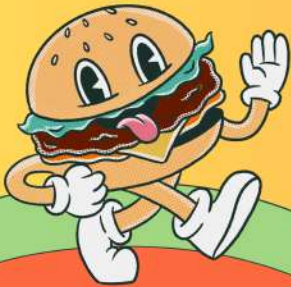




*NC Summertime Recipes*  
**CATEGORY**

# PEACHES

*Forsyth County Public Library*



## *Recipes*



- CREAMY PEACH PARFAITS**
- GINGER-PEACH SODA**
- PEACH MUFFINS**
- FRESH PEACH POUND CAKE**
- SPICED PEACHES**
- PEACH PICKLES**
- BAKED STUFFED PEACHES**
- FRESH PEACH CAKE**
- JALAPENO PEACH CHICKEN**
- COUNTRY HAM-WRAPPED AND ROASTED PEACHES**
- PEACHES 'N CREAM CHEESE CAKE**
- PEACH CRISP**

## Creamy Peach Parfaits

*A smooth custard is great on a hot day. My husband recently found out that he's allergic to dairy products, so I came up with this milk-free version that has a mild coconut flavor to accent the peaches. Use milk if you prefer. So easy, so peachy, so cool—and no need to heat up the oven when it's already 95° outside.*

MAKES 6–8 SERVINGS

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2 cups peeled, chopped ripe peaches  
½ teaspoon cinnamon  
¼ teaspoon cardamom  
2 tablespoons cornstarch  
⅔ cup sugar  
Pinch of salt  
2 cups canned unsweetened coconut milk  
3 large egg yolks  
½ teaspoon vanilla  
6–8 teaspoons toasted coconut, divided  
6–8 teaspoons chopped toasted pecans, divided

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Place the peaches, cinnamon, and cardamom in a bowl and toss to combine.

In a heavy saucepan, whisk together the cornstarch, sugar, and salt, breaking up any lumps. Whisk in the coconut milk until the dry ingredients, especially the cornstarch, are dissolved. Thoroughly whisk in the egg yolks. Place the saucepan over medium heat and cook, whisking occasionally, until the mixture reaches a simmer. Continue to cook, whisking constantly, for another 4–5 minutes or until the custard thickens and smoothly coats the back of a spoon. Remove the saucepan from the heat and whisk in the vanilla.

Divide the peaches among 6–8 heat-resistant mugs or cups. Using a ladle, pour the custard evenly over the peaches. If necessary, poke around the peaches with a skewer to make sure the custard gets all the way in among the fruit. Cover the cups with plastic wrap and refrigerate 4–5 hours or until thoroughly chilled. Sprinkle a teaspoon of toasted coconut and a teaspoon of pecans on top of the custard in each cup just before serving.

## Ginger-Peach Soda

*Peach, ginger, and cardamom are three of my favorite flavors, and they're all here in this cool beverage. Make sure to use fully ripe peaches that will provide lots of tasty juice.*

MAKES ABOUT 4 DRINKS

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**1 cup peeled, thinly sliced ginger**  
**1½ teaspoons cardamom seeds**  
**1 cup sugar**  
**3 large ripe peaches (see Note)**  
**Chilled club soda**  
**Mint sprigs or lime wedges (optional)**

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Bring the ginger, cardamom seeds, and 1¼ cups water to a boil in a saucepan. When the mixture boils, cover the saucepan and reduce the heat to a low simmer. Let the liquid simmer for about 30 minutes.

Strain the liquid into a saucepan through a strainer lined with cheesecloth. Discard the solids. You should have about 1 cup of liquid. Bring the liquid and the sugar to a boil, stirring constantly to dissolve the sugar. When the sugar is dissolved, remove the pan from the heat and let it cool to room temperature. When the liquid is cool, put it in a covered container or squeeze bottle and refrigerate until cold.

Peel the peaches and remove the pits. Purée the flesh in a blender, then strain the juice through a fine-mesh strainer or food mill. You should end up with about 1 cup of juice. Discard the solids and store the juice, covered, in the refrigerator.

