



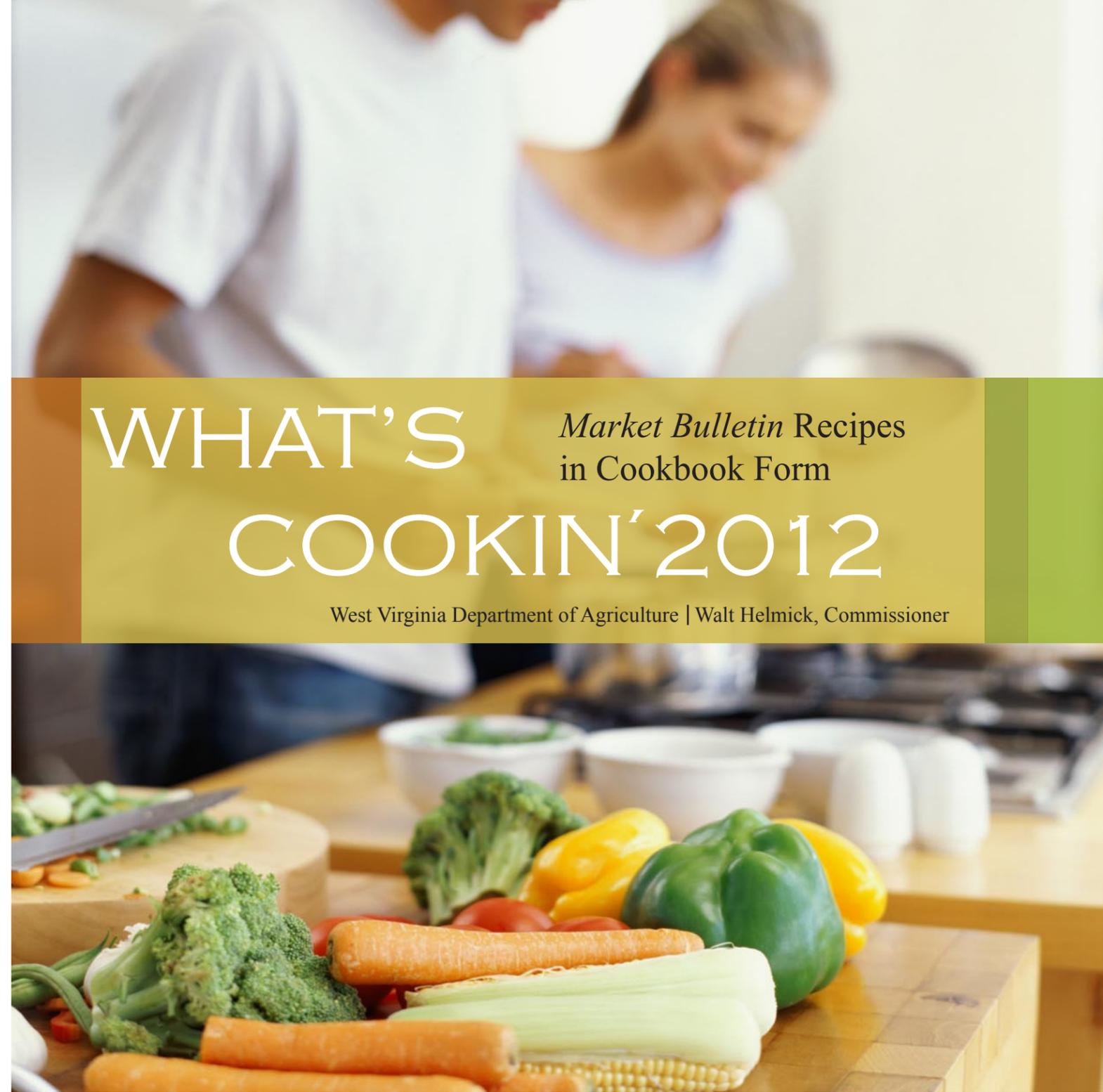
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WHAT'S

*Market Bulletin Recipes
in Cookbook Form*

COOKIN' 2012

West Virginia Department of Agriculture | Walt Helmick, Commissioner



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Cooking Measurement Equivalents

1 tablespoon (tbsp.) = 3 teaspoons (tsp.)

1/16 cup = 1 tbsp.

1/8 cup = 2 tsps.

1/6 cup = 2 tsps. + 2 tsp.

1/4 cup = 4 tsps.

1/3 cup = 5 tsps. + 1 tsp.

3/8 cup = 6 tsps.

1/2 cup = 8 tsps.

2/3 cup = 10 tsps. + 2 tsps.

3/4 cup = 12 tsps.

1 cup = 48 tsps.

1 cup = 16 tsps.

8 fluid ounces (fl oz.) = 1 cup

1 pint (pt.) = 2 cups

1 quart (qt.) = 2 pints

4 cups = 1 quart

1 gallon (gal.) = 4 quarts

16 ounces (oz.) = 1 pound (lb.)

1 milliliter (ml) = 1 cubic centimeter (cc)

1 inch (in.) = 2.54 centimeters (cm)

Parmesan Crusted Carrots

- 1 pound carrots
- 1 tablespoon butter
- ½ cup grated Parmesan cheese

Place carrots in pan, cover with water; bring to boil. Boil 15 minutes or until carrots are fork tender. Drain water; add butter. When butter is melted, add Parmesan cheese. Wait approximately 5 minutes; stir until carrots are coated with cheese.



Broccoli Cheese Puffs

- 1 pound broccoli, finely chopped
- 2 cups finely shredded cheese
- 2 eggs, beaten
- 1 cup Italian bread crumbs

Combine all ingredients in bowl until well mixed. Mold mixture into walnut sized balls. Bake on parchment paper-lined cookie sheet for 10-12 minutes at 350°F. Serve warm.



DECEMBER 2012

Happy Holidays!

More and more folks are choosing fresh locally grown foods over the processed alternatives. Here in West Virginia more farmers than ever are choosing to grow foods in high tunnel greenhouses which allows them flexibility of growing seasons. These houses permit the growing season to begin earlier and to continue later into the fall season. This same trend is true for our school systems through the Farm to School program. This program allows farmers the opportunity to grow foods for West Virginia school children and to increase their market opportunities. Most importantly, many students are able to understand exactly where their food is grown! Remember, if you ate today – thank a farmer! – *Happy Cooking!*

Fruity Pork Chops

- | | |
|------------------------------------|---------------------------|
| 4 pork chops (about 5 ounces each) | 2 cups chopped rhubarb |
| ¼ cup flour | 2 cups blueberries |
| Salt and pepper to taste | 2 tablespoons honey |
| Cooking spray | 2 tablespoons brown sugar |
| | ⅛ teaspoon cinnamon |

Dredge chops in flour; salt and pepper to coat. Spray skillet with cooking spray; brown chops. Mix rhubarb, berries, honey, brown sugar and cinnamon; add to chops in skillet. Cook at medium-low heat 20-30 minutes. Serves 4.

