

Vermont Agency Of Agriculture, Food & Markets



Berry Recipes from Vermont Processors and Restaurants

Recipe from Chef Sother Teague, New England Culinary Institute
Chefs Table Restaurant, Montpelier, VT

Savory Cranberry Jam

Makes approximately 1 1/2 c.

- 1 lb. fresh cranberries
- 2 c. orange juice
- 3 c. ginger ale plus 4 oz.
- 2 tbsp. maple syrup
- 2 tbsp. light brown sugar
- 1/2 tsp. kosher salt
- zest of 1 orange
- 1 c. sugar
- 2 oz. balsamic vinegar

Combine first 7 ingredients except 4 oz. ginger ale in a non-reactive saucepan (stainless steel) and bring to a boil. Reduce heat and simmer, stirring occasionally, for 30-45 minutes or until liquid is reduced by half.

Carefully puree with stick blender or blender until smooth.
(At this point the sauce is great for dipping!)

Add remaining ginger ale, sugar and balsamic vinegar. Gently reduce by two-thirds or until you have the consistency of a loose jam. Cool to set.

Makes a great all purpose condiment for sandwiches, pizza, cornbread, pancakes, meats, deserts, even salads!

Recipe from Chef Jason Gingold, New England Culinary Institute
118 Main Street Grill, Montpelier, VT

Strawberry and Rhubarb Cobbler

(as demonstrated on VPT Cooks)

For one 8" pie pan or 6-8 individual portions.

Fruit:

2 1/2 lb. berries, either strawberry or mixed
2 c. medium diced rhubarb
1/2 c. sugar
3 tbsp. corn starch
3 tsp. lemon juice
1/2 tsp. vanilla extract or the seeds of 1 vanilla bean
pinch of cinnamon
2 tbsp. of any dessert wine

Topping:

2 c. all-purpose flour
4 tbsp. granulated sugar
1/2 tsp. salt
2 tsp. baking powder
6 tbsp. butter (very cold, cut into tiny cubes)
1 c. cold cream

Spray or butter the baking dish. Preheat the oven to 375 degrees. Wash berries and pat dry. In a large bowl, mix berries, rhubarb, sugar, cornstarch, lemon juice, vanilla, cinnamon and wine. Let stand for 20 minutes.

For cobbler:

Sift together all dry ingredients. Blend in cold butter by hand until all grains are pea size. Do not over mix. Add cold cream. The result should be a wet mixture.

Put berry mixture in baking dish. Piece together the cobbler on top of the berries. Sprinkle with a little extra sugar. Bake until juices are bubbling. Serve with creme fraiche or ice cream.

Recipes from Jason Clark
JDC's Just Delicious Catering, Hyde Park, VT

Raspberry Torte

Serves 12

Crust:

1 1/4 c. flour

1/4 c. sugar

1/4 tsp. salt

1 c. butter (chilled)

Mix first three ingredients together. Cut in the butter, and pat crust into a 13x9" pan. Bake at 350 degrees until light brown, about 15 minutes.

Filling:

3 tbsp. cornstarch

1 c. sugar

20 oz. raspberries

Add raspberries to cornstarch and sugar in a saucepan. Cook until mixture comes to a boil. Cool slightly. Pour over crust and chill.

Topping:

45 large marshmallows

1 c. milk

1 c. heavy cream, whipped

Cook marshmallows and milk over low heat until marshmallows are melted. Cool. Fold in whipped cream. Spread over chilled raspberry filling. Chill again.

Blueberry Buckle

2 c. wheat flour

1/2 c. maple syrup

2 1/2 tsp. baking powder

3/4 tsp. salt

1/4 c. butter

3/4 c. milk

1 egg

2 c. blueberries

Blend all ingredients together, except blueberries. Beat for 30 seconds, then fold in blueberries.

Topping:

1/2 c. sugar

1/3 c. flour

1/2 tsp. cinnamon

1/4 c. soft butter

Mix ingredients together, and sprinkle on top of blueberry mixture.

Bake 45-50 minutes in 350 degree oven.

Recipes from Kevin Takei, executive chef,
and Paige Gould, sous chef
The Putney Inn, Putney, VT

Blueberry-Mascarpone Mousse

2 c. heavy cream, whipped
1 $\frac{1}{4}$ c. blueberry sauce (recipe below)
8 oz. mascarpone
2 oz. creme fraiche
 $\frac{1}{4}$ oz. gelatin, bloomed
1 oz. Chambord

Warm the Chambord, and dissolve the gelatin in the liqueur; allow to cool slightly. Combine blueberry sauce, mascarpone, creme fraiche and Chambord. Carefully fold into the whipped cream until completely incorporated. Chill overnight and pipe into desired serving dish.

Blueberry Sauce

4 pints fresh blueberries
 $\frac{1}{4}$ c. water
 $\frac{3}{4}$ c. sugar
2 lemons, juiced
2 tsp. corn starch, dissolved with a little water

Combine blueberries, water, sugar and lemon juice in saucepan. Bring to a simmer for 5 minutes. Puree completely in blender, then strain through fine mesh strainer. Return to saucepan and thicken slightly with cornstarch. Chill.

