

# Summer Celebration 2014

## Grape Recipes

### Spiced Grapes by: Amy Elizer

1 lb. seedless grapes	1 cup sugar
1 cup water	1 cinnamon stick
5 whole cloves	12 black peppercorns

Combine all ingredients, except grapes, in a small saucepan and boil for 2-3 minutes. Pierce each grape 2 to 3 times with a sharp skewer or toothpick. Place grapes in small bowl and cover with the syrup mixture. Refrigerate for 24 to 36 hours. Serve with cheese or nuts. Makes 4 servings.

### Wild Rice with Grapes by: Amy Elizer

2 Tbs. butter, divided	2 Tbs. sliced almonds
$\frac{1}{4}$ cup chopped green onions	1 (14 oz) can chicken broth
3 Tbs. water	$\frac{1}{2}$ tsp. pepper
$\frac{1}{4}$ tsp. salt	$\frac{2}{3}$ cup uncooked wild rice
$\frac{1}{2}$ cup each green & red seedless grapes, halves	

Melt 1 Tbs. butter in a large saucepan over medium heat; add almonds, and cook 2 minutes, stirring constantly, until golden. Remove almonds from pan; set aside. Melt remaining 1 Tbs. butter in pan. Add green onions; cook, stirring constantly, until tender. Add broth and next 3 ingredients; bring to a boil. Stir in rice; return to a boil. Cover, reduce heat, and simmer 1 hour or until rice is tender. Drain any liquid. Stir in grapes, Sprinkle with almonds. Makes 4 side-dish servings.

### Roasted Grapes by: Amy Elizer

2 cups seedless grapes (can be left on stems) 1 Tbs. olive oil

Heat oven to 450F. Place grapes in a bag and drizzle with oil. Toss in bag to coat. Place on baking sheet. Bake 10-15 minutes or until grapes are slightly tender and skins just start to split. Makes 8 appetizer servings.



Stir Fry Vegetables with Wine by: Gwen Joyner

$\frac{1}{4}$ c oil (use oil appropriate to stir fry)	$\frac{1}{2}$ tsp. salt
Your favorite vegetable	2 c peppers, in strips
1 c zucchini, sliced diagonal	1 c carrots, sliced thin
<del>1 c onions/scallions</del>	<del><math>\frac{1}{2}</math> c dry Riesling</del>
3 Tbs. soy sauce or to taste	

Heat oil in wok or deep fry pan. Add salt and all vegetables and stir frequently. Add soy sauce and wine; continue to stir. Stir frequently. Cover 2-3 minutes until vegetables are desired consistency. Serve over rice.

Wine Poached Pear by: Gwen Joyner

2 ripe but firm Bosc or Bartlett pears	1 $\frac{1}{2}$ cup red wine
$\frac{1}{2}$ c orange juice	$\frac{1}{2}$ c sugar
1 Tbs. grated orange rind	2 whole cloves
$\frac{1}{4}$ tsp. nutmeg	1 finger length cinnamon stick
$\frac{1}{2}$ tsp. grated ginger	Few whole peppercorns (optional)

Peel the pears keeping the stems intact. Cut a thin slice from the bottom of each pear (to make them stand). Set them aside. In a deep non reactive pot, combine the wine and sugar and bring to a boil. Add the orange rind and orange juice, cloves, cinnamon, nutmeg, ginger and peppercorns. Simmer the liquid on low heat for about 7-10 minutes. Add the pears to the liquid on their sides and keep the heat at medium to low to keep the liquid at a low simmer. Cook the pears in the liquid with the pot partly covered, for 30-40 minutes. (The pears will turn soft quicker if they were not firm.) Turn the pears frequently to make sure the pears absorb the color from the wine evenly on all sides. Test to see if the pears are done by a knife end or skewer. (When done they should be tender but not mushy and falling apart.) The above steps may be made a couple of days in advance. Cool the liquid and the pears and transfer to a container. Make sure the poaching liquid covers the pears; if it doesn't you would have to turn the fruits around a few times to have an even color. Refrigerate for up to 2 days. When ready to serve, remove the pears. Strain the liquid and bring the liquid to a boil and continue simmering till the liquid gets thick and slightly syrupy. (Syrupy consistence is achieved when the syrup coats the back of a spoon.) Transfer the pears to a serving dish and pour the thickened liquid over the pear. If you want to serve it warm, gently reheat the pear along with the syrup. Or served it chilled with the chilled syrup.