Cucumber – Melon Salsa

- | | |
|-------------------------------------|--------------------------------|
| 2 English cucumbers, finely diced | 1 lime, juiced and zested |
| 3 cups cantaloupe, finely diced | ½ cup cilantro, finely chopped |
| ½ cup red onion, finely diced | 1 tablespoon olive oil |
| ½ jalapeno, seeded and finely diced | Salt and pepper to taste |

Combine all ingredients in glass bowl. Cover with plastic; refrigerate at least 2 hours before serving.

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NEW YEAR DELIGHTS

Happy New Year! When thinking about 2012 and what traveling you might be doing – Fairs and Festivals are always a part of it. Occasionally, certain cooking contests and events are mentioned in this column. What better way to appreciate the heritage of our great state! From strawberries to pumpkins to black walnuts, ramps, maple syrup, apples, wine, beef, poultry and dairy – many of these great events have huge food-related components. In addition, the State Fair of West Virginia and many county fairs and festivals have food competitions galore. Did you know the Pepperoni Roll originated in West Virginia? The W.Va. Three Rivers Festival held each year in late May honors the Pepperoni Roll by having both commercial and amateur competitions!

A popular legend tells that the pepperoni roll was invented in the 1920s by Guiseppe Argiro, owner of the Country Club Bakery in Fairmont. West Virginians have their favorite pepperoni rolls and for those native West Virginians who have left the state, they know how to order their favorites for home delivery!

This month's recipes celebrate some of our heritage events! – *Happy Cooking!*

Pepperoni Rolls

½ teaspoon white sugar	2 teaspoons salt
1 cup warm water (100°F)	2 eggs, beaten
1 ¼-ounce package active dry yeast	½ cup butter, melted
5 cups all-purpose flour	Vegetable oil
¾ cup white sugar	1 8-ounce package sliced pepperoni

In small bowl, dissolve ½ teaspoon sugar in warm water. Sprinkle yeast over water, let stand 5 minutes.

Mix flour, ¾ cup sugar and salt in large bowl. Stir in yeast mixture, eggs and melted butter. When dough has pulled together, turn out onto lightly floured surface; knead until smooth and elastic, about 8 minutes.

Lightly oil large bowl. Place dough in bowl; turn to coat. Cover with light cloth; let rise in warm area (80-95°F) until doubled in volume, about 1½ hours.

Preheat oven to 350°F. Grease cookie sheet.

Punch down dough; divide into 20 equal pieces – about golf ball size. Using hands, flatten each piece into small rectangles, about 4" squares. Place 3 slices pepperoni down center of each dough square, overlapping slices. Place another row of 3 slices next to first. Roll dough around pepperoni slices, pinch edges closed; place rolls on prepared cookie sheet.

Bake rolls for 14-16 minutes, until tops are barely brown.

Pumpkin Spread

1 8-ounce package light cream cheese	¼ teaspoon pumpkin pie spice
½ cup canned pumpkin	½ teaspoon vanilla
¼ cup sugar	

Place all in ingredients in mixing bowl. Mix at medium speed until well blended. Place in serving container, cover and chill in refrigerator for at least one hour.

Serve with zucchini bread, white tortilla chips or your favorite dipping item.

Pumpkin Torte

*First-Place Pumpkin Cake
W.Va. Pumpkin Festival
Danielle Grant ~ Southside, W.Va.*

Torte:	8 ounces cream cheese, softened
4 eggs	3 cups Confectioner's sugar
1 cup pumpkin	1 teaspoon vanilla
½ cup milk	¼ teaspoon pumpkin pie spice
1 teaspoon pumpkin pie spice	
⅓ cup canola oil	Praline Crumbles:
1 package yellow cake mix	1 tablespoon butter
Cream Cheese Frosting:	¼ cup sugar
½ cup butter, softened	½ cup chopped pecans

Torte: In large mixing bowl combine eggs, pumpkin, milk, pumpkin pie spice, canola oil and cake mix. Mix with electric mixer on low speed 30 seconds. Increase mixer speed to medium; continue mixing 2 minutes. Pour into 2 greased and floured cake pans. Bake at 350°F 25-30 minutes or until toothpick inserted in center comes out clean. Remove from oven; cool cakes 10 minutes; place on wire rack to continue cooling. Once cooled, place on cake plate.

Frost cake with *Cream Cheese Frosting*; top with *Praline Crumbles* (recipes for both below).

Cream Cheese Frosting: Combine butter and cream cheese in small mixing bowl. Beat on low speed until fluffy. Gradually add Confectioner's sugar; beat until well mixed. Add vanilla and pumpkin pie spice; mix until just blended.

Praline Crumbles: Melt butter in medium skillet over low heat. Add sugar; reduce heat. Stir until sugar is melted. Add pecans. Continue to cook and stir until pecans are well coated and sugar mixture becomes light golden brown. Pour mixture onto waxed paper lined baking sheet. Cool until mixture hardens. Crumble into pieces to serve.

A Little Pumpkin Spice Makes Everything Nice!

Thanksgiving is just around the corner and pumpkin will most likely be served in some fashion one or more times during this holiday. Pumpkin is versatile, low in calories and high in fiber. Pumpkin is also an excellent source of Vitamins A, C and E. In addition to the vitamins, our bodies benefit from the calcium, phosphorus and potassium it contains.

We hope you enjoy these recipes. Some are the winning recipes from the W.Va. Pumpkin Festival Bake Off. – *Happy Cooking!*

Pumpkin Harvest Beef Stew

*First-Place Pumpkin Dish
W.Va. Pumpkin Festival
Barbara Swan ~ Milton, W.Va.*

- | | |
|--|-----------------------------------|
| 1 tablespoon oil | 1 can (14½ ounces) diced tomatoes |
| 1½ pounds top round steak, cut into 1" cubes | 2 bay leaves |
| 2 cups cubed, peeled pumpkin | 2 garlic cloves minced |
| 3 small red potatoes cubed | ½ teaspoon chili powder |
| 1 cup cubed acorn squash | ½ teaspoon pepper |
| 1 medium onion, chopped | ¼ teaspoon allspice |
| 2 cans beef broth | ¼ teaspoon cloves |
| | ¼ cup water |
| | 3 tablespoons flour |

In large skillet, heat oil and brown beef; remove with slotted spoon to 4-quart slow cooker. Add pumpkin, potatoes, squash and onion. Stir in broth, tomatoes and seasonings. Cover; cook on low 6-8 hours. Remove bay leaves. In small bowl, stir water and flour until smooth; gradually stir in stew. Cook 30 additional minutes.



Strawberry Dumplings

- ⅓ cup sugar
- ⅔ cup water
- 1 teaspoon vanilla extract

Dough

- 1 cup sifted flour
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ¼ cup butter
- ½ cup milk
- 2 cups strawberries (hulled, rinsed, and cut in half)
- 1 tablespoon sugar
- Cinnamon (optional)

In saucepan, combine ⅓ cup sugar and water. Bring to boil. Reduce heat, simmer 5 minutes. Stir in vanilla extract.

Dough: In mixing bowl, sift flour, 2 tablespoons sugar, baking powder and salt together. Using fork or pastry blender, cut in butter until mixture is crumbly. Add milk, stir just until dry ingredients are moistened. Place strawberries in a 1½-quart casserole dish. Pour hot sugar mixture over strawberries. Drop dough in 8-10 spoonfuls over strawberries. Sprinkle dough with remaining 1 tablespoon of sugar (sprinkle with cinnamon, if desired).

