

\$5.00

# *NOT JUST ANY* **P**each

**A  
Jersey  
Fresh  
Peach!**

*Peach recipes from New Jersey's best chefs &  
the New Jersey Peach Festival Association*

compiled & edited by Pegi Adam

Produced by New Jersey Peach Promotion Council  
1200 North Delsea Drive, Clayton, NJ 08312. Phone 856-307-6450 Ext 1

## WHAT MAKES A 'JERSEY FRESH' PEACH SPECIAL

Jersey peaches are the most beloved fruits of summer. Their distinctive perfume, perfect texture and sunrise color draw people out to orchards to pluck them from the trees, purchase baskets from farm stands or flock to farmers markets for fresh fruit, pies, jams and other goodies made with peaches. The Garden State's peach season is from July through September, when they're also widely available in supermarkets and used by top restaurants in dishes from soups and drinks to salads, main courses and desserts.

## WHAT TO LOOK FOR IN BUYING PEACHES

Eat now—Locally grown peaches are generally sweeter & juicier than those shipped long distances. Fully ripe peaches are slightly soft to the touch, with a "peach" aroma. Yellow-fleshed peaches are red with golden yellow to orange yellow under color. White-fleshed peaches are red with cream white under color.

Buy now-hold for later—Mature firm-ripe peaches have good red color, maybe a little green in under color, slight aroma. Do not refrigerate until they soften. Fully ripe peaches (soft) can be refrigerated until used, 2-3 weeks, depending on variety. Ideal refrigeration conditions: 32F; 90% relative humidity.

Soften mature firm peaches—in closed paper bag, fruit bowl--anywhere at room temperature. Ripening in closed container maximizes fragrance, with natural ethylene given off by the fruit. As peaches soften, transfer them to plastic bag or container in refrigerator to prevent shriveling or shrinking.

## HOW TO KEEP PEACHES

Keep uncooked, peeled, or sliced peaches from turning dark—by dipping in citrus juice or combining with citrus fruits at serving. Many newer varieties do not turn dark.

**Peaches are low in calories, high in fiber:** a medium size peach has just 35 calories, 2.6 grams of fiber

**Peaches are rich in antioxidants,** such as Vitamins A & C, important to maintain good health and skin.

Vitamins, fiber and minerals: one peach (provided by USDA SR-21):

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Fiber:	2.6 grams	Vitamin C:	11.6 mg
Protein:	1.6 grams	Potassium:	333 mg
Total fat:	0.4 grams	Calcium:	10.5 mg
Vitamin A:	570 IU	Magnesium:	15.7 mg

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## WAYS TO USE PEACHES

Jersey Fresh juicy peaches are delicious right off the trees. They're also delicious frozen, canned, in jams, jellies, purees and other goodies. Lots of nutrition in peach skin, but for easy peeling, dip them in boiling water about 30 seconds, then cool immediately in cold water. For freezing and canning and recipes, visit New Jersey Peach Promotion Council (NJPPC) website [www.jerseypeaches.com](http://www.jerseypeaches.com)

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## LOW-CALORIE PEACH DISHES

### **Peach Fluff** (6 servings, 50 calories each)

1 tbsp plain gelatin	2 tbsps sugar
¼ cup cold water	1 cup mashed ripe peaches
¾ cup boiling water	1 tsp lemon juice
¼ tsp teaspoon salt	2 egg whites

#### Preparation

- \*Soften gelatin in cold water, dissolve in hot water.
- \*Add salt, sugar, lemon juice, and mashed ripe peaches.
- \*Allow to jell slightly, then beat until mixture becomes fluffy and holds its shape.
- \*Fold in stiffly beaten egg whites. Mold or pile lightly in sherbet glasses.

### **Fresh Fruit Ring** (8 servings, 125 calories each)

2 pkgs. Lime flavored gelatin	1 ½ cups sliced fresh peaches
1 ½ cups hot water	1 cup whole fresh strawberries
2 cups buttermilk	2 tablespoons sugar
2 tablespoons lemon juice	8 lettuce leaves

#### Preparation

- \*Dissolve gelatin in hot water. Add buttermilk and lemon juice; blend well. Pour into 2-quart ring mold and chill 4 to 5 hours.
- \*Mix together peaches, strawberries, and sugar; chill in refrigerator.
- \*Unmold gelatin ring on lettuce leaves arranged on serving platter. Fill center of ring with sweetened fresh fruits.

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## ***RECIPES FROM NEW JERSEY'S FINEST RESTAURANT CHEFS***

### PEACHY DRINKS

*Jesse's Cafe & Catering, Long Branch, NJ*  
732-229-6999 [www.farmersmarketonline.com](http://www.farmersmarketonline.com)

#### **Peach Punch**

6 Jersey fresh peaches	juice of 2 lemons
1 cup sugar	2 bottles gingerale
1 quart slightly sweet tea	

- \*Crush peaches, put them in bottom of punch bowl.
- \*Sprinkle with sugar. Add tea, lemon juice and ginger ale.
- \*Chill all ingredients and punch bowl. Garnish with fresh mint.

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#### **Blender Shake** (serves 2)

1 cup diced peaches	2 tbsps lemon juice
¼ cup sugar	1cup milk
	1/2 pint peach or vanilla ice cream.

- \*Blend until thick and fluffy
- =====

Mix Lounge & Food Bar, Long Branch, NJ

732-923-9100 [www.shorepoints.com](http://www.shorepoints.com)

**Peach Tea Sangria**

- |   |                                      |
|---|--------------------------------------|
| 1 bottle Pinot Grigio wine  | 3 English Breakfast teabags          |
| 6-8 ripe slightly firm ripe peaches,<br>pitted & sliced into large chunks | 2 cups of hot water                  |
| 8 oz lemon vodka  | 1 bottle lemon soda (7-up or Sprite) |
| 3 oz Grand Marnier  | 1 lime cut in wedges                 |
| 6 oz white grape juice  | 6 oz raw sugar                       |
| juice of 2 lemons   | mint sprigs for garnish              |
| 2 tbsp fine sugar   |                                      |

Preparation

- \*Add tea bags to hot water & steep for 10 minutes. Remove & discard teabags, reserving liquid
- \*Add white wine, peaches, lemon vodka, Grand Marnier, white grape juice, lemon juice, sugar & tea mixture to a large pitcher or jar, stir (entire mixture should be light tea color). Cover with plastic wrap & let stand for 1-2 hours in a cool place.
- \*Place raw sugar in small round plate. Rub glass rim with lime & dip into raw sugar.
- \*Fill glasses with ice and pour sangria  $\frac{3}{4}$  full then add lemon soda.
- \*Garnish with mint leaves.