Croissant Bread Pudding

$\frac{1}{2}$ lb. day-old croissants, danish, muffins, etc.
4 oz. milk
4 oz. cream
2 eggs
2 egg yolks
6 oz. sugar
 $\frac{1}{4}$ tsp. vanilla extract
1 c. fresh berries

Cut pastries into cubes. Whip milk, cream, eggs, yolks, sugar and vanilla together to form custard. Combine pastries with the custard and berries. Place into buttered casserole dish. Bake in water bath at 275 degrees for 45 minutes, or until custard is set.

Recipes from Bob Lesnikoski
Vermont Cranberry Company, Fletcher, VT

Note: All our recipes can use fresh or frozen berries interchangeably, just slightly extend the cooking time when using frozen.

Quick Cranberry Sauce

2 pints Vermont cranberries (fresh or frozen)
1 c. water
1 c. sugar
1/4 tsp. salt

Bring water, sugar and salt to a boil over high heat, stirring occasionally. Add cranberries; reduce heat to medium, and simmer until most of the berries have popped (about 5 minutes). Cool to room temperature. Serve.

Cranberry Muffins

1/2 c. butter
3/4 c. sugar
2 eggs
2 c. flour
2 tsp. baking powder
1 tsp. vanilla
1/2 c. milk
1 1/2 c. sliced Vermont cranberries (fresh or frozen)

Cream butter and sugar. Add eggs one at a time. Add dry ingredients, then add vanilla and milk. Fold in the cranberries. Put in muffin cups and bake at 350 degrees for about 30 minutes.

Cranberry Meringue Pie

Crust:

1 1/2 c. fine graham cracker crumbs
6 tbsp. unsalted butter, melted
1/3 c. sugar
(Or use purchased graham cracker crust)

Cranberry curd:

2 1/2 c. cranberries
6 tbsp. unsalted butter
1 1/4 c. sugar

6 large egg yolks

Cranberry filling:

3 ¹/₄ c. cranberries

³/₄ c. sugar

(Two jars of Cranberry Traditions may be used instead)

Meringue:

2 tbsp. cornstarch

¹/₂ c. plus 1 tbsp. sugar

4 large egg whites

pinch salt

¹/₂ c. coarsely chopped dried cranberries

To make the crust, preheat the oven to 375 degrees. Whisk together the crumbs, butter and sugar. Scrape into a 9" glass pie plate and press evenly across bottom and sides. Bake until the crust just begins to brown, 7-10 minutes. Set aside.

To make the curd, put the cranberries and ¹/₂ c. water in a saucepan. Heat the cranberries until they pop, about 5 minutes. Puree in a food processor and strain through a sieve. Return the mixture to the pan, add butter and sugar, and heat until the butter melts and sugar dissolves. Whisk the egg yolks until smooth. Very slowly whisk in the hot cranberry mixture. Return the mixture to the saucepan and cook over medium heat, stirring constantly, until it thickens a bit, about 5 minutes. (Do not allow to boil, or the eggs will scramble.) Set aside.

To make the filling, place the cranberries, sugar and ¹/₂ c. water in a small saucepan. Boil just until the sugar melts. Set aside.

Preheat the oven to 400 degrees. Position a rack in the top third of the oven. Have the curd and filling very hot. (Reheat the curd gently, stirring to avoid scrambling the eggs.)

To make the meringue, put the cornstarch and 1 tbsp. sugar in a small saucepan. Stir in ¹/₃ c. water. Place over medium heat, and stir until the mixture boils and becomes translucent. Set aside. In a medium bowl, beat the egg whites and salt until fluffy. Slowly add remaining sugar. Reduce speed to medium and add cornstarch mixture a tbsp. at a time. Beat just until meringue is glossy and holds stiff peaks. (Do not overbeat.) Fold in the dried cranberries.

Pour off any liquid from the filling and spread in the pie shell. Top it with the cranberry curd. Add meringue, covering the filling completely and making little decorative peaks. Place the pie on a baking sheet to catch any drips and bake until meringue peaks are browned, 8-10 minutes. Let cool before serving.

Cranberry Demi-glaze

Courtesy of Dave Pratt at the Sand Bar Restaurant

(as demonstrated on VPT Cooks)

2 oz. Boyden Valley cranberry wine

4 oz. lamb stock

1 tbsp. butter

¹/₂ tbsp. fresh mint

1/4 c. fresh or frozen Vermont cranberries

Deglaze pan that the lamb was cooked in with the cranberry wine. Add stock and butter.

Reduce till thickened slightly. Add cranberries and cook until they pop. Garnish with mint.

Enjoy with a glass of cranberry wine.

Cranberry Vinaigrette

2 tbsp. single-strength cranberry juice

2 tbsp. red wine vinegar

1/2 c. canola oil

1 tbsp. minced garlic

1/4 tsp. thyme

1/4 tsp. coarse salt

1/8 tsp. black pepper

1/4 c. finely chopped sweetened dried cranberries

In a small bowl whisk together all ingredients until well mixed. Refrigerate well. Shake well before serving.