Bake at 425° for 25-30 minutes, or until dumplings are light brown on top.

Serve hot.

Ramps with Scalloped Potatoes

- | | |
|----------------------------------|-------------------------------|
| 6 cups sliced potatoes | ¾ cup heavy cream |
| 3 cups ramps | ½ cup chicken broth |
| Salt and black pepper, as needed | 1½ cups grated cheddar cheese |

Arrange layer of potatoes in greased casserole dish; add layer of ramps, salt and pepper. Repeat layers, ending with potatoes. Mix cream and broth; pour over potatoes and ramps.

Bake 45 minutes at 375°F; sprinkle with cheese and serve.

Creamy Chicken Stroganoff ~ Slow Cooker Style ~

- | | |
|---|---|
| 4 skinless, boneless chicken breast halves, cubed | 1 8-ounce package cream cheese |
| ⅓ cup margarine | 1 10.75-ounce can condensed cream of chicken soup |
| 1 .7-ounce package dry Italian-style salad dressing mix | |

Put chicken, margarine and dressing mix in slow cooker; mix together. Cook on low 5-6 hours.

Add cream cheese and soup; mix together. Cook on high for another ½ hour or until heated through and warm.

Serve over pasta or rice.



Cherries Galore!

Cherries are a favorite fruit for many and the main ingredient of their favorite pie! Most of the health benefits of cherries are due to their natural concentration. Cherries are known to be low in saturated fat and sodium and have been proven as good sources of dietary fiber and Vitamin C. Even though calories in cherries are on the higher side due to natural sugars, their nutritional value outweighs the calories. – *Happy Cooking!*

Cherry Glazed Chicken

Yellow mustard is the secret ingredient in this recipe!

- | | |
|---------------------------------|--|
| 1 broiler-fryer chicken, cut up | 1 16-ounce can unsweetened tart cherries |
| ½ cup milk | ¼ cup brown sugar |
| ½ cup all-purpose flour | ¼ cup granulated sugar |
| 1 teaspoon dried thyme | 1 teaspoon prepared yellow mustard |
| Salt and pepper, to taste | |
| 1-2 tablespoons vegetable oil | |

Preheat oven to 350°F. Rinse chicken; pat dry with paper towels. Pour milk into shallow container. Combine flour, thyme, salt and pepper. Dip chicken first in milk, then in flour mixture; coat evenly. Heat oil in large skillet. Add chicken; brown on all sides. Put chicken in 13"x9"x2" baking dish. Bake, covered with aluminum foil, in preheated oven 30 minutes. Meanwhile, drain cherries, reserving ½ cup juice. Combine cherry juice, brown sugar and granulated sugar in small saucepan; mix well. Bring mixture to boil over medium heat. Add mustard; mix well. Cook 5 minutes, or until sauce is slightly thickened. Stir in cherries. After chicken has cooked 30 minutes, remove from oven and uncover. Spoon hot cherry mixture over chicken. Bake, uncovered, 15-20 minutes, or until chicken is tender. Serve immediately. Makes 6 servings.

Cherry Cornbread

- | | |
|----------------------------|------------------------------|
| 2 cups cornmeal | 1½ cups milk |
| ½ cup pastry flour | 2 large eggs |
| 2½ teaspoons baking powder | 5 tablespoons butter, melted |
| 1 teaspoon salt | 1½ cups dried tart cherries |
| 2 tablespoons sugar | |

Mix together dry ingredients, then mix together wet ingredients and gently mix into dry ingredients. Fold in cherries.

Grease and line 9"x9" square baking pan with parchment paper. Pour in batter; bake at 400°F for 25 minutes.

Helpful hint: More sugar can be added for a sweeter cornbread.



State Fair Chicken

- 2 cups buttermilk
- 2 tablespoons hot pepper sauce
- 3 teaspoons salt
- 2 chickens cut into 8 pieces each
- 2 cups flour
- 1½ teaspoons baking powder
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 5 cups vegetable oil or shortening for frying

In extra-large (2- to 2½-gallon) zip-top plastic bag, combine buttermilk, hot pepper sauce and 1 teaspoon salt. Add chicken pieces, turning to coat. Seal bag, pressing out excess air. Place bag in bowl; refrigerate chicken 2-24 hours to marinate, turning bag over once.

In pie plate or bowl, stir flour, baking powder, pepper, paprika and remaining 2 teaspoons salt until well mixed. Remove a few pieces of chicken from buttermilk mixture, shaking off excess liquid. Add chicken to flour mixture, turning to coat well. Place chicken on wire rack set over waxed paper, without letting pieces touch. Repeat with remaining chicken pieces, using second rack if necessary; let stand 15 minutes to set coating. Discard buttermilk mixture.

Preheat oven to 250°F. Line two large cookie sheets with paper towels. Divide oil between two 12-inch skillets, preferably electric (there should be about ½-inch oil in each skillet); heat over medium heat until temperature reaches 360°F on deep-fry thermometer.

To each skillet, add 4 pieces chicken, skin side down, do not crowd pieces. Cover skillets; cook until chicken is light golden brown on bottom, 4-5 minutes. Turn pieces over; cook, covered (reducing heat to medium-low, if necessary, 300°F), 8-10 minutes longer for white meat, 13-15 minutes longer for dark meat, turning pieces every 4-5 minutes. Chicken is done when well browned on all sides and juices run clear when thickest part is pierced with knife tip. Transfer chicken to lined cookie sheets to drain. Keep warm in oven. Repeat with remaining chicken.

Party Praline Brownies

Brownies

- 1 cup or 2 sticks margarine or butter
- 4 1-ounce squares unsweetened chocolate
- 4 1-ounce squares semisweet chocolate
- 2¼ cups sugar
- 6 large eggs
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- 1¼ cups all-purpose flour
- ½ cup pecans, toasted and coarsely chopped

Praline Topping

- 5 tablespoons margarine or butter
- ¼ cup packed light brown sugar
- 1 tablespoon vanilla extract
- 2 tablespoons water
- 2 cups Confectioner's sugar

Brownies:

Preheat oven to 350°F. Line 13"x9" metal baking pan with foil; grease foil.

In heavy 3-quart saucepan over low heat, melt margarine or butter and chocolates, stirring frequently. Remove saucepan from heat. With wire whisk, beat in sugar, then eggs, until well blended. Stir in vanilla, salt then flour just until blended. Spread batter evenly in pan.

Bake 35 minutes (toothpick inserted in brownies will **not** come out clean). Cool brownies in pan on wire rack. If not using brownies within 1 day, cover cooled brownies with foil; refrigerate or freeze for longer storage.

Praline Topping:

In 2-quart saucepan over medium-low heat, heat margarine and brown sugar, until mixture melts and bubbles, about 5 minutes. Remove saucepan from heat. With wire whisk, beat in vanilla, water then Confectioner's sugar, until mixture is smooth.

With metal spatula, spread topping over room-temperature brownies; sprinkle with pecans. Cut brownies lengthwise into 8 strips, then cut each strip crosswise into 8 pieces.