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Mix Lounge & Food Bar, Long Branch, NJ

732-923-9100 [www.shorepoints.com](http://www.shorepoints.com)

**Spiced Peach Wine** Serves 6

- |                                |  |
|--------------------------------|--|
| 1 bottle good quality red wine | 2 tbsp fine sugar                                  |
| 1 tbs black peppercorns        | 2 ozs cognac                                       |
| 2 cinnamon sticks              | 4 firm ripe peaches, pitted,<br>sliced into wedges |
| 3-4 whole cloves               |  |

Preparation

- \*Add red wine, peppercorns, cinnamon sticks, cloves & sugar in a non-reactive pot. Simmer for 4-5 minutes. Strain out solids and cool.
- \*Add peaches & cognac, cover & put in refrigerator for 2-3 hours.

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Gladstone Tavern, Gladstone, NJ

908-234-9055 [www.gladstonetavern.com](http://www.gladstonetavern.com)

**“Summer Crush” Cocktail** (for two)

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|----------------------|--|
| 1 ripe peach, sliced | 1 oz peach schnapps                      |
| 2 mint leaves        | 5 oz vodka (citrus vodka is even better) |

Preparation

- \*Muddle peach with mint, lime and syrup;
- \*Add ice, peach schnapps and vodka;
- \*Shake well, pour into glasses, top with soda water and stir. Garnish with wedge of peach and mint.

## PEACHY COLD SOUPS

Gladstone Tavern, Gladstone, NJ

908-234-9055 [www.gladstonetavern.com](http://www.gladstonetavern.com)

### **Cool Peach Yogurt Bisque** (about 4 servings)

4 ripe peaches, sliced	2 cups plain yogurt
1 cup champagne or white wine	1 orange, juiced
2 cups water	1/4 tsp salt
rosemary	1 grind of black pepper

#### Preparation

\*Bring peaches, wine and water to simmer 10 minutes;

\*Add rosemary and steep 5 minutes, remove;

\*Place in blender with yogurt and orange juice; season to taste.

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Jesse's Cafe & Catering, Long Branch, NJ

732-229-6999 [www.farmersmarketonline.com](http://www.farmersmarketonline.com)

### **Juicy Jersey Peach Soup**

1 quart Jersey Fresh peach Juice	1/2 tsp ground cloves
2 dozen peaches blanched, & pureed	1/2 tsp fresh grated nutmeg
2 tbsp Soy Garden spread or sweet butter	1/2 tsp salt
2 roasted spicy red peppers minced	1 cup crème fraiche or sour cream
1 bunch scallion diced small	1 bunch fresh chives minced
2 cloves roasted garlic minced	

#### Preparation

\*In juicer or blender, juice washed raw peaches and set aside. Blanch peaches. Rub off skin, pit, and puree in batches in blender, adding peach juice for thick soup consistency.

\*Using either the Soy Garden or sweet butter, sauté peppers, scallions, garlic, and spices until tender.

\*Add to soup and chill for at least 2 hours. Serve in chilled bowls topped with chives and cream.

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*Jersey-Fresh peaches win prizes!*

## PEACHY SALADS

*Frog and The Peach, New Brunswick, NJ*

732-846-3216 [www.frogandpeach.com](http://www.frogandpeach.com)

### **Pickled Peaches For 8-12 Peaches**

2 cups water	4 whole cloves
1/4 cups kirsch(cherry liquor)	2 whole allspice
1/2 cup red wine vinegar	1/2 pc cinnamon
2 tbsps honey	1 tsp coriander
1/2 tsp peppercorns	1 bay leaf

#### Preparation

- \*Bring above ingredients to a boil and simmer for 5 minutes
  - \*Peel peaches with peeler and cut into segments
  - \*Blanch as necessary to soften a little (may not be necessary)
  - \*Strain and/or pour hot liquid over peaches, cover and put in walk-in (refrigerator)
  - \*Store in the pickling liquid. These will keep for 3 weeks under refrigeration
- =====

*BoulevardFive72, Kenilworth, NJ*

908-709-1200 [www.boulevardfive72.com](http://www.boulevardfive72.com)

### **Grilled Jersey Peach & Octopus Salad- Duck Prosciutto w/Lemon Vincotta Vinaigrette**

2 Jersey peaches	8 oz extra virgin olive oil
1 lb fresh octopus	1/2 tsp lemon oil
6 oz cured duck breast	1/2 lemon
1 cup baby arugula	1 oz red wine vinegar
1 cup Upland cress	1 tsp honey
1 red onion	1 clove garlic
2 oz Vincotta	

#### Preparation

- \* Poach octopus in court bouillon for 4 min., marinate in garlic + 2oz olive oil and lemon oil (few drops) for at least 3 hours.
  - \* Slice duck breast paper thin, lay out on wax paper for prosciutto
  - \* Cut peaches into half's then quarter each half, drizzle with 1/2oz olive oil and season with S+P.
  - \* Slice red onion 1/8 inch. Marinate with red wine vinegar, honey and S+P for 1hour.
  - \* Season and grill octopus and peaches for about 3 min.
  - \* Slice octopus thin on the bias, toss in bowl with greens and duck prosciutto.
  - \* Add 1oz vincotta + 2 oz olive oil , squeeze 1/2 lemon on salad, season and toss.
  - \* Place grilled peach's 3 each on edge of plate, pile salad in the middle.
  - \* Garnish with small pile of red onion on side, serve
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Milford Oyster House, Milford NJ908-995-9411 [www.milfordoysterhouse.com](http://www.milfordoysterhouse.com)**Shrimp & Peach Salad with Honey Mint Vinaigrette**

3 small or 2 large Jersey peaches, peeled and diced	1 tsp rice wine vinegar
4 jumbo shrimp, cooked, chilled, and chopped	1 tbs vegetable oil
2 mint leaves, julienned	pinch of salt
2 tsps NJ honey	

Preparation

Put mint leaves, honey, rice wine vinegar, and salt in a bowl. Whisk in vegetable oil. Add peaches and shrimp and stir. Serve over mixed lettuce.