Cranberry-Rhubarb Chutney

(as demonstrated on VPT Cooks)

Makes approx. 2 cups

1/2 c. white sugar

1/4 c. red wine vinegar

1 stick cinnamon or 1/2 tsp. ground cinnamon

2 tsp. fresh minced ginger

2 tsp. grated orange peel

1/4 tsp. ground nutmeg

2 cups thinly sliced rhubarb

3/4 c. fresh or frozen cranberries or 1/2 c. dried cranberries

2 scallions, thinly sliced

Combine sugar, vinegar, cinnamon, ginger, orange peel and nutmeg in a 1 1/2 quart saucepan, and cook over medium-high heat until mixture boils. Add rhubarb, cranberries and scallions. Cook over medium heat until rhubarb is tender and fresh or frozen cranberries have popped or dried cranberries have softened – about 10-15 minutes. If using cinnamon stick, remove. Cool at room temperature, and refrigerate if not serving immediately. Great with grilled pork and chicken.

Recipes from Chef Brian Flander

Three Mountain Inn, Jamaica, VT

Scones

Truly a country inn favorite. After baking, these freeze very well for those impromptu brunches.

Preparation time: 20 minutes

- 3 c. flour
- 1/2 c. sugar
- 1/2 tsp. baking soda
- 2 1/2 tsp. baking powder
- 1 1/2 sticks chopped-up butter
- 2 tsp. vanilla
- 1 c. buttermilk
- extra sugar and buttermilk for glazing
- 1 c. add-ins (raisins, cranberries, nuts, any type of berry)

Mix the first four ingredients together. Cut in butter until it resembles cornmeal. Add the milk and vanilla. Mix till it forms a soft dough, adding more milk, if needed, and form into a ball. Cut ball into fourths. Shape each fourth into a ball. Roll to 1" thick. Cut into fourths again. Place on doubled sheet pans (due to temperature). Brush with buttermilk. Dust with sugar and bake at 400 degrees for 15 minutes or until light brown.

Raspberry-Chile Sorbet

- 1 1/2 lbs. of raspberries
- 1 Thai chile, steamed, seeded and roughly chopped
- 1/2 c. sugar
- 1 c. water
- juice of two lemons

Combine all ingredients in a blender and puree. Pass through a strainer to remove the seeds. Freeze in an ice-cream maker according to the manufacturer's directions. Serve as soon after freezing as possible, or store in the freezer and allow to soften slightly before serving.

Strawberry Ganache

- 1 pint cream
- 2 lbs. white chocolate, chopped
- 3 c. tempered semi-sweet chocolate
- 1/2 c. strawberry puree
- 1/4 c. Kirsch liqueur
- 3 vanilla beans

Boil cream for 1 minute. Pour hot cream over the chopped white chocolate. Add vanilla beans, Kirsch and strawberry puree. Let cool. Mold in any shape (1/2 oz. balls or cylinders). Dip in melted semi-sweet chocolate. Let cool and serve.

Recipes from The King Arthur Flour Baker's Companion
King Arthur Flour, Norwich, VT

Open-Faced Rustic Berry Pie

Makes 1 tart, about 6 servings

9" single pie crust

2/3 c. sugar

3 tbsp. pie-filling thickener of your choice (tapioca or cornstarch; or use 5 tbsp. of unbleached all-purpose flour) to thicken about 3 c. of filling

3 c. berries, fresh, or frozen and thawed

Crust:

Roll the crust into a 12-13" round, and transfer the round to a pizza pan or baking sheet; if you use a baking sheet, the crust may (temporarily) hang off the edges – that's okay.

Filling:

In a medium-sized bowl, blend together the sugar and thickener. Add the berries, tossing to coat.

Mound the sugared berries (or other fruit) in the center of the crust, leaving about a 3 1/2" margin of bare crust all the way around; the mound of fruit will be quite high. Using a pancake turner or a giant spatula, fold the edges of the crust up over the fruit, leaving about 4-5" of fruit exposed in the center.

Bake the tart in a preheated 425 degree oven for about 35 minutes, or until the filling is beginning to bubble and the edges of the crust are brown. Remove the tart from the oven, and allow it to cool for 15-30 minutes before cutting wedges.

Biscuits for Breakfast

Makes 9 large square biscuits or 16 2"-round biscuits

2 c. unbleached all-purpose flour

1 tsp. salt

1 tbsp. sugar

2 1/2 tsp. baking powder

4 tbsp. cold butter

1/4 c. cold shortening

1/2 c. milk, cream or half and half*

1 large egg

*You can use any kind of milk, from skim right up through whipping cream. The richer the milk, the richer and more tender your biscuit will be.

In a medium-sized mixing bowl, whisk together the flour, salt, sugar and baking powder. Cut the butter into pats, and work the butter and shortening into the flour, using a pastry blender, mixer (you can also use a food processor, up to this point) or your fingers. When thoroughly combined, the mixture should resemble uneven, coarse crumbs; don't keep working it till it's perfectly homogeneous. The point is to work the cold fat into the dry ingredients fairly evenly, but so that it still retains its integrity; you don't want the fat to become one with the flour. The uneven, tender texture of biscuits comes from pockets of cold fat in the dough, which in the baking process don't melt till after the dough is set, leaving butter-catching fissures in the baked biscuit.

