

## Blackberry Soup with Caramelized Peaches

4 firm ripe peaches  
1 cup port wine  
1/2 cup sugar  
1/2 teaspoon ground cardamom  
1/8 teaspoon ground cinnamon  
1 teaspoon vanilla extract

4 cups fresh blackberries  
1 cup peach nectar  
1/2 cup honey  
1/4 cup water  
1 tablespoon fresh lime juice  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1/4 teaspoon vanilla extract  
8 ounces plain yogurt  
1/4 cup slivered almonds, toasted

Cut the peaches in half, take out the pit and peel. Cut each half into quarters. In a medium saucepan or skillet over medium-high heat, combine the port, sugar, cardamom, cinnamon and vanilla. Bring to a boil. Reduce the heat to medium and cook until the mixture is somewhat syrupy, about 3 minutes. Add the peaches, stir to coat and cook until they are golden and are nicely coated in the syrup, 3-4 minutes. Serve warm or cooled.

In a large, heavy saucepan, combine the blackberries, peach nectar, honey, water, lime juice, ground cinnamon and nutmeg. Bring to a boil. Then reduce the heat and simmer for 20 minutes or until the berries have softened.

Remove the pan from the heat and mash the berries with a potato masher, then strain through a fine mesh strainer over a bowl, pressing to extract as much liquid as possible. Discard the solids. Add the vanilla and yogurt to the strained blackberry juice and whisk until well blended. Serve at room temperature or chilled. Pour into flat bowls and fan three slices of caramelized peach in the center. Sprinkle with toasted almonds in the middle.

Seasonal  
Eating

UT Extension

Cooking Demonstration

New Ideas to  
Use Seasonal Fruits and Vegetables



July 2013  
Summer Bounty

## Balsamic Marinated Beef Kebabs

1/2 cup balsamic vinegar  
2 tablespoons cold water  
1 1/2 teaspoons seasoned salt  
1 1/2 teaspoons garlic powder  
1/2 teaspoon dried thyme  
1 1/2 teaspoons black pepper  
1/2 package ranch salad dressing mix  
3/4 cup vegetable oil

Combine vinegar, water, salt, garlic powder, thyme, pepper and dressing mix. Whisking constantly, slowly add oil to form an emulsion.

Cut up beef sirloin steak into about 1” chunks. Cut up vegetables of your choice into 1” chunks (yellow squash, zucchini, onions, bell peppers, etc.—leave cherry tomatoes and mushrooms whole). Place meat in a zip top bag and add some of the marinade. Place the vegetables in another zip top bag and add the remaining marinade. Let marinate in the refrigerator several hours to overnight. Drain and thread onto skewers, alternating pieces.

Grill skewers over medium heat until beef is desired doneness and the vegetables are softened, turning as needed.

## Teriyaki Marinade for Chicken or Pork Kebabs:

2 cups firmly packed brown sugar  
2 tablespoons minced garlic  
2 teaspoons black pepper  
2 teaspoons ground ginger  
1 cup warm water  
1 cup honey  
2 cups soy sauce  
1/4 cup dark sesame oil  
1 tablespoon sesame seeds  
Several dash Tabasco sauce

Combine sugar, garlic, pepper and ginger in a bowl and dissolve with warm water. Add the honey, soy sauce, sesame oil, sesame seeds and Tabasco sauce. Whisk together. Can keep marinade in the refrigerator for several days before using.

## Avocado Ranch Roasted Corn Salad

6 ears fresh corn, husked  
1/2 ripe avocado  
1/8 teaspoon kosher salt  
Pinch black pepper  
2 tablespoons sour cream  
2 tablespoons mayonnaise  
1/4 cup buttermilk  
1 1/2 teaspoons ranch salad dressing mix  
1/8 teaspoon garlic powder  
1 red bell pepper, chopped  
2 green onions, chopped  
1 (5-ounce) can sliced black olives  
2 tablespoons chopped cilantro

Place corn on grill over medium heat. Cover and cook until lightly charred in places, turning often. Meanwhile, make dressing. In a medium bowl, mash the avocado until smooth. Add salt, pepper, sour cream, mayonnaise, buttermilk, dressing mix and garlic powder. Stir to mix well. Set aside. When corn is cooled down, cut the kernels from the cob. Place in a bowl with the pepper, onions, olives and cilantro. Add dressing and stir to combine.