To make each drink, stir together 3–4 tablespoons peach juice, depending on how much peach flavor you want, and ¼ cup chilled ginger-cardamom syrup. Fill a tall glass with ice and pour the mixture over the ice, followed by 1 cup club soda. Stir gently with an iced-tea spoon to combine. Garnish with a mint sprig or lime wedge, if desired.

**NOTE \*** Bottled peach nectar can be substituted for the peach juice, but the flavor will not be as fresh. Add vodka (plain or vanilla) for a sassy cocktail. The syrup will keep in the refrigerator for up to 1 week.

## Peach Muffins

- 2 c flour
- $\frac{2}{3}$  c brown sugar
- 3 t baking powder
- $\frac{1}{4}$  t soda
- $\frac{1}{4}$  t nutmeg
- $\frac{1}{3}$  c melted butter
- 1 egg
- 1 c sour cream
- $\frac{2}{3}$  c chopped peaches

Combine dry ingredients. Stir butter, egg and sour cream into dry ingredients, just to moisten. Fold in peaches. Bake  $400^{\circ}$  for 15-20 min.

Makes 10-12 muffins

## Fresh Peach Pound Cake

- 1½ c vegetable oil
- 2 c sugar
- 2 t vanilla
- 3 eggs
- 3 c self-rising flour
- 3 med. to large peaches,  
peeled and chopped

Combine all ingredients and mix well. Spoon into a greased and lightly floured bundt pan. Bake 350° for 1 hour. Cool in pan 10 min. then invert on serving plate.

12 servings

## Spiced Peaches

$\frac{1}{2}$  c sugar

$\frac{1}{2}$  c water

$\frac{1}{4}$  c vinegar

8-10 whole cloves

1 stick cinnamon

6 fresh peaches, peeled and halved

$\frac{1}{2}$  c sour cream

2 T brown sugar

Bring first 5 ingredients to a boil. Reduce heat; simmer 10 min. Add peaches; simmer for about 10 min. or until heated through. Discard cinnamon stick; pour into a shallow baking dish. Cover and chill 8 hours or overnight. Drain. Spoon peaches into serving dishes; garnish with a dollop of sour cream and sprinkle with brown sugar.

Yield: 6 servings

## *Peach Pickles*

**7 lbs. sugar**

**1 pk. firm peaches (cling)**

**1 pt. vinegar**

**1 qt. water**

**2 doz. whole cloves**

**Cinnamon to taste**

Combine sugar, vinegar and water, boil until rather thick; drop peeled peaches in whole; add cloves and cinnamon, boil until peaches can be stuck with a straw. Fill jars with peaches, boil syrup until thick again, pour over peaches and seal jars.

Mrs. Jack T. Nance  
Mispah Moravian Church  
Rural Hall, N. C.



# Baked Stuffed Peaches

Pesche Ripiene  
for the Italians

In the oven dry enough macaroons for  
 $\frac{3}{4}$  cup macaroon crumbs.

Toast:  $\frac{1}{3}$  cup finely chopped almonds.

Whirl macaroons in blender.

Add to macaroon crumbs:

Almonds

5 Tablespoons sugar

$\frac{1}{3}$  cup peach pulp (scooped from  
peaches to enlarge cavity)

lemon juice

Prepare 8 firm ripe peaches or  
equal amounts canned  
peaches.

Stuff peach halves and put two  
together with toothpicks.

Make a syrup of:

$\frac{1}{3}$  cup dry wine or sherry

2 Tablespoons sugar

Cover peaches

Bake peaches for 15 min — covered and  
let cool covered.

Serve with unsweetened whip cream.

Fannie Mitchell.

