

Blueberry Muffins

1 ¾ cups blueberries 3 cups of flour
2 cups of sugar 1 tbls baking powder
1 stick of butter 2 eggs
1 cup of milk 1 tsp of vanilla
2 tablespoons of melted butter

Mix flour, sugar and baking powder well in large bowl. With pastry blender or fingers, squeeze butter into flour mixture until crumbly. Set aside 1 cup of crumbs. Add eggs, milk and vanilla. Beat until smooth. Stir in blueberries. Fill greased muffin cups half full with batter. Drizzle melted butter over mixture that was set aside. Sprinkle crumbs over muffins. Bake at 375 degrees for 30 to 40 minutes until golden brown. Cool 15 minutes before removing from tins.

Submitted by Tami Henke, Lockport

Tomato & Pepper Crescent Rolls

Cut up fresh tomatoes, peppers of your choice, bell, banana, etc. and chopped up fresh garlic cloves. Saute in pan until soft. Add salt to taste. Drain liquid. Take one package of crescent rolls, roll peppers and tomatoes in dough. Bake accordingly to package.

Submitted by Kathleen Louison, Sauk Village

Fresh Fruit Recipe

2 C fresh berries in a bowl
2 Tbsp Honey
1 juice from fresh lime
1 tsp chili powder

Mix and drizzle over berries.

Submitted by Marti Comstock, LaGrange

Red Cabbage Pear Blue Cheese Salad

1 C grated red cabbage
1 sliced pear
Bleu cheese
Mixed Greens

Place on salad of mixed greens; add bleu cheese, sliced pears and cabbage and serve with poppy seed or sweet mustard dressing.

Submitted by Carolyn Billington, Brookfield

Blueberry Banana Bread

2 cups of flour
1 tsp of baking soda
½ tsp of salt
½ cup of shortening
1 cup of sugar
2 eggs
2 tsps of vanilla
2 medium ripe bananas, mashed
1 cup of fresh blueberries
Combine the flour, baking soda and salt in a bowl. In a large bowl, cream the shortening and sugar. Add eggs and vanilla; mix well. Beat in bananas. Gradually add the dry ingredients, beating just until combined. Fold in blueberries.

Pour into three greased 5-¾ in. by 3-in. by 2-in loaf pans. Bake at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Submitted by Tami Henke, Lockport

Broccoli Salad

8 bacon slices 1 C mayo
½ C sugar ½ C raisins
2 Tbsp white vinegar ½ C chopped walnuts
Fresh broccoli, chopped

Fry or broil bacon, drain and put in freezer for a couple of hours then crumble it. Whip sugar, vinegar and mayo together; toss all ingredients together and serve

Submitted by Patricia Wilkinson, Tinley Park

Fresh Peach Crisp

1 C flour ½ C sugar
½ C brown sugar ¼ tsp nutmeg
¼ tsp salt ½ tsp cinnamon
½ C butter 4 C sliced fresh peaches
2 Tbsp water Grate rind and juice of lemon

Mix flour, sugars, nutmeg, salt and cinnamon. Mix in butter with a fork or fingers, until coarse crumbs are formed. Put peaches in 9" shallow baking dish with the lemon rind, juice and water. Cover with crumb mixture; pat down so it sticks to the fruit. Cover and bake 350 over for 15 minutes. Uncover and bake 30 more minutes longer. Serve warm with ice cream

Submitted by Barbara Berkow, Northbrook

Fruit Pizza

8 oz cream cheese 1/3 C sugar
½ tsp vanilla ½ C orange marmalade
2 Tbsp water Fresh Fruit (in season)

Use sugar cookie dough and line 14" pizza pan with dough, overlapping edges slightly. Bake at 375 for 12 mins or until golden brown. Cool. Place onto serving plate.

Combine cream cheese, sugar and vanilla, mixing well until blended. Spread over crust. Arrange fruit slices over cream cheese layer. Glaze with combined marmalade and water, chill. Cut into wedges and serve.

Submitted by Doris Dumais, Palos Heights

Krupnik (Barley Soup)

¾ cup pearl barley 8 cups soup stock
½ cup butter 2 onions, chipped
2 carrots, diced 1 turnip, diced
1 leak chopped 2 stalks celery, chopped
2/3 cup mushrooms, sliced
4 tablespoons sour cream

Salt and pepper to your taste

Allow the barley to simmer in 1 and ½ cups of the stock until tender; add the butter gradually. In the remainder of the stock, boil the chopped vegetables until tender. Then add the cooked barley and seasoning. When ready to serve, add the sour cream.

