

A Cook's Journal for 6-18-14  
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## FRUIT!

Fresh fruit, preserved fruit, frozen fruit, canned fruit—it's all good because fruit is sweet, always available, and versatile as an ingredient in savory dishes as well as desserts. And now we can enjoy fresh berries and watermelon in January!

My first recipe is especially for the cook who hates heating up the kitchen in the middle of June!

### **No-Bake Berry Crisp**

You can use fresh or frozen fruit of any kind. No need to thaw. Serves 6.

#### Topping:

- $\frac{3}{4}$  cup sliced almonds, divided
- $\frac{2}{3}$  cup flour
- $\frac{1}{4}$  cup white sugar
- $\frac{1}{4}$  cup packed light brown sugar
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{4}$  tsp salt
- 6 Tbs butter, melted

#### Filling:

- $\frac{1}{3}$  cup white sugar, divided
  - 1 Tbs cornstarch
  - 2 lbs berries, apples, peaches, or frozen sweet cherries
  - 1 Tbs lemon juice
  - 1 tsp vanilla extract
  - $\frac{1}{2}$  tsp salt
  - Optional: If using sweet cherries, add  $\frac{1}{4}$  tsp almond extract and  $\frac{2}{3}$  cup dried cherries; for apples, add  $\frac{2}{3}$  cup raisins or dried cranberries.
1. Finely chop  $\frac{1}{4}$  cup of the almonds. Mix them with flour, both sugars, cinnamon, salt, vanilla in a bowl. Stir in melted butter till it looks like wet sand and no dry flour remains.
  2. In a 10-inch nonstick skillet, toast remaining  $\frac{1}{2}$  cup almonds over medium-low heat until just beginning to brown, about 4 minutes. Add sugar mixture and cook, stirring constantly, until lightly browned, 6-8 minutes. Transfer to a plate to cool and wipe out skillet.
  3. Prepare the filling. Mix 2 Tbs of the sugar with the cornstarch in a small bowl. Combine fresh or frozen fruit with lemon juice, vanilla, salt, and remaining sugar in the skillet. Cover and cook over medium heat until fruit thaws and/or releases its juices. Stir about halfway through. If adding any dried

fruit, do it at this time. Time will vary depending on the kind of fruit you are using, but 5-7 minutes should do it. Uncover and simmer till fruit is very tender.

4. Sprinkle in cornstarch mixture and stir till thickened, about 2-3 minutes. Remove from heat and distribute topping evenly over filling. Return skillet to heat and cook till filling is bubbling around edges. Let cool at least 30 minutes before serving.

### **Nathalie's Apple Squares**

Nathalie Lagerstrom was an incredible woman. She spoke fluent Swedish and was a passionate gardener and volunteer. When my mother died, Nathalie brought these to the reception at Faith Lutheran Church. Of course I had to ask her for the recipe, which she knew by heart! Now Nathalie is gone, and we will miss her spirit. This is quick and easy to prepare using stuff you already have around. Apples can be substituted with any other fruit, and this can be doubled to fill a 9x13 pan for a crowd.

#### **Ingredients**

- 1 egg, well beaten with 1 cup of sugar
- 1/3 cup canned milk
- 1 cup flour
- 1 tsp baking powder
- 1 cup peeled, chopped apple

#### **Topping**

- 2 Tbs sugar
- 1/2 tsp cinnamon
- 2 Tbs chopped walnuts (optional)

1. Preheat oven to 350°. In a large bowl, place ingredients in order given and mix well.
2. Grease an 8x8 pan. Pour batter into pan. Mix topping ingredients together and sprinkle over batter. Bake about a half hour or until golden brown. Cool completely. Cut into squares.

### **Granny Cake**

This is so delicious. Keep in the refrigerator—IF any is left, that is!