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Barnsboro Inn, Sewell856-468-3557 [www.barnsboroinn.com](http://www.barnsboroinn.com)**Chef Tom Budd's Peach Salad 4-6 servings**

2 peeled white peaches, sliced	1/3 cup shredded prosciutto
1 peeled yellow peach, sliced	1/2 cup blue cheese
1/4 cup red onion diced	1 lb. spring mix
1/8 cup toasted almond slivers	blueberry port wine vinaigrette

Blueberry port wine vinaigrette makes 1 1/2 cups

1/2 cup chopped blueberries	2 garlic cloves finely chopped
1/4 cup olive oil	2 tsp Dijon mustard
1/8 cup red wine vinegar	2 basil leaves chopped
1/8 cup port wine	salt & fresh ground pepper to taste
1/8 cup finely chopped red onion	<i>Mix well, mix into salad greens.</i>

*Tom Budd's Barnsboro Inn Peach Salad*

## PEACHY MAIN COURSES

### fish

*The River Market, Toms River*

732-505-8090 [www.rivermarketcafe.com](http://www.rivermarketcafe.com)

#### **Grilled Mahi Mahi topped Fresh Grilled New Jersey Peach and Tomato Salsa over Smokey Chipotle Nage**

8 oz Mahi Mahi filets

2 oz chipotle butter nage

1 tsp olive oil

4 oz grilled New Jersey peach and tomato salsa

salt and pepper

#### Preparation

\*Brush mahi mahi with olive oil and grill over a medium high grill approximately 6 minutes each side or until cooked through.

\*Place 2 oz chipotle sauce on plate and place mahi over sauce, top with grilled peach salsa.

#### Grilled New Jersey Peach and Tomato Salsa

3 ripe Jersey peaches, peel, halved and pitted

1/4 cup cilantro, chopped  
juice from 1 lime

2 ripe Jersey tomatoes

1/2 large red onion, diced

1 tsp of kosher salt

1/2 minced jalapeño

#### Preparation

\*Brush hot grill with cooking oil, grill peaches until lightly charred, cool and dice peaches and tomatoes, red onion Jalapeño and mix with chopped cilantro, lime and salt. Let sit 1/2 hour before using.

#### Chipotle Butter Nage

1/2 yellow onion or 1 shallot - julienne

2 oz. Heavy cream

1/2 cup dry white wine

1/2 pound butter - cubed

1/4 cup lemon juice

kosher salt

1/2 tsp of chipotle peppers in Adobo Sauce

fresh cracked black pepper

#### Preparation

\*Put julienned onion, white wine and chipotle peppers in a small sauce pot. Bring to a simmer and reduce amount by one half.

\*Reduce heat to low and add heavy cream.

\*Gently whisk in cold butter cubes one at a time until sauce has thickened. Season to taste and strain through a fine mesh strainer. \*Cover and hold in a warm place.

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Labrador Lounge, Normandy Beach, NJ

732-830-5770 [www.kitschens.com](http://www.kitschens.com)

#### **Lobster And Grilled Peach Crepe W/ Vanilla Crème Anglaise & Lemon- Micro-Basil Salad**

1 two-pound Maine Lobster

#### Crepe batter

1 cup all-purpose flour

1 tsp olive oil 1 egg

1 cup cool water

Sauce:

2 cups heavy cream  
6 egg yolks

1/2 cup grain sugar  
1 Tahitian vanilla bean

Salad:

1 cup Mr. MacGregor's lemon basil  
1 cup Mr. MacGregor red amaranth

4 Jersey peaches –  
quartered and grilled

Preparation

\*Steam or boil lobster  
\*Shock in ice water and reserve

Crêpes:

\*Mix all ingredients using a six- to seven-inch omelette pan (sprayed with pan release spray)

\*Add 2 oz of batter to pan

\*Roll pan to coat bottom with batter

\*Shake pan to release batter and flip to dry other side

\*Stack crêpes – chill and reserve for presentation

Sauce:

\*In a saucepan, add half cup sugar and vanilla bean cream

\*Bring to a simmer and add remaining sugar to egg yolks and whisk together

\*Temper egg mixture with hot cream

\*Add mixture with hot cream.

\*Add mixture to sauce pan and reduce until thick

\*Chill and reserve

Assembly:

\*Remove lobster meat from shells

\*Lightly warm crêpes in pan

\*Put half lobster tail, one claw & knuckle in middle of crêpe, with two peach quarters

\*Roll and set on plate. Top with chilled crème Anglaise

\*Garnish with lemon basil and amaranth salad

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The Brothers Moon, Hopewell, NJ

609-333-1330 [www.brothersmoon.com](http://www.brothersmoon.com)

**Grilled Salmon and Grilled Tomatoes with Black Bean Peach Quesadilla Serves 8**

2 lbs boneless skinless salmon fillets

1 tbsp chopped garlic

4 ripe plum tomatoes – halved

1 green pepper – diced small

2 tortillas (8-9 inches)

1/2 cup shredded

2 cups cooked black beans (or canned)

Monterey Jack cheese

2 peaches, split, seeded and grilled then chopped

salt, pepper to taste

1/2 red onion – diced small

4 sprigs cilantro

Preparation

\*Combine beans, grilled peaches, onion, pepper, garlic, cheese, salt & pepper, and cilantro; mix well and smash the bean mix slightly.

