



# In the Kitchen

with Barb Agee  
September 2012

## The Peach Harvest!



There are few things more delicious than a succulent, dripping with juice, peach. Cooked, they add a delicious sweetness to dishes.

### Chicken with Peach Glaze

8 chicken breast tenderloins  
2 peaches, peeled, seeded and sliced  
1 cup medium salsa  
½ cup peach jam  
1 large yam, peeled and cut into 1-inch cubes

Juice and zest of 1 lime  
Olive oil  
Salt and pepper  
2 ounces Manchego cheese, finely grated

Mix salsa, jam, lime juice and zest in a small bowl; set aside. Place yam cubes in a steamer and cook until very tender, 6 to 8 minutes. Remove and set aside. Heat a skillet over medium high heat, add 1 tablespoon of olive oil. Sauté tenderloins for 4 minutes; turn over and sauté the other side for 2 to 3 minutes. Remove tenderloins from skillet and set aside. Add another tablespoon of olive oil to skillet; increase heat to high. Add peach slices and yam cubes to skillet and sauté for 3 minutes to slightly brown yam cubes and heat peach slices through. Return tenderloins to skillet and add the salsa mixture. Simmer for 3 minutes. To serve, place 2 tenderloins on a plate. Spoon 3 to 4 slices of peaches and one-fourth of the yam cubes over the top of the tenderloins. Finish with a sprinkle of the grated Manchego. *Serves 4*

### Spicy Jalapeno Rice with Black Beans and Peaches

1 cup brown rice, cooked  
One 15 ounce can black beans, rinsed and drained  
1 jalapeño pepper, seeded and finely chopped  
1 large peach, peeled and chopped into small chunks  
1 teaspoon cumin

1 teaspoon black pepper, coarsely ground  
1 teaspoon salt  
2 tablespoons olive oil  
2 tablespoons juice from 1 large lime,  
3 green onions, finely sliced including green portion

Cook rice according to directions. To the cooked rice add the black beans, jalapeño pepper and peach chunks. In a small bowl combine cumin, black pepper, salt and lime juice. Mix together. Whisk in olive oil until blended. Pour over rice mixture and stir. Heat rice mixture gently until all ingredients are warm. Spoon mixture into a warm serving bowl and sprinkle with green onions. *Serves 6 to 8*

### Peachy Iced Green Tea

6 green teabags  
6 cups cold water

2 ripe peaches, pitted and sliced  
Sweetener such as honey, maple syrup or sugar

Place teabags in a large pitcher. Put sliced peaches in a saucepan, add cold water, and bring to a boil; then pour water and peaches over teabags. Steep for 6 minutes, then sweetener to taste. Allow tea to cool, then refrigerate until thoroughly chilled. Serve the tea with a couple of slices of peaches in each glass.

## Peach Bacon Baked Beans

6 slices bacon, diced	½ cup peach preserves
One 15.5 ounce can dark kidney beans	⅓ cup molasses
One 15.5 ounce can red beans	⅓ cup apple cider vinegar
One 15.5 ounce can black beans	2 teaspoons chili powder
One 15.5 ounce can garbanzo beans	1 teaspoon dried mustard
2 fresh peaches, peeled and sliced	1 teaspoon sweet paprika
1 cup sweet onion, diced	1 teaspoon sea salt
One 8 ounce can tomato sauce	

Cook bacon in a skillet over medium until crisp. Transfer to paper towel lined plate to drain. Rinse beans and garbanzo beans. Combine beans, peaches, onion and cooked bacon in casserole dish. In a small bowl mix together tomato sauce, preserves, molasses, vinegar, chili powder, dried mustard, sweet paprika and salt. Pour over beans mixture and stir well. Bake at 325°F for 3 hours. *Makes 8 to 10 servings*

## Peachy Cutie Pies

2½ cups flour	1 tablespoon cornstarch
⅓ cup powdered sugar	1 to 2 peaches or nectarines, thinly sliced
1 teaspoon salt	One 8 ounce package cream cheese, softened
3 teaspoons crystalized ginger, finely chopped	¼ cup powdered sugar
½ cup butter, cut into small pieces	Zest of 1 lemon
½ shortening	Juice of 1 lemon
⅓ cup cold water	Granulated sugar



In food processor, add 2 teaspoons crystalized ginger; pulse 2 to 3 times. Add flour, sugar and salt; pulse 2 times. Add butter and shortening; pulse to form small pieces. Add cold water; pulse to form a loose dough. Remove mixture to plastic wrap. Wrap tightly and refrigerate for 30 minutes. Sprinkle cornstarch over peaches or nectarines and let stand while cutting out the circles of dough. In a mixing bowl beat cream cheese, remaining 1 teaspoon crystalized ginger, powdered sugar and lemon zest. Add lemon juice 1 teaspoon at a time to achieve a creamy texture.

To assemble, work with one half of dough at a time. Roll out of the dough. Cut into 3-inch circles. Spread 1 teaspoon of cream cheese mixture on each circle. Top the cream cheese with 1 to 2 slices of peaches or nectarines. Fold dough to make a half circle. Seal edges with fingers or a fork. Sprinkle top of each half circle with sugar. Bake at 400°F for 10 to 12 minutes. Cool and remove to serving plate.

**Instructor's Suggestion:** serve Cutie Pies with a mixture of ½ cup peach preserves and 2 tablespoons of peach brandy. Heat peach preserves in microwave for 15 seconds. Remove and add peach brandy. Spoon one teaspoon over each Cutie Pie when ready to serve.

## Roasted Peaches with Raspberry Glaze

3 ripe peaches	Zest and juice of ½ lime
½ cup raspberry balsamic vinegar	Raspberry sherbet or raspberry sorbet
1 tablespoon honey	

Peel and pit peaches; place cut side down in baking dish. Mix vinegar, honey, lime zest and lime juice together in a small bowl. Pour over peaches and let set for 15 minutes. Turn peaches over, cut side up. Spoon marinade over peaches and let set for another 15 minutes. Heat grill to medium high. Place peaches cut side up on grill for 2 to 3 minutes. Turn peaches over and continue to grill for 2 to 3 minutes more. While peaches are grilling, heat any remaining marinade until slightly warm. To serve: place peaches half cut side up in small serving bowls. Place a small scoop of raspberry sherbet or sorbet on top of each peach and drizzle warm marinade over top. May finish dessert with a sprinkle of finely chopped toasted pecans.