Maple Cranberry Sauce by: Sarah Poole

1 (12 oz) pkg fresh cranberries, washed and picked over  
1 c maple syrup  
 $\frac{1}{2}$  c fruity red Zinfandel wine  
~~1 c walnut halves, coarsely chopped~~

$\frac{1}{2}$  c cranberry-raspberry juice  
grated zest of 1 orange

Place cranberries, maple syrup, juice, wine and orange zest in a heavy saucepan. Bring to a boil, reduce heat to medium, and cook for 10 minutes, until cranberries begin to pop. Skim any foam that rises to the top. Remove from heat and gently smash a bit to open the cranberries, but do not mash. Stir in walnuts. Cool to room temperature, then refrigerate until ready to serve. May be made up to a week in advance and kept refrigerated.

Garlic Mushrooms by: Sarah Poole

1 c vegetable broth, divided  
2 (8 oz) containers, mushrooms, quartered  
 $\frac{1}{4}$  tsp. crushed red pepper  
Kosher or sea salt to taste  
 $\frac{1}{2}$  c finely chopped fresh parsley

4 garlic cloves, thinly sliced  
1 tsp. smoked paprika  
2 Tbs. dry sherry  
black pepper to taste

Heat  $\frac{1}{4}$  cup broth in a large skillet over medium heat. Add mushrooms and cook for 2 minutes without stirring. Stir and cook for about 5 minutes, until mushrooms begin to brown. Add garlic, paprika, and red pepper. Cook for 2 minutes. Add sherry and cook until it evaporates. Add remaining broth and season with salt and pepper. Bring to a boil, lower heat, and simmer for 3 minutes. Pour mixture into a bowl and sprinkle with parsley.

Grape Blue Smoothie by: Tennille Short

1 banana  
 $\frac{1}{4}$  cup old-fashioned oats  
1 c frozen blueberries  
 $\frac{1}{4}$  c grape juice

16 whole almonds  
1 Tbs. flaxseed  
1 c raspberry yogurt  
1 c buttermilk

Peel the banana and cut into  $\frac{1}{2}$ " chunks. Chill in freezer until solid, about 2 hours. Place the almonds, oats, and flaxseed in a blender. Pulse until finely ground. Add the frozen banana, frozen blueberries, yogurt, grape juice and buttermilk. Puree until smooth. Makes 3 servings.

### Meatballs in Red Wine Sauce by: Tennille Short

#### For the meatballs:

1 lb. lean ground beef	$\frac{1}{2}$ c dry bread crumbs, plain
1 Tbs. minced onion	$\frac{3}{4}$ tsp. cornstarch
Dash of ground allspice	1 egg, beaten
2 tsp. Worcestershire sauce	$\frac{1}{4}$ c chili sauce
$\frac{1}{2}$ c evaporated milk	1 tsp. salt

#### For the sauce:

2 Tbs. + 1 tsp. cornstarch	1 c water
2 beef bouillon cubes	$\frac{3}{4}$ c dry red wine
$\frac{1}{2}$ tsp. salt	1/8 tsp. black pepper

Combine all meatball ingredients. Mix well and shape into 1" meatballs. Place in a shallow baking dish and bake at 400F for 10-15 minutes. In a saucepan, whisk together the cornstarch and water. Add the bouillon cubes, red wine, salt and pepper. Cook over medium heat, stirring constantly until thickened. Combine meatballs and sauce in a chafing dish or slow cooker and keep warm while serving. Makes 36



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