

Our State eats

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Peach Cobbler

Yield: 6 servings.

- 2½ cups all-purpose flour**
- 3 tablespoons white sugar**
- 1 teaspoon salt**
- ½ cup shortening**
- ½ cup very cold butter, cut into small cubes**
- 1 large egg**
- ¼ cup cold water**
- 3 pounds fresh, medium-size peaches (about 10 peaches), peeled, pitted, and sliced**
- ¼ cup lemon juice**
- ½ cup orange juice**
- ½ cup butter**
- 1 cup white sugar**
- 1 cup brown sugar**
- ½ teaspoon ground nutmeg**
- ½ teaspoon cardamom**
- 1 teaspoon ground cinnamon**
- 1 tablespoon cornstarch**
- 1 tablespoon white sugar**
- 1 tablespoon butter, melted**
- Vanilla ice cream (optional)**

In a large mixing bowl, sift together the flour, 3 tablespoons sugar, and salt. Work in the shortening and cubed



butter with a pastry blender until the mixture resembles coarse crumbs. In a small bowl, whisk together the egg and cold water. Sprinkle over flour mixture, and form dough into a ball. Cover with plastic wrap and chill for 30 minutes.

Preheat oven to 350°. Roll out half of the dough to a ⅛-inch thickness. Place in a 9 x 13-inch baking dish, covering the bottom and halfway up the sides. Bake for 20 minutes, or until golden brown.

In a large saucepan, combine the peaches, lemon juice, and orange juice. Add ½ cup butter, and cook over medium-low heat until butter is melted.

In a bowl, combine 1 cup white sugar, 1 cup brown sugar, nutmeg, cardamom, cinnamon, and cornstarch; stir into peach mixture. Remove from heat, and pour into baked crust.

Roll remaining dough to a ¼-inch thickness. Place dough over peach mixture. Sprinkle with 1 tablespoon sugar, and drizzle with 1 tablespoon melted butter. Cut an “x” in the center of the top dough to allow steam to escape.

Bake for 35 to 40 minutes, or until top crust is golden brown. Remove from oven and allow to set for 15 minutes. Serve with vanilla ice cream (optional).

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The Best Peach Ice Cream

Yields 1 quart.

- 3 large egg yolks**
- $\frac{3}{4}$ cup packed light brown sugar**
- $1\frac{1}{2}$ cups heavy cream**
- $1\frac{1}{2}$ cups whole milk**
- 2 tablespoons lemon juice (optional)**
- 1 teaspoon vanilla**
- 1 vanilla bean (optional)**
- 3 large peaches, peeled, pitted,
and cut into bite-size chunks**

In a large bowl, whisk together egg yolks and brown sugar.

In a large saucepan, bring cream and milk to a simmer over low heat. Whisking constantly, slowly pour hot milk mixture into egg yolk mixture until combined; return to the saucepan. Cook over low heat, stirring constantly, for 3-5 minutes or until the custard has thickened enough to coat the back of a spoon. Immediately strain custard into a bowl.

Set bowl in a larger bowl filled with ice water to cool, stirring occasionally. When custard has cooled, stir in lemon juice, vanilla, and vanilla bean, if desired. Chill overnight.

Remove vanilla bean and freeze in an ice cream maker according to the manufacturer's instructions, adding the peaches halfway through the churning process.



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Peach Cream Pie

- 2 tablespoons butter
- 1 9-inch pie shell, unbaked
- 3 cups peaches, peeled and sliced
- $\frac{2}{3}$ cup sugar
- $\frac{1}{4}$ cup flour
- $\frac{1}{4}$ teaspoon nutmeg
- 1 cup cream

Preheat oven to 425°. Cut butter into small pieces and dot pie shell with butter. Cover with peaches. Combine sugar, flour, and nutmeg. Stir in cream. Pour over peaches. Bake for 35 to 40 minutes. Chill before serving.



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Grilled Peaches with Goat Cheese & Honey

Yield: 4 servings.

- 4 large, ripe peaches, halved and pitted**
- 2 tablespoons unsalted butter, melted**
- 8 ounces plain goat cheese, crumbled**
- 4 teaspoons honey**
- Juice from 1 lemon**
- ½ cup chopped pecans**
- Rosemary sprigs (for garnish)**

Prepare grill for medium-high heat with no flame. Scrape grate clean.

