



## **GREAT PEACH RECIPES JUST FOR YOU!**

From Englewood Rotary

*We are Englewood Rotary: Community Service 9-1-1*

**We are a diverse group of professional men and women dedicated to service. In our community and around the world, we**

- **create opportunities for children's educational and ethical development**
- **prevent hunger**
- **promote health**
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**We come together each week to enjoy each other's company and to be enriched by educational, entertaining and heart-warming programs. Our families join us in our service and our fellowship.**

**We are part of Rotary International, which has more than 1.2 million members worldwide. We live by its motto, Service Above Self. We live by its code of ethics known as the Four-Way Test.**

## **CLASS PEACH MELBA**

**1 cup sugar**  
**2 cups water**  
**1/4 cup lemon juice**  
**Zest of 1 lemon**  
**3 peaches, peeled, halved and pitted**  
**1/2 pint vanilla ice cream**

Raspberry Sauce:

**1 pound raspberries**  
**1 cup sugar**  
**2 tablespoon lemon juice**

Garnish:

**2 cups heavy cream, whipped**  
**1 cup sliced almonds, toasted**

In a medium saucepan, prepare syrup. Bring the sugar, water, lemon juice and zest to a boil. Lower to a simmer and cook for 10 minutes.

Poach peaches in the syrup until tender.

For raspberry sauce: In a blender, combine the raspberries, sugar and lemon juice. Process to a puree.

Remove fruits from syrup.

To serve: In a small bowl, place a scoop of vanilla ice cream, place the fruit on top, and cover with raspberry sauce. Garnish with whipped cream and toasted almonds.

-- Wolfgang Puck

## **BREAKFAST FRUIT WRAP WITH PEACHES**

**1 tortilla, preferably whole-wheat**  
**2 teaspoon "fruit only" apricot preserves**  
**2 tablespoons reduced-fat ricotta cheese**  
**1/3 - 1/2 cup sliced peaches**  
**2 tablespoons sliced almonds, toasted**

On a flat surface, spread preserves on tortilla. Top with ricotta cheese. Carefully top with sliced fruit. Sprinkle with sliced almonds. Starting from one end, roll tightly. Wrap in foil for neater eating.

**Makes 1 fruit wrap.**

**Variation:** Spread tortilla with strawberry preserves and use sliced fresh or frozen, well-drained strawberries.

## **FRUITY ICED TEA**

**6 cups water**  
**1 cinnamon stick**  
**1 teaspoon whole cloves**  
**6 black tea bags**  
**3-4 cups peach nectar**  
**Sugar or honey, to taste (optional)**

In a large saucepan, simmer water, cinnamon stick and cloves 15 minutes, covered. Turn off heat. Add tea bags. Steep 2-5 minutes, depending on the strength you prefer. (Not too long, or it will be bitter.) Remove tea bags. Add peach nectar. Add sugar or honey, if desired. Strain to remove spices. Refrigerate until cold.

## TROPICAL PORK SALAD

**2 medium peaches, sliced**  
**2 nectarines, sliced**  
**1 small mango or peach, peeled and diced**  
**2 plums, sliced**  
**1/3 cup orange juice**  
**1 tablespoon reduced-sodium soy sauce**  
**1/2 teaspoon ground ginger**  
**Pinch of hot pepper flakes (optional)**  
**8 ounces pork tenderloin, trimmed of visible fat, and cut into thin strips**  
**1 tablespoon canola oil**  
**2-3 drops sesame oil (optional)**  
**6 cups mixed salad greens**  
**Salt and freshly ground black pepper**  
**3 tablespoons slivered almonds, toasted**

Place prepared fruit in a large bowl.

Combine orange juice, soy sauce, ginger (and hot pepper flakes, if used) in a small pot. Warm over low heat; do not boil. Pour into the fruit and set aside.

