

Delaware Recipes

Peach Cobbler

Ingredients:

½ stick butter
1 (28-ounce) can peaches, undrained
3 cups sugar
½ teaspoon cinnamon
1¼ cups water
1 tablespoon cornstarch
1½ cups self-rising flour
2 teaspoons vanilla
Milk

**Directions:**

Preheat oven to 350° F. Melt butter in 13" x 9" baking pan. In heavy saucepan, combine peaches, 1 cup sugar, ½ cup water. Bring to a boil.

In small bowl, combine ¾ cup water and cornstarch and add to peach mixture. Return to boil.

In mixing bowl, combine 1 ½ cups sugar, flour, vanilla, and enough milk to make a thin batter. Pour hot peaches into pan with melted butter and pour batter all over peach mixture. Top with remaining ½ cup sugar and cinnamon, and bake for 30 minutes, or until golden brown.

Lima Bean Soup

Ingredients:

1 pound dry lima beans
8 cups water
1 tablespoon olive oil
4 carrots, chopped
2 leeks, bulb only, chopped
2 tablespoons minced shallots
2 stalks celery, chopped
8 cups chicken broth
Salt and pepper, to taste



Directions:

Bring 8 cups water to a boil. Add lima beans and boil for 5 - 10 minutes. Remove from heat and cover. Let beans soak for 2 - 2½ hours. Drain and rinse beans; return to pot. In a large pan, heat olive oil and sauté all the vegetables until carrots and celery are tender-crisp. Add 8 cups of chicken broth to the beans in the pot. Add the vegetables. Stir to combine and simmer on low for 1½ hours, stirring frequently. Season with salt and pepper as desired.

Blue Crab Bisque

Ingredients:

1 tablespoon unsalted butter
1 tablespoon canola oil
3 large shallots, minced
5 cups chicken stock
2 cups heavy cream
Kosher salt and freshly ground white pepper, to taste
1 pound blue crabmeat (3 to 4 cups)
½ cup dry sherry
Minced fresh parsley



Directions:

In a large soup pot, using medium heat, melt the butter with the oil. Add the shallots and sauté until translucent, 2 to 3 minutes. Add the stock and cream, and season with salt and pepper. Bring to a simmer.

Reduce the heat to low and stir in the crabmeat. Cook until heated through, about 5 minutes. Stir in the sherry and heat for 2 to 3 minutes. Serve immediately with a garnish of parsley.

Pressure Cooker Chicken and Rice

Ingredients:

1 whole split chicken
1 tablespoon Old Bay Seasoning
2 cups water
1 ½ cups long grain white rice
Handful parsley

**Directions:**

Season the chicken well on both sides. Pour 2 cups of water into a slow cooker and add the chicken. Cook on low heat for 8-9 hours or high heat for 4-5 hours. Once the chicken is finished cooking, carefully lift it out of the cooker and place on a baking sheet.

Turn the broiler to high, place the chicken in the oven, and let it broil for 5-7 minutes or until the chicken skin is brown and crispy.

While the chicken is broiling, pour the remaining liquid (broth) from the pressure cooker through a sieve to strain out any bone or skin fragments. Measure the broth and add enough water to make 3 total cups of broth. Cook 1 ½ cups of uncooked long grain white rice with the broth in a saucepan according to rice package directions. Serve the tender chicken pieces over the cooked rice, with chopped parsley as a garnish.

Baked Apple Cider Donuts

Ingredients:

For Donuts:

10 tablespoons unsalted butter, melted
½ cup light brown sugar
½ granulated sugar
2 eggs
2 teaspoons vanilla extract
¾ cup buttermilk
2 cups apple cider, reduced to ¾ cup
3 teaspoons baking powder
2 ½ cups all-purpose flour
3 teaspoons cinnamon
2 teaspoons nutmeg
Pinch of salt



For Topping:

6 tablespoons unsalted butter, melted
1 teaspoon cinnamon
¼ teaspoon nutmeg
½ cup granulated sugar

Directions:

Preheat oven to 350° F. Spray a donut pan with cooking spray and set aside. Pour apple cider in a small saucepan and simmer on low-medium heat for 15-20 minutes or until the cider reduces to ¾ cup. Set it aside to cool.

In a large bowl, whisk together the flour, baking powder, pinch of salt, cinnamon and nutmeg and set aside.

In a separate bowl, mix the melted butter and sugars together until smooth. Add the eggs and vanilla and stir until completely combined. Pour in the buttermilk and apple cider and mix until smooth. Stir in the flour mixture and mix until just incorporated.

Pour the batter into a Ziploc bag and snip off one corner. Pour batter into prepared pan about $\frac{3}{4}$ to the top of each well. Bake for 14-15 minutes or until the tops are firm and spring back slightly when you touch them.

Remove donuts from the oven and let them cool in the pan for 5 minutes and then remove them carefully, placing them on a wire rack to cool. While they are cooling, in a small bowl, melt butter in the microwave. Set aside.

In a separate bowl, mix the cinnamon and sugar. Set aside. Once donuts are cool enough to be handled, dip the tops into the melted butter and then quickly into the cinnamon sugar mixture. Repeat for the entire batch of donuts.