



Noelle's Peach

Recipes

From the Author

The contents of this booklet consist of recipes obtained by Karen Randau from her friends, her mother, and her grandmother. She's tweaked them over the years to fit her family's tastes and her cooking style (as easy as possible). These are well-loved dishes worldwide, so any similarities to recipes found elsewhere is coincidental.

These are the kinds of treats referenced in Karen's novel, *Into the Fog*, book 1 in her Peach Blossom Romantic Suspense series, set in the small farming town of Peach Blossom, Oklahoma. The book is available in Kindle and paperback versions on Amazon, and it's free to read on Kindle Unlimited. Get the version that works for you at <https://books2read.com/u/bx12zd>.

About Into the Fog

Love and danger collide in this thrilling novel when hands push Marie Jessica ("MJ") Goodrich from a rural roadway into an icy creek. The clock is ticking for her pleading friend on the other side of the ravine. Running from flashbacks of a life-altering attack in Afghanistan, MJ takes refuge with her mother, managing Peach Blossom Orchard. But peace is elusive in a rural Oklahoma town full of secrets.

After losing his wife and children in a fatal car crash, Josh Rivers doubts he deserves a second chance at love. He can't believe his bad luck when MJ, the woman who plagues the nightmares of his military service in Afghanistan, shows up in his hometown. She claims a driver ran down and abducted her friend Kelsey. Frustrated with the county sheriff's investigation, MJ and Josh partner to follow clues that lead to a kidnapper who demands a bizarre ransom.

With danger increasing for everyone MJ loves, will the clock run out before they solve the mystery? Find out how MJ and Josh—swirling in a whirlwind of mystery and suspense—lean on their mutual faith to find answers, courage, forgiveness, healing ... and wholesome romance.

If you like to read Christy Barritt and Colleen Coble, you'll love *Into the Fog*, a keep-you-up-at-night clean romantic suspense novel that launches the Peach Blossom Romantic Suspense series.



[Get Into the Fog Now!](#)

Contents



[How to Choose & Ripen Peaches . . . Page 4](#)

[3 Ways to Peel a Peach . . . Page 5](#)

[Noelle's Peach Cobbler . . . Page 6](#)

[Noelle's Peach Lemonade . . . Page 7](#)

[Noelle's Peach Muffins . . . Page 8](#)

[Noelle's Peach Waffles & Syrup . . . Page 9](#)

[About Karen Randau . . . Page 10](#)

How to Choose & Ripen Peaches



Peaches can be delicious when they're ripe, juicy, and sweet, but the peaches you find in the supermarket don't always fit the bill. Most people don't own a peach orchard like Noelle, but you may live in an area where you can buy from local growers. You can often find ripe peaches at farmer's markets, roadside fruit stands, and directly from the orchard if they allow the public to pick and buy peaches, as Noelle does. Below are some tips on how to choose peaches. If you can't find ripe enough peaches at the grocery store, we've also provided tips on how to ripen the ones you can find.

Color (main indicator)

Look for vibrant tones and colors—they may have lighter tones if a leaf kept a portion of the peach from getting sunlight while it was still on the tree, but the peaches you choose should never have green on them. Those were picked too early so they would hold up better while being shipped to your location.

Fragrance (a good sign)

You should get a strong peach fragrance from the stem end of a ripe peach. Keep in mind, though, that vibrant colors are the first indicator—look before picking up a peach to take a sniff.

Firmness

If a peach is hard, it isn't ripe enough. Hold a peach with vibrant colors and a strong fragrance and *gently* squeeze so you don't bruise it. Where to squeeze? Did you know the area near where the stem was is called the shoulder? Gently press there. If there's give but not too much, chances are it's ripe, juicy, and sweet—great for Noelle's recipes. If it's too soft, it will be mealy.



What if you can't find ripe peaches? No worries, below are two ripening methods.

Paper Bag Method (Best)

Arrange your under-ripe peaches in a single layer on their shoulders (where the stem was) in a brown paper bag, with a little space between them. Gently close the bag to trap the ethylene gas, which is what encourages ripening. Keep the bag on a counter, and avoid moving them around. Check every 24 hours to ensure they don't get too ripe.

Sun Method

While the paper bag method is best, you can also place them in the sunlight on the shoulders. Choose a window that gets sun, and place them shoulders down on the sill. Check them regularly to ensure they don't get too ripe.

3 Ways to Peel a Peach



Method 1: Vegetable Peeler (Harder)



You could remove the skin of a peach the same way you peel vegetables, with a vegetable peeler or paring knife. Not only is this method more time consuming than the other methods below, but it also works best when your peaches are firm (as they might be in the early summer). With riper peaches, you could end up with a mess, losing some of the juice and much of the tasty fruit. Noelle rarely uses this method.