Heat the oil(s) in a medium skillet over medium-high heat until hot. Add the pork and stir-fry, stirring, 3-5 minutes, until cooked through. Transfer meat to a dish and set aside to cool. Combine fruit/juice mixture with salad greens and toss. Season with salt and pepper to taste. Divide greens mixture among four dinner plates. Top with pork and sprinkle with toasted almonds. Serve.

**Makes 4 servings.**

## GRILLED FRUIT KEBABS

### With Strawberry Dip

**8 ounces part-skim ricotta cheese**  
**8 strawberries, halved**  
**2 tablespoons plain non-fat yogurt**  
**1/4 teaspoon dried, ground ginger**  
**4 peaches, halved or quartered**  
**8 chunks pineapple**  
**4 plums, nectarines, or papayas, halved**  
**1/4 cup balsamic vinegar**  
**2 teaspoons granulated sugar**

In a blender, purée cheese, strawberries, yogurt and ginger together until smooth. Refrigerate the dip for 2 hours before grilling fruit.

When ready to grill fruit, thread pieces of prepared fruit onto 8 skewers. Mix together vinegar and sugar. Grill fruit until lightly browned, turning frequently and brushing with vinegar mixture during grilling.

Serve grilled fruit with sauce on side.

**Makes 8 servings.**

### PEACHY Q&A

#### Where can I find reliable information on canning peaches?

The Colorado State University Extension Services provide an excellent how-to on its Nutrition Resources site.

<http://www.ext.colostate.edu/pubs/foodnut/09347.html>

## OATMEAL PEACH MUFFINS

### *Streusel mix:*

**3 tablespoons packed dark brown sugar**  
**2 tablespoons unbleached all-purpose flour**  
**1 teaspoon cinnamon**  
**1 tablespoon canola oil**

### *Muffins:*

**Nonstick olive or canola oil spray**  
**1 cup old-fashioned rolled oats**  
**1 1/2 cups whole-wheat pastry flour**  
**2 teaspoons baking powder**  
**1/2 teaspoon salt**  
**2 large eggs**  
**1/2 cup sugar**  
**3/4 cup skim milk**  
**6 tablespoons unsweetened applesauce**  
**2 tablespoons canola oil**  
**1 teaspoon vanilla**  
**1 cup chopped firm but ripe peaches**

Preheat oven to 400 degrees.

Coat 12-cup muffin tin with oil spray and set aside. In small bowl, combine streusel ingredients and set aside. In large bowl, mix oats, flour, baking powder and salt. In separate bowl, whisk eggs with sugar. Whisk in milk, applesauce, oil and vanilla. Pour over dry ingredients. Mix just until combined. Gently fold in peaches.

Spoon batter into prepared tins. Top each with streusel mix. Bake 20-25 minutes or until toothpick inserted comes out clean. Remove from oven, cool in pan for 5 minutes, then remove from pan and continue cooling on wire rack.

**Makes 12 muffins.**      --American Institute of Cancer Research, aicr.org

## PEACH ENERGY DRINK

**1/2 cup vanilla low-fat yogurt**  
**1 cup pitted, peeled and chopped peaches**  
**1 cup ice cubes**  
**1 scoop of vanilla protein powder**

Place all ingredients in a blender or food processor until smooth. Serve immediately.

**Makes 3 servings.**

## PEACH ICE CREAM

**9-10 peaches, peeled and chopped**  
**3 cups sugar**  
**10 tablespoons lemon juice**  
**1 pint cream**  
**1/2 gallon milk**  
**1 teaspoon vanilla**

Blend sugar into peaches. Add remaining ingredients. Pour mixture into freezer can of ice cream freezer and freeze according to manufacturer's instructions.

### PEACHY Q&A

#### **How I can speed ripening if a peach isn't perfectly ripe?**

Peaches continue to ripen at room temperature after they're picked. To speed up ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. Green peaches will not ripen. (NOTE: Ripening bowls are sold at many stores that sell home kitchen supplies.) Plastic bags don't work for ripening. Once fully ripened, store fruits in the refrigerator to lengthen storage time.