Measure the milk or cream into a liquid measuring cup; add the egg, and whisk till smooth. Add this to the flour/fat mixture, and stir just to combine; as soon as you no longer see areas that are very obviously wetter than other areas, stop mixing and dump the dough onto a lightly floured work surface. Knead it a couple of times to bring it together, if necessary; remember, every time you push, pat or shape the dough from now on, you're toughening the gluten, and therefore the biscuit, so try to handle it as little as possible. With the help of a dough scraper, shape the dough into a 6x6" square, about 3/4" inch thick. Run a rolling pin over the top once to even it out. Wrap it in plastic wrap, and place it in the freezer for 1 hour.

Preheat the oven to 400 degrees. Remove the dough from the freezer, unwrap it, and set it on a work surface. It'll be very stiff, but still soft enough to cut with a sharp knife, sharpened dough scraper or rolling cutter (pizza cutter). Cut the dough into nine 2" squares, and place the squares on a lightly greased or parchment-lined baking sheet. Make sure to cut out the biscuits with something sharp; if you use a dull knife, you compress the biscuits' edges, and they won't rise as high.

Bake the biscuits for 16 minutes, or until they're a light, golden brown. Remove them from the oven, and serve hot, warm or at room temperature.

Favorite Tender Crust

Makes one 9" single pie crust

1 1/2 c. unbleached all-purpose flour or a combination of all-purpose and pastry flours

1 tbsp. buttermilk powder (optional; it'll help make the crust tender)

1/4 tsp. salt

1/4 tsp. baking powder

1/4 c. butter

1/4 c. vegetable shortening

1 tsp. white or cider vinegar

3-5 tbsp. cold water

In a medium-sized mixing bowl, combine the flour, buttermilk powder (if you're using it), salt and baking powder. Using a pastry fork, pastry blender, your fingers or a mixer, cut in the butter and vegetable shortening, leaving some baby pea-sized lumps.

Mix the vinegar with 3 tbsp. of the water. Sprinkle this mixture over the flour and fat, and toss with a fork. Squeeze the dough together; if it's not cohesive, add an additional

1-2 tbsp. water (just enough to make the dough stick together comfortably). Shape the dough into a flattened disk, wrap it in plastic wrap, and refrigerate it for 30 minutes or longer before rolling.

Recipe from Chef Jeff Lang
The Alchemist Pub and Brewery, Waterbury, VT

Seared Duck Breast With Wild Blackberry Gastrique

Blackberry Gastrique

Combine in large saucepan:

1 c. apple cider vinegar
1 c. white sugar
zest and juice of 3 lemons
1 1/2 c. water and 1 1/2 c. beef or chicken stock
3 c. fresh local blackberries
salt and pepper to taste

Cook down until liquid is reduced by half. Strain out berries and adjust seasoning to taste.

To prepare dish:

Score the skin side of 2 medium-sized duck breasts, and season with salt and pepper. Place skin side down on hot cast iron skillet. Sear until skin becomes golden brown. Turn over and place skillet in 325 degree oven for 25-30 minutes (for medium-rare to medium). Set aside duck breast to rest for 10-15 minutes. Place washed and roughly cut swiss chard in hot skillet with duck fat, and saute until wilted but still crunchy. Slice duck breast thinly and serve with blackberry gastrique (see above) and garlic mashed potatoes.

Recipe from John Kimmich, brewer
The Alchemist Pub and Brewery, Waterbury, VT

Belgian-Style Raspberry Strong Ale

Makes 5 gallons

Original Gravity: 1.065

IBU: 15

6.5% alcohol by volume (before fruit, approximately 8.5% after)

10 lbs. crushed Belgian Munich malt
1 lb. crushed Belgian wheat malt

1 1/2 oz. Styrian Goldings hop pellets at 5% AA
10 lbs. fresh red raspberries
1 tsp. Irish moss
Whitelab's Belgian Abbey Ale Yeast

Mash 10 lbs. Belgian Munich malt and 1 lb. Belgian wheat malt at 152 degrees fahrenheit for 1 hour. Sparge the grain at 168 degrees for 1 1/2 hours. Chill to 68 degrees, and add the yeast. Ferment at 68-70 degrees for 3-5 days. Split the actively fermenting beer into two 5-gallon carboys, and add 5 lbs. of raspberries to each. When fermentation has subsided and the berries have lost their color (about 7 days), rack the beer off the fruit, and chill to 40 degrees. Once the beer has dropped bright, carefully rack into a 5-gallon keg and carbonate to 2.4 volumes of CO². This beer will age quite well, although the fruit aromas will diminish with time.

Helpful Hint: Freeze your raspberries in a ziplock bag. The freezing will break the cell walls down, and will enable better utilization. The high alcohol content and low pH will inhibit bacterial activity, so it is not necessary to pasteurize fruit.

Recipes from Kristina Creighton, chef/owner
Kristina's Kitchen, Rochester, VT

For both recipes, use whatever berries are in season and look good to you. In this recipe the caramelized bottom, which becomes the top, tastes buttery and rich.

