

Honey Packed Peaches

JoAnn Shults, Glenwood

- 2 ¾ c water, divided
- ¼ c lemon juice
- 5 lbs peaches, peeled, pitted and cut into wedges
- 1 ¼ c fresh honey
- 2 T vanilla extract
- 6 small strips lemon zest

In a large bowl, mix ¼ c water and lemon juice. Stir fruit in gently, coating all pieces. Set aside. In a small saucepan, bring honey and remaining water to a boil. Remove from heat; stir in vanilla. Cover pan to keep contents hot. Pack fruit gently into 6 hot sterilized pint jars, filling to ¼ inch from top of jar, and place a piece of lemon zest in each jar. Fill jars with honey mixture up to ¼ inch from tops. Wipe rims of jars; top with lids. Screw on bands. Place jars on rack in canning kettle of hot water, adding water if necessary to bring water level to 1 inch above tops of jars. Bring water to a rolling boil; boil for 25 minutes. Remove jars carefully and cool on a wire rack. *Apricots or nectarines may be substituted.

Beet Hummus

Molly Gorman,

Gorman Farm Fresh Produce, Monee

- 15 oz can cannellini beans, rinsed and drained
- 1 lb beets, cooked and peeled
- 2 T lemon juice
- ¼ c tahini (sesame seed paste)
- ¼ c olive oil
- 1 t prepared horseradish
- ½ t kosher salt
- 2 cloves garlic, peeled and halved
- Kimchi and chopped Italian parsley (optional)

In a food processor combine cannellini beans, beets, tahini, lemon juice, horseradish, garlic, and ½ t kosher salt. Cover process until nearly smooth. With motor running add oil in a thin, steady stream through the feed tube, processing until smooth. Transfer to a serving bowl. Cover; chill until serving time. Drizzle with additional olive oil. Top with kimchi and parsley if desired. Makes 3 Cups **To cook beets:** trim and scrub beets; cut each in half in a medium saucepan bring water to boiling, add beets. Reduce heat; cook covered 40 minutes or until fork tender. Drain and Cool. Scrape peel from beets.

Overnight Salad

Evelyn Zoeteman, So Holland

- 1 head lettuce, chopped
- 2 c mayonnaise
- 1 head cauliflower, chopped
- 1 onion, chopped
- 1 lb fried bacon, crumbled
- ½ c white vinegar
- ½ c parmesan cheese

Layer all ingredients in bowl, refrigerate overnight. Toss before serving.

Easy Honey Cake

Bill Crowder, Chicago

- 2 oz butter
- ¼ c sugar
- 2 eggs, beaten
- ½ c honey
- 1 T lemon juice
- 2 T rum
- 3 T self-rising flour
- 2 c ricotta cheese

Preheat oven to 360°. Melt butter in sauce pan over moderate heat. Add sugar, stir and combine well. Remove from heat as soon as butter has melted. Stir until the mixture becomes thicker. Add in all the remaining ingredients. Combine well. Pour batter into a round pan for 30 minutes. Cool and serve.

Dijon Vegetables

Ruth Zeldenrust, Zeldenrust Farm Market, Chicago Heights

- 2 c broccoli florets
- 2 c cauliflower florets
- 2 c small white onions
- 1 c grated sharp cheddar cheese
- 1 c mayonnaise
- 1 t parsley
- 3 T Dijon mustard
- ½ t salt
- 2 cloves of garlic, crushed

Steam vegetables individually. Gently blot with paper towels to remove excess water. Combine vegetables and place half of them in a buttered glass casserole dish. Top with half of the cheese. Add the remaining vegetables. Combine the mayonnaise, Dijon mustard, salt, garlic and parsley in a separate dish (can be doubled for additional sauce). Pour into the casserole dish. Top with the remaining cheese. Bake at 350 for a half hour. Makes eight servings.