## **PEACHY RICOTTA SOUFFLÉ**

**Canola oil cooking spray**  
**2 cups fat-free ricotta cheese**  
**8 ounces reduced-fat cream cheese**  
**2 large eggs**  
**3/4 cup sugar**  
**6 tablespoons flour**  
**1/2 teaspoon salt**  
**1 tablespoon vanilla extract**  
**1 tablespoon fresh lemon juice**  
**3 large egg whites**  
**2 large ripe peaches, thinly sliced, or 2 cups canned peaches, sliced, in light syrup**

Preheat oven to 375 degrees, with the rack in the center. Coat an 11x7x1-1/2-inch square baking dish with cooking spray.

In a blender or food processor, mix ricotta cheese, cream cheese and eggs until creamy. Add sugar, flour, salt, vanilla and lemon juice. Whirl to blend well.

Use a hand mixer or whisk to beat egg whites in a medium bowl until soft peaks form. Pour in one-quarter of the cheese mixture. Mix gently with rubber spatula, leaving mixture streaky. Pour in remaining cheese mixture and fold it gently into the whites. Pour mixture into the prepared baking dish. Arrange peaches in three long rows on top.

Bake 40 minutes, or until soufflé is browned and puffed, and knife inserted in the center comes out almost clean. Let soufflé sit 15 minutes before serving. Spoon onto dessert plates to serve.

**Makes 8 servings.**

## **BAVARIAN PEACH CREAM**

**1 (3 ounces) package peach-flavored gelatin**  
**1 cup whipping cream, whipped**  
**2 cups chopped fresh peaches**

Prepare gelatin according to package directions; chill until the consistency of unbeaten egg white.

Beat gelatin at high speed of electric mixer until foamy, 2 to 3 minutes. Fold in whipped cream and peaches. Pour into a lightly oiled 6-cup mold. Cover and chill overnight. Unmold before serving.

**Makes 6 to 8 servings.**

## **PEACH ADVENTURE SMOOTHIE**

**1 cup plain low-fat yogurt**  
**4 dried apricots, chopped**  
**1 cup peaches, pitted, peeled, chopped**  
**1 cup grapefruit, peeled and chopped**

Place all the ingredients in a blender. Blend on medium speed. Serve immediately.

**Makes 3 servings.**

## FRESH PEACH COBLER

**2 large peaches, peeled and sliced**  
**1-1/2 cups sugar, divided**  
**1/2 cup butter or margarine, melted**  
**1 cup all-purpose flour**  
**2 teaspoons baking powder**  
**1/4 teaspoon salt**  
**Dash ground nutmeg**  
**3/4 cup milk**

In a bowl, combine peaches and 3/4 cup sugar; set aside. Pour butter into an 8-inch square baking pan. In a bowl, combine flour, baking powder, salt, nutmeg and remaining sugar; stir in milk just until combined. Pour over butter. Top with the peaches. Bake at 375° for 45-50 minutes or until golden brown.

**Makes 8 servings.**

## DESSERT PEACH CRUNCH

**4 ripe peaches (3 cups), peeled, pitted and cut in wedges**  
**1/4 cup brown sugar**  
**1/2 cup low-fat granola, preferably without raisins**  
**or nuts**  
**Non-fat vanilla frozen yogurt (optional)**

Toss peaches with brown sugar and place in glass baking pan. Cover with plastic and microwave for 6 - 8 minutes on high or until peaches are tender. Serve in individual bowls with low-fat granola sprinkled over the top of each. This goes well with a scoop of nonfat vanilla frozen yogurt.

## PEACH ICE CREAM SAUCE

**1 cup mashed peaches (3 to 4 peaches)**  
**1/16 teaspoon salt**  
**1/2 cup sugar**  
**1/4 teaspoon allspice**

Peel, slice, and mash peaches. Place pulp in a saucepan. Add salt, sugar and allspice. Cover and cook 3 minutes over low heat. Uncover and continue to cook until sauce is thick, about 3 to 4 minutes. Cool. Serve over ice cream or plain cake.

