cup and set aside.

Make 1 pkg. sugar free orange Jello® – according to the directions on the pkg. Add to Knox® gelatin mixture. Add peaches or nectarines. Mix together and chill until semi jelled, pour over cream cheese layer.

Note: Second layer is optional!

Helpful Hints

Going on vacation: Fill your bathtub with 2 inches of water and place your plants in the tub.

If you don't have a fancy tube for decorating your birthday cakes, use a honey or mustard container, filled with your frosting.

A deep or rich color generally indicates highest food value and flavor in vegetables.

Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

Too much sugar in a recipe: Add a few drops of lemon juice or vinegar.

To keep granulated sugar from lumping, place a couple of soda crackers in container and cover tightly.

The following recipes are from some of Darlene's published cookbooks and Kitchen Delights Column.

Peach Custard Kuchen

Sharing the Best, Page: 194

Servings: 16

Crust

2 C. flour

4 T. sugar

1/2 tsp. salt

1/4 tsp. baking powder

1/2 C. butter

Filling

3-4 lg. peaches, peeled and sliced

2/3 C. sugar

2 T. flour

4 egg yolks

1 tsp. vanilla or almond flavoring

1 pt. whipping cream

1 tsp. cinnamon

Crust: Cut butter into dry ingredients (like you would for a pie crust). Add a few drops of milk, just a little at a time (just until you can form into a ball). Pat firmly and evenly (or roll out) to fit into an ungreased 9x13 pan; press halfway up the sides of pan.

Filling: Placed sliced peaches on crust. Mix sugar and flour. Sprinkle over peaches. Beat egg yolks; add flavoring and cream. Pour over top. Sprinkle cinnamon over top. Bake in 400°F oven for 10 min. Lower heat to 350° F and continue to bake for 25-35 min. or until set in center and it is golden brown on edges. Serve warm. Refrigerate any leftovers.

Peach Easy Cake

*Treasured Recipes with
Darlene Dixon*

(second printing) Page 177

Servings: 16

1 (18 oz.) pkg. yellow cake mix

3 eggs

1 tsp. almond extract

1 (20 oz.) can peach pie filling

Glaze

1/2 C. butter, melted

1/2 C. sugar

1/2 C. flour

Preheat oven to 350°F. In mixer bowl, beat the cake mix, eggs, extract and peach pie filling. Pour into a greased 9 x 13 pan. Mix the three glaze ingredients together; pour over the top. Bake for 30 min. Serve with whipped cream.

Creamy Peach-filled Walnut Cookies

Yield 1-1/2 Doz.

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1 C. sugar

3/4 C. butter, softened

1 tsp. vanilla
1/4 tsp. salt
1-1/2 C. flour
3/4 C. finely chopped pecans or walnuts

Filling:

1-1/2 C. powdered sugar
3 oz. pkg. cream cheese
1/3 C. peach preserves

Heat oven to 350°F. In a bowl, combine sugar and butter; add the vanilla, salt and flour. Stir in nuts.

Shape dough into 1 inch balls. Roll in sugar. Place on ungreased cookie sheets. Flatten with fork in criss-cross pattern. Bake for 10-12 min. (lightly browned on edges). Cool completely.

In a bowl, cream the cream cheese with the powdered sugar; stir in the peach preserves.

Spread a teaspoonful of filling on bottoms of half the cookies. Gently press another cookie over the filling (sandwich style).

Slow Cooker Peachy Glazed Sweet Potatoes

*Servings: 10-12
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2-1/2 lbs. sweet potatoes, peeled
21 oz. can peach pie filling
2 T. butter
2 T. brown sugar
1 tsp. grated ginger root
1/4-1/2 tsp. salt

Topping:

1 T. brown sugar
1 T. butter
1/4 tsp. cinnamon
1/2 C. chopped pecans

Spray 4-6 qt. slow cooker with cooking spray. Cut sweet potatoes lengthwise; then into 1/2-inch slices. Place in slow cooker, add pie filling, 2 T. butter, grated ginger root and salt; mix well to coat sweet potatoes. Cover and cook on high for 3 hours.

In a small skillet, add brown sugar, butter, cinnamon and pecans. Cook over medium heat until they start to caramelize and are bubbly. Spoon onto buttered foil.

Just before serving, gently stir caramelized pecans into the sweet potatoes.

Darlene's Golden Peach Pie

Sharing the Best, Page 218

Pastry for a 2-crust pie
5-6 med. size peaches
2 T. brown sugar
3/4 C. white sugar
2 T. cornstarch
1/2 C. crushed pineapple, drained
1 tsp. orange zest
3 T. quick tapioca (or flour)
1-1/2 tsp. butter
1/2 tsp. almond extract

Scald peaches in boiling water; peel and slice thin. Place in a bowl, add sugars and pineapple; let stand 5 min., drain in a colander, reserving juice. Mix cornstarch into the liquid; cook in microwave until thickened. Let cool slightly.

Roll out a bottom crust, place into 9 inch pie pan. Add peaches, cooked mixture, orange zest, tapioca and extract. Dot top of filling with butter. Place a pastry crust on top. Cut slits in top, crimp edges. Sprinkle top with a little sugar. Bake at 375°F for 15 min., lower temperature to 350°F and bake for 35-40 min.

Quote of the Week:

"I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living, for my club, my community, my country, and my world." ~ 4-H Pledge