Crock Pot Minestrone Soup

Aline Resner, Barrington

- ½ -¾ lb Italian sausage, cooked and drained
- 1 ½ c onion, chopped
- 2 c carrots, sliced
- 4 stalks celery, sliced
- 1 med zucchini, sliced
- 2 bell peppers, diced and seeded
- 4 T garlic, chopped fine
- 30 oz vegetable broth
- 15 oz chicken broth
- 2 ½ c diced fresh tomatoes (10-12 whole) & 1 c of liquid (28.5 oz can)
- 1 ¼ c crushed tomatoes (5-6 whole) & 1 c liquid
- 15 oz light red kidney beans, rinsed
- 15 oz dark red kidney beans, rinsed
- 15 oz cannellini beans, rinsed
- 1-2 t marjoram
- 1-2 t oregano
- Black pepper
- 2 handfuls fresh spinach

Combine all ingredients into a crock pot (except spinach). Cook on high for 6 hours adding spinach at last ½ hour. Serve with grated parmesan cheese.

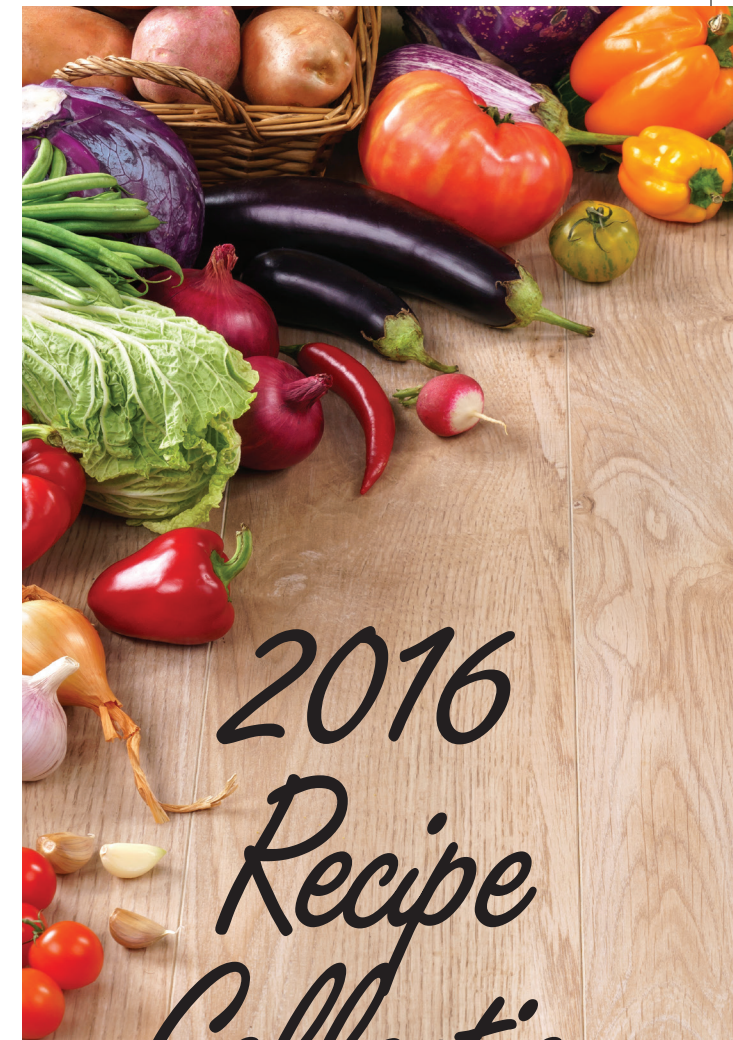
t = teaspoon lb = pound
T = tablespoon oz = ounce
c = cup lg = large

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Apple Upside Down Cake

Joe Jalove, Chicago

4 c apples, sliced (4-5 whole apples)
8 T butter 1 ¼ c honey 2 eggs
2 T milk, ½ c milk 1 ¼ c flour ¼ t nutmeg
1 ½ t baking powder ¼ t cinnamon

Preheat oven to 350°. Spread 2 cups sliced apples in bottom of buttered 8 x 8 pan. Mix 4 T butter, ½ c honey and 2 T milk together and spread mixture over apple layer. Cream ¼ c butter, ¾ c honey, add 2 beaten eggs. Combine flour, baking powder, cinnamon and nutmeg and add to cream mixture alternating with ½ c milk. Spread batter over apple mixture and bake for 1 hour turn over onto serving platter, flip while warm.