**Makes 3/4 cup sauce.**

## PEACH-RASPBERRY SMOOTHIE

**1 peeled peach, in chunks**  
**1/2 cup unsweetened, frozen raspberries**  
**3/4 cup 100% orange juice or non-fat milk**  
**1/2 to 1 cup plain or fruit-flavored, low-fat yogurt**  
**(try peach)**  
**1 to 2 teaspoons vanilla extract or to taste (optional)**  
**2 tablespoons chopped walnuts (optional)**

Blend all ingredients well in blender. Add walnuts on top if you like, and drink!

**Makes 1 serving.**

### Variations:

- Frozen strawberries, blueberries, or mixed berries
- Pineapple juice, orange-tangerine juice, or other 100 percent juice blends

## **PEACH SLAW**

Ripe peaches tossed with cabbage and tangy dressing make a great summer slaw.

- 3 tablespoons vanilla-flavored yogurt**
- 3 tablespoons nonfat mayonnaise**
- 1 ripe peach, pitted, peeled and grated**
- 1 tablespoon sugar**
- 1/2 tablespoon apple cider vinegar**
- 2 cups shredded cabbage**

Make the dressing by combining the first 5 ingredients in a medium-sized mixing bowl; refrigerate until ready to serve. At serving time add the shredded cabbage and mix well.

## **FRESH PEACH BELLINIS**

- 2 ripe peaches, unpeeled, pitted and diced**
- 1 tablespoon fresh lemon juice**
- 1 teaspoon sugar**
- 1 bottle (750 ml) chilled Prosecco sparkling wine**

Place the peaches, lemon juice and sugar in the bowl of a food processor fitted with a steel blade and process until smooth.

Press the mixture through a sieve and discard the peach solids. Place 2 tablespoons of the peach puree in each of 6 champagne glasses and fill with cold Prosecco. Serve immediately.

-- Ina Garten, *Barefoot Contessa*

## **JUST PEACHY PARFAIT**

Make and refrigerate the peach sauce part of this recipe before you start the rest of your meal so the flavors have time to blend.

- 3-4 fresh peaches, peeled and sliced**
- Dash of cinnamon or freshly grated nutmeg**
- Low-fat or fat-free vanilla ice cream or frozen yogurt**
- Sprig of mint or fresh strawberry (optional)**

Make a peach sauce by pureeing the peaches in a blender -- adding a dash of cinnamon or nutmeg -- until fairly smooth. Leave a few small chunks for texture. Taste, and add more cinnamon or nutmeg, if desired. Freshly grated nutmeg is especially nice!

Layer with ice cream or frozen yogurt in a pretty glass for a special touch. For added color, top with a sprig of mint or fruit of a contrasting color, such as a strawberry.

If you have extra peach sauce, try making peach smoothies by freezing the sauce for later use. Freeze the sauce in ice cube trays for about 2 hours or until frozen. Remove from tray and transfer to a plastic freezer bag. Squeeze as much air out of the bag as possible. The quality of food declines faster when excess air is left in the package. Use within about 8 months.

-- Lillie Stuckey

**JANE STALLER'S FAVORITE PEACH COBBLER**  
**An Old Family Recipe**

**3 cups sliced fresh peaches**  
**1 tablespoon lemon juice**  
**1 teaspoon grated lemon zest**  
**1 cup flour**  
**1 cup sugar**  
**½ teaspoon salt**  
**1 beaten egg**  
**6 tablespoon melted butter**  
**1 pint of vanilla ice cream**  
**¾ teaspoon nutmeg**

Place peaches in a 7x7 or 8x8-inch square baking dish.  
Sprinkle with lemon juice and zest.

Mix dry ingredients. Add the egg to the dry ingredients, tossing with a fork until crumbly. Sprinkle over peaches. Drizzle with melted butter.

