



Dei Fratelli In The News

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Recipe Roundup

Squash Pickle

From Kathy Page

8 cups squash, thinly-sliced
 2 cups onions, thinly-sliced
 2-3 cups green peppers, thinly-sliced
 2 red peppers, thinly-sliced, or 1 large jar pimientos
 Salt to taste

Let all stand for about 1 hour, then drain.

Mix together:

2-1/2 to 3 cups sugar
 2 cups white vinegar
 2 teaspoon mustard seed
 1/2 teaspoon dry mustard

Bring these ingredients to a boil. Place vegetables in vinegar mixture, bring to a boil again. Pour into sterilized jar, seal.

Makes about 6 pints.

Sun Dill Pickles

From Janice Cox

Medium cucumbers, cut in half lengthwise
 4-5 garlic cloves
 Fresh dill

Brine:

1/2-1/3 cup pickling salt
 6 cups water
 3-1/2 cups white vinegar
 1 tablespoon alum

Layer dill stalks and cloves on bottom, middle and top with cucumbers in jar. Mix together remaining ingredients to make the brine. Pour brine over cucumbers, then set jars in the sun for three days. Keep refrigerated.

Apricot Spread

From David Van Acker

1 pound fresh apricots
 1 pound dried apricots, soaked overnight in water to cover
 2 cups sugar
 Juice from 2 lemons
 1/2 cup butter
 4 eggs, beaten

Halve, pit and dice fresh apricots; dice soaked apricots. Place in large heavy saucepan. Cover with water, heat to boiling, cook until tender. Process in blender until pureed. Combine puree, sugar, lemon juice and butter in top of double boiler. Cook over simmering water, stirring often, until sugar dissolves. Add beaten eggs. Cook, stirring constantly until mixture thickens, 10-15 minutes. Seal in 3 hot sterilized half-pint jars.

Creamed Corn

From David L. Greer

While canning corn for the first time recently, I found a very sharp fillet knife worked best for cutting kernels from cob. Cut from large to narrow end of the cob for best results, then scraping the cob to extract the milk and pulp/corn germ of kernels with a tablespoon (bowl part w/pronounced edges) which directs the scrapings into the collection bowl. Scraping from small/narrow to large end of cobs provides the best results.

From several dozen ears of sweet corn I obtained from the local Farmers' Market, I produced 7 pints of beautiful creamed corn.

Corneob Jelly

"Tastes like honey"

From Gloria Monroe

12 ears corn, corn cut off
 4 cups water
 1 small box powdered pectin
 4 cups sugar

Boil corn cobs in water 10 minutes. Strain, measure out 3 cups juice. Additional water may be added to make 3 cups. Add pectin, bring to a boil, add sugar. Bring to a boil, stir, boil 2 minutes. Remove from heat. Put in hot, sterilized jars and seal.

Makes 4 half pints.

Mother's Canned Green Beans

From Brenda Stubblefield

1 gallon green beans
 8 tablespoon vinegar
 4 tablespoons sugar
 4 tablespoons salt

Cook in open pan 30 minutes. Put in clean jars, seal.

To cook and eat, add **bacon grease** and **1/4 cup brown sugar per quart**. Cook until desired tenderness.

Basil Pesto

From Jan Clement

1 cup tightly-packed basil leaves
 1 large clove garlic, coarsely chopped
 2 tablespoons roasted pine nuts
 1/2 cup extra-virgin olive oil
 2 tablespoons freshly grated Parmesan cheese
 Salt to taste

In food processor or blender with blades running, drop basil leaves, garlic and pine nuts through feed chute. Pulse on and off to chop and mix ingredients. Add 1/4 cup of oil, process 1 minute, then add remaining 1/4 cup oil and cheese (see freezing instructions). Process thoroughly to make a smooth sauce (more of a liquid than puree).