Summertime Upside-Down Cake

Makes one 9" cake

4 tbsp. butter
1/2 c. light brown sugar
1/4 tsp. grated nutmeg
2 c. berries
1 tsp. fresh lemon juice
2 2/3 c. cake flour
1 1/2 c. sugar
1 tbsp. baking powder
1/4 tsp. salt
6 tbsp. butter, at room temperature
1 c. milk
1 tsp. vanilla extract
2 eggs

Line a 9" round baking pan with parchment or brown paper. Spray with non-stick spray. Preheat oven to 375 degrees.

Gently wash and stem the berries. Toss with the lemon juice and set aside.

In a large glass bowl, melt the butter in the microwave. Stir in the brown sugar and nutmeg, and blend well. Pour the mixture into the baking pan and spread evenly. Arrange the berries on the sugar mixture.

Sift the flour with the sugar, baking powder and salt. Mix together with the softened butter, the milk and the vanilla extract. Mix till blended and the flour is damp. Beat for 2 minutes at medium speed of an electric mixer. Add the egg and beat for 1 more minute. Pour the batter over the berries.

Bake for 35 minutes. Cool for 5 minutes in the pan, then carefully invert onto a serving plate. Let it sit for 1 more minute, then remove the pan and peel off the paper.

Berry Custard Cake

Makes one 9" cake

2 c. all-purpose flour
1 tbsp. plus 1 tsp. baking powder
1/2 tsp. salt
1 c. sugar, divided
6 tbsp. cold butter
2/3 c. milk
2-3 c. berries
4 egg yolks
1 1/3 c. heavy cream
1/2 tsp. nutmeg

In the bowl of a food processor, place the flour, baking powder, salt and 1/2 c. of the sugar. Whirl to blend. Cut the butter into a few chunks and add to the processor bowl. Pulse till the mixture is crumbly and resembles cornmeal.

Spray the bottom and sides of a springform pan, then line with parchment or brown paper and spray the paper. (This makes it easier to remove the cake from the pan for serving.) Preheat oven to 400 degrees.

Pat the dough over the bottom of the pan, and about 2" up the sides. Spread the berries over the dough in a single layer. Bake for 25 minutes. Meanwhile, beat together the remaining ingredients till well blended. Slowly pour this mixture over the berries and return the pan to the oven. Cook till the custard is firm and brown, about 20 minutes. Serve warm or chilled. Refrigerate when cool.

Recipes from Lara C. Atkins

The Kitchen Table Bistro, Richmond, VT

Cream Cheese Pound Cake

Makes 3 triangular molds

2 c. cake flour
1 c. all-purpose flour
12 oz. butter
8 oz. cream cheese
3 c. granulated sugar
1 tbsp. vanilla extract
6 eggs, at room temperature

1 tsp. salt

Sift flours together. Cream butter, cream cheese, sugar and vanilla till light. Add eggs one at a time. Beat in the salt. Mix in flour on low, blending till smooth.

Bake at 325 degrees for 1 hour and 35 minutes.

Strawberry Sauce

(as demonstrated on VPT Cooks)

Makes approx. 1 quart

4 lb. strawberries, clean and cut into quarters

2 lb. granulated sugar

juice of 1 lemon

Combine berries and sugar in a large bowl, and stir to coat berries evenly with sugar. Add above mixture to a large heavy- bottomed stainless steel pot. Cook mixture over medium-high heat, stirring often, until it boils and thickens. Please note, as mixture begins to boil be careful that it does not boil over. Puree above mixture and add lemon juice to adjust taste. Strain and cool. If too thick after completely cool, thin with apple juice.

Strawberry Ice Cream

Makes 2 quarts

3 c. cream

1/2 c. sugar

1 c. sugar

6 egg yolks

3 c. strawberry puree (recipe below)

vanilla extract, to taste

Heat first two ingredients to just a simmer. Whisk yolks and second measure of sugar together; slowly add hot cream, whisking constantly. Cook the above mixture over medium heat till it thickens and coats the back of a spoon. Strain and chill completely. Once cold, stir in strawberry puree and vanilla extract. Freeze in an ice cream freezer according to the manufacturer's instructions.

Strawberry Puree

Take 3 pints of clean, hulled berries and add 3 tbsp. of granulated sugar. Put mixture in a blender and puree till smooth.

Do not strain.

Recipes from Dave Marchant
River Berry Farm, Fairfax, VT

Freezing Strawberries, Blueberries and Raspberries

(as demonstrated on VPT Cooks)

Berries are very easy to freeze. It is a great way to be able to use locally grown fruit year round.

Strawberries: Wash and remove caps of the berries and cut into half or quarters, depending on the size of the berry. Place the berries onto a cookie sheet, with the skin side down, so they are not touching each other. Place in the freezer overnight. Take a spatula and remove the berry pieces from the cookie sheet and place in a ziplock bag. The berries can now be poured out of the bag. They make great snacks for kids, are great on cereal, for use in baking or blended drinks, such as smoothies.

Blueberries and raspberries: Follow the same procedure for strawberries, but don't cut the berries. These berries are extremely easy to freeze, and pour out of the bags like frozen marbles. They are great for eating out of hand, baking and for blended drinks.

Strawberry Yogurt Smoothie

(as demonstrated on VPT Cooks)

Place 1 c. of frozen strawberries or fresh strawberries (remove caps and cut in half) in a blender. If using fresh strawberries, add a few ice cubes.

