

Betty Kaiser's Cook's Corner

COUNTRY PEACH COBBLER RECIPE

FILLING

- 2 cups sugar
- 1 teaspoon cinnamon
- 1/3 cup cornstarch
- 8 cups fresh peaches (sliced)
- 1/2 teaspoon almond extract or vanilla extract
- 1/4 cup melted butter

Pastry:

- 2 cups flour
- 2 tablespoons sugar
- Pinch of salt
- 1/2 cup shortening
- 4 tablespoons ice water
- 1/3 cup melted butter for topping
- 1/4 cup sugar for topping

Butter a 9x13-inch baking dish. Preheat oven to 400° F.

Filling: Combine sugar, cinnamon and cornstarch; toss with peaches. Add the almond or vanilla extract and the 1/4 cup melted butter; set aside.

Pastry: Combine the flour, sugar, and salt in a mixing bowl. Cut shortening into the flour mixture until it is the consistency of cornmeal. Gradually add ice water, stirring, just until the dough holds its shape. Roll out on a floured board and cut into strips.

Pour the peach filling mixture into the prepared baking pan. Criss-cross dough strips over the filling and brush pastry generously with remaining butter. Sprinkle with sugar and bake for 30 minutes or until the crust is brown. Serves 10.

FRESH PEACH PIE

- 1 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 package (3 ounces) peach gelatin
- 3 cups sliced peeled ripe peaches
- 1 pastry shell (9 inches), BAKED
- Whipped cream, optional

cornstarch and water until smooth. Cook and stir over medium heat until bubbly and thickened. Remove from the heat; stir in gelatin until dissolved. Cool.

Arrange peaches in BAKED crust; pour filling over peaches. Chill for 2 hours or until set. Serve with whipped cream if desired. Yield: 6-8 servings.

In a saucepan, combine sugar,

The Willamette Valley grows the most delectable varieties of peaches you'll find anywhere. I think that I've tasted them all. Some work best for canning while others are better eaten fresh. My very favorite eating-out-of-hand peaches are the Suncrests. Their texture, color and flavor are also great for canning. Sadly, they are semi-cling and it can be tough to get them to release their seeds. Veterans are also good for canning but not my favorite to eat unadorned.

Right now, Early Elbertas are

on the market. They are a great all around peach. They peel easily with just a few seconds in boiling water. Add a little lemon or Fruit Fresh to cold water and they keep their color when immersed. They taste great sliced on cereal or ice cream; baked in a cobbler or processed in a canner.

My 2017 peach canning quota is tucked away in the cupboard and now I'm having fun trying out new recipes. Sometimes they don't work out like I expect. Recently, I baked a proclaimed "Incredible Peach Pie."

One of its bragging rights was that it makes its own crust." Its 11 ingredients included coconut and pecans. And it was good. But I couldn't taste the peaches. They disappeared into the crust. Bummer.

My conclusion is that you cannot go wrong with an old-fashioned peach cobbler topped with a rolled pie crust. Another favorite is a berry-peach Pie. Our garden currently overflows with blackberries and raspberries, so I combine them with peaches covered with a crumb topping in an open face multi-

berry-peach pie. Yummy.

Today's final recipe is a tried and true, simple fresh peach pie with a gelatin filling. I had completely forgotten about this recipe until my husband's recent birthday. Chuck loves pie. He was thrilled when a friend brought over that famous fresh peach pie. Topped with whipped cream it is always delicious.

Winter is on the way so I encourage you to bake a peach pie or two in the coming weeks. Enjoy!

BERRY PEACH COBBLER

Fruit Filling

- 3/4 cup sugar
- 2 tablespoons flour
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 3 medium peaches, peeled, sliced (about 3 cups)
- 2 teaspoons grated lemon peel
- 1 tablespoon lemon juice

Heat oven to 450° F. Grease 2-quart glass casserole with butter.

In 2-1/2 quart saucepan, stir together sugar and 2 tablespoons flour. Stir in berries, lemon peel and juice. Heat to boiling over medium-high heat, stirring constantly. Spoon fruit mixture into baking dish.

Topping:

- 1/2 cup flour
- 1/2 cup quick oats
- 1/3 cup brown sugar
- 1/4 cup white sugar
- 1 teaspoon cinnamon
- 6 tablespoons cold butter

In medium bowl combine the dry ingredients with a pastry blender. Mix in the butter with your fingers until the mixture comes together and you have big crumbles.

Sprinkle the crumbles evenly over the fruit. Bake 35-45 min. or until filling bubbles and top is golden brown. Cool at least 14 min. before serving. Top with vanilla ice cream. Serves 6.

Have a recipe to share? Contact Betty at bchatty@bettykaiser.com or (541) 942-1317.

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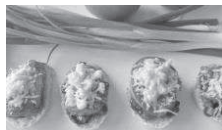
Family Day

Be Involved. Stay Involved.

Celebrate FAMILY DAY - September 25, 2017

Family Fun in the Kitchen

Make Cheesy Bean Toast with your teen using this easy recipe by *Family Day* partner, Amy Roskelley of [Super Healthy Kids](#)



Ingredients: 2 c. cooked pinto beans, 1/2 c. barbecue sauce, 1/2 c. grated parmesan cheese, 1 bunch green onions, 3 plum tomatoes, sliced, Whole wheat bread, sliced, Salt and pepper, to taste

Step 1) Slice and arrange tomatoes on a parchment lined sheet pan and sprinkle with salt and pepper. Broil for 5 minutes, or until tomatoes start to wilt or brown.

Step 2) While tomatoes are broiling, mix beans, barbecue sauce together in a bowl. Remove tomatoes from pan and set aside.

Step 3) Arrange slices of bread on pan, then top with beans. Then add tomato slices, then green onions, and then Parmesan.

Step 4) Broil on high for 3 minutes, or until cheese starts to bubble and brown.

Get Active

Try some of these fun activities with your teen this week!

- Re-do your teen's bedroom. Look up some fun, easy ways to decorate together.
- Volunteer at a soup kitchen, animal shelter, or any local charity that could use you and your teen's help.
- Go to a sporting event together and cheer on your favorite team.
- Take a trip to the movies or watch a movie you both love at home.



Start the Conversation

Here are some great questions to ask your teen!

- What is your favorite family memory from when you were younger?
- What inspires you to write, draw or create any kind of art?
- What helps motivate you to accomplish the goals you have for yourself?
- What subject in school do you wish you could learn more about?
- What sport or activity that you're involved in now could you see yourself doing in college?



Be Creative

Use the inspirational words below to write a song or rap. Ask your teen to do the same. When you're done perform the finished product in front of the rest of your family members. Let them be the judges and decide the winner!

- Shine
- Achieve
- Dream
- Discover
- Believe
- Soar
- Goal
- Embrace
- Motivate
- Accomplish
- Successful



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YOU BY THIS
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