We are finally experiencing cooler nights and turning leaves – what wonderful colors, especially the red maples! The cooler temperatures usually starts folks thinking about holiday baking, spur of the moment parties and, of course, tailgating! We have included a chart of a few substitutions for some common ingredients for those kitchen surprises! Enjoy the fall celebrations and – *Happy Cooking!*

Ingredient	Amount	Possible Solutions
Buttermilk	1 cup	1 tablespoon vinegar or lemon juice plus enough milk to make 1 cup total, or 1 cup plain yogurt.
Self rising flour	1 cup	1 cup all-purpose flour plus 1½ teaspoons baking powder and ½ teaspoon salt.
Margarine or butter (for baking)	1 cup	1 cup hard shortening, or ¾ cup vegetable oil.
Half and half	1 cup	¾ cup milk plus 3 tablespoons butter
Chocolate, unsweetened	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon margarine or oil.
Sugar	1 cup	1 cup honey but reduce liquid in recipe by ½ cup.
Egg (for baking)	1	1 teaspoon cornstarch plus ¼ cup water.
Cornstarch	1 tablespoon	2 tablespoons all-purpose flour.
Powdered (Confectioner's) sugar	1 cup	1 cup sugar plus 1 cup cornstarch mixed in food processor.

Loaded Potato Soup

- | | |
|--|--------------------------------|
| 3 pounds red potatoes | Garlic powder, to taste |
| ¼ cup margarine, melted | 1 teaspoon hot pepper sauce |
| ¼ cup flour | ½ pound bacon, fried crisply |
| 8 cups half-and-half | 1 cup cheddar cheese, shredded |
| 1 16-ounce block cheese food product, melted | ½ cup fresh chives, chopped |
| ½ teaspoon white pepper | ½ cup fresh parsley, chopped |

Dice unpeeled red potatoes into ½-inch cubes. Place in large Dutch oven, cover with water; bring to boil. Let boil 10 minutes or until ¾ cooked. In separate large Dutch oven, combine melted margarine and flour, mixing until smooth. Place over low heat; gradually add half-and-half, stirring constantly. Continue to stir until smooth and liquid begins to thicken. Add melted cheese product. Stir well. Drain potatoes; add to cream mixture. Stir in pepper, garlic powder and hot pepper sauce. Cover; cook over low heat 30 minutes, stirring occasionally. Place soup into individual serving bowls; top with crumbled bacon, shredded cheese, chives and parsley. Serves 4.

Cherry-Banana Raisin Bread Pudding

pudding:

- 3 eggs, beaten
- 2 cups lowfat milk
- ½ cup sugar
- 2 teaspoons vanilla extract
- ½ teaspoon ground cinnamon
- 4 cups (8 ounces) raisin bread cut into ¾-inch squares
- ¾ cup dried tart cherries
- 1 large very ripe banana, quartered lengthwise and cut into ½-inch-thick pieces

Creamy Topping (optional):

- ½ cup light sour cream
- 4 teaspoons packed brown sugar
- ¼ teaspoon finely shredded orange peel
- ⅛ teaspoon ground cinnamon

pudding: Preheat oven to 350°F. Stir together beaten eggs, milk, sugar, vanilla and cinnamon in medium bowl using wire whisk. Place ¾ of bread pieces in 8"x8"x2" baking pan or dish. Top with cherries, banana slices and remaining bread pieces. Pour egg mixture evenly over bread mixture. Bake, uncovered, in preheated oven for 65-70 minutes or until knife inserted near center comes out clean. Cool slightly.

Creamy Topping: Stir together sour cream, brown sugar, orange peel and cinnamon. Serve bread pudding topped with sour cream mixture.

Cherry and Lamb Stew

- 2 tablespoons olive oil
- 1 red onion, thinly sliced
- 1 pound boneless lamb shoulder, cut into 1½-inch pieces
- 2 garlic cloves, minced
- 2 sweet potatoes, peeled and cut into 2-inch pieces (about 1 pound)
- 1 red pepper, cut into 1-inch strips
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 15-ounce can chopped tomatoes
- 1 cup water
- 1 15-ounce can chickpeas
- ¾ cup dried cherries
- Couscous, cooked (optional)
- 2 tablespoons cilantro, roughly chopped

Heat olive oil in Dutch oven or 5-quart heavy pot over moderately high heat.

Add onion and lamb; brown lamb.

Stir in garlic, sweet potatoes, red pepper, cumin, paprika, coriander, cinnamon, salt and black pepper.

Add chopped tomatoes and 1 cup water; bring to boil.

Reduce heat and simmer, covered for 15 minutes. Add chickpeas and cherries; continue simmering until lamb and sweet potatoes are tender and sauce has thickened.

Serve with couscous. Top stew with chopped cilantro before serving.

SPRING VEGGIES and LAMB

Spring has officially arrived and brings a freshness to everything! The arrival of early spring vegetables, the planning and planting of gardens and flowers, and for many, the urge to try new recipes and food products. Many enjoy trying new varieties of fruits and vegetables, such as the small individual watermelons.

If you have never enjoyed lamb we encourage you to take advantage of it when it is a featured item at your local store. We have several West Virginia farmers who produce high-quality lambs, ask your grocer to buy locally-grown foods and support West Virginia farmers! Remember: No Farm, No Food! – *Happy Cooking!*

Balsamic-Honey Glazed Lamb Chops

Recipe courtesy of the American Lamb Board

- | | | |
|---------------------------------|---|-------------------------|
| 8 lamb chops (shoulder or rib) | 1½ teaspoons coarse ground black pepper | ½ cup balsamic vinegar |
| 1 tablespoon olive oil | 1 teaspoon salt | ½ cup honey |
| 1½ teaspoons dried thyme leaves | | 4 small apples or pears |

Brush lamb chops with oil; sprinkle with thyme, pepper and salt. Cook in large skillet over medium-high heat for 10 minutes, turning once.

Heat vinegar and honey in another large skillet. Stir, bringing to boil. Core and cut apples or pears into 10 slices. Add fruit to bubbling mixture, turning to coat. Cook until fruit is glazed and just tender.

Place browned lamb chops into bubbling mixture. Turn chops every minute to glaze with sauce. Cook to desired degree of doneness. Serve with glazed fruit and a drizzle of sauce. Serves 8.

All American Lamb Burgers

Recipe Courtesy of the American Lamb Board

- | | |
|---|---|
| 2 pounds ground lamb | 1 teaspoon seasoned salt |
| 1 8-ounce can tomato sauce | 1 teaspoon seasoned pepper |
| ½ cup rolled oats | 8 lettuce leaves |
| ½ cup finely chopped onion | 8 hamburger buns, split and toasted |
| 3 tablespoons chopped fresh basil or 1 tablespoon dried basil leaves, crushed | 4 thin slices red onion, split into rings |
| 1 teaspoon garlic powder | 16 tomato slices |

In large bowl, combine first eight ingredients. Mix until blended. Shape into eight ½" thick patties.

To Grill: Cook over medium-hot coals. Grill 4" from coals 5 minutes on each side or until desired degree of doneness; 145°F for medium-rare, 160°F for medium or 170°F for well.