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\*Fill tortillas and place them on a greased sheet pan. Bake the quesadilla in a pre-heated oven at 350-degrees for 12-15 minutes.

\*Season salmon and tomatoes with salt and pepper; Grill the tomatoes and salmon to desired doneness

\*Plate salmon on top of tomato with quesadilla leaning off one side of the fish.

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Milford Oyster House, Milford, NJ

908-995-9411 [www.milfordoysterhouse.com](http://www.milfordoysterhouse.com)

**Cashew Crusted NJ Butterfish with Peach Salsa**

Salsa

12 peaches, peeled and diced	2 tbsp sweet red pepper, diced
1 jalapeño pepper, seeded and diced.	20 cilantro leaves, minced
Reserve 1/2 seeds	2 scallions thinly sliced
1 tbsp fresh lime juice	1 pinch kosher salt

Preparation

Place all ingredients in a bowl. Mix gently. Let sit for 1 hour for flavors to develop and meld.

Meanwhile, prepare fish.

Butterfish

4 8-oz. butterfish fillets	1 egg, beaten
1/2 cup flour	2 cups toasted, chopped cashews

Preparation

\*Lightly dust each piece of fish with flour. Egg wash each piece of fish. Press each piece of fish into nuts to coat.

\*Heat butter in a sauté pan. Sauté fish until done, about five minutes per side. Serve with salsa.

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Gladstone Tavern, Gladstone, NJ

908-234-9055 [www.gladstonetavern.com](http://www.gladstonetavern.com)

**Grilled Shrimp, Peppered Peach and Arugula Salad--4 servings**

12 shrimp, peeled and de-veined	1/4 red onion, sliced thinly
2 peaches, sliced into wedges	6 tbsps olive oil
1 tbsp peppercorns	1 cup balsamic vinegar,
4 bunches arugula	reduced to syrup

Preparation

\*Place balsamic vinegar in non-reactive pot on low flame; simmer until slightly thickened-careful not to scorch

\*Place peppercorns in plastic bag, crush with mallet or hammer until just cracked;

\*Press pepper into peaches, brush with oil, grill about 5 minutes;

\*Season shrimp, brush with oil, grill until opaque, about 5 minutes depending on size

\*Toss arugula and red onion lightly with olive oil, season

\*Place grilled shrimp and peaches on top; drizzle vinegar over salad.

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Pop's Garage, Normandy Beach

732-830-5700 [www.kitschens.com](http://www.kitschens.com)

**Grilled Grouper Over Sautéed Jersey Garlic Beans With Grilled Jersey Peach, Vidalia Onion And Jalapeño Salsa – side of Pop's Ruby Rice**

4-6 oz portions grouper or similar white fish	1 tbsp balsamic vinegar – white cream
1 Vidalia onion	1/2 cup of dry Riesling
1/4 jalapeño - chopped	juice of one lime
2 Jersey ripe peaches	1/2 yellow pepper - chopped
6 sprigs cilantro - chopped	1 pound of Jersey green beans
2 cloves garlic - whole	pinch salt and pepper
2 cloves garlic – chopped	
1/2 pint extra virgin olive oil	

Rice

1 quart of basmati rice	4 sprigs of cilantro - chopped
1 pint of fresh tomato - chopped	1 red pepper - chopped
1 Vidalia onion - chopped	pinch salt and pepper
1 clove of garlic - chopped fine	1 3/4 cups water

Preparation

\*Brush fish with olive oil and grill two minutes on each side.

\*Slice and grill Vidalia onion – let cool and chop into small but not fine pieces.

\*Peel and slice peaches and grill lightly – let cool and chop into medium pieces.

\*Put garlic cloves in small sauté pan and roast in oven.

\*Strain oil from cooked garlic and put in a bowl.

\*Add chopped onion, peaches, cilantro, chopped jalapeños, and chopped yellow peppers. Add balsamic vinegar – white cream – available at Market in the Middle. Add limejuice.

\*Toss all ingredients together and top fish.

Beans: In a hot pan, drizzle a little bit of olive oil, salt and pepper and dry Riesling. Add beans and sauté for three minutes or until slightly crunchy.

Rice: In a hot pan, drizzle olive oil. Add garlic and onions and stir. Add tomatoes and rice with water or any stock you prefer. Cover and let sit 15 minutes or until cooked firm. Stir rice and add red peppers, salt and pepper. Cover and let sit another 15 minutes.



## Meat

### The Brothers Moon, Hopewell, NJ

609-333-1330 [www.brothersmoon.com](http://www.brothersmoon.com)

#### **Grilled Peach And Chicken Salad** - yields 1 gallon

4 peaches – halved, remove pit and grilled, then chopped	1/2 green pepper - diced large
3 chicken breasts – grilled then chopped	1 scallion - sliced thin
1 1/2 ribs celery	1/4 bunch cilantro
1/4 red onion - sliced	1/4 cup apple cider vinegar
1 red pepper - diced large	1/4 cup canola oil
	salt, pepper to taste

#### Preparation

\*Combine all ingredients. Can be kept a few days.

