



HOME COOKING

with Cathy

I love cooking in September as all the fresh produce is available and the weather has turned a little bit colder which certainly makes us want to try some new things in the kitchen. I hope you enjoy this fall dessert. You could actually change any of the fruits in this recipe if some of the berries are not available. You could use apples or blueberries as well. Enjoy!!

I have also included one of my favourite late summertime salad recipes.

by **Cathy Abernethy**

HOME PROMOTER
CONTRIBUTOR



Autumn Fruit Cobbler

Ingredients:

- 6 cups fresh fruit, such as a combination of peaches, nectarines, blackberries, or apples if you wish.
- 2 Tbsp. fresh lemon juice
- ½ cup white sugar
- ¼ cup all-purpose flour
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon

Topping

- ¾ cup all-purpose flour
- 2 Tbsp. brown sugar
- 1 tsp. baking powder
- ¼ cup chilled unsalted butter
- ½ cup toasted chopped pecans
- ½ cup whipping cream
- 1 Tbsp. white sugar

Preparation:

- Preheat oven to 350 F. Toast pecans first for 8 minutes .
- Butter a large baking dish (13 x 9 approx). Peel, pit and cut fruit into bite size chunks and place in large bowl. Sprinkle with lemon juice. In a smaller bowl, combine sugar, flour, nutmeg and cinnamon. Stir into fruit and mix gently. Place fruit into baking dish.
- For topping, combine flour, brown sugar and baking powder in a medium bowl. Cut butter into small pieces and blend into flour mixture with fingers until crumbly. Stir in pecans. Mix in cream with a fork until mixture holds together.
- Drop batter by spoonful's onto the fruit, dividing evenly over the top. Sprinkle with white sugar. Bake for 35-40 minutes, until top is golden and fruit is cooked and bubbly. Serve warm or at room temperature with ice cream. Makes 6 generous servings.

Grilled Vegetable Salad

Ingredients:

- ½ -1 cup (packed) fresh basil leaves
- 1 clove garlic
- ¼ cup olive oil
- 1 red onion
- 1 sweet orange or red pepper
- 1 small green zucchini
- 1 small yellow zucchini
- 8 grape or cherry tomatoes
- Salt and pepper to taste.



Preparation:

- Finely chop fresh basil leaves and garlic. Place in large bowl and add olive oil. Mix well. Peel red onion and discard root end. Cut onion into wedges. Add onion to bowl. Cut zucchini in half and then cut each half into 4 lengthwise spears. Add zucchini to bowl.
- Toss vegetables in basil oil until well coated. You can leave the vegetables in the oil for a few hours if you like. Do not discard the oil.
- You can put vegetables on skewers if you like or use a grilling tray for your barbeque. Grill all vegetables for 5 minutes on medium low heat. Turn vegetables over after 5 minutes and continue grilling until you have well developed grill marks. Do not overcook.
- Remove vegetables from heat and let cool.
- Slice tomatoes in half and place in bowl with remaining basil oil. Cut grilled vegetables into chunks and add to bowl with tomatoes. Toss to coat, taste and adjust seasoning if necessary. Makes 4 servings.