To Broil: Place lamb patties on broiler pan. Broil lamb 4" from source of heat for 5 minutes on each side or until desired degree of doneness; 145°F for medium-rare, 160°F for medium or 170°F for well.

Arrange lettuce leaf on bottom half of each bun. Top with onion rings, 2 tomato slices, cooked lamb patties and bun top. Serves 8.

Beef Stuffed Sandwich

2nd Place

Twila Norman – Ronceverte, W.Va.

- | | |
|------------------------------------|----------------------------------|
| ¼ cup vegetable oil | 16 ounces sliced deli-roast beef |
| ½ cup chopped green pepper | 7 ounces Velveeta cheese sauce |
| ½ cup chopped onion | 1 egg white, beaten |
| ½ cup sliced mushrooms | 1 tablespoon water |
| 2 garlic cloves, chopped | Salt and pepper to taste |
| 1 package refrigerated pizza crust | |

Preheat oven to 425°F. Heat oil in skillet; sauté peppers, onions, mushrooms and garlic. Unroll pizza crust. Starting on longest dough, layer beef, cheese and sautéed vegetables; place seam side down on baking sheet. Brush with egg white and water. Sprinkle with salt and pepper; bake 15 minutes.

Easy French Onion Sub Loaf

3rd Place

Vinnie Blake – Troutville, Va.

- | | |
|--------------------------------|--------------------------|
| 1 can French onion soup | 1 pound provolone cheese |
| 1 pound sliced deli beef | ½ cup sour cream |
| 1 loaf French bread (any kind) | 1 tablespoon horseradish |
| 1 tablespoon pesto | ¼ cup olive oil |

Heat French onion soup in pan. Add beef slices and warm slightly. In small bowl, mix pesto and olive oil. Cut loaf in half; spread with pesto mixture. Place layer of sliced beef over pesto mixture then, layer of cheese. Place under broiler until cheese is melted and bread is toasted. Remove from oven; spread with sour cream and horseradish. Put sub together and serve.

BEEF, it's what's for dinner!

The State Fair of West Virginia showcases some of West Virginia's finest livestock, baked goods, vegetables, quilts and of course competitions! The Quick and Easy Beef Contest provides an opportunity to showcase the versatility of BEEF. Beef is nutritious, high in protein and provides amino acids that cannot be found in other foods. This month's recipes features the first, second and third place winners of the contest. – *Happy Cooking!*

Steak Sandwich

1st Place
Donald Perry – Lewisburg, W.Va.

- ½ teaspoon salt
- ½ teaspoon pepper
- 1½ pounds beef flank steak
- 2½ tablespoons butter, softened
- 1 large tomato, sliced
- 1 large onion, sliced

- Sliced American cheese (as desired)
- 1 sub sandwich bun
- Tangy Mustard Sauce**
- ¾ cup mayonnaise
- 3 tablespoons Dijon mustard
- 4 teaspoons Worcestershire sauce



Sprinkle salt and pepper over steak. Grill 6-10 minutes on each side, or until desired doneness; slice thinly. Spread butter on buns. Layer steak, tomato, onion and cheese slices on bun. Broil 6" from heat for 2 minutes.

Tangy Mustard Sauce:

In small bowl, stir mayonnaise, Dijon mustard and Worcestershire sauce. Spoon onto cheese; add bun tops.

Spring Frittatas

- | | |
|--|------------------------------------|
| 2 cups asparagus, sliced on the bias into bite-size pieces | 1 cup green garlic, finely chopped |
| 1 cup thinly sliced carrots | Zest of one lemon |
| ½ cup olive oil | 1 dozen eggs |
| | 4 teaspoons salt |
| | 1 bunch spring pea greens |

In separate pans, plunge asparagus and carrots into boiling water for one minute, remove and plunge into ice water for 2 minutes. Remove and drain well.

Sauté ½ cup asparagus and ¼ cup green garlic with olive oil for 1 minute over medium heat. Add one pinch of lemon zest, ¼ cup carrots and 3 well beaten eggs. Swirl pan as eggs cook, lifting cooked egg from bottom of pan until half set. Put pan into 375°F oven for 8 minutes or until egg is fully set.

Slide onto plate; repeat with remaining ingredients. Garnish with pea greens.

Tomato, Cucumber and Melon Salad

- | | |
|---|--------------------------------------|
| Salad | Vinaigrette |
| 2 large red tomatoes, cut into 1" wedges (about 2 cups) | 3 tablespoons red-wine vinegar |
| 2 pounds melon, cut into ½"x2½" wedges | 2 tablespoons extra-virgin olive oil |
| 1 cucumber, peeled, seeded and cut into ½" wedges | 1 teaspoon salt |
| ½ small red onion, thinly sliced (about ¼ cup) | ¼ teaspoon fresh-ground pepper |
| | ¼ cup fresh basil leaves, sliced |

Salad: Gently toss all ingredients together in large bowl; set aside.

Vinaigrette: Combine vinegar, oil, salt and pepper in small bowl. Pour vinaigrette over salad mixture and toss to combine. Cover and refrigerate up to 2 hours. Sprinkle with basil and serve.

Raspberry Tart

- | | | |
|---|--|--|
| ½ cup sliced almonds (skins on) | 6 tablespoons cold unsalted butter, cut into ¼" pieces | 4½ cups fresh or frozen (not thawed) raspberries |
| 6 tablespoons granulated sugar | 1 large egg yolk | 1 teaspoon Confectioners' sugar |
| 1½ cups plus 2 tablespoons all-purpose flour, divided | 1 teaspoon vanilla extract | |
| ½ teaspoon salt | ¼ teaspoon almond extract | |

Preheat oven to 400°F. Lightly coat 9" removable-bottom tart pan with cooking spray.

Combine almonds and sugar in food processor; pulse until almonds are finely ground and incorporated with sugar. Set aside ½ cup of mixture.

Add 1½ cups flour and salt to remaining sugar mixture and pulse briefly to blend. With motor running, add butter, few pieces at a time, until well incorporated.

Stir egg yolk, vanilla and almond extracts together in small bowl until blended. With motor running, add to processor and pulse until mixture begins to clump and form a dough, about 1 minute (mixture will look like crumbly sand). Set aside ¼ cup of mixture for topping.

Transfer remaining dough to prepared tart pan. Spread evenly; press firmly into bottom and up sides to form crust.

Add remaining 2 tablespoons flour to reserved almond mixture; stir to blend. Gently toss raspberries with 2 tablespoons of mixture in medium bowl until coated. Spread berries evenly in tart pan. Sprinkle remaining almond mixture over berries. Pinch reserved dough into small clumps to make crumbs; sprinkle crumbs on top of berries.

Bake tart for 15 minutes. Reduce oven temperature to 350°F; bake until crust and crumbs are golden brown, about 45 minutes. Cool on wire rack about 30 minutes. Serve warm or at room temperature. Remove pan sides; place confectioners' sugar in fine sieve and dust tart just before serving.

Ramps & Morels – what spring delights!

April is the month that brings an abundance of foods, such as ramps, to many community dinners and family tables in West Virginia. Ramps are a food that most folks either love or intensely dislike, there are not many who say “I can take them or leave them.” None the less, when the ramps are ready to be dug, there are other spring goodies, like morel mushrooms, that are ready as well. – *Happy Cooking!*

RAMPS: Good ramps should have two or three whole bright green leaves with the small white bulb attached by a purplish stem. The leaves are generally about 6 inches long.