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### Market in the Middle, Asbury Park, NJ

732-776-8886 [www.kitschens.com](http://www.kitschens.com)

#### **Southern Peach Chop**

4 pork chops – six to eight ounces each, trimmed of fat	2 tbsps honey
1 tbsp olive oil	2 Jersey peaches – peeled and cut into 3/4 inch chunks
1 medium onion – finely chopped	1-2 tbsp sherry vinegar
1 clove garlic – minced	1 cup chicken broth or vegetable stock
1 one-inch piece of ginger, peeled and grated	salt and freshly ground black pepper

#### Preparation

\*Sauté onions and garlic until translucent

\*Add ginger and sauté for two minutes

\*Add Jersey peaches – cook until they start to soften

\*Add honey, water and vinegar, and reduce to a jam-like consistency

\*Cook pork chop to temperature. Medium rare, or four minutes on each side

\*Top pork chop with peach mixture. Garnish and serve

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### Bistro Soleil, Hightstown, NJ

609-443-9700 [www.chowhound.chow.com](http://www.chowhound.chow.com)

#### **Grilled Pork Chop With Moroccan Spiced Peaches And Horseradish Mashed Potatoes. Serves 4**

4 French cut pork chops	2 cloves
2 large freestone peaches	4 white peppercorns
1 tbsp brown sugar	1/4 cup white wine
1 tsp cumin seed	2 large Idaho potatoes
1/2 tsp coriander seed	1 tsp prepared horseradish

#### Preparation

\*Boil potatoes with skin on. Holding with a towel, peel potatoes and pass through a food mill into a medium sauce pot. Heat on low and mix potatoes with 2 tbsp unsalted butter, 2 tsp salt, 1 tsp white pepper and horseradish. Take off heat and cover.

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- \*Season pork chops with salt and pepper, then place on a hot grill and cook on medium flame until internal temp is 145 degrees. Take off grill and let rest
  - \*Place spices in a hot, dry sauté pan and toast until very fragrant, making sure to keep the pan moving so spices don't burn. Place spices in a spice mill and grind.
  - \*Halve peaches, remove stone and cut into segments
  - \*In a hot sauté pan, melt 1 tbsp unsalted butter. Place peach segments in pan and caramelize. Add spices and sauté 30 seconds more.
  - \*Add white wine away from flame and place pan back over flame. (white wine may ignite when placed back over flame). Reduce wine by half until liquid begins to thicken. Remove from heat and melt in 1 tbsp unsalted butter.
  - \*Place ¼ of horseradish potatoes in center of each plate. Place one pork chop on top of each mound of potatoes. Spoon ¼ of peaches and sauce over each chop.
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**Peach-Stuffed Roasted Pork Loin with Creamy Risotto & Grilled Peach**  
Pork

- |  |                                     |
|--|-------------------------------------|
| 2 cups cubed bread                                   | 2 tbsp. grated ginger root          |
| 1 tsp ground ginger                                  | ½ tsp dry mustard                   |
| 1 tsp ground cinnamon                                | 1 clove garlic, minced              |
| 2 peaches, peeled & diced                            | 2 firm ripe peaches, peeled & diced |
| 2 tbsp low sodium soy sauce                          | 2 tbsp peach preserves              |
| 2 tbsp each lime juice, orange juice & vegetable oil | 1 tsp. ground ginger                |

Preparation

- \*Stuffing- combine bread, ginger, cinnamon & peaches. Set aside to absorb juice.
- \*Combine soy sauce, juices, oil, spices & garlic in a small saucepan and stir well. Heat until hot. Set aside.
- \*Cut deep pocket in pork. Insert stuffing mixture evenly. Tie pork together with string.
- \*Place pork loin in a shallow dish and pour heated liquid mixture over meat.
- \*Put in prepared 450°oven, reduce heat to 325 ° and roast 30 minutes per pound or until meat thermometer registers 160° F. Baste pork often with heated glaze.
- \*Remove meat from oven and let sit for 5-10 minutes before slicing.

Risotto

- |                             |                  |
|-----------------------------|------------------|
| 3 tbsp. Olive oil           | 1 cup hot water  |
| 1 shallot, minced           | Few pinches salt |
| 1 cup Arborio rice          | 2 pinches salt   |
| 1 cup chicken stock, heated | 2 tbsp. butter   |
| ½ cup dry white wine        |                  |

Preparation

- \*Heat oil in a large saucepan over medium heat. Add shallots, stir until translucent in color, just a couple minutes.
- \*Add rice & stir until all grains are covered with oil.
- \*Add stock and wine. Stir and gradually add cup of hot water. Add salt, raise heat to medium-high, and bring to a simmer.
- \*Stir well, reduce heat to low, cover & cook for 20 minutes, stirring once more after 10 minutes. Remove from heat & stir in the butter.

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Grilled Peaches

\*Half & remove pits of 4 large ripe peaches.

\*Place the peaches cut-side down onto the grill & cook until lightly charred, 2 to 3 minutes, depending on grill.

\*Transfer peaches, cut sides up, to a grill-proof baking dish or baking sheet. Place dish on grill and cover grill. Continue to cook until peaches are soft, about 5 minutes.

\*Remove and cool. Add mascarpone cheese to peach and top with risotto. Drizzle with honey if desired.

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Barnsboro Inn, Sewell, NJ

856-468-3557 [www.barnsboroinn.com](http://www.barnsboroinn.com)

**Peach Chicken Piccata**

- |  |                                |
|--|--------------------------------|
| 6-8 chicken breast halves, boneless, no skin | 2 tbs olive oil                |
| 1/2 cup flour                                | 2 peaches                      |
| 1 1/2 tsp salt                               | 1/4 cup chicken broth or water |
| 1/4 tsp ground pepper                        | 3 tbsp Galliano                |
| 1/2 tsp paprika                              | 3 tbsp toasted pine nuts       |
| 3 tbs butter                                 | 3 tbsp capers (optional)       |

Preparation

\*Put chicken breasts between 2 sheets of wax paper or plastic wrap; pound to flatten to about 1/4-inch.

\*In a shallow bowl, combine flour, salt, pepper and paprika; dredge chicken breasts to coat well.

\*Blanch the peaches for 1-2 minutes and shock in cold water. Remove skins and pit. Slice into thin pieces.

\*Heat butter and olive oil in a large skillet. Sauté chicken breast in batches, about 3 minutes on each side.

\*Drain off all but 2 tbsp of fat. Sauté peaches lightly (don't cook to mush). Stir in chicken broth, scraping to loosen browned bits.

\*Add Galliano and heat to simmer. Return chicken to the skillet and heat until sauce is thick. Add capers and pine nuts.