Bake at 375 degrees for 35 or 40 minutes.

Let ice cream soften. Mix the nutmeg into the ice cream and allow to re-harden. Serve a spoonful of ice cream on each square of cobbler.

**RETRO 1950s PEACHES:**  
**BAVARIAN PEACH CREAM**

**1 (3-ounce) package peach-flavored gelatin**  
**1 cup whipping cream, whipped**  
**2 cups peeled, pitted, and chopped fresh peaches**

Prepare gelatin according to package directions. Chill until the consistency of unbeaten egg white.

Beat gelatin at high speed of electric mixer until foamy, 2 to 3 minutes. Fold in whipped cream and peaches. Pour into a lightly oiled 6-cup mold. Cover and chill overnight. Unmold before serving.

**Makes 6 to 8 servings.**

**PEACHES AMARETTI**

**Peaches**  
**Amaretti biscuits**  
**Marsala wine**

Peel peaches, cut in half and remove stones. Cover with crushed amaretti biscuits, dot with butter and pour Marsala over them.

Bake at 350 for 10 minutes or less, until heated through.

## PEACH PIE

**1 egg or 2 egg yolks**  
**2 tablespoons flour**  
**½ cup granulated sugar (more if peaches are tart)**  
**Pinch of cinnamon**  
**1/3 cup melted butter (optional)**  
**Two-crust pie shell**  
**Toasted, finely ground almonds (optional)**  
**4-5 cups peaches, peeled, pitted and sliced**

Preheat oven to 400 degrees.

Line a pie pan with your favorite piecrust. If making crust from scratch, try adding a few teaspoons of toasted finely ground almonds for extra flavor to the dough before rolling it out.

Combine first five ingredients and mix well.

Place peaches in the pie shell. Pour mixture over the peaches. Top with upper crust, cutting vent holes in the top crust. Bake for 15 minutes at 400 degrees, then reduce heat to 300, and bake about 50 minutes longer. Cover rim of crust with aluminum foil if necessary to prevent it from over browning. Serve warm or cold.

## PEACHY Q&A

### How can I peel peaches quickly?

Bring a pot of water to a boil. Drop a few peaches in for 45-90 seconds. (Do not add so many peaches that water temperature drops and boiling stops.) Remove peaches with a slotted spoon. The skins will slide off easily.

### How can I keep peaches from turning brown?

Keep peaches (also apples, pears, and bananas) from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Commercial products such as Ever-Fresh (TM) or Fruit-Fresh (R) are also available. Follow the manufacturer's directions.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Avoid leaving cut fruit at room temperature for more than two hours.

### Can I freeze leftover peaches?

You can freeze peeled, sliced or halved peaches quickly on cookie trays. When frozen, put in heavy plastic freezer bags, and squeeze to remove as much extra air as possible. Use within 6 weeks.

--National Center for Home Food Preservation  
<http://www.uga.edu/nchfp/how/freeze/peach.html>

## ITALIAN PEACH TORTE

**4 fresh peaches, peeled and halved**  
**Juice of 1 lemon**  
**¼ cup (1/2 stick) butter or margarine**  
**1/3 cup sugar**  
**¼ cup chopped, unblanched almonds**

### Ingredients for torte below

Preheat oven to 350 degrees.

Dip peaches in fresh lemon juice to prevent discoloration. Melt butter or margarine in an 8x8x2-inch baking pan. Add sugar and almonds. Mix well and spread uniformly over bottom. Arrange peaches, cut side, down, over the mixture. Set aside.

To make the torte: Mix together the first 4 ingredients. Beat in the eggs.

**½ cup butter or margarine**  
**½ cup sugar**  
**½ teaspoon vanilla extract**  
**½ teaspoon ground cinnamon**  
**2 beaten eggs**

Then sift together:

**2 teaspoons baking powder**  
**¼ teaspoon salt**  
**½ cup sifted all purpose flour**

Add to these dry ingredients:

**1 cup fine vanilla wafer crumbs**

Add the dry ingredients to the first mixture alternatively with

**½ cup milk**

Beat batter ½ minute. Pour over peaches in the prepared pan.

