

## Gingerbread Peach Upside Down Cake

3 large ripe peaches  
1/2 cup butter  
1 cup brown sugar  
2 tablespoons lemon juice  
1 box gingerbread mix  
1 1/4 cups water  
1 egg  
Whipped cream

Peel and pit peaches. Slice each peach into about 16 slices. Spray 2 (9") non-stick cake pans with vegetable spray. Lay peach slices in the pan to cover the bottom (make a fanned circle around the outside and then fill in the middle). In a medium saucepan melt butter and add brown sugar and lemon juice. Cook over medium heat, whisking, until smooth and the sugar is melted. Pour carefully over the top of the peaches, being careful not to disturb the arrangement. In a medium bowl, whisk together the mix, water and egg. Whisk for 2 minutes. Pour carefully over the caramel and peaches to cover. Batter will just barely cover the peaches. Bake at 350 degrees for 25 minutes or until cake is set. Cool for 45 minutes and then turn out onto a platter. Serve with whipped cream.

Seasonal  
Eating

UT Extension

Cooking Demonstration

New Ideas to  
Use Seasonal Fruits and Vegetables



**July 2014**  
**Summer Orchard Delights**

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

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

## Blackberry Limeade

3 cups blackberries  
6 cups water, divided  
1 cup sugar  
2/3 cup fresh lime juice (about 4 limes)

Wash blackberries and place in blender. Add 1 cup of the water and blend until smooth. Strain through a sieve reserving juice and discarding seeds left in sieve. Add to a half gallon pitcher. Combine 2 cups of the water with sugar in a saucepan and heat until sugar dissolves. Add sugar mixture to pitcher with remaining 3 cups of water and lime juice. Stir to combine and chill until ready to serve. Pour into ice filled glasses and garnish with a slice of lime.

## Spiced Grapes

1 cup water  
1 cup sugar  
5 whole cloves  
1 stick cinnamon  
12 whole black peppercorns  
1 pound red and/or green seedless grape

In a medium saucepan, combine water, sugar, cloves, cinnamon and peppercorns. Boil for 2-3 minutes. Pierce each grape 2-3 times with a toothpick. Place grapes in small bowl and cover with syrup mixture. Refrigerate for 24-36 hours.

## Fresh Corn Shortcake with Ham and Peach Salsa

1 tablespoon vegetable oil  
1/2 cup fresh corn kernels (cut from 1 ear)  
1/2 poblano pepper, cored, seeded and finely chopped  
1/2 small onion, finely chopped  
2 packages Jiffy cornbread mix  
1/2 teaspoon ground cumin  
2 eggs  
2/3 cup milk

3 cups diced peeled peaches  
1/4 cup dried cranberries  
1/4 cup orange juice  
3 green onions, chopped  
2 tablespoons chopped fresh cilantro  
1 tablespoon brown sugar  
1 tablespoon fresh lime juice  
1/4 teaspoon ground cumin  
1/8 teaspoon ground red pepper, or to taste  
1/8 teaspoon kosher salt

12 slices fully cooked ham, heated

In a small skillet, heat the oil and sauté the corn, pepper, onion and a pinch of kosher salt. until onion is translucent and tender, about 5 minutes. In a medium bowl, whisk together the cornbread mix and cumin. Add the egg and milk and stir just until combined. Stir in the vegetable mixture. Pour into a greased 9"x13" pan and bake at 400 degrees for 15-20 minutes or until set and lightly browned around the edges. Let cool and cut into 12 pieces.

In a large bowl, combine the peaches, cranberries, orange juice, green onions, cilantro, brown sugar, lime juice, cumin, red pepper and salt. Stir gently to combine. Cover and let sit for one hour (refrigerate if longer, let come to room temperature before using).

To assemble, place one piece of cornbread on plate and top with ham. Spoon some of the salsa (using a slotted spoon) over the top.