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The Tortilla Press, Collingswood, NJ

856-869-3345, [www.thetortillapress.com](http://www.thetortillapress.com)

**Chicken Skewers with Roast Peach Salsa dipping sauce--Makes 16 skewers (serves 3-4 as an appetizer)**

Salsa dipping sauce

- |                       |                                   |
|-----------------------|-----------------------------------|
| 8 med Jersey peaches  | 4 sprigs cilantro                 |
| 1/4 red onion         | 1 tbsp lime juice, fresh squeezed |
| 1/2 red bell pepper   | 1 tbsp ancho chili powder         |
| 1/2 green bell pepper | 1 tsp salt                        |
| 1 jalapeño pepper     | 1/4 tsp chili de arbol powder     |

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Preparation

\*Roast the peaches in a 350 degree oven for 15 minutes. Mince red onion, green & red bell peppers & jalapeno. Set in bowl.

\*Add chopped cilantro & lime juice.

\*Remove peaches from oven & peel when able to handle. Pit peaches and dice into small pieces, then add to minced ingredients.

\*Puree other 2 in blender with salt, ancho & chile de arbol powder. Pour over other ingredients & adjust seasoning for salt, sweetness & spiciness to taste.

Chicken Skewers

- |  |   |
|--|---|
| 1 pound skinless boneless chicken breast | 1/2 tsp ancho chile powder  |
| 2 tbsp fresh squeezed lime juice         | 1 tsp granulated garlic (this is dry, like powder, but not to be confused with garlic powder) |
| 2 tbsp olive oil                         |   |
| 1/2 tsp salt                             |   |

Preparation

\*Cut the chicken breast into 1 oz strips & lightly flatten with a mallet.

\*Mix remaining ingredients in small bowl & toss in the strips. Place each strip on a skewer & grill till just cooked through. Serve skewers with peach salsa spooned over top. Pass extra salsa for dipping.

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The Tortilla Press, Collingswood, NJ

856-869-3345, [www.thetortillapress.com](http://www.thetortillapress.com)

**Chicken, Peach and Brie Quesadilla**—4 quesadillas

- |  |                           |
|--|---------------------------|
| 4 flour tortillas, 8" each             | 2 tbsp clarified butter   |
| 6 oz brie, sliced 1/4" thick           | 1 tsp ancho-chile powder  |
| 6 oz grilled and sliced chicken breast | 8 slices of fresh peaches |

Preparation

\*Heat medium sized skillet on low heat. Add butter & grilled chicken strips and warm through.

\*Place tortillas on a griddle; place 1/2 oz of Brie on each tortilla. Top with 1.5 oz of chicken & 2 slices of peach. Cook till tortilla begins to crisp and Brie melts.

\*Fold over; cut into thirds and serve with 2 tsp of peach salsa.

Salsa dipping sauce

- |                       |                                   |
|-----------------------|-----------------------------------|
| 8 med Jersey peaches  | 4 sprigs cilantro                 |
| 1/4 red onion         | 1 tbsp lime juice, fresh squeezed |
| 1/2 red bell pepper   | 1 tbsp ancho chile powder         |
| 1/2 green bell pepper | 1 tsp salt                        |
| 1 jalapeño pepper     | 1/4 tsp chile de arbol powder     |

Preparation

\*Roast peaches in a 350 degree oven for 15 minutes. Mince red onion, green & red bell peppers & jalapeno. Set in bowl.

\*Add chopped cilantro & lime juice.

\*Remove peaches from oven & peel when able to handle. Each peach can then be pitted and diced into small pieces (a small dice), then add to minced ingredients.

\*Puree other 2 in blender with salt, ancho & chile de arbol powder. Pour over other ingredients & adjust seasoning for salt, sweetness & spiciness to taste.

Patsey's Café, Mine Hill, NJ

862-397-3805 [www.patseyscafe.com](http://www.patseyscafe.com)

**Roasted Pork Tenderloin with Peach Pico De Gallo**

- |  |                              |
|--|------------------------------|
| 2 lb pork tenderloin seasoned with salt, pepper, | 3 tsp green pepper diced     |
| granulated garlic                                | 1/4 cup olive oil            |
| 3 fresh peaches diced                            | 4 tsp sherry vinegar         |
| 1 large shallot diced                            | 2 tsp chopped fresh cilantro |
| 3 cloves garlic diced                            | salt and pepper to taste     |
| 3 tsp red pepper diced                           |                              |

Preparation

\*Mix peaches with next nine ingredients in a bowl. Cover and refrigerate for about 1 hour so the flavors mix well.

\*Roast pork in oven at 350 degrees for 45 minutes. Let rest in pan for 10 minutes then slice and put on serving platter.

\*Spoon the peach pico de gallo over the warm pork and serve.

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LITM, Jersey City, NJ

201-536-5557 [www.litm.com](http://www.litm.com)

**Pork Tenderloin With Bacon Mashed Potatoes, Charred Corn On The Cob, Saffron Peach Chutney: 4 Servings**

- |  |                 |
|--|-----------------|
| 24 oz Pork tenderloin - cut in 2 oz medallions | 1 pinch saffron |
| (3 to a plate)                                 | 1/4 cup water   |
| 4 peaches cut in wedges, pit removed           | 3/4 cup white   |
| 3/4 cup granulated sugar                       | vinegar         |
| 1/2 cup sweet chili                            |                 |

Preparation

\*Sear pork in hot sauté pan on both sides for 4-6 minutes

Saffron Peach Chutney\*

\*Combine rest of ingredients in pot and cook for 20-30 minutes on stove top.

Bacon Mashed Potatoes

- |                    |                                |
|--------------------|--------------------------------|
| 8 peeled potatoes  | 5 pieces cooked bacon, chopped |
| 2 cups heavy cream | 2 oz chives, chopped           |
| 8 oz butter        | Salt and pepper to taste       |

Preparation

\*Boil potatoes until knife tender.

\*In a mixer, whip potatoes and add heavy cream 1/4 cup at a time.

\*Add rest of ingredients.

Charred Corn on the Cob

\*Grill corn with husk on until tender. Pull husk off and char on grill on all sides ~3 mins.

