

You'll be loving what's baking in the oven ... peaches

Peaches, those lush, juicy, sweet summer fruits, are at their prime right now. For the first week of peach season, I simply indulge in the beauty of biting into a perfectly ripe peach, letting the flavor explode in my mouth and the juices run down my chin. Then I come up with other ways to enjoy the bounty.

This peach tart, free of gluten, dairy and grains, is one way I enjoy peaches. The cake itself is not too sweet, letting the sweetness of the peaches really shine. And it is simple to make — a little whisking, pouring and baking, that's it.

If peaches aren't your thing, you can substitute any of summer's stone fruits: apricots,

cherries or plums.

If dairy is not an issue for you, use melted butter in place of dairy-free butter substitute. I like raw organic honey for baking and to keep the tart grain-free. I use grain-free powdered sugar — it contains tapioca starch instead of cornstarch.

CAROL KICINSKI is a TV chef, cookbook author and editor-in-chief of *Simply Gluten Free* magazine, www.simplygluten-free.com.

CAROL KICINSKI



Simply Gluten Free

Peach Tart

Gluten-free non-stick cooking spray
1-3/4 cups gluten-free almond flour
6 tablespoons dairy-free butter substitute, melted
3 tablespoons grain-free powdered sugar plus more for preparing the pan and dusting the tart
3 large eggs, lightly beaten
2 teaspoons pure vanilla extract
1/4 teaspoon kosher salt
2 large peaches, peeled pitted and sliced

Preheat oven to 350°F. Spray a 9-inch springform pan with cooking spray then dust with powdered sugar, tapping out the excess.

In a large mixing bowl, combine almond flour, melted dairy-free butter, 3 tablespoons powdered sugar, eggs, vanilla and salt. Whisk until all the lumps disappear and pour the batter into prepared pan.

Arrange peach slices on top of the batter in concentric circles. Bake 30-40 minutes or until browned and set.

Let the tart cool, then remove from the pan. Place on a plate or platter and dust the top with powdered sugar. Serves 8.



I hope you are all enjoying a peach of a summer

Summer is definitely here. From the temperatures to pop-up showers to the wonderful flavors of summer, I hope you are getting your share of the third most popular fruit grown in the USA.

That's right — the peach! Peaches are one of the joys of late summer. One reason for their popularity is they come naturally portion controlled. They can be eaten as is or by taking off the outer layer, just remove the pit.

Peaches were really native to China. Soon, they made their way to the southern United States through Spanish settlers and Franciscan

MARY KATE RIDGEWAY



Food for Thought

monks. Today, California produces the most peaches with a close second in South Carolina and third place held by Georgia.

Some of the favorite varieties include freestone, white peach or clingstone. Freestone peaches are easy to eat, bake or preserve. Clingstone peaches have flesh that sticks to the pit. This can make them tricky

to eat and cut up. White peaches can have yellow, white or red flesh and have a distinct flavor.

Whether your peaches become an ice cream topping or a fresh peach cobbler, the wonderful flavors of summer just can't get much better.

Summer grilling is at it's peak. Why not try adding grilled peaches as a side to your meat dish.

Grilled Peaches

2 medium peaches, pitted, cut in wedges
Vinaigrette:
1 tablespoon olive oil
1 tablespoon lemon zest
1/4 cup lemon juice

2 tablespoons honey
1/2 teaspoon dijon style mustard
1/4 teaspoon salt and black pepper

Lightly brush peaches with olive oil. Grill peaches over charcoal or gas grill using a greased rack. Grill over medium heat 2-4 minutes per side. Set aside. Brush with slightly brown with above vinaigrette.

Serve on side of meat dish with a green salad and the peach side dish. Peaches are great by themselves, but the flavors they add can turn an average meal into a real delicacy. One of my favorite meats to accent with peaches are grilled chicken breasts.

Peach Salsa

2 cups peaches, peeled and chopped
1 cup chopped cucumber
1/2 red bell pepper, chopped
1/2 cup crumbled feta cheese
3 tablespoons chopped fresh mint
2 tablespoons lime juice

Combine peaches, cucumbers, pepper and lime juice. Before serving, stir in feta and mint.

Ready to serve. Great spooned over grilled chicken.

MARY KATE RIDGEWAY, a retired Extension leader, is a freelance home economist and educator.

