

Old Fashioned Banana Pudding

1 1/2 cups sugar
2/3 cup flour
1/2 teaspoon salt
4 cups milk
6 egg yolks, beaten
4 tablespoons butter
2 teaspoons vanilla extract
1 1/2 boxes vanilla wafers
7 bananas, sliced
Whipped cream

In a saucepan, combine sugar, flour and salt; gradually stir in milk. Cook, stirring constantly, over medium heat until mixture boils and thickens. Cook 2 minutes longer. Remove from heat. Stir in a small amount of hot mixture into egg yolks; return to hot mixture and cook 2 minutes, stirring constantly. Remove from heat and add butter and vanilla. Cool slightly.

In a 9"x13" pan, place a layer of vanilla wafers. Layer half of the bananas. Pour just under half of the cream mixture over the bananas. Place another layer of vanilla wafers and the remaining bananas in the pan. Top with a scant layer of vanilla wafers and pour the remaining cream over the top, spreading to cover the wafers. Let sit in refrigerator for a few hours. Serve with whipped cream.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



March 2013
Easter Eggstravaganza

Cheesy Deviled Chicks

- 6 hard cooked eggs, peeled
- 6 tablespoons mayonnaise
- 2 tablespoons finely shredded Monterey Jack cheese
- 2 tablespoons finely shredded Swiss cheese
- 1 teaspoon mustard
- 2 ounces pasteurized process cheese spread (Velveeta), cubed
- 12 small capers
- Carrot shreds

Cut a very thin slice off the bottom of the large end of the egg so it will stand up. Cut the white off the top of the small end of the egg to expose the yolk. Set the slice of white aside. Very carefully, scoop out the yolks leaving the remaining white intact. In a bowl, mash the yolks. Add the mayonnaise, shredded cheeses and mustard. In a microwave-safe bowl, melt the process cheese on high, about 30 seconds to 1 minute. Stir until smooth. Add to yolk mixture and stir until well combined. Pipe or spoon into egg whites so it mounds up above the rim of the white. Place the reserved white slice on top at an angle so the yellow looks like the chick face coming out of the egg. Place two of the capers into the yellow to make the eyes. Cut a small triangle piece from the end of a carrot shred and place below the eyes for a beak. Place on a plate with a bed of shredded carrot to help them stand up. Refrigerate until serving.

Green Eggs and Ham in Puff Pastry

- 2 eggs
- 1 tablespoon mustard
- 2 teaspoons lemon juice
- 1/4 + 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
- 1 cup chopped cooked ham
- 1 cup shredded Swiss cheese
- 4 hard cooked eggs, chopped
- 1 sheet frozen puff pastry, thawed

In a large bowl, beat together the eggs. Remove 2 tablespoons to a small bowl and reserve for later. To the large bowl, add mustard, lemon juice, salt and pepper. Whisk together. Stir in spinach, ham, cheese and hard cooked eggs. Roll out sheet of puff pastry to a 9" x 15" rectangle on parchment paper. Pour the egg mixture down the center length of the pastry. Fold the long sides up to the center, on top of the filling, and pinch the seam together. Pinch the ends together, sealing well. Place a baking sheet on top of the pastry and flip over so it is seam side down on the baking sheet. Cut about 5 diagonal slits across the top of the pastry and brush the top with the reserved beaten eggs. Bake at 425 degrees for 20-25 minutes until golden and filling is set (although it may have some liquid bubbling up). Let rest 5 minutes. Cut into 1" slices and serve warm.

Roasted Asparagus with Blender Hollandaise

- 2 bunches asparagus spears
- Olive oil
- Salt
- Black pepper
- 4 egg yolks
- 2 tablespoons lemon juice
- 3/4 cup butter, melted and bubbling hot
- Salt
- Dash cayenne pepper

Cut the bottom couple of inches off the asparagus spears and discard. Drizzle a little olive oil over the spears of asparagus and toss to coat. Lay in a single layer on a baking sheet and sprinkle with salt and pepper. Bake in a 400 degree oven for about 15 minutes or until the spears are tender and slightly browned. Place egg yolks and lemon juice in blender jar and blend for 30 seconds. Slowly add hot butter in a steady stream through the opening in the top with the machine running. Season with salt and a dash of cayenne pepper. Lay asparagus down a serving platter and pour sauce down center of asparagus.