



BY BETTY KAISER  
For the Sentinel

*"An apple is an excellent thing — until you have tried a peach."*  
— George du Maurier

# Cook's Corner

## A passion for peaches



This winter you can top it with your choice of crust, bake and enjoy a taste of summer. Enjoy!

### FRENCH TOAST with PEACH/NECTARINE COMPOTE

**COMPOTE**  
2 cups sliced peaches  
2 cups sliced nectarines  
1/2 cup (packed) golden brown sugar  
1/4 cup water  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg

Batter for 8 1/2-inch-thick slices egg (or French) bread slices  
5 large eggs  
1/2-1 cup milk (do not use low-fat or nonfat)  
1/4 cup sugar  
1 tablespoon vanilla extract  
Butter

Optional: Maple syrup

Preheat oven to 300°F. Place baking sheet in oven. Combine peaches and nectarines, brown sugar, 1/4 cup water, cinnamon and nutmeg in heavy medium saucepan. Cook compote over medium heat until liquid is reduced to medium-thick syrup, stirring occasionally, about 15 minutes.

Whisk eggs, milk and vanilla in large glass baking dish until well blended. Arrange bread slices in egg mixture. Let stand until egg mixture is absorbed, turning once, about 1 minute.

Melt 2 tablespoons butter in large non-stick skillet over medium-low heat. Add 4 bread slices to skillet. Cook until golden brown, about 5 minutes per side. Transfer to baking sheet in oven to keep warm. Repeat with additional tablespoons butter and 4 bread slices. Serve with fruit compote and maple syrup.

Our final recipe is for a humble peach and blueberry crumble. Served warm and topped with ice cream, it is a summer tradition. And if you have lots of peaches, I suggest that you make several batches of filling, pour them into an 8X8-inch Pyrex baking pan, cover tightly, label and freeze!

### PEACH SALAD with WALNUT VINAIGRETTE

**Dressing Ingredients**  
4 tablespoons walnut oil (or whatever you have on hand)  
4 tablespoons white wine vinegar  
1/2 teaspoon basil  
1 teaspoon honey

**Salad Ingredients**  
Leaves of red butter lettuce  
3-4 ripe peaches, pitted and sliced  
1 tablespoon minced red onion  
2 tablespoons slivered walnuts, toasted (Note: candied walnuts are great!)

**Directions**  
1. Whisk all ingredients together vinegar until emulsified. Set the dressing aside.  
2. Arrange the butter lettuce on a chilled serving plate. Arrange the peach slices on the lettuce. Sprinkle with onions and walnuts. Spoon the dressing over the salad just before serving. Serves 4.

### PEACH BLUEBERRY CRUMBLE

4 cups peaches, peeled, sliced  
2 teaspoons lemon juice  
3 cups blueberries  
3 tablespoons flour  
3/4 cup sugar  
1 teaspoon almond extract

**Topping**  
1/2 cup brown sugar  
1/2 cup flour (whole wheat is good)  
1/2 cup quick cooking oatmeal  
1/2 cup butter  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1 stick butter, softened but not melted  
Nuts: Your choice chopped walnuts or sliced almonds

Heat oven to 350 degrees.

In an 8-inch square (1 1/2-quart) baking dish, combine peaches and lemon juice; toss gently. Stir in blueberries, 3 T flour, sugar and almond extract; toss with peaches.

In a small bowl, combine all topping ingredients except butter with fork or pastry blender; cut in butter until crumbly. Add nuts and sprinkle over fruit.

Bake for 30 minutes or until golden brown and bubbly. Serve with vanilla ice cream or thawed frozen whipped topping. Serves 6.

*Keep it simple and keep it seasonal! Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at 942-1317 or email [bchatty@bettykaiser.com](mailto:bchatty@bettykaiser.com)*

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