Add 1 c. of plain yogurt, 2 tbsp. sugar (adjust to desired sweetness) and 1 c. of milk.

Blend until smooth. This is a real favorite drink with the kids.

Recipe from Maddy Harlow
Harlow's Sugarhouse, Putney, VT

Strawberry Cake

1 c. butter
1 1/2 c. sugar
4 eggs
2 tsp. vanilla
3 c. flour
3 tsp. baking powder
1 1/2 tsp. salt
2/3 c. milk
1 c. chopped strawberries
1/2 c. chopped walnuts

Cream butter until light. Add sugar and mix well. Beat eggs one at a time and add to the butter-sugar mixture. Add vanilla, flour, baking powder, salt and milk. Mix

together. Fold in berries and nuts. Pour batter into a tube pan and bake at 375 degrees for 1 hour.

Recipe from Chefs Steve Schimoler and Noah Sassaman
The Mist Grill, Waterbury, VT

Summer Berries and Pork Cutlet (as demonstrated on VPT Cooks)

4 4-oz. pork loin medallions, 3/4" thick
2 tsp. salt
1 tsp. pepper
8 oz. arugula, stemmed
2 tbsp. vegetable oil
1 qt. strawberries
3 tbsp. red onion, shaved
2 heaping tbsp. basil, minced
1 tsp. rosemary, minced
1 heaping tbsp. tarragon, minced
4 oz. balsamic vinegar
1/2 tsp. curry powder, optional
1/2 tsp. salt
1/2 tsp. pepper
1 oz. crumbled Gorgonzola

Stem the berries and slice 1/8" thick; place in mixing bowl. Mince all the herbs and add to mixing bowl. Shave the onion so the slices are paper thin; add to mixing bowl. Add the curry powder, salt, pepper and balsamic vinegar, and toss all the ingredients well. The berry mix can sit for 2 hours prior to serving.

Wash and stem the arugula and set aside. Place a medallion between plastic film wrap. Pound out the medallion with a meat hammer so it is about twice the diameter and 1/4" thick. Repeat for all the medallions. Evenly sprinkle each side with the salt and pepper. In a large hot saute pan, add the vegetable oil and heat till the oil just begins to smoke. Carefully place the pork in the saute pan and cook for approximately 1 minute, till lightly browned. Flip the medallions and cook for approximately 1 more minute.

Arrange a nest of the arugula on the center of each plate. Place the pork on top of the arugula nest so the pork slightly wilts the arugula. Evenly spoon equal amounts of the berry salad on and around the pork. Drizzle some of the balsamic juice around the perimeter of the plate. Sprinkle crumbled blue cheese evenly across the plate and serve immediately.

Recipes from The Norris Berry Farm
Monkton, VT

Strawberry Cream Cake Roll

(as demonstrated on VPT Cooks)

3 c. of sliced strawberries (can use raspberries or blueberries)

1 pint whipping cream

1/3 c. sugar

1 tsp. vanilla

1 c. flour

1 tsp. baking powder

1/4 tsp. salt

3 large eggs

1 c. sugar

1/2 c. water

1 tsp. vanilla

Preheat oven to 375 degrees. Grease a 15x10x1" jelly roll pan and line bottom with greased brown paper or wax paper.

Mix flour, salt and baking powder together, and set aside. Beat eggs in bowl until very thick and lemon colored; gradually add sugar, water and vanilla. Slowly mix in dry ingredients just until smooth. Pour batter into jelly roll pan. Bake immediately for 12-15 minutes. As soon as you remove it from the oven, loosen the cake edges and invert it on a damp towel sprinkled with confectioners sugar. Remove paper, trim edges, sprinkle again with confectioners sugar and roll with towel. When cool, unroll onto large serving pan, removing the towel.

Whip cream and add 1 tsp. vanilla and sugar to taste. Generously apply a layer of whipped cream to unrolled cake roll. Chop 1 c. of strawberries and place on whipped cream. Roll up cake and then layer with the rest of the whipped cream and chop the remaining 2 c. strawberries to place on top of the roll. This is really elegant and incredibly delicious!!!

Fruit Pizza

1 Boboli pizza shell

1 c. fresh Vermont blueberries

2 c. fresh Vermont strawberries, chopped

1/2 c. fresh Vermont raspberries

Spread:

1 12-oz. pkg. light cream cheese

3 tbsp. Vermont maple syrup

2 tbsp. lemon juice

Mix the spread ingredients together thoroughly.

Heat pizza shell in a 325 degree oven until crisp. Remove from oven and spread cream cheese mixture on top.

Top with blueberries around outside of shell. Place raspberries in the center, and in between, arrange strawberries sweetened with 3 tbsp. of Vermont maple syrup.

Strawberry Fruit Salad

Lettuce leaves

Dressing:

1 tbsp. chopped fresh mint or 1/2 tsp. dried
1 tbsp. Vermont maple syrup
1/2 c. light sour cream
2 cups of fresh fruit: Vermont strawberries, blueberries
or raspberries

Use 1/2 c. berries and blend with other dressing ingredients to make 1/4 cup dressing. Arrange lettuce leaves, top with sliced strawberries and add dressing. Enjoy!