Shrimp Creole

Kopping Family, Kopping Farms, Lemont

2 T cooking oil 1 medium onion, chopped
1 clove of garlic, minced ½ c of celery, chopped
1 med. green pepper, chopped ½ c of water
16 oz tomato sauce
1 pound of fresh and cleaned cooked shrimp

Heat the oil. Add the onions, garlic, green pepper, and celery. Cook for about five minutes until slightly soft. Stir in tomato sauce and water. Simmer for about 10 minutes. Add shrimp and heat thoroughly. Serve over hot rice.

Aunt Arlene's BBQ Beans

Tim Stuenkel, Aurora

16 oz lima beans, drained ½ c cider vinegar
16 oz butter beans, drained ½ c ketchup
16 oz kidney beans, drained ¾ c brown sugar
32 oz navy beans, not drained 2 T dry mustard
½ lb of bacon, cut into small pieces
½ lb of ham, cut into ½ in cubes
1 large yellow onion, chopped

Lightly brown bacon in frying pan. Once browned, remove bacon and retain drippings in pan. Add onion and lightly sauté until onion softens. Add vinegar, ketchup, brown sugar & dry mustard, simmer 10-minutes. Layer all ingredients in crock pot or oven-ready, covered dish, add sauce, stir lightly. Bake in 350° oven for 2-hours or simmer in crock pot for at least 2-4 hrs.

Turkey Pumpkin Chili

Anonymous

2 T vegetable oil 1 ½ c onion, finely chopped
3 garlic clove, minced 1 lb ground turkey
1 large red bell pepper, chopped 2 t ground cumin
15 oz tomato sauce 15 oz pure pumpkin
15 oz kidney beans, rinsed 4 oz diced green chilies
1 c lower sodium chicken broth 4 t chili powder
¼ t black pepper 1 t ground Ancho chili pepper
½ t crushed red pepper, optional
2 ½ c diced fresh tomatoes (10-12 whole)
with 1 c liquid

Heat oil in dutch oven/large stockpot over med-high heat. Add onion, garlic & bell pepper. Cook, stirring frequently, 5-8 mins, or until slightly softened. Add ground turkey & cook until browned. Add tomatoes, tomato sauce, pumpkin, beans, chilies, broth & all spices. Bring to a boil, and then reduce heat to low. Cover and simmer 30-40 mins., stirring occasionally. Thin with additional chicken broth or water if desired.

Oven Roasted Spiced Carrots

Peg Sichak, Mt Prospect

2 lbs med carrots, cut into 2 in pieces
½ t pepper 3 T olive oil
½ t ground coriander ½ t salt
½ t ground cumin ¼ t chili powder ¼ t paprika
½ t ground ginger ½ t ground cinnamon
Dash ground gloves and cayenne pepper

Preheat oven to 400°. In large bowl toss carrots with oil. Mix seasonings together and sprinkle over carrots and toss to coat. Arrange in single layer in pan coated with cooking spray. Roast for 25-30 minutes, stirring occasionally until lightly browned and crisp tender.

Cream Cheese Cake

Marlene Krist, So Holland

1 Pound Cake Mix 1 stick butter 4 eggs
8 oz cream cheese 3 c powdered sugar

Pre-heat oven to 350°. Combine cake mix, butter and 2 eggs, mix and pour into 9x13 greased pan. With beaters, mix cream cheese softened, 2 eggs, powdered sugar together and pour over batter in pan. Add chopped nuts on top. Bake 50-60 minutes. Sprinkle with powdered sugar when cool.