Bake 1 hour 15 minutes or until a cake tester inserted in center comes out clean.

Let cake cool in pan 20 minutes. Turn out on wire rack to finish cooling. Serve warm or cold, cut into squares.

## SOUTHERN PEACH COBBLER, Variation No. 1

**1 cup Original Bisquick mix**  
**1 cup milk**  
**½ teaspoon ground nutmeg**  
**½ cup butter or margarine, melted**  
**1 cup sugar**  
**4-5 cups sliced peaches**

Heat oven to 375 degrees.

Stir together Bisquick mix, milk, nutmeg in ungreased squared baking dish, 8x8x2 inches. Stir in butter until blended. Stir together sugar and peaches; spoon over batter.

Bake 50 to 60 minutes or until golden.

**High altitude:** Heat oven to 400 degrees. Use 1/3 cup butter and ½ cup sugar (for double recipe: 2/3 cup butter and 1 cup sugar). Bake 45 to 50 minutes.

## TEXAS PEACH COBBLER

**4-5 cups of sliced peaches**  
**1 cup (more or less, depending on your taste) sugar**  
**2 tablespoons flour**  
**Big dash of cinnamon**  
**Butter**  
**Two-crust pastry**

Mix dry ingredients and toss with peaches. Line 2-quart bowl with pie pastry, fill with peach mixture. Dot with butter. Top with lattice pastry. Bake at 400 for 45 minutes or until golden brown.

## FRESH PEACH SALSA

**2 cups chopped, peeled fresh peaches**  
**1/4 cup chopped sweet onion**  
**3 tablespoon lime juice**  
**2 to 3 tablespoons finely chopped, seeded fresh jalapeno pepper**  
**1 clove garlic, minced**  
**1 tablespoon snipped fresh cilantro**  
**1/2 teaspoon sugar**

In a medium mixing bowl stir together peaches, onion, lime juice, peppers, garlic, cilantro and sugar. Cover and chill for 1 to 2 hours.

**Makes 2 cups.**

## PEACH-YOGURT SHAKE

**1 peach, chopped**  
**1 cup skim milk**  
**1 (8 ounces) carton vanilla low-fat yogurt**  
**Fresh mint leaves (optional)**

Combine all ingredients except mint in container of an electric blender. Process until smooth. Garnish with mint, if desired.

**Makes 3 ½ cups**, about 156 calories per 1 cup serving.

-- Southern Living • Cooking Light

## BALSAMIC PEACH PORK CHOPS

**4 boneless pork top loin chops, 1-1/2 inches thick**  
**Kosher salt**  
**1/2 teaspoon garlic powder**  
**1/2 teaspoon onion powder**  
**1/4 teaspoon ground chipotle chile powder**  
**3 tablespoons butter**  
**1/4 cup minced sweet onion**  
**1 fresh peach, peeled and chopped**  
**1/4 cup balsamic vinegar**  
**1 cup chicken broth**  
**1 tablespoon minced fresh sage**  
**Peach slices and chopped parsley for garnish**

Place each pork loin chop between sheets of plastic wrap and pound down to a 1-inch thickness. Season with salt, garlic powder, powder, onion powder, and ground chipotle.

Heat a large heavy skillet over medium-high heat. Add 1 tablespoon of the butter and swirl to coat the pan. Sear the chops until golden brown on each side, turning only once. Remove to a platter and keep warm.

Reduce heat, add 1 tablespoon of the butter, and saute the minced onions for 2 minutes. Add the remaining tablespoon of butter and peaches, cooking another 2 minutes. Carefully pour balsamic vinegar into the pan. Deglaze by scraping up browned bits, cooking about 1 minute. Add chicken broth and sage, stirring to combine. Simmer until reduced by half and thickened.

