

Seasonal Eating
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Peaches Go Savory
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Peach cobbler, peach pie, peach ice cream. These are the usual dishes we think of when we think peaches. Sweet desserts with that summery flavor of the juicy, ripe peaches. But peaches can go savory as well, paired with chicken or pork.

One way to turn peaches into a savory dish is to make a peach salsa. Fresh peeled peaches combined with onions, peppers, lime juice, salt and cilantro. While you can use this as a dip for tortilla chips, you can also spoon it over roasted pork loin or pork tenderloin for a main dish. The sweet of the peaches contrasted with the spicy peppers and onions makes a flavorful pairing with the pork.

Another way to make peaches savory is to incorporate them into a barbecue sauce to slather onto chicken. Barbecue sauces are a great combination of sweet, spicy and tangy. Usually tomato gives the sweet flavor along with a little brown sugar. But in the recipe below, peach puree is used along with the tomato and brown sugar to create the sweet and then it is deepened in flavor with the Worcestershire sauce, vinegar and onion and spiced up with chili sauce and chili powder.

The sauce is great cooked onto the outside of chicken either on the grill or under the broiler. Because the sauce is sugary, it will burn easily, so cook your chicken until almost done and then start brushing layers onto the surface towards the end. Let it cook a little more and then brush on another layer, repeating a couple more times, until your chicken is cooked through and the sauce is nice and caramelized and a little darker in color (not blackened though). If you want to serve some of the sauce on the side for dipping, take it out into a separate container before you start basting the chicken with the remaining sauce. This way it won't be contaminated with raw chicken juices.

This summer give peaches a savory twist to spice up your cookouts.

For more seasonal eating recipes and information check out the Bedford County Extension website (bedford.tennessee.edu) and stop by the Bedford County Farmers Market on Thursdays at 2:30 at Celebration Pavilion for Farmers Market Fresh demonstrations and recipes.

Peach Barbecue Sauce

1/2 cup finely chopped onion
1 tablespoon olive oil
Salt and pepper
1/4 cup cider vinegar
1/4 cup ketchup
2 peaches peeled, pitted and pureed
2 tablespoons chili sauce



2 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1/2 teaspoon chili powder
2 tablespoons water

Sauté the onion in the olive oil in a medium saucepan. Add the vinegar, ketchup, peach puree, chili sauce, brown sugar, Worcestershire sauce, chili powder and water. Simmer 1/2 an hour or until thickened to desired consistency.