

Reader Recipes

Honey Oat Granola Bars

1/2 cup old fashioned oats
1 cup chopped pecans
1/2 cup sliced almonds
2/3 cup shredded coconut
1/2 cup honey
2 tablespoons butter
1 teaspoon vanilla extract
1/4 teaspoon salt
3 tablespoons brown sugar
1 cup puffed rice cereal

Preheat oven to 350 F. Spread the oats, pecans, and almonds onto a baking sheet lined with heavy duty aluminum foil. Place in the oven and toast for 7 min. Add coconut, mixing to combine. Return to oven and cook 6 min. The coconut should be golden. Pour mixture into large bowl. Set oven to 300 F. In small saucepan over medium heat, combine honey, butter, vanilla, salt, and brown sugar. Stir until brown sugar is completely dissolved. Pour brown sugar mixture over oats. Add puffed rice cereal. Toss to coat. Line a 9 x 13-in. pan with foil, then spray with nonstick cooking spray. Pour oat mixture into baking dish, spreading evenly and slightly pressing mixture down. Bake for 20 min. Cool, then remove from pan and cut into bars. Store up to 1 week in an airtight container.

Chocolate Chip Banana Cake

1/3 cup butter, room temperature
3/4 cup white sugar
1 large egg
1 cup mashed ripe banana
1/2 cup milk
1 1/2 cups all-purpose flour
3/4 teaspoon baking powder
3/4 teaspoon baking soda
1/4 teaspoon salt
3/4 cups chocolate chips, divided

Preheat oven to 350 F. Spray an 8 x 8-in. pan with nonstick spray. In a large bowl, beat together the butter and sugar until light and fluffy, about 2 min. Beat in the egg. Add the banana and milk and mix until combined. In a separate bowl, whisk together the dry ingredients until just combined. Stir in 1/2 cup chocolate chips. Scrape the batter into the pan and smooth the top. Sprinkle 1/4 cup of the chocolate chips on top. Bake for 30-35 min. Let cool before cutting.

She Makes Her Own Grape Vinegar

Making grape vinegar seemed like a natural thing for Rose Shelton to try. She likes experimenting with fruits, grapes, and other produce grown on her family's 3-acre homestead in North Dakota. And she doesn't like to be wasteful.

So, when she had a quart of soft Concord grapes left after canning juice, she used a similar technique to make apple cider vinegar. She added 4 1/2 cups of water and 1/4 cup sugar to the mashed grapes in a half-gallon glass jar and covered it with a cotton cloth secured with a rubber band.

It sat on the counter for a couple of months before she tasted it.

"It tasted kind of winey," she says. "So, I strained out the fruit and let the liquid set a couple more months." She removed the fruit because she had experienced mold in apple vinegar when the fruit was left in too long.

"I was rewarded with about 1 quart of very clear, dark purple grape vinegar, quite similar in flavor to commercial red wine vinegar," she wrote in an article for Backwoods Home magazine.

She also saved the grape vinegar mother made during fermentation. Later, she used it to speed up the process to about half the time with table grapes from her freezer.

"I gained almost half a gallon of grape wine vinegar for almost no work and the cost of 1/2 cup of sugar," she wrote. Plus, two additional mothers formed in the process that she put in a separate jar for future vinegar-making.

"I use the vinegar in salad dressings, mix it with balsamic vinegar, and substitute it for rice vinegar in Asian dishes," Shelton says.

Her success led her to make peach vinegar with peach peelings. She uses the basic formula of 1 tablespoon of sugar per cup of water (or 1 cup of sugar per gallon of water).

She suggests always using glass and checking the fermenting fruit for white flecks resembling snow, indicating contamination. It won't hurt you, but the flavor will be off, and the vinegar won't be good.

With very little work and sugar required, she says it's worth experimenting to make vinegars with all kinds of fruit.

Contact: FARM SHOW Followup, Rose Shelton (prairiekeet@hotmail.com).



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Contact: FARM SHOW Followup, MagicOutlet (www.magicoutletshop.com).



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Contact: FARM SHOW Followup, Slitit (ph 585-497-1010; slitit@raeco.us; www.slitit.com).