Return the chops to the pan, along with any juices that have accumulated on the platter. Coat both sides with sauce and simmer for 2 minutes to re-warm.

Serve pork loin chops with the balsamic peach sauce, garnished with fresh peach slices and a sprinkling of chopped parsley.

**Makes 4 servings.**

—From About.com

## **SOFT PEACH COOKIES**

**1/2 cup butter or margarine**  
**1 cup sugar**  
**1 large egg**  
**2 cups all-purpose flour**  
**1/2 teaspoon baking soda**  
**1/4 teaspoon nutmeg**  
**1/4 teaspoon cinnamon**  
**1/8 teaspoon ginger**  
**1/8 teaspoon ground cloves**  
**1/8 teaspoon salt**  
**3 medium fresh peaches, peeled and diced**  
**1/2 cup raisins, if desired**

Cream butter or margarine and sugar in a bowl. Add egg and beat until light and fluffy.

In another bowl mix flour, baking soda and seasonings. Stir flour mixture into egg mixture, a little at a time.

Stir peaches into cookie mixture. Stir in raisins, if using.

Drop dough by rounded teaspoonfuls onto cookie sheet. Bake at 375° for 20 minutes until cookies are brown on top.

## **FRESH PEACH COOLER**

**2 cups peeled, chopped fresh peaches**  
**(about 3 medium)**  
**3 tablespoons honey**  
**2 1/4 cups cold milk**  
**1 pint peach or vanilla ice cream, softened**  
**1/4 teaspoon vanilla extract**  
**Fresh peach slices, if desired for garnish**

Place peaches, honey and a small amount of milk in blender container; cover. Puree until almost smooth. Add remaining milk, ice cream and extract. Blend until smooth and frothy, about 1 minute. Serve immediately in tall chilled glasses garnished with fresh peach slices.

## **PEACH SANGRIA**

Mix:

**3/4 cup brandy**  
**1/2 cup Cointreau**  
**4 cups red wine**  
**Juice of 3 lemons (or a combination of lemon and lime)**  
**Sugar to taste**

Add:

**2 thinly sliced oranges**  
**1 thickly sliced lemon**  
**3/4 cup seeded sweet cherries**  
**1 cup sliced fresh or canned peaches**

Serve iced from a pitcher.

## PEACH BASIL COOLER

**6 cups water, boiling**  
**3 tea bags of your choice**  
**1 cup fresh basil leaves, divided**  
**1/3 cup sugar**  
**4 cups peach nectar**  
(blend 4 peeled peaches, add small amount of water if necessary)

Pour boiling water over tea bags and basil, leaving some leaves for garnish. Steep 5 minutes. Strain. Stir in sugar. Cool.

Add peach nectar. Serve over ice. Garnish with basil sprigs.

**Makes 10 cups.**

## EASY PEACH ICE CREAM

**1 cup sugar (or substitute)**  
**Dash salt**  
**3-4 cups heavy cream or half and half**  
**2 teaspoons lemon juice**  
**2 teaspoons vanilla extract**  
**Optional: ½ cup egg substitute**

Peel and slice peaches, sprinkle with sugar, salt and lemon juice, and allow to macerate 30 minutes. (Optional: add ½ cup egg substitute.) Add enough cream to make one quart. Taste for sweetness and add more sugar if necessary.

Refrigerate until very well chilled (overnight is best). Pour into ice cream machine and freeze according to instructions.

## THE DREAMIEST PEACHES

Warm peaches topped with vanilla wafer crumbs, and baked in sugar and cinnamon mixture. A quick and easy favorite dessert!

**3 fresh peaches, peeled and halved**  
(or 1 (15 ounce) can peach halves, drained)  
**10 vanilla wafers, crushed**  
**1 tablespoon brown sugar**  
**1 tablespoon butter, softened**  
**1/4 teaspoon ground cinnamon**

Preheat oven on broiler setting.