Depending on where you get them, ramps may still be muddy from the field or all cleaned and trimmed. The key is to make sure they are fresh. Yellowing or withering in the leaves is a sign that they have gone too long.

Handling Fresh Ramps

A papery wrapper leaf – and some dirt – may surround the bulb and should be pulled off as you would with scallions. There may also be some roots which should be trimmed off along with their little button attachment. Once trimmed and cleaned the entire plant is tender and choice for eating and should be stored in the refrigerator tightly wrapped to keep them from drying out. Use them as soon as possible after harvest.

Preparation

Ramps can be sliced thinly to give an amazing flavor twist to a spring salad. The very hardy ramps can simply be eaten raw or used in cooking for a deep earthy flavor.

Ramp Biscuits

4 cups flour	½ cup shortening or oil
1 teaspoon salt	2 cups buttermilk
1 tablespoon baking soda	1 cup uncooked minced ramps
2 heaping tablespoons baking powder	Real butter, if desired

Sift flour, salt, baking soda and powder together. Cut in shortening until mixture looks like grapes. Add ramps and enough buttermilk to make soft dough ball; make sure ramps are well mixed in dough. Turn out on floured surface.

Knead dough from north to south, east to west adding flour if too sticky. The more kneaded, the lighter the bread. Flatten dough; cut out biscuits or leave as flatbread or “pone.”

Place biscuits on lightly greased pan, lightly caramelize small amount of ramps in a bit of butter; strain ramps and brush top of bread with butter. Place in oven for 15-20 minutes or until golden brown. Pry biscuit open to check for doneness if not, return to oven for a few more minutes baking time.

Baking time depends on oven and thickness of biscuits. When bread is done, ramps will be too. Serve immediately with real butter, if desired.

Delicious Peach Pound Cake

Cake:	6 eggs	Glaze:
3 cups all-purpose flour	1½ teaspoons vanilla extract	1 cup Confectioners’ sugar
¼ teaspoon baking soda	¼ teaspoon almond extract	2 tablespoons cream cheese, at room temperature
½ teaspoon salt	½ cup sour cream	2-3 tablespoons milk or cream
1 cup butter, softened (2 sticks)	2 cups chopped fresh or frozen peaches (2-3 large fruits)	
2 cups granulated white sugar		

Cake:

Preheat oven to 350°F. Grease and flour 10" fluted tube (Bundt) pan, or spray with floured vegetable cooking spray. Combine flour, baking soda and salt. Mix thoroughly.

In separate large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each one. Add both vanilla and almond extracts; mix thoroughly.

Beginning with flour mixture, add alternately with sour cream, one-third at a time, to egg mixture. Gently fold in peaches.

Pour batter into tube pan; distribute evenly. Bake 55-60 minutes or until toothpick inserted in center comes out clean. Cool in pan on rack 20 minutes; invert onto cake dish; let come to room temperature before glazing.

Glaze:

Beat Confectioners’ sugar, cream cheese and milk until smooth – just barely able to drip from whisk. Spoon into zip-top bag, squeeze out air and seal. Cut tiny corner from bottom of bag and use as pastry bag. Drizzle glaze over top of cake. Let sit uncovered about 1 hour for glaze to set before cutting to serve. Best served at room temperature.

Packed Peach Muffins

1 cup quick-cooking oats	1 egg	1½ teaspoons ground cinnamon
1 cup buttermilk	1¼ cups all-purpose flour	1 teaspoon baking soda
¼ cup vegetable oil	¼ cup diced peaches	1 teaspoon baking powder
2 tablespoons molasses	¼ cup chopped pecans	½ teaspoon salt
1 teaspoon vanilla	¼ cup light brown sugar, packed	

In large mixing bowl, combine oats and buttermilk. With fork, mix in vegetable oil, molasses, vanilla and egg. Add remaining ingredients; stir just until dry ingredients are dampened.

Grease bottoms of 12 medium muffin cups. Divide batter evenly among muffin cups. Bake at 400°F for about 20 minutes, or until wooden pick or cake tester inserted in center comes out clean.

What a PEACHY Summer!

The summer of 2012 has definitely been eventful! We hope the storms of late June and early July are now memories and that you are fully recovered. We should be thankful to live in a state where folks are willing to help one another.

August is National Peach month and for a large majority of the state, there has been a great peach crop! Peaches are an excellent source of both Vitamins C and A. In addition, peaches are low in calories (one large peach contains 84 calories), have a lot of potassium and beta carotene, and are high in antioxidants. Enjoy peaches in many ways from fresh to fried! – *Happy Cooking!*

Peaches 'n Cream Chicken Breasts

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| <p>Chicken:
4 skinless, boneless chicken breasts (about 6 ounces each), trimmed of excess fat
Salt and freshly ground black pepper
Unbleached all-purpose flour</p> | <p>2 tablespoons unsalted butter
Sauce:
¼ cup thinly sliced shallots
¼ cup balsamic vinegar
¼ cup chicken broth, preferably homemade
¼ cup heavy (or whipping) cream</p> | <p>2 large ripe but firm peaches (about 1 pound total), cut into ¼" thick wedges
2 tablespoons shredded fresh basil or chopped fresh thyme leaves
Salt and pepper if necessary</p> |
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Chicken:
Remove fillets (finger sized muscle on underside of each breast); set aside. Using flat end of meat pounder, lightly flatten each breast.

Season chicken breasts and fillets with salt and pepper; dredge through flour, shaking off excess.

Melt 1 tablespoon of butter in large skillet over medium-high heat. Add chicken; saute until just cooked through, about 2 minutes per side. To test for doneness, cut into thickest part of chicken breasts – flesh should be opaque, with no pink. Transfer chicken to plate; cover.

Sauce:
Add remaining 1 tablespoon butter to skillet. When butter is hot, add shallots; saute' until tender, about 30 seconds. Add balsamic vinegar; cook until reduced by half, forming thick glaze, about 2 minutes. Add chicken broth and cream, along with any juices collected on chicken plate. Cook until sauce is reduced by half and lightly coats back of spoon, about 2 minutes. Add peaches and toss until just warmed through. Do not overcook. Remove from heat; stir in basil. Adjust seasoning with salt and pepper, if necessary.

Place chicken on warmed dinner plates or on platter. Spoon sauce and peaches over chicken; serve immediately. Serves 4.

Peach Salsa

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| <p>3 peaches, peeled, pitted and chopped
2 green onions, chopped
1 fresh hot chili pepper, seeded and minced</p> | <p>¼ cup fresh cilantro, chopped
1 tablespoon balsamic vinegar
1 tablespoon sugar</p> |
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Mix all ingredients in large bowl. Chill at least 2 hours before serving.

Fried Potatoes & Ramps

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| <p>1 package bacon
6-8 medium white potatoes
Salt and pepper to taste</p> | <p>2 cups new ramps or 3 cups chopped with tops</p> |
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Fry bacon crisp; set aside to drain. While bacon is cooking peel and slice potatoes into ¼" thick slices. Place in cold water to prevent drying out.

