

Lemon Polenta Cake with Winter Fruit Compote

1 1/4 cups flour
1 cup sugar
1/2 cup yellow cornmeal
1/2 teaspoon baking soda
1/4 teaspoon salt
2/3 cup buttermilk
1/4 cup olive oil
2 eggs
2 teaspoons grated lemon zest

1 1/2 cups apple juice
1/4 cup sugar
1/2 cup golden raisins
1/2 cup fresh cranberries
1 teaspoon cornstarch dissolved in 1 Tablespoon water
1 (15-ounce) can pears, drained and finely chopped
2 teaspoons fresh lemon juice

Spray an 8 inch cake pan with vegetable spray and line with parchment paper. In a large bowl, whisk together flour, sugar, cornmeal, baking soda and salt. Make a well in the center. In another bowl, whisk together buttermilk, oil, eggs and lemon zest. Add buttermilk mixture to dry mixture, stirring just until moist. Pour into prepared pan. Bake at 350 degrees for 40 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack. Remove from pan and place on rack to cool completely.

To prepare compote, combine apple juice, sugar and raisins in a small saucepan over medium-high heat. Bring to a boil, reduce heat and cook until reduced to 2/3 cup (about 4 minutes). Add cranberries and cook 4 minutes. Bring to a boil and stir in cornstarch. Cook until thickened, stirring frequently. Add pears and cook 1 more minute until heated through. Remove from heat and stir in lemon juice. Serve with cake.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



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Chill Chasers**

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>
Seasonal Eating Market Blog:

<https://utextension.tennessee.edu/bedford/seasonaleatingblog/default.aspx>

Swiss Scalloped New Potatoes and Leeks

2 1/2 pounds new potatoes, sliced
4 tablespoons butter
2 leeks, trimmed and chopped (1 1/2 cups)
3 cloves garlic, minced
1/2 cup flour
1 1/2 teaspoons dried thyme, crushed
1 teaspoon salt
1/2 teaspoon black pepper
4 1/2 cups milk
2 cups shredded baby Swiss cheese, divided

Coat a 2 quart baking dish with cooking spray. In a large Dutch oven, cook potatoes, in boiling, salted water for 5-6 minutes. Drain and return to Dutch oven. Meanwhile, in a saucepan, melt butter over medium heat. Add leeks and garlic and cook about 5 minutes or just until tender. Stir in flour, thyme, salt and black pepper. Stir in milk all at once. Cook and stir over medium heat until thickened and bubbly. Stir in 1 1/2 cups of the cheese until melted. Taste and adjust salt. Pour sauce over cooked and drained potatoes. Stir gently until coated. Spoon potato mixture into prepared baking dish. Sprinkle with remaining 1/2 cup cheese. Bake in a 325 degree oven for about 35-40 minutes or until edges are bubbly and cheese on top is golden. Let stand for 10 minutes before serving.

Cauliflower Ham Casserole

1/4 cup water
1/4 cup milk
1 head cauliflower, broken into small florets
Salt
6 tablespoons butter
9 tablespoons flour
1/2 teaspoon black pepper
3 cups chicken broth
1 cup milk
1/2 (6 1/2-ounce) package garlic and herb seasoned spreadable cheese
1 pound fully cooked ham, chopped
1 cup frozen green peas
1 (4-ounce) jar pimiento, drained
1/2 (8-ounce) can water chestnuts, chopped
1 cup shredded Cheddar cheese
1 sleeve round buttery crackers, crushed

In a large saucepan, bring water, milk and a pinch of salt to a boil. Add cauliflower, cover and cook for 4-5 minutes just until tender but not too soft. Remove from liquid to a greased 9"x13" casserole dish. Meanwhile, in another saucepan, melt butter and add flour. Stir and cook for a minute. Add pepper and whisk in chicken broth and milk. Bring to a boil and cook until thickened. Add the garlic and herb cheese and whisk to melt and combine. In a bowl, stir together ham, peas, pimiento and water chestnuts. Spread over the cauliflower. Sprinkle with Cheddar cheese and pour sauce over the top. Sprinkle with cracker crumbs and bake at 350 degrees for 30 minutes or until lightly browned and bubbly.