Chocolate Dipped Strawberries

2 c. semi-sweet chocolate chips
2 c. milk chocolate chips
2 c. white chocolate chips or chunks

Wash fruit and pat dry. Melt each chocolate separately on low power level in microwave. Immediately dip strawberries into chocolate in one or two colors. Place on wax paper to dry. To add a different chocolate trim, melt a contrasting chocolate in a ziplock bag, snip a corner of bag and make decorative stripes across the top of the berries.

Pavlova

4 egg whites
1 tsp. cream of tartar
1 c. sugar
1 qt. fresh Vermont strawberries
1 pint Vermont whipping cream

Heat oven to 300 degrees. Line a pan with foil, the shiny side down. Beat the egg whites until they form soft peaks. Add sugar and cream of tartar; beat a little longer. Spread evenly on foil and bake 45 minutes in oven. Leave in oven to cool. Spread with whipped cream sweetened with 1/2 c. sugar and 1 tsp. real vanilla. Top with strawberries.

This makes a great birthday cake.

Rhubarb Bars or Strawberry-Rhubarb Bars

Makes 24

1 c. brown sugar packed

1/2 c. butter
1/4 c. shortening
2 c. Bisquick
1 1/2 c. oats
1 pkg. frozen or fresh rhubarb (2 cups) or use half rhubarb and half strawberries
1 c. sugar
1/4 c. Bisquick
1 egg

Mix brown sugar, butter and shortening together. Add 2 c. Bisquick and the oats until crumbly. Press half the mixture in a pan. Bake till set, about 10 minutes. Mix together rhubarb, sugar, 1/4 c. Bisquick and the egg in a 1 1/2 qt. saucepan. Heat till thickened and boil 30 seconds. Spread over baked layers. Sprinkle remaining half of crust mixture over the rhubarb mixture; bake 30 minutes. Cool in refrigerator.

Recipes from The Pomykala Farm
Grand Isle, VT

Strawberry-Rhubarb Crisp

Preheat oven to 300 degrees.

Mix together the following in a bowl:

2 c. fresh or frozen Vermont strawberries
1 1/2 c. finely chopped rhubarb
3/4 c. brown sugar
4 tbsp. flour

Place mixture in 9" pie pan.

Mix together:

2 c. crushed oats
1/2 c. diced walnuts
6 tbsp. butter
1/2 c. brown sugar
2 tbsp. water
2 tbsp. flour

Sprinkle topping over the strawberry-rhubarb mixture. Bake in oven for 45 minutes or until the strawberry-rhubarb crisp is bubbling and the topping is brown. Serve warm or cold as is or with vanilla ice cream or whipped cream. Enjoy!!

Strawberry Smoothie

Remove the green hulls and wash a pint of strawberries. Place the following in a blender: the strawberries, 1 c. vanilla yogurt, 1 c. milk and 1/2 c. orange juice. Blend for

about a minute. Pour into your favorite glass, add a fresh mint leaf on top and enjoy a delicious treat.

Recipes from Inn on the Common
Craftsbury Common, VT

Red Berry Tart With a Crunch

Shortbread dough:

1 1/4 c. flour

3 tbsp. sugar

1/2 c. butter (must be butter!)

Mix quickly. Roll into ball. Cool slightly. Roll out and fill a tart pan including the sides.

Filling:

4 c. fruit (can use raspberries, currants, cranberries or strawberries or a combination)

1/2 c. water

1/4 c. tapioca

1 c. sugar

1/4 tsp. cinnamon

1/4 tsp. allspice

2 tbsp. brown sugar

Mix all ingredients with fruit and let stand 15 minutes. Bring to a boil until thickened (watch closely or it will burn). Lay the pan out with toasted pecan halves. Fill with the fruit mixture and bake for 30 minutes at 350 degrees. Serve with a scoop of vanilla ice cream or a dollop of whipped cream.

Melanie's Rote Gruetze

3/4 qt. water

8 oz. blackberries

4 oz. currants

5 oz. sugar

Combine ingredients in saucepan and bring to a boil until fruit is mushy.

3 oz. cornstarch

2 oz. Kirschwasser (cherry schnapps)

Mix together and thicken above mixture.

5 oz. strawberries

8 oz. red currants

8 oz. black currants

8 oz. raspberries

Gently fold into the thickened sauce.

Serve chilled with heavy cream for a hot summer day's treat.

Recipes from Capitol Grounds Cafe & Roastery

Montpelier, VT

Blueberry Sour Cream Coffee Cake

Makes two 9x13" pans

- 1 $\frac{1}{8}$ lbs. butter, melted
- 7 $\frac{1}{2}$ c. all-purpose flour
- 2 lbs. brown sugar (1 bag or 2 1-lb. boxes)
- 2 tbsp. nutmeg, ground
- 6 egg yolks
- 3 c. sour cream
- 1 $\frac{1}{2}$ tbsp. vanilla extract
- 1 tbsp. baking soda
- 5 c. IQF blueberries

In a large bowl, combine flour, brown sugar and nutmeg. Mix until evenly distributed. Pour in the butter and mix using rubber spatula (it will be hot!). Once somewhat combined and cooled down, mix using your hands until crumbly and pea-sized. Reserve 3 cups of this mixture for later.