After bacon is removed, turn heat down, drain potatoes; pat dry with paper towel. Place potatoes in skillet with hot bacon grease, add salt and pepper to taste; brown gently. Add ramps, cover with lid. Simmer 8-10 minutes or until ramps are clear.

Place ramp and potato mixture in bowl, sprinkle top with crumbled bacon. Serve hot.

Ramp Cornbread

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| <p>1½ cups white cornmeal
1½ cups flour
1 teaspoon salt
3 teaspoons baking powder
2 tablespoons sugar</p> | <p>1 cup finely minced ramps
2 eggs
1 cup whole milk or buttermilk
¼ cup oil</p> |
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Sift dry ingredients together, add ramps. Combine eggs, milk and oil. Fold into dry ingredients; beat until smooth. Preheat oven and well oiled 8" iron skillet to 400°F. Pour mixture into hot skillet; bake about 20 minutes until top is golden brown and toothpick inserted into center comes out clean.

Serve hot with butter and if desired, a big glass of buttermilk or whole milk.

Morel Mushroom Soup

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| <p>6½ cups chicken stock
½ teaspoon saffron threads
2 tablespoons vegetable oil
6 tablespoons minced shallots
2 tablespoons finely chopped garlic
⅓ cup finely diced peeled carrot
⅓ cup finely diced peeled turnip</p> | <p>15 ounces morels, cleaned, trimmed and sliced
6 ounces white mushrooms, sliced
⅛ teaspoon curry powder
Salt and pepper to taste
2 tablespoons (¼ stick) butter</p> |
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Bring ½ cup stock to simmer in saucepan. Add saffron; set aside to steep. Heat oil in heavy large saucepan over medium-low heat. Add shallots, garlic, carrots and turnip; stir 1 minute. Add ⅓ of wild (morel) mushrooms and all of white mushrooms. Sauté until mushrooms release liquid, about 8 minutes. Add curry powder; sauté until mushrooms are tender, about 4 minutes. Add saffron mixture and 6 cups stock.

Simmer until mushrooms are tender, about 15 minutes. Remove from heat. Puree cooked mushrooms and 1 cup mushroom broth in processor until almost smooth. Return mushroom puree to saucepan with broth; add butter. Simmer soup 15 minutes. Season to taste with salt and pepper.

Sauté remaining morels in butter over medium heat. Ladle soup into bowl and top with sautéed morels.



MORELS: Morel Mushrooms are considered to be a spring delicacy. Many West Virginians refer to them as Molly Moochers. They have a very earthy flavor and many consider their flavor to be superb. They are easily dried for year-round enjoyment.

Selection in the Store
Fresh morels should be clean and almost dry to the touch. The aroma should be an earthy, woody smell. Little bits of the woods (a pine needle or a bit of moss) may be seen – just pick it out. These are from the woods, after all.

Storage and Handling
Morels are highly perishable and must be handled with care. However, you need never lose a fresh morel to spoilage. The reason for this is that they may be readily dried and will keep very well in this form. The key is to keep them cool and dry, with a little ventilation. In the refrigerator in a loosely closed paper bag is perfect. Do not store refrigerated in a sealed plastic bag! This keeps in the moisture and leads to rot.

Spring Green Onions & Other Delights

Spring brings early garden gifts such as green onions! This month's soup recipe is a great way to enjoy onion soup in a manner differently from the traditional French Onion Soup! – *Happy Cooking!*

Spring Green Onion Soup with Mushrooms

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| 4 tablespoons butter | 2 cups sliced mushrooms |
| 6 green onions, thinly sliced | ½ cup heavy cream |
| Salt and pepper to taste | 1 green onion, thinly sliced for garnish |
| 5 cups vegetable or chicken broth | |

Melt butter in soup pot. Add the six green onions and salt and pepper. Saute onions until tender, approximately 3-4 minutes. Add broth; bring to boil. Reduce heat; simmer for 10 minutes.

Place soup and 1 cup mushrooms in food processor; process until smooth. Return to soup pot; add heavy cream and remaining mushrooms. Cook gently until mushrooms are tender.

Ladle soup into bowls and garnish with thinly sliced green onion. Serves 4.

Springtime Peas & Pasta Salad

Salad:

- 1 large pot water
- Kosher salt to taste
- 1 pound bow tie pasta
- 1 tablespoon olive oil
- ½ cup diced red onion
- 1 cup diced ham
- 1 cup fresh peas, cooked
- 1 cup sharp cheddar cheese, cubed

- 2 sprigs fresh dill weed for garnish

Dressing:

- ¾ cup sour cream
- ¾ cup mayonnaise
- 1 tablespoon lemon zest
- 1 tablespoon dried dill weed
- ¼ cup lemon juice
- 1 pinch cayenne pepper

Salad: Bring large pot of water to rolling boil; add kosher salt and bow tie pasta. Cook pasta until al dente (firm but not hard). Drain pasta; rinse in cold water. Re-drain pasta; place in large bowl. Toss with olive oil; set aside.

Dressing: In small bowl mix sour cream, mayonnaise, lemon zest, dried dill weed, lemon juice and cayenne pepper. Mix with spoon or whisk until smooth.

Add diced onion, ham, peas and cubed cheese to pasta. Cover with dressing; gently mix. Garnish with fresh dill.

Blueberry Breakfast Cassarole

Blueberries weigh in at just 80 calories per cup and are packed with Vitamin C. In addition, they are high in fiber, easy to eat as a snack and lend great flavor to salads, muffins, breads and cookies – just to name a few!

- 1 loaf bread (14 ounces)
- 4 ounces cream cheese
- 2 cups blueberries (divided into 2, one-cup portions)
- 8 eggs
- 1½ cups milk
- ¼ cup maple syrup
- ¼ cup melted butter

Preheat oven to 350°F. Remove crust from bread; cut in 1-inch cubes (makes about 10 cups). Cut cream cheese in small cubes (makes about 1 cup). Grease 9"x9"x2" baking dish; place half of bread cubes in dish. Scatter cream cheese cubes and 1 cup blueberries over bread. Top with remaining bread cubes and blueberries.

In bowl, combine eggs, milk, maple syrup and butter. Carefully pour over bread mixture. Bake until knife inserted in center comes out clean, about 1 hour, covering with aluminum foil if edges brown too much.

To serve, cut in squares; accompany with additional maple syrup, if desired. Serves 9.

Easy Yummy Nutty Ice Cream

- 1 14-ounce can sweetened condensed milk
- 2 tablespoons water
- ¼ teaspoon almond extract
- ¼ teaspoon vanilla
- 2 cups whipping cream, whipped
- 1 cup pecans or walnuts, chopped

In large bowl, combine milk, water, almond extract and vanilla. Fold in whipped cream and nuts. Pour into foil-lined 9"x5"x3" loaf pan. Cover; freeze for 6 hours or until firm. Lift out of pan and remove foil; slice.