Brush inside of peach halves with melted butter and place facedown on grill. Grill for 2 to 3 minutes or until grill marks are visible. Remove from grill.

To serve, place 2 halves on each salad plate, top with crumbled goat cheese, and drizzle with honey and lemon juice. Sprinkle pecans over cheese and garnish with rosemary sprig.

Note: If not using a grill, place buttered peach halves in a hot cast-iron skillet on high heat for 2 to 3 minutes. Do not overcrowd pan.



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Grilled Peaches *with* Ice Cream & Caramel Sauce

Yields: 4 servings.

- 2 large peaches**
- 1 tablespoon coconut oil**
- Vanilla ice cream**

Caramel Sauce:

- ½ cup sugar**
- ½ stick butter**
- ¼ cup cream**
- 1 teaspoon vanilla extract**

Begin by making your caramel sauce. In a heavy skillet melt the sugar, stirring constantly. Sugar will clump and then melt, continue to stir as it turns amber brown.

Cube butter and stir into sugar until combined. Remove from heat and add cream. Stir rapidly until fully incorporated. Add in vanilla extract and allow cooling.

Slice peaches in half. Brush each half with coconut oil. Grill peaches flesh side down for 5-6 minutes or until tender. Serve hot with ice cream and drizzled caramel sauce.

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Peach Flatbread *with* Blue Cheese and Balsamic Drizzle

Yield: 6 servings.

- 4 small flatbreads, naan, or pre-cooked thin crust pizza
- 2 ripe peaches, thinly sliced
- ½ cup crumbled blue cheese (or goat cheese)
- ½ cup balsamic vinegar, plus extra
- 2 tbsps sugar
- 1 cup packed arugula, roughly chopped
- Salt and pepper, to taste
- Olive oil

Preheat oven to 400°.

Brush each flatbread lightly with olive oil, then top each with a quarter of the sliced peaches and a quarter of the cheese.

Season with salt and pepper. Place flatbreads on baking sheets and bake for ten minutes, until the crust is golden and the cheese is melted.

Meanwhile, combine balsamic vinegar and sugar in a small sauce pan, bring to a boil, then simmer on low until

the mixture has reduced by half (approximately five minutes). Transfer to a small pitcher or bowl.

In a separate bowl, toss arugula with a splash of balsamic vinegar and splash of olive oil. Season with salt and pepper.

Remove flatbreads from oven, then top each with arugula salad and generous drizzle of the balsamic reduction.

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Chicken & Peach Skillet Dinner

Yield: 4 servings.

- ¼ cup extra-virgin olive oil**
- 8 chicken thighs**
- 1 teaspoon salt**
- ½ cup sweet onion, sliced**
- 1 medium green bell pepper, sliced into strips**
- ¼ cup balsamic vinegar**
- 1 tablespoon brown sugar**
- ¼ teaspoon red pepper flakes**
- 3 cups firm, ripe peaches, peeled, pitted, and sliced**
- Juice from 1 lemon (about ¼ cup)**
- ¼ cup fresh basil, thinly sliced**

In a large skillet, heat oil over medium-high heat. Pat chicken with a paper towel, then sprinkle with salt. Place chicken in hot skillet, skin side down. Cook for 5 minutes or until meat is browned, turning once. Remove chicken from skillet; set aside.

Reduce heat to medium; add onion and bell pepper. Cook for 5 minutes or until onion becomes translucent. Stir in balsamic vinegar, brown sugar, and red pepper flakes. Cook for 2 minutes or until thickened. Stir in peaches and lemon juice. Return chicken to skillet. Cover, reduce heat, and cook for 8 to 10 minutes. Sprinkle with basil just before serving.

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Fresh Peach Chutney

Yield: 8 servings.

- 1½ pounds ripe peaches (approx. 4 to 5 medium peaches), pitted, peeled, and cut into small pieces**
- ½ cup apple cider vinegar**
- ¼ cup light brown sugar**
- ¼ cup molasses**
- 1 medium sweet onion, or 1 cup, chopped**
- 1 jalapeño pepper, cored, seeded, and minced**
- ¼ teaspoon crushed red pepper flakes**
- ½ teaspoon kosher salt**

Combine the vinegar, sugar, and molasses in a medium saucepan over medium heat. Bring to a low boil and stir until sugar dissolves.