## FRESH PEACH CAKE

½ c. (1 stick) butter or margarine  
1½ c. brown sugar, packed  
1 egg  
2 c. sifted flour  
¼ tsp. salt

1 tsp. soda  
1 c. buttermilk  
4 peaches, peeled and diced  
¼ c. granulated sugar  
1 tsp. cinnamon

Cream margarine and brown sugar until light and fluffy. Beat in egg. Sift dry ingredients together and add to creamed mixture alternately with buttermilk. Gently blend in peaches. Mix together sugar and cinnamon. Pour batter into a greased 13x9 inch pan. Sprinkle sugar and cinnamon over top. Bake in a 350° oven for 30 to 35 minutes.

*Martha Tomlinson*

## Jalapeño Peach Chicken

Serves 3 or 4

FIND A MEAT EATER who doesn't love gnawing on a chicken bone and bring that person to me. I'll have some questions. These wings (or drums) are roasted and finished in the oven with the glaze, but you could just as easily cook them on the grill and apply the sauce at the same time to achieve caramelization.

The glaze is hot pepper jelly's baby sister and the family's favorite. (I have some experience with this dynamic, so I call it as I see it.) It's also a punchy base for vinaigrettes, a sauce for any type of poultry or pork, and a companion for creamy cheeses. Make a big batch and store it in the refrigerator for up to three months or jar and process in a hot-water bath canner for ten minutes (*page 16*).

12 to 14 chicken wings  
or 10 drumsticks

1 tablespoon  
vegetable oil

1 tablespoon salt

$\frac{3}{4}$  cup Jalapeño  
Peach Glaze

### Jalapeño Peach Glaze

Makes 5 cups

3 cups chopped  
peach, about 4–5  
medium peaches

1 pound jalapeños,  
stemmed and  
seeded

$\frac{1}{2}$  onion, roughly  
chopped

2 tablespoons  
ginger, peeled and  
roughly chopped

$1\frac{1}{4}$  cups cider vinegar

$2\frac{1}{4}$  cups granulated  
sugar

1 teaspoon salt

**Make the glaze:** Combine the peaches, jalapeños, onion, and ginger in the bowl of a food processor. Pulse until everything is shredded and juicy, but not fully pureed.

Transfer the chunky mess to a 4- to 6-quart Dutch oven and add the vinegar, sugar, and salt. Over medium heat, bring it up to a boil, skimming the foam that finds its way to the top as often as you can. Less foam boiled down into the sauce means a more pristine clear glaze. Cook the sauce at a medium simmer for about 30 minutes. It should thicken slightly but not appear to be darkening in color. After 30 minutes, test the viscosity of the sauce by pouring a little on a chilled plate and sliding that plate into the fridge for 5 minutes. If it runs like heavy cream when you tilt the plate, cook it longer. If it pools up in a drip like loose honey, it's ready.

**Cook the chicken:** Preheat your oven to 400°F and let the chicken come to room temperature. Toss it with the oil and salt and spread the chicken in a single layer onto a baking sheet. Make sure the pieces are not touching one another so they will brown evenly.

Slide the tray onto the middle rack of your oven and roast undisturbed for 10 minutes. Take the chicken out of the oven. Stir the pieces around in the pan and cook an additional 10 minutes. Take them out again, pour off any fat that has accumulated, and toss them with the sauce. Put the tray back in the oven and let them roast an additional 15 minutes. They should be caramelized in places and shiny in others.



## Country Ham–Wrapped and Roasted Peaches

Serves 4

I WANTED TO BRING THE ITALIAN tradition of prosciutto and melon Down East, so I wrapped some country ham around peaches. Then I felt like the sugars needed to be coaxing out of the peaches, and the ham would be better if it were a little crispy, so I sent them to the oven. After that, I knew they needed something creamy to round them out and a bright note to punctuate, so I added goat cheese and honey vinegar. Now that they had everything else, the peaches cried out for something crunchy like pecans.

I guess the tradition is more demanding here.