RECIPE ROUNDUP



Grilled Peach & Arugula Salad

FROM WWW.QVC.COM

Salad:
24 peach slices, peeled
1 pint grape tomatoes, sliced in half
1 small red onion, thinly sliced
Salt and pepper, to taste
6 ounces roasted, salted Marcona almonds, divided
4 ounces goat cheese log
5 ounces baby arugula
Dressing:
1 shallot, finely diced
1/4 cup cider vinegar
4 tablespoons fresh lemon juice
4 tablespoons fresh orange juice
2 teaspoons lemon zest
2 teaspoons orange zest
2 tablespoons honey
1 cup canola oil
1 tablespoon fresh chives, chopped
1 teaspoon salt
1/2 teaspoon black pepper

Start the salad: Spray peach slices with nonstick spray. Heat your grill. Once hot, quickly grill the peach slices and reserve.

Dressing: Place shallots, vinegar, juices, zests and honey in a mixing bowl. Whisk in oil, then the chives, salt and pepper.

Remainder of salad: Add tomatoes and onions into a small mixing bowl. Season with salt and pepper. Take 2 tablespoons of the dressing and stir in, set aside.

Using a food processor, pulse half the almonds until chopped (or crush with your knife, chop until coarse). Pour chopped almonds onto a small plate. Roll outside of goat cheese log over almonds until coated. Cut into 4 evenly sliced rounds.

Assemble the salad: Arrange peach slices in a pinwheel fashion on plates. Spoon some of the dressing over the peach slices. Place arugula in a mixing bowl, add enough dressing just to coat. Season with salt and pepper. Put an even amount of salad in the center of peach slices.

Top with a spoonful of the tomato-onion mixture. Lean a slice of goat cheese onto the salad. Sprinkle a few whole almonds around each salad.

Serves 4.

Summer Fruit Punch

FROM WWW.QVC.COM

2 cups cranberry juice
3 cups pineapple juice
2 cups orange juice
1/4 cup lemon juice
1/3 cup grenadine syrup
One 1-liter bottle lemon-lime soda, chilled
1 pound frozen strawberries
1 pound frozen peach slices

Pour all the juices and syrup into a large pitcher, place into refrigerator. Chill at least 2 hours to allow flavors to blend. Just before serving, pour fruit juice mixture into a large punch bowl. Add lemon-lime soda, frozen strawberries and peaches. If desired, pour the drink over ice. Makes 12-14 servings.



Grilled Peaches with Ice Cream

FROM WWW.QVC.COM

2 tablespoons brown sugar
1 tablespoon butter, melted
1 teaspoon cinnamon
Few drops of vanilla extract
Pinch of salt
4 ripe peaches, washed, halved, pits removed
Vanilla ice cream

Preheat a barbecue or indoor grill to medium. Mix brown sugar, melted butter, vanilla extract and salt in a small bowl until well incorporated.

Lay peaches skin-side up on the grill. Grill over direct heat until they begin to soften, 6-10 minutes, depending on the size of the peach. Do not close the grill lid.

Flip peaches, so the skin side is now down. Sprinkle brown sugar mixture over each peach. Continue grilling for an additional 6-10 minutes. When the juice begins to bubble around the edges of the skin, the peaches are done.

Place peaches in serving bowls and top with a scoop of vanilla ice cream.



Peaches and Cream French Toast

FROM WWW.QVC.COM

Sauce:
1 pound fresh or frozen peach slices
2 tablespoons water
1/4 cup sugar
1/4 cup apricot jam
1/2 cup heavy cream
French toast:
4 eggs
1 tablespoon white sugar
1 teaspoon vanilla extract
1-1/4 cups milk
8 thick bread slices (like Texas toast)
4 tablespoons unsalted butter, for cooking

Sauce: Place peaches, water, sugar and apricot jam into a 3-quart saucepan. Cook mixture over medium heat until most of the liquid has evaporated and peaches are tender. Add cream, bring mixture to a boil, then reduce heat to medium-low and cook 6 more minutes. Remove pan from heat, let sauce cool for 10 minutes.

French toast: Whisk together eggs, sugar, vanilla and milk in a medium-size mixing bowl. Set aside.

Soak bread slices, two at a time, in egg mixture until saturated, about 20 seconds on each side. Over medium-low heat, melt 1 tablespoon butter on a griddle or frying pan. Place 2 slices of bread at a time into pan and cook until golden brown, approximately 3-4 minutes per side. Repeat until all the bread slices are cooked.

Meanwhile, place half of the sauce mixture into a blender, process until smooth. Pour blended mixture back into saucepan, stir to combine. Serve sauce on top of French toast. Garnish with whipped cream and fresh peach slices, if desired. Serves 6.



YARD SALE The Paris Post-Intelligencer

TRY THE EXCLUSIVE PACKAGE

- 3 days in print classifieds • 3 days online classifieds
- 3 days promotion on Facebook* • 3 days promotion on Twitter**
- 2 yard sale signs, pricing stickers, tips & sales record

For more information, call: **642-1162** * Over 8,800 followers / ** Approx. 1,000 followers

ONLY \$375 EXTRA