FOODS TO CELEBRATE IN JULY

July is a month of celebrating several foods. Do you enjoy ice cream, blueberries and baked beans? Then July is your month to celebrate! It's also the month of Lasagna Awareness, National Pickle Month and National Hot Dog Month. That is certainly a wide variety and one that is easily celebrated in our great state. We have producers who grow blueberries and many of the other ingredients for these celebrated foods. West Virginia is the home of Custard Stand Hot Dog Chili, Uncle Bunk's Pickles, K Mac Sweet Dills, Bonnie Blue Pickles and several more, including dairies and shops with their own specialty ice creams. We hope this month's recipes will help you celebrate your favorite foods of July! – *Happy Cooking and remember – "Don't Criticize A Farmer With Your Mouth Full!"*

Lasagna-Smith Style

Sauce:

- 1½ pounds lean ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh basil
- 1 teaspoon dried oregano
- 2 tablespoons brown sugar

- 1½ teaspoons salt
- 1 29-ounce can diced tomatoes
- 2 6-ounce cans tomato paste
- 12 dry lasagna noodles
- 2 eggs, beaten
- 1 pint part-skim ricotta cheese

- ½ cup grated Parmesan cheese
- 2 tablespoons dried parsley
- 1 teaspoon salt
- 1 pound mozzarella cheese, shredded
- 2 tablespoons grated Parmesan cheese

Sauce: In large skillet over medium heat, brown ground beef, onion and garlic; drain fat. Mix in basil, oregano, brown sugar, 1½ teaspoons salt, diced tomatoes and tomato paste. Simmer 30-45 minutes, stirring occasionally.
 Preheat oven to 375°F. Bring large pot of lightly salted water to boil. Add lasagna noodles. Cook 5-8 minutes, or until al dente; drain. Lay noodles flat on towels; blot dry.
 In medium bowl, mix together eggs, ricotta and Parmesan cheeses, parsley and 1 teaspoon salt.
 Layer ⅓ of lasagna noodles in bottom of 9"x13" baking dish. Cover noodles with ½ ricotta mixture, ½ mozzarella cheese and ¼ sauce. Repeat. Top with remaining noodles and sauce. Sprinkle additional Parmesan cheese over top.
 Bake in preheated oven 30 minutes. Let stand 10 minutes before serving.

Fresh Strawberry Muffins

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| 2½ cups all-purpose flour | 1 cup buttermilk |
| ½ teaspoon salt | 1 egg, lightly beaten |
| 1 teaspoon baking soda | 2 egg whites, lightly beaten |
| ¾ cup sugar | 1¼ teaspoons vanilla |
| ¾ teaspoon ground cinnamon | ½ cup butter, melted |
| 1½ cups sliced fresh strawberries | Vegetable Cooking Spray |
| | 1½ tablespoons granulated sugar |

In large bowl combine flour, salt, baking soda, sugar and cinnamon. Mix well. Add strawberries and stir. Make well in center; add buttermilk, egg, egg whites, vanilla and melted butter. Stir until dry ingredients are just moistened.
 Spray 18 muffin cups with vegetable cooking spray. Divide batter evenly among cups. Sprinkle each muffin with granulated sugar. Bake at 350°F for 25-30 minutes. Remove from tins immediately.



Thanks Dairy Farmers!

June is Dairy Month! Thank you to West Virginia dairy farmers for supplying fresh wholesome dairy products for our enjoyment. As we celebrated this industry, West Virginia Dairy Princess Ashley Graham of Wood County traveled throughout the state to promote various dairy products. Thank you Ashley, for being the ambassador for this industry.

Enjoy this month's dairy recipes! – *Happy Cooking!*

Breakfast Fondue

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| <ul style="list-style-type: none"> ¼ cup (1 ounce) Swiss cheese, shredded 2 tablespoons (about ½ ounce) Gouda cheese, shredded 2 tablespoons (about ½ ounce) Muenster cheese, shredded | <ul style="list-style-type: none"> 1 cup light-bodied white wine, such as Pinot Grigio or an equal amount of chicken broth Fresh croissants, fruit, bagels and sausages for dipping |
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Combine cheeses and wine or chicken broth in ceramic fondue pot, let set for 15-20 minutes. Heat mixture over low heat on stovetop for 10-15 minutes, stirring constantly with wooden spoon. Do not boil. Remove from heat; transfer to tabletop burner. Serve with croissants, fruit, bagels and sausages.

Orange Cream Parfaits

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| <ul style="list-style-type: none"> Zest of 1 orange (about 1 tablespoon) 1½ cups whipping cream 3 tablespoons powdered sugar | <ul style="list-style-type: none"> 1 tablespoon orange juice 1 cup gingersnap cookies, crushed 1 cup fresh raspberries 1 cup fresh strawberries, sliced |
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Stir zest into whipping cream in chilled mixing bowl. Whip until thickened; add powdered sugar and orange juice. Whip until stiff peaks form. In four parfait glasses, layer gingersnap cookie crumbs, berries and orange whipped cream. Serve immediately.

Pork Tenderloin with Blue Cheese Mushroom Sauce

Tenderloin:

- 1½ pounds pork tenderloin
- Sea salt and cracked pepper to taste
- 2 teaspoons fresh rosemary leaves, chopped

Sauce:

- 4 tablespoons butter, divided
- ¼ cup shallots, minced
- 2 cups mushrooms, sliced*
- 1¼ cups blue cheese, crumbled, divided
- Pinch cayenne pepper

Tenderloin: Generously season tenderloin with salt, pepper and rosemary. Grill tenderloin over direct medium heat**, with grill lid closed, about 15-20 minutes, turning every 5 minutes, until meat reaches an internal temperature of 150°F-155°F.

Sauce: Melt 2 tablespoons butter in skillet over medium heat. Add shallots and mushrooms; sauté until tender, adding additional butter as needed. Add 1 cup blue cheese and remaining butter; stir until smooth and slightly thickened. Add cayenne pepper, to taste.

Remove tenderloin from grill; let rest 5 minutes, then slice. Pour sauce over slices and sprinkle with remaining blue cheese.

**Any variety of mushrooms or mixture can be used (oyster, shiitake, baby portabella, crimini, etc.).*

***To roast tenderloin, preheat oven to 425°F. Place tenderloin on roasting pan in oven; roast 12-15 minutes, until meat reaches an internal temperature of 150°F-155°F. Remove from oven; let rest 5 minutes before slicing.*

Rhubarb Cheese Pie

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| <ul style="list-style-type: none"> 3 cups fresh rhubarb, cut into ½-inch pieces 1 cup, plus 2 tablespoons sugar, divided 1 tablespoon flour 1 10-inch prepared graham cracker crust | <ul style="list-style-type: none"> 8 ounces cream cheese, softened 1½ cups (12 ounces) sour cream, divided 2 eggs 1 tablespoon, plus 1 teaspoon vanilla, divided |
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Preheat oven to 350°F. Combine rhubarb, ½ cup sugar and flour in non-stick skillet. Cook over medium heat until sugar melts. Pour into bottom of prepared pie crust.

Meanwhile, beat together cream cheese, ½ cup sour cream and ½ cup sugar until fluffy. Add eggs, one at a time, and 1 tablespoon vanilla until blended. Pour over rhubarb layer. Bake 30 minutes or until puffed and golden.

Combine remaining sour cream, sugar and vanilla; spread over hot pie. Set on wire rack to cool slightly; cover and refrigerate before serving.