3 large, ripe freestone peaches	½ cup Viv's Addiction (page 133), roughly chopped	<i>Gingered Goat Cheese</i> Makes 1 cup
12 to 14 slices smoked country ham or prosciutto, ½ of an inch thick	<i>Balsamic Honey</i> Makes a heaping ¼ cup	¾ cup fresh goat cheese
3 tablespoons extra-virgin olive oil	3 tablespoons honey	½ cup buttermilk
¾ cup Gingered Goat Cheese	3 tablespoons aged balsamic vinegar	2 tablespoons fresh ginger, grated on the Microplane
¼ cup Balsamic Honey		¼ teaspoon salt

**Make the goat cheese:** Combine all the ingredients in the bowl of a food processor and blend till smooth. It should be soft, creamy, and spreadable—not runny. If it's too loose, thicken it with a little more goat cheese.

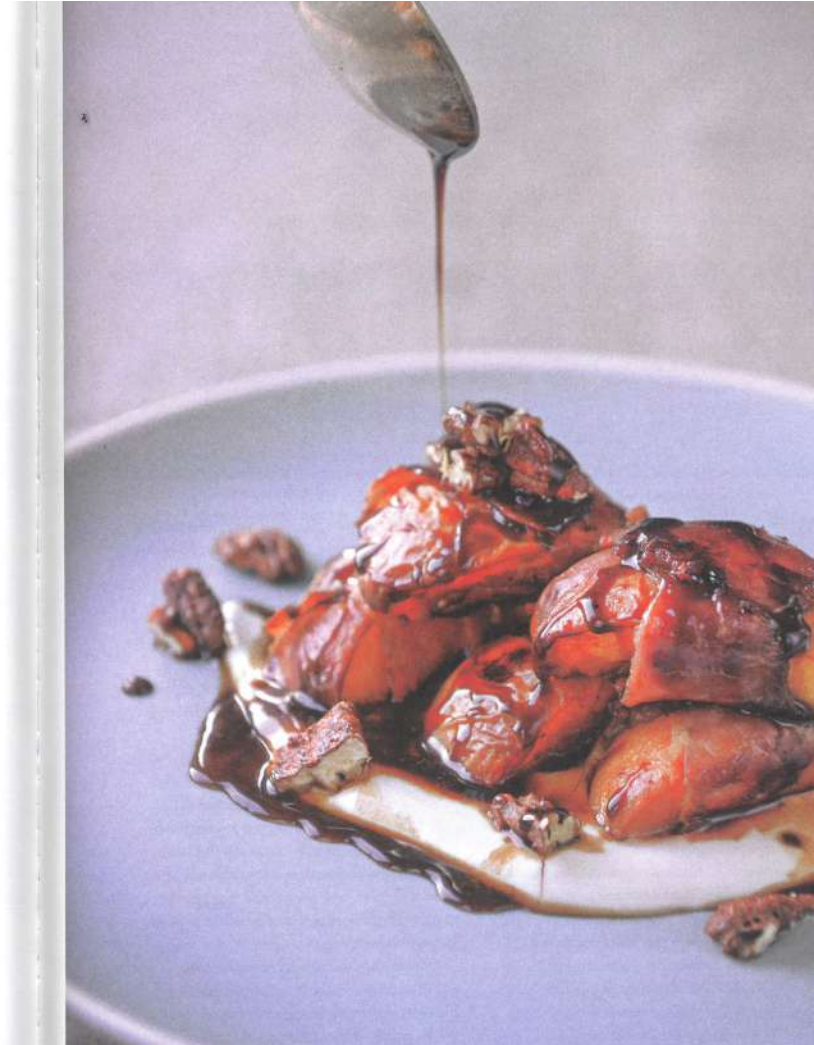
**For the honey:** Whisk the ingredients together and set aside at room temperature till you're ready to use.

**Wrap and roast the peaches:** Preheat your oven to 500°F. Cut the peaches into wedges that are 1½ inches thick at their widest point. Wrap each peach with 1 full slice of country ham. It should go around roughly 1½ times. Lay the peaches ham-seam-side down on a baking sheet.

Five minutes before you're ready to cook the peaches, slide a 9x12-inch baking sheet into the oven to preheat. Take it out and drizzle the bottom with 1 tablespoon of the olive oil. Carefully place the peaches in a single row, making sure none of them are touching, and drizzle their tops with the remaining oil.