Add your favorite butter, salt + pepper

## PEACHY DESSERTS

### Gladstone Tavern, Gladstone, NJ

908-234-9055 [www.gladstonetavern.com](http://www.gladstonetavern.com)

#### **Peach Sorbet** Yields about 2 quarts

5 white peaches (or substitute other variety of peach)      1/2 cup lemon juice  
2 cups sugar      12 leaves opal basil (or regular basil)  
3 cups water

#### Preparation

\*Bring first 4 ingredients to simmer for 5 minutes;

\*Add basil and steep 15 minutes; discard basil, cool

\*Place in blender, puree until smooth;

\*Freeze in ice cream machine according to manufacturer's instructions OR place in shallow metal bowl in freezer whisking every 20 minutes until frozen.

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### Barnsboro Inn, Sewell, NJ

856-468-3557 [www.barnsboroinn.com](http://www.barnsboroinn.com)

#### **Sour Cream Peach Kuchen**

3 cups all purpose flour      1 cup butter  
1 1/4 cups sugar, divided use      5 white peaches (peeled and sliced)  
1/2 tsp baking powder      5 yellow peaches (peeled and sliced)  
1/4 tsp salt      1 tsp ground cinnamon

#### Topping:

4 egg yolks      2 tbsp sugar  
2 cups sour cream      1/4 tbsp ground cinnamon

#### Kuchen Preparation

\*Preheat oven to 400 degrees F. Grease a 13x9- inch baking dish.

\*In bowl, combine flour, 1/4 cup sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Press onto bottom and 1-inch up sides of prepared baking dish.

\*Arrange peaches over crust. Combine cinnamon and remaining sugar. Sprinkle over peaches.

\*Bake at 400 degrees for 15 minutes.

#### Topping Preparation

\*In bowl, combine egg yolks and sour cream. Spread evenly over peaches.

\*Combine sugar and cinnamon, sprinkle over the top.

\*Bake 30-35 minutes longer or until golden. Serve warm or cold.

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### Milford Oyster House, Milford, NJ

908-995-9411 [www.milfordoysterhouse.com](http://www.milfordoysterhouse.com)

#### **Peach Creamcicle**

4 1/2 oz peach infused vodka\*      1 oz. Licor 43  
4 tbsp honey      1/2 oz half and half

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Preparation

- \*Pour all ingredients over ice & shake. Serve in chilled glass. Garnish with peach slice.
- \*To make the infused vodka, place 12 peeled, crushed peaches in wide-mouth jar. Add honey. Pour 1 bottle of vodka over peaches. Seal jar and let sit for 4-5 days.
- \*Strain mixture before using.

=====

LITMs, Jersey City, NJ

201-536-5557 www.litm.com

**Warm Caramelized Peach Tart Tatin With Tahitian Vanilla Bean Gelato: Serves 4-6**

- |                                 |                      |
|---------------------------------|----------------------|
| 8 peaches pitted, thinly sliced | 1/2 cup water        |
| 2 tbsp butter                   | 1 sheet pastry dough |
| 1 cup sugar                     | Ice cream of choice  |

Preparation

- \*Sautee peaches in butter until tender.
- \*Arrange peaches in another sauté pan, uniformly until the pan is full.
- \*In small pot, heat sugar and water until caramel forms.
- \*Pour over peaches. Cover pan with peaches and caramel with pastry dough.
- \*Bake in oven 350 degrees until dough is golden brown. Refrigerate 2-4 hours; best 24 hrs.
- \*Place large cutting board over pan and flip over.
- \*Slice pie and reheat top with choice of ice cream. Delicious!



*Chef Todd Villano, LTM, Jersey City makes peach tart tatin for Fox TV's Mike Woods*



Preparation

- \*Sift together flour, baking powder and salt.
  - \*Separately beat butter and sugar until light and lemon colored.
  - \*Add vanilla to butter mix, then eggs one at a time.
  - \*Turn down speed of mixer and add sifted flour mix and then fruit.
  - \*Portion to desired size (recipe was made to fit 8 – 4 inch pie tins.
  - \*Place topping on evenly.
  - \*Bake 350 degrees for 45–55 minutes, till firm and golden brown.
- Great with Vanilla ice cream!!! Eat and Enjoy.
- =====

The Brothers Moon, Hopewell, NJ

609-333-1330 [www.brothersmoon.com](http://www.brothersmoon.com)

**White Wine Poached Peaches** Serves 20 (depending on peach size serving)

- |                                |                        |
|--------------------------------|------------------------|
| 1 bottle dry white wine–       | 2 sticks of cinnamon   |
| Jersey Seval Blanc or Riesling | Pinch of Nutmeg        |
| 1 quart water                  | 1 tsp. vanilla extract |
| 1/2 cup sugar                  | 8-10 peaches           |

Preparation

- \*In large stockpot simmer all above ingredients till peaches are fork tender. --Approx. ½ hour
  - \*Cool peaches in liquid.
  - \*Serve as desired.
- Suggestions: Chocolate syrup, liqueur, Fromage Blanc
- =====

***RECIPES FROM NEW JERSEY PEACH FESTIVAL ASSOCIATION***

**Lemon Peach Parfaits With Mascarpone Cream**

Cake:

- |  |                                       |
|--|---------------------------------------|
| 2 cups all-purpose flour                   | 1½ cups sugar                         |
| ½ tsp baking powder                        | 3 large eggs, room temperature        |
| ¼ tsp salt                                 | 1 tsp. finely grated fresh lemon zest |
| 1-2 peaches, diced                         | 1 tsp. vanilla                        |
| 2 sticks (1 cup) unsalted butter, softened | ½ cup whole milk, room temperature    |

Lemon Peach filling

- |                             |                     |
|-----------------------------|---------------------|
| 6-8 peaches peeled & sliced | ¼ tsp salt          |
| 2 tbsp. brown sugar         | 1/3 cup lemon juice |
| ¼ cup white sugar           | 1 cup boiling water |
| 2 tbsp all-purpose flour    | 2 egg yolks         |
| 2 tsp grated lemon zest     | 2 tbsp butter       |