In another bowl, whisk together sour cream and egg yolks; whisk in vanilla; whisk in baking soda last. (Note: Once you whisk in the baking soda it will begin to react with the acid in the sour cream, so the longer you let it stand, the less the cakes will rise.) Combine the wet batter with the dry batter and mix well. Add blueberries and fold until evenly distributed. Divide the batter into two well-sprayed 9x13" pans and spread evenly. Top with the reserved struesel. Bake at 350 degrees for 1 hour, rotating after 30 minutes. Test cakes with either a toothpick or a thin sharp pairing knife (when it comes out clean, it's done). Remove from oven when done and place on cooling rack. Allow to cool for several hours or until you can comfortably hold the back of your hand against the bottom of the pan.

Fresh Raspberry-Sour Cream Crumb Cake

Makes one 10" cake

For the crumb topping:

- 1 c. all-purpose flour
- $\frac{2}{3}$ c. granulated sugar
- grated zest of 1 lemon
- $\frac{1}{2}$ c. unsalted butter, melted

For the cake:

1 $\frac{3}{4}$ c. all-purpose flour
1 c. granulated sugar
2 tsp. baking powder
 $\frac{1}{4}$ tsp. baking soda (bicarbonate of soda)
 $\frac{1}{4}$ tsp. salt
3 large eggs
1 c. sour cream
1 tsp. vanilla extract
2 c. fresh raspberries

Preheat the oven to 350 degrees. Grease and flour a 10" round springform pan.

To make the crumb topping, stir together the flour, sugar and zest in a small bowl. Add the melted butter and stir with a fork until the mixture is crumbly. Set aside.

To make the cake, in a bowl, stir together the flour, sugar, baking powder, baking soda and salt.

In another bowl, whisk together the eggs, sour cream and vanilla until well blended. Make a well in the center of the dry ingredients and add the sour cream mixture. Beat until smooth and fluffy, about 2 minutes.

Spoon the batter into the prepared pan and spread evenly. Cover evenly with the raspberries. Sprinkle the crumb topping evenly over the berries. Press into batter. Bake until the topping is golden brown, 50-60 minutes. A toothpick inserted into the center of the cake should come out clean. Transfer the pan to a wire rack and let cool for 20 minutes. Remove the sides of the springform pan. Dust with confectioners' sugar and serve warm or at room temperature, cut into wedges.

This recipe is so versatile – change the raspberries to blackberries and add 1 cup.

Recipes from Sam Mazza's Farmstand-Bakery-Greenhouses
Colchester, VT

Strawberry Pizza

1 tube refrigerated sugar cookie dough

Remove cookie dough from refrigerator. Let warm long enough to be able to flatten and roll into a large 12-14" circle. Place circle of dough on a lightly greased pizza pan. Bake until lightly browned at temperature recommended on tube. Let cool.

1 8-oz. block cream cheese, softened

1 8-oz. container sour cream

$\frac{3}{4}$ c. sugar

fresh strawberries, washed and sliced

Beat cream cheese, sour cream and sugar until light and fluffy. Spread mixture over cooled cookie dough crust, leaving outside edge exposed (like cheese on a pizza). Arrange sliced strawberries (like pepperoni) over top of mixture. Refrigerate until ready to serve. Makes a quick, fun dessert for family cookouts.

Strawberry Coffee Cake

Cake:

- 1 1/2 c. flour
- 1/4 c. granulated sugar
- 2 1/2 tsp. baking powder
- 1/4 c. shortening
- 3/4 c. milk
- 1 egg

Topping:

- 1/4 c. brown sugar, packed
- 1/4 c. chopped nuts
- 2/3 c. fresh strawberry jam

Heat oven to 375 degrees. Mix all cake ingredients together. Beat 50 strokes with a fork. Pour into greased 9" square pan. Sprinkle top with brown sugar and nuts. Then dot with strawberry jam. Bake for 30 minutes (test with toothpick for doneness). Serve warm.

Strawberry Jell-O Salad

- 2 4-oz. pkgs. strawberry Jell-O
- 1 8-oz. Cool Whip, regular or lite
- 2 c. fresh strawberries, washed and cut into small pieces

Prepare Jell-O as directed on package, reducing cold water by 1/4c. Place in refrigerator and allow to soft set. Using whip, gently mix in Cool Whip. Fold in fresh strawberries and allow to set (at least 3 hours).

This recipe can also be made with fresh frozen strawberries. Thaw strawberries ahead of time and drain. Use the liquid to add to Jell-O as part or all of cold water. This gives the Jell-O a stronger strawberry flavor.

Fresh Strawberry Milkshake

- 1/4 c. sugar
- 3/4 c. milk
- 3 large scoops vanilla ice cream
- 3 c. fresh strawberries, washed and cut up

Fill blender 3/4 full with strawberries. Add remaining ingredients. Blend until smooth.

Fresh Strawberry Daiquiris

3 c. fresh strawberries, washed and cut up

3 c. crushed ice

1/4 c. lemonade concentrate

1/4 c. all-purpose or light cream

1/2 c. sugar

Place all ingredients in blender. Blend until well mixed and smooth. Serve immediately topped with fresh strawberry slice or fresh strawberry pushed onto side of glass.

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