- 2 cups sugar, divided
- 2 cups flour
- 1/2 tsp salt
- 2 eggs
- 1 tsp baking soda
- 1 cup evaporated milk OR coconut milk
- 1 stick (1/2 cup) butter
- 1 tsp vanilla

- 1 20-oz can crushed pineapple, undrained
  - 1 cup brown sugar
  - 1 cup chopped pecans
1. Preheat oven to 350°. Grease and flour a 9x13-inch pan. Mix 1½ cups of the sugar, flour, salt, soda, eggs, and pineapple in a medium size bowl, pour into the pan, and top with a mixture of the brown sugar and pecans. Bake 45 minutes.
  2. Mix ½ cup of the sugar, milk, butter, and vanilla in a saucepan and bring to a rolling boil. As soon as cake is out of the oven, pour the mixture over entire cake.

### **One-Dish Apple Pudding**

*This is from the Shakers of Sabbathday Lake, Maine. I met these wonderful folks when they came to Caribou to do a history presentation at the Nylander Museum in 1986. Part of the program was a cooking demonstration. It was so much fun. Now you can enjoy this great recipe, which I make often. It's so easy, but my family thinks I spend hours on it. Yours will, too!*

- 2 eggs
- 1 cup white sugar
- 3 Tbs flour
- 1 tsp baking powder
- 1 tsp vanilla or rose water
- Dash of salt
- ¼ cup raisins
- ¼ cup finely chopped nuts like walnuts or pecans (optional)
- 2 medium apples, peeled and finely diced
- Plain cream, whipped cream, or ice cream

Break eggs into a 1½-quart casserole and beat well. (Do NOT use a smaller dish as mixture rises and will go over in the oven.) Stir in all remaining ingredients except cream. Bake at 350° for about 35 minutes till golden on top. Might take up to another 10 minutes if needed. Serve warm with cream of choice.

Other ideas:

- Substitute brown sugar for white.
- Top with wheat germ, drizzle with melted butter, and sprinkle on nutmeg or mace for more flavor
- Serve with lemon yogurt or sour cream.

### **Blueberry Lemon Pound Cake**

*Just right for your holiday celebrations, big enough for a crowd, and blueberries are local and fresh right about now. Can be made a day or two ahead to save you rushing around at the last minute.*

For the cake:

- 1/3 cup whole milk
- 6 large eggs
- 1 ½ Tbs vanilla
- 2 2/3 cups flour plus more for flouring baking pan
- 1 tsp baking powder
- 1 ¼ tsp salt (double if using kosher salt)
- 3 sticks (1 ½ cups) unsalted butter, softened plus more for greasing baking pan
- ½ cup white sugar
- ¾ cup light brown sugar
- ¼ cup freshly grated lemon zest
- 3 cups picked over blueberries, tossed with 1½ Tbs flour (Wild blueberries are preferred and frozen is fine if fresh is not available.)

For the syrup:

- 1/3 cup fresh lemon juice
- ½ cup white sugar

**TIP:**

*One medium lemon yields approximately 1 tablespoon of lemon zest (rind) and 2 tablespoons of lemon juice. Be sure your lemons are at room temperature for maximum juice.*

To make the syrup while cake is baking:

In a small saucepan, combine the lemon juice and sugar, stirring till dissolved. Let cool a bit.

To bake the cake:

Grease and flour a 10-inch bundt or tube pan with butter. Preheat oven to 350°.

In a small bowl, whisk together the milk, eggs, and vanilla. Into another bowl, sift together the flour, baking powder, and salt.

In a large bowl, use an electric mixer to cream the butter with the sugars and zest till light and fluffy. Next, add the flour and egg mixture alternately, beating after each addition until just combined. Fold in 1½ cups of the berries.

Spoon one-third of the batter into the baking pan, spread evenly, and then sprinkle ½ cup of remaining blueberries over it.

Spoon half of remaining batter into pan, spreading evenly over blueberries on top. Sprinkle ½ cup of remaining berries over it. Repeat to finish with last layer of blueberries on top.

Bake in the middle of the oven for 1 hour to 1 hour and ten minutes or till golden and a toothpick inserted in the middle of cake is clean.

Remove from oven and immediately poke top evenly all over with a wooden skewer or cooking fork and brush with your prepared syrup. Let cake cool in the pan on a rack for 10 minutes, invert on to rack, remove pan, and poke all over with the skewer or fork. Brush with remaining syrup. Yummy!