Mascarpone cream

- |  |                              |
|--|------------------------------|
| 6 tbsp mascarpone cheese (Italian cream cheese available at Italian markets & many supermarkets) | ¼ tsp vanilla extract        |
| 2 tbsp sugar   | 1 cup chilled whipping cream |

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Preparation

- \*Put oven rack in middle position & preheat oven to 350°.
- \*Generously butter & flour loaf pan, knocking out excess flour.
- \*Whisk together flour, baking powder & salt. Set aside.
- \*Dice peaches, set aside.
- \*Beat together butter & sugar in large bowl with an electric mixer at medium-high speed until light & fluffy, about 3 minutes.
- \*Add eggs 1 at a time, beating well after each addition, then beat in zest & vanilla
- \*Reduce speed to low, add flour mixture & milk alternately in batches, until just blended. Fold in diced peaches.
- \*Spoon batter into loaf pan, bake until golden & wooden pick or skewer inserted in center comes out with crumbs adhering, 1 to 1 ¼ hours. Cool cake in pan on a rack 30 minutes, then invert onto rack & cool completely.

Lemon Peach Filling

- \*Put peach slices in large bowl & sprinkle with brown sugar. Stir to coat & set aside
- \*In separate metal bowl, stir together white sugar, flour, lemon zest & salt. Whisk in the lemon juice until the mixture is smooth. Gradually whisk in the boiling water.
- \*In separate small bowl, whisk yolks. Gradually whisk in ½ cup of hot lemon mixture.
- \*Whisk yolk mixture back into the larger bowl. Set bowl over pan of simmering water.
- \*Cook, stirring frequently until mixture is thick enough to coat back of metal spoon.
- \*Remove from the heat & whisk in butter. Set aside.
- \*In each parfait glass, layer pound cake cubes, about ½ cup. Top with about 2 Tbsp. of lemon sauce, then ¼ cup of peach slices. Repeat layer one more time (depending on glass size). Top with 1 Tbsp. of lemon sauce. Refrigerate for at least 1 hour to be sure it is thoroughly chilled. Top each with a dollop of mascarpone cream.

**Mom's Peach Kuchen**

- |  |                 |
|--|-----------------|
| ½ cup butter, softened                     | ½ cup sugar     |
| 1 white cake mix                           | 1 tsp. cinnamon |
| ½ cup coconut                              | 1 up sour cream |
| 2 ½ cups Jersey fresh peaches, sliced thin | 1 egg           |

Preparation

- \*Preheat oven to 350°.
- \*Cut butter into cake mix (dry) until crumbly. Mix in coconut.
- \*Pat mixture lightly into greased 9x13" pan building up slight edges. Bake 10 minutes.
- \*Arrange peach slices on warm crust. (If peaches are very ripe & juicy – place on paper towel before arranging slices on top of crust, to absorb some of the juice).
- \*Mix sugar & cinnamon, sprinkle on peaches. Blend sour cream & egg.
- \*Drizzle over top of peaches. Topping will not completely cover the peaches.
- \*Bake 25 minutes until edges are light brown.

**Peach Surprise**

- |   |                        |
|---|------------------------|
| 1 ½ ozs small almond cookies (about 12)     | 3 tsp. brown sugar     |
| 3-6 ripe, firm peaches cut in half & pitted | 3 tsp. butter          |
| 3 tsp. sugar                                | optional whipped cream |

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Preparation

- \*Preheat oven to 375° F. Butter the bottom of a pie dish & set aside.
- \*Using a melon baller, clean out the red flesh from the center of each peach. Place the peaches cut side up in a pie dish.
- \*Chop or crush cookies until crumbled. Divide the cookie crumbs between the peaches. \*Fill center of each peach with cookie crumbs.
- \*Mix brown sugar & sugar together, then sprinkle ½ teaspoon of sugar mixture over each peach, dot with ½ teaspoon of butter.
- \*Bake until peaches are tender & filling is crisp on top, about 30 minutes.
- \*Serve with whipped cream.

=====

**Perfect Peach Pie**

- 4 cups thinly sliced ripe peaches      1 tablespoon butter or margarine
- 2/3 cup sugar                                      Few drops lemon juice
- 1/8 teaspoon salt                                Pastry for 2-crust, 9 inch pie
- 2 tablespoons flour

Preparation

- \*Fit lower crust into 9-inch piepan.
- \*Blend sugar with salt and flour. Mix lightly with sliced peaches. \*Fill crust and dot with butter.
- \*Fit on top crust, trim, and crimp edges. Cut slits in top crust to allow steam to escape.
- \*Bake in 425° F. oven for 40 minutes or until crust browns.

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**Grandmom Franny’s Peach Cobbler**

- 1 ½ -2 cups self rising flour                ¾ cup milk
- ½ cup sugar                                        ¾ cup packed brown sugar
- 1 ½ tsp. vanilla                                    1 stick butter
- 1 ½ tsp shortening (Crisco)

Preparation

- \*Mix first 5 ingredients to make dough & knead in flour. Flatten dough & cut into slices.
- \*Mix 3 qts. of peaches (prepared & sliced). Add 3 Cups of water & 3 Cups of sugar.
- \*Cook until light syrup appears. Add ¾ Cup brown sugar. Mix until sugar dissolves.
- \*Pour into baking dish. Dot with 1 stick butter. Sprinkle with cinnamon, sugar.
- \*Bake at 375°-400° approx. 50 to 60 minutes.

=====

**Baked Peaches**

- 4 firm, ripe peaches                            2 tbsps butter
- ½ cup brown sugar, packed                ¼ cup water
- 2 tbsps flour

Preparation

- \*Wash peaches, cut in half and pit. Place cut side up in baking dish.
- \*Combine brown sugar and flour. Spoon mixture into peach hollows. Dot with butter.
- \*Pour water into the bottom of baking dish. Bake in 350° F. oven for one hour. Serve hot. Makes 4 servings.