Freezing: Prepare pesto as directed but don't add Parmesan. Pour pesto into muffin tins lined with plastic wrap. Tie each pesto bundle with twist tie and freeze. For smaller servings, use ice trays sprayed with non-stick oil for freezing then wrap each pesto cube in plastic wrap. When frozen, pesto servings can be stored in freezer bags or boxes and defrosted as needed. Add Parmesan to defrosted pesto, mix well.

Six-Vegetable Juice

Kudzu Bloom Jelly

From Kathy Page

Kudzu blooms the first three weeks of September. The pink/purple blooms are found under the leaves of the vine. Cut only the blooms off. I fill an ice cream bucket about 3/4 full of blooms, cutting off any extra stem, or parts of the bloom that haven't flowered.

Rinse off blooms; place back in the bucket or a glass bowl. Heat 4 cups water to boiling; pour over the blooms. Cover, let blooms steep about 30 minutes. Pour this juice through a strainer (I also pour it through a paper towel). Juice will be a brown/purple color. Juice can be refrigerated to make jelly later:
 3 cups juice from kudzu blooms
 4 cups sugar
 1 package Jel-Ease or similar
 Follow Jel-Ease jelly directions.

Texas Jalapeno Jelly

From Taste of Home

2 jalapeno peppers, seeded and chopped
 3 medium green peppers, cut into 1-inch pieces, divided
 1-1/2 cups white vinegar, divided
 6-1/2 cups sugar
 1/2-1 teaspoon cayenne pepper
 Two 3-ounce pouches liquid fruit pectin
 6 drops green food coloring

In blender, place jalapenos, half the green peppers and 1/2 cup vinegar; cover, process until pureed.

Transfer to large Dutch oven. Repeat with remaining green peppers and another 1/2 cup vinegar. Add sugar, cayenne and remaining vinegar to pan. Bring to rolling boil over high heat, stir constantly.

Quickly stir in pectin. Return to rolling boil; boil 1 minute, stir constantly. Remove from heat, skim off foam. Add food coloring. Ladle hot liquid into hot jars, leaving 1/4 inch headspace. Adjust caps. Process 10 minutes in a boiling-water bath.

Serve over cream cheese with crackers. Makes 7 half-pints.

From Jan Clement

Flavored onions and peppers don't require blanching to freeze. Buy extra when prices are low or use surplus garden produce. Add these ready-made, frozen flavorings to dishes that will be cooked (soups, sauces, casseroles, etc.).

Onions: Select unblemished bulbs. Clean, remove outer skin, trim ends, slice/dice. Freeze on cookie sheet. Package in freezer bags.

Sweet/hot peppers: Select crisp, tender pepper pods (bell, banana, jalapeno, etc.). Wash, cut out stems, remove seeds. Cut into halves, strips, dice. Freeze on cookie sheet. Package in labeled freezer bags.

Tomato Quiz

Did you know more tomatoes are consumed in the United States than any other fruit or vegetable source? Learn more fun facts by taking this quiz from Dei Fratelli:

1. Tomato juice is the official state beverage of which state:

- Ohio
- Oklahoma
- Louisiana
- Alabama

2. Tomatoes are referred to as the "apple of love" by:

- The Italian
- The British
- The German
- The French

3. Which state is the No. 1 producer of fresh market tomatoes?

- Florida
- California
- Ohio
- Michigan

Answers
 1. A. Ohio
 2. D. The French
 3. A. Florida



Upcoming themes

July 22
Back to school

July 29
India

Aug. 5
Kids' parties

Aug. 12
Fruit

Daylilies ... for lunch?

By MARIANN HAGY

This season brings so many wonderful fresh vegetables that we have been craving all winter, but did you know that one of the best early summer delights may be right outside your back door and you didn't even know it?

Our beautiful Tennessee orange

ander and refrigerate until ready to use. The petals do bruise easy so you don't want to over-handle them, especially if you are going to use them in a salad.

If you're not sure you'll like the soup, try a few raw petals. If you like the flavor, you'll love the soup.



Turn mixture off. Set aside, covered. Depending on the size of your...

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