Place peaches hollow side up in a pie pan.

In a medium bowl, mix together crushed vanilla wafers, brown sugar, butter and cinnamon until crumbly. Sprinkle over peaches.

Place under broiler, and cook until sugar is melted and bubbly, about 1 minute

**Makes 6 servings.**

***Recipes are from members and friends of  
Englewood Rotary, as well as Boulder Flatirons  
Rotary. Thanks to all contributors!***

## **BROILED PEACHES WITH BLACKBERRY SAUCE**

**4 cups frozen blackberries**  
**1 teaspoon lime juice**  
**2 tablespoons honey**  
**8 medium fresh peaches, peeled, halved and pitted**  
**(or 16 canned peach halves)**  
**3 tablespoons packed brown sugar**  
**1 teaspoon ground cinnamon**  
**2 teaspoons peach liqueur or 2 teaspoons lime juice**  
**Additional blackberries, if desired for garnish**

Place blackberries, lime juice and honey in blender. Cover and blend on medium speed about 45 seconds, stopping blender occasionally to scrape sides, until smooth. Strain sauce. Cover and refrigerate until serving.

Set oven control to broil. Place peach halves, cut sides up, on large piece of heavy-duty aluminum foil. Sprinkle with brown sugar, cinnamon and liqueur. Fold foil over peaches and seal.

Broil foil packet with top about 4 inches from heat about 15 minutes or until peaches are heated through. Serve hot with blackberry sauce. Garnish with additional blackberries.

## **PEACH CLAFOUTI**

**1 1/2 pounds fresh peaches (about 4 cups), peeled and sliced**  
**1 cup sugar**  
**1/4 cup orange liqueur**  
**2 tablespoons cornstarch combined with 2 tablespoons water, to form slurry**

Batter:

**1 cup sugar**  
**4 egg yolks**  
**4 whole eggs**  
**1/4 cup heated milk**  
**2 tablespoons melted butter**  
**1/2 cup flour**  
**2 scoops peach ice cream**  
**Fresh mint, for garnish**  
**Cinnamon, for garnish**

Preheat oven to 375 degrees. Combine the peaches, sugar, orange liqueur and slurry together in a sauce pot. Bring up to a boil and reduce to a simmer. Reduce to a syrup consistency, 3 to 4 minutes.

**For the batter:** In a standing electric mixer, whip the sugar and eggs together until light in color and ribbon-like texture, about 3 minutes. Mix the milk and butter together, and incorporate into the egg mixture. Fold in the flour.

In a 13x9-inch baking pan, cover the bottom of the pan with the peach mixture. Spoon the batter over the peaches, spreading evenly. Bake for 30 to 35 minutes or until the batter has set and is slightly golden brown. Spoon the clafouti into a bowl and top with peach ice cream. Garnish with fresh mint and cinnamon.

– Emeril Lagasse

## **CANNED PEACHES**

**6 one-quart canning jars with rings and self-sealing lids**

**11 pounds ripe peaches**

**1 package ascorbic or citric acid**

**2 quarts unsweetened apple or white grape juice**

Sterilize canning jars and rings by simmering them in hot water for at least 10 minutes, until ready to use. Have the lids nearby.

In another saucepan, dip fruit in boiling water for 30 to 60 seconds, until skin loosens. Dip quickly in cold water and slip off skins. Cut in half, remove pits and slice. Mix ascorbic or citric acid with water according to package directions, and coat peaches to prevent darkening.

Pack peach slices in jars, almost to the top.

Bring the apple or white grape juice to a boil and ladle it over the peaches, leaving ½ inch of headspace.

Adjust lids and process in a boiling-water canner, with jars covered by 2 inches of boiling water, for 20 to 25 minutes. Remove jars from canner and allow to cool for 12 hours.

Unscrew metal rings to make sure lids are sealed. (Each lid should be indented in the center.) Store in a cool, dry, dark place for no longer than one year.

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