Roast the peaches on the middle rack of your oven for about 10 minutes. The ham should crisp up slightly, and the peaches will start to shrink.

Serve them on a puddle of goat cheese. Drizzle with the balsamic honey and top with the pecans.



## PEACHES 'N CREAM CHEESE CAKE

*Cathy Jo Windsor Sprinkle*

3  $\frac{1}{4}$  c. self-rising flour  
3  $\frac{1}{4}$ -oz. pkg. vanilla pudding and pie  
filling (not instant)  
3 T. butter  
1 egg  
 $\frac{1}{2}$  c. milk

15-oz. can sliced peaches, drained  
8-oz. pkg. cream cheese, softened  
 $\frac{1}{2}$  c. sugar  
3 T. reserved peach juice  
1 T. sugar  
 $\frac{1}{2}$  T. cinnamon

Combine first 5 ingredients (dry pudding mix) in a large bowl and beat for 2 minutes. Grease 10-inch pie pan. Pour batter in the pie pan. Place the peach slices over the batter. Beat cream cheese, sugar and peach juice for 2 minutes. Spoon within an inch of the edge of the batter. Mix the sugar and cinnamon and sprinkle on top of pie. Bake in 350° oven for 30 to 35 minutes. Cool and store in the refrigerator.

## PEACH CRISP

*Kathy Pinnix Nixon*

5 to 6 med. to lg. peaches  
1 c. flour  
 $\frac{1}{2}$  c. sugar, plus extra to sweeten the  
peaches if needed

6 or more T. butter  
 $\frac{1}{2}$  c. brown sugar  
1 egg

Peel and cut peaches to almost fill a medium-size baking dish approximately 5 to 6 medium to large peaches. Sweeten to taste. Mix topping:

1 c. flour  
 $\frac{1}{2}$  c. sugar

$\frac{1}{2}$  c. brown sugar  
1 egg

Should be crumbly. Put topping over peaches and drizzle 6 or more tablespoons of butter on top. Bake in preheated 350° oven for approximately 40 to 45 minutes.

## Sources

### Peach Recipes

Creamy Peach Parfaits, page 68

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Ginger-Peach Soda, page 70

*from* A Savor the South Cookbook: Southern Holidays by Debbie Moose (call number NC 641.5975 M825)

Peach Muffins, page 62

*from* Mom Murphy's Treasured Recipes by Frances Krites Murphy (call number NC 641.59756 M732)

Fresh Peach Pound Cake, page 100

*from* Mom Murphy's Treasured Recipes by Frances Krites Murphy (call number NC 641.59756 M732)

Spiced Peaches, page 412

*from* Mom Murphy's Treasured Recipes by Frances Krites Murphy (call number NC 641.59756 M732)

Peach Pickles, page 144

*from* Moravian Minister Wives' Favorite Recipes (call number NC 641.59756 M831)

Baked Stuffed Peaches, page 250

*from* The Now and Then Cookbook for Beth who asked questions and for Robin and Tracy, Robbie and Sarah, Shevonne and Stephanie, and maybe others of their generation? and for members of the family - a family cookbook by Barbara Cushman of Durham, NC (call number NC 641.5973 C986)

Fresh Peach Cake, page 48

*from* Sunday's Best: A Collection of Recipes from the Chefs at Ogburn (Ogburn United Methodist Church in Winston-Salem, NC) (call number NC 641.59756 S957)

Jalapeno Peach Chicken, page 452

*from* Deep Run Roots: Stories and Recipes from My Corner of the South by Vivian Howard (call number NC 641.5975 H852D)

Country Ham-Wrapped and Roasted Peaches, page 456

*from* Deep Run Roots: Stories and Recipes from My Corner of the South by Vivian Howard (call number NC 641.5975 H852D)

Peaches 'N Cream Cheese Cake, page 237

*from* Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Peach Crisp, page 258

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