Submitted by Marie Ostrowski, Oak Forest

Tricolor Green Bean Saute

1 lb grn beans, cooked ½ C red bell pepper
½ C yellow bell pepper ½ C sliced onion
2 garlic cloves, minced salt & pepper
2 Tbsp softened margarine

Cook and stir beans, peppers, onion and garlic in margarine in large skillet 6-8 min or until crisp-tender. Season to taste.

Submitted by Geraldine Balun, LaGrange Park

Zucchini Lasagna

1 lb ground round
2 eggs
½ C chopped onion
½ C grated parmesan cheese
15 oz can tomato sauce
2 C grated mozzarella cheese
4 C shredded zucchini (unpeeled)
1 med green pepper/ chopped
½ tsp salt
1 C grated cheddar cheese

Place zucchini in strainer, sprinkle with salt and let drain 10 minutes. Squeeze out moisture. Combine zucchini with eggs and parmesan cheese and half of cheddar cheese and half of mozzarella cheese. Pressed into greased 9 x 13 pan. Bake at 400 for 20 mins. Brown ground round with onions, drain. Add tomato sauce. Spoon over baked zucchini mixture-top with remaining cheeses and sprinkle with green pepper. Bake 20 minutes longer

Submitted by Eunice Boeckenbauer, Des Plaines

Cheesy Ham Casserole

2 C boiling water
½ C chopped carrots
½ C chopped onions
½ C butter
2 ½ C milk
2 ½ C sharp cheddar cheese, shredded

2 C diced potatoes
½ C chopped celery
½ Tbsp salt/pepper
½ C flour
2 C cooked ham

Add water to large pot, simmer vegetables for 10 minutes then drain. Make white sauce using butter, flour and milk. Add cheese, stir until melted. Add vegetables and ham. Heat through and serve.

Submitted by Agatha Broza, Lansing

Sweet Potato Banana Salad

1 sweet potato, cooked peeled and diced
1 banana-sliced ½ C chopped celery

Place on a salad of mixed greens, add slivered almonds or walnuts if desired and serve with honey mustard dressing.

Submitted by Carolyn Billington, Brookfield

Pumpkin Meringue Pie

submitted by Rebecca Biernacki

1st Prize winning recipe from the Pumpkin Pie Baking Contest held October 2007 at CCFB

1 quart heavy cream
6 whole cloves
1 cup light brown sugar
One 29-ounce can unsweetened pumpkin puree
¼ cup sugar

2 cinnamon sticks
1 whole nutmeg
4 large eggs, separated

Meringue Topping

1 cup sugar
1 ½ cup water
4 large egg whites

Preheat oven to 350. Roll out pastry dough (use your own recipe) and fit into two 10 inch glass pie plates. Line the pie shells with foil and fill with pie weights or dried beans. Bake pie shells for 30 minutes, remove pie weights and bake 5 minutes longer. Let pie shells cool slightly.

In medium saucepan, simmer the cream with cinnamon stick, cloves and nutmeg over mod low heat until reduced to 2 ½ cups. Let cool, then strain, discard the spices. In large mixing bowl, beat brown sugar with egg yolks until thick and pale about 3 minutes. At low speed, beat in pumpkin puree. Gradually add cooled cream; blend.

In stainless steel bowl, beat egg whites until soft peaks form. Slowly beat in the sugar and continue beating until the whites are stiff and glossy. Stir one-fourth of the beaten egg whites into the pumpkin filling, then fold in remaining egg whites. Pour the filling into the pie shells; bake for about 1 hour or until the crust is lightly golden and just beginning to crack all over. Let the pies cool completely on the racks.

Meringue Topping:

In small saucepan, combine the sugar and water and bring to boil; stir just until the sugar dissolves. Boil, without stirring until the temp registers 220 on a candy thermometer.

In lg bowl, beat the egg whites at med speed until firm. Beating constantly, carefully add hot syrup to the whites. Increase speed to high and beat until stiff, glossy and slightly cool. Preheat broiler and position rack 8 inches from heat. Starting at edge of crust, spoon meringue all over pies with spatula, making decorative dips and swirls. Broil for about 30 seconds, shifting pies as necessary for even browning.

Commodities/Marketing Team 2008 Recipe Collection



6438 Joliet Road
Countryside, IL 60525
708.354.3276
www.cookcfb.org

As an organization of farmers & others, Farm Bureau continually strives to promote agriculture & farm products. The Cook County Farm Bureau Commodities & Marketing Team, a committee within the Farm Bureau structure, wishes to promote the results of our labor...locally grown fresh vegetables and fruits.