Reduce heat and add the onion, pepper, and salt. Simmer for 10 minutes, stirring occasionally. Stir in the peaches and red pepper flakes. Simmer 15 to 20 minutes, or until peaches are cooked and begin to break apart.

Remove from heat and allow to cool for 15 minutes before serving. Serve over fried chicken, grilled seafood, shrimp, or as a dip with tortilla chips. Store leftover chutney in the refrigerator for up to a week.



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Peach & Cucumber Gazpacho

Yield: 6 servings.

- 6 ripe peaches (about 2½ pounds), peeled, halved, pitted, and cut into small chunks
- 2 medium cucumbers, peeled, seeded, and cut into small chunks
- 1 yellow bell pepper, diced
- 2 tablespoons red onion, diced
- 1 small garlic clove, minced
- 1 cup water
- 3 tablespoons rice vinegar
- 4 tablespoons extra-virgin olive oil, plus more for drizzling
- ½ teaspoon coarse salt, plus more to taste
- ¼ teaspoon freshly ground black pepper, plus more to taste
- 4 tablespoons coarsely chopped flat-leaf parsley or cilantro
- 1 small jalapeño pepper, cored, seeded, and finely diced

In a large mixing bowl, combine peaches, cucumbers, bell pepper, onion, and garlic, and toss.

In a separate mixing bowl, whisk together water, vinegar, olive oil, ½ teaspoon salt, and ¼ teaspoon pepper.

Pour dressing over peach mixture and toss. Gazpacho will be chunky; add more water to achieve desired consistency. Stir in herbs. Add more vinegar, salt, and pepper to taste.

Refrigerate for 2 hours before serving, chilled, in soup cups or bowls. Drizzle each serving with olive oil and garnish with jalapeño pepper.



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Tomato & Peach Salsa *with Feta & Red Onion*

Yields 4-6 servings.

- ¼ cup thinly sliced red onion**
- 1 pound peaches, peeled, pitted, and sliced ½-inch thick**
- 1½ pounds tomatoes, such as homegrown heirlooms, of different sizes and colors, large ones diced and small ones halved**
- 1 tablespoon red wine vinegar**
- 3 tablespoons extra-virgin olive oil**
- 1 teaspoon honey**
- Salt and freshly ground black pepper**
- 4 ounces crumbled feta cheese**
- 2 tablespoons small basil leaves or torn basil leaves**

In a large bowl, combine onion, peaches, and tomatoes. In a medium bowl, whisk together vinegar, olive oil, honey, and salt and pepper to taste. Drizzle over fruit mixture, then add feta and basil and gently toss. Serve immediately.



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Rosemary Peach Lemonade

Yields: 4 servings.

- 1½ cups peach nectar**
- ½ cups water**
- 1¼ cups rosemary simple syrup (recipe follows)**
- 1 cup freshly squeezed lemon juice**

In a 2-quart container, combine peach nectar, water, simple syrup, and lemon juice. Stir well. Cover and refrigerate until well chilled before serving.

Rosemary Simple Syrup

- 1½ cups water**
- 1 cup sugar**
- 4 (5-inch) stalks fresh rosemary**

Combine water, sugar, and rosemary in a medium saucepan and bring to a boil over medium heat, stirring until sugar is dissolved. Pour syrup through a fine-mesh strainer into a container to remove rosemary stalks and leaves. Let syrup cool, then store in an airtight container in the refrigerator for up to one week.

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Peach Tea Cocktail

Yield: 6 servings.

- 6 tea bags**
- 1 quart water, divided**
- 2 cups peach nectar**
- 2 tablespoons sugar**
- 6 shots Defiant whiskey**
- Fresh sliced peaches**
- Mint sprigs**

Pour 1 cup of water into a small saucepan. Add tea bags and bring to a boil.

Once at a boil, remove saucepan from heat and cover. Steep for 5 minutes.

Pour tea and sugar into pitcher. Add remaining 3 cups of water and stir well to dissolve the sugar. Allow tea to cool in refrigerator for 1 hour.

Add peach nectar to tea. Stir to combine.

Pour peach tea into a glass with ice, leaving enough room for 1 shot of whiskey. Add whiskey and stir.

Garnish with freshly sliced peaches and a mint sprig as desired.



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