Soya Wings

Evelyn Zoeteman, So Holland

12 chicken wings ½ t veg or corn oil
4 green onion, chopped fine 1 T rice wine vinegar
½ c soy sauce ½ c apricot preserves
1 t garlic powder

Mix all ingredients and marinate wings in mixture overnight. Place on foil lined cookie sheet. Bake at 400° for 30 minutes.

Honey Cinnamon Butter

Bill Crowder, Chicago

¼ c soft butter ¼ t cinnamon
½ c honey 1 T cream cheese

Blend all ingredients in a bowl and beat well until smooth and creamy. Spread on hot bread or biscuits.

Fish, Potato and Corn Chowder

Anonymous

1¼ c bacon, cooked and chopped ¼ c flour
3 c red potato, skin-on, diced 2 c whole milk
1 c sweet corn kernels, cooked ½ t salt
2 ½ c lower-sodium seafood broth
1 T fresh thyme, minced ½ t ground white pepper
1 lb skinless cod/halibut/tilapia/flounder, cube 1"

In a large Dutch oven or stockpot cook bacon over medium-high heat until crisp. Remove bacon from pan and cool. Add onion and diced potato to dripping, sautéing about 5 minutes or until onion is tender. Stir frequently. Add flour and stir constantly, about 1 minute. Stir in broth, reduce heat to low, cover and simmer 10 minutes or until potatoes are fork tender. Stir in milk, thyme, pepper and salt, increase heat to medium-high, stirring until simmer (do not boil). Add corn and fish, and cook just until fish is opaque and flakes with fork, about 3-4 minutes. Serve hot/warm.

Dad's Pucker Dip

Bill Crowder, Chicago

½ c tomato sauce ¼ c honey ½ t garlic salt
1 t corn starch 2 T lemon juice

Combine all ingredients in sauce pan, allow mixture to boil and thicken while stirring to smoothen. Great dip with BBQ, especially wings.

Wilted Lettuce

Evelyn Zoeteman, So Holland

½ head lettuce ¼ c vinegar
6 slices bacon 1 ½ t sugar
1 hard-boiled egg Salt and pepper to taste

Break lettuce into bite size pieces. Fry or bake bacon until crisp. Remove from pan. Stir vinegar and sugar into bacon drippings. Sprinkle lettuce with bacon pieces, add salt and pepper. When ready to serve, heat bacon drippings and pour over lettuce and toss. Garnish with egg slices.

Oven Roasted Green Beans with Garlic

Yvonne Massie, Mt Prospect

1 lb fresh green beans Cooking oil spray
1 large onion, ¼ inch slices
4 cloves fresh garlic, cut in halves
1 T olive oil
1 T balsamic vinegar
Salt & pepper to taste

Preheat oven to 400° and spray 9x13 baking pan. Rinse beans and trim off tough ends, place in pan. Sprinkle onion slices over beans and add garlic halves. Drizzle oil over vegetables and sprinkle with salt and pepper. Bake uncovered for 30 minutes, stirring every 10 minutes. Add additional cooking time as needed. Transfer beans to serving bowl and drizzle with vinegar. Mix well; may be served hot or cold.

Ginger Cucumber Salad

Karen & Dan Biernacki

Ted's Greenhouse, Tinley Park

12 cucumbers, thinly sliced
¼ t salt
½ t black pepper
½ c finely chopped onion
4 to 6 oz seasoned rice vinegar
Fresh ginger, grated to taste

Peel and thinly slice cucumbers, chop onion and combine into serving dish. Add seasoned rice vinegar. Mix until cucumbers are saturated. Add salt and pepper. Grate fresh ginger to taste. Chill in refrigerator or serve immediately. Variation: add one fresh, chopped tomato.