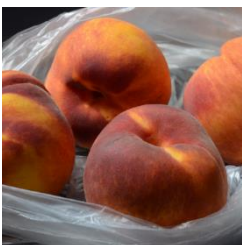
Method 2: Blanch & Shock (Easier)



A conventional method for peeling peaches is to blanch them in hot water before shocking them in an ice bath. Bring a large pot of water to a boil. With a slotted spoon, lower one peach at a time into the water for 30 seconds. Remove the peach and stop the peach from cooking more by submerging it in a bowl full of ice and water. When the peach is cool to the touch, pinch the skin and gently pull it off. If it won't peel, cut a small slit in the skin with a knife and begin pulling from there.



Method 3: Freeze & Peel (Noelle's Favorite)



As you might imagine, owning a peach orchard means she sometimes has more peaches than she can use right away. To try this method, first wash and completely dry your peaches. Place whole peaches in air-tight bags in the freezer. When you're ready to peel them, take out the number you need for your recipe. Hold each peach under a stream of water for about 10 seconds, bottom up. Apply light pressure to the skin, as in pinching. Gently pull the skin away with minimal effort.

Noelle's Peach Cobbler



Ingredients 🍑

For Filling:

- 6 medium fresh peaches, peeled and sliced into 1/4 inch pieces (or 2 16-oz cans, or 40 oz frozen)
- 1/2 cup white sugar
- 1 teaspoon lemon juice
- 1 teaspoon corn starch

For Topping:

- 1/2 cup butter
- 1 cup all-purpose flour
- 1/2 cup white sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract

Directions 🍑

1. Preheat oven to 350 F.
2. Lightly coat a 13-inch x 9-inch baking dish with cooking spray.
3. Spread the peach slices into the baking dish.
4. Toss the peach slices with sugar, corn starch, and lemon juice.
5. In a medium bowl, mix the butter, sugar, vanilla, flour, baking powder, and salt until clumps form.
6. Spread the topping over the peaches with a spoon or your fingers.
7. Bake for 30 minutes or until topping is golden.
8. Let cool for 30 minutes before serving.
9. Serve warm with vanilla ice cream or whipped cream.

Noelle's Peach Lemonade

Makes About 1 Quart



Ingredients

- 3-5 ripe peaches, pitted and sliced (peeled if you plan to save the pulp for another recipe, as Noelle does)
- 1 cup granulated sugar (adjust to taste and tartness of peaches)
- 1 teaspoon pure vanilla extract
- 4 cups water, divided
- 5 fresh lemons, squeezed and strained (makes about 1 cup)
- Fresh mint (optional)

Directions

1. Pit and slice peaches. Noelle peels them so she can use the pulp for other recipes. (One peeling method is to dip them one at a time into boiling water for a few seconds; cut a slit into the bottom; pull and peel the skin off.)
2. Make syrup by combining peaches, sugar, and 2 cups water in a medium saucepan. Heat to simmer. Reduce heat and simmer until mushy, about 15 to 25 minutes, depending on firmness of the peaches. Add vanilla extract and stir. Cool to room temperature
3. While syrup is cooling, juice and strain the lemons.
4. Strain the syrup mixture through a fine sieve into a pitcher. You could discard the peaches, but Noelle saves and freezes them in 1-cup portions to flavor other recipes, such as pancakes. She also eats them unfrozen with vanilla yogurt, oatmeal, or plain (they're delicious).
5. Add lemon juice and remaining 2 cups of water.
6. Serve over ice, frozen peach slices, or frozen cubes made from another batch of peach syrup.
7. (Optional) – Garnish with a sprig of fresh mint or a wedge of peach and lemon slices.

Noelle's Peach Muffins

Makes 8-12, depending upon muffin tin size



Ingredients

For Muffins:

- 1 1/4 cups all-purpose flour
- 2/3 cup granulated sugar (or substitute to taste)
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1/2 cup butter, melted, cooled to room temperature
- 1/2 cup whole milk, room temperature
- 1 egg, room temperature
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract (optional)

- 1/4 cup vegetable oil (or applesauce)
- 1 large peach peeled, pitted, diced (1 cup if canned or frozen)

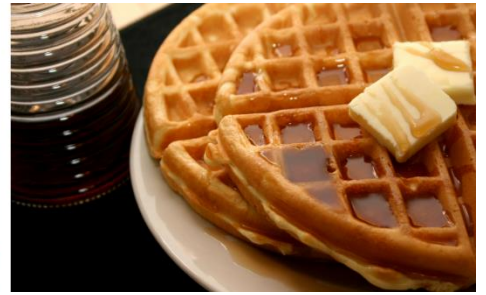
For Crumb Topping:

- 1/2 cup chopped nuts (optional)
- 1/3 cup sugar
- 1/4 cup all-purpose flour
- 1 teaspoon cinnamon
- 2 tablespoons cold and diced butter

Directions

1. Preheat oven to 350 degrees F (177 C).
2. Mix together topping ingredients with pastry cutter, fork, or your fingers until crumbly (don't over mix; it will be too fine). Set aside to sprinkle on your muffin batter.
3. In a large bowl combine dry ingredients (flour, sugar, baking powder, cinnamon and salt).
4. In a medium bowl whisk together the wet ingredients (melted butter, milk, egg, extracts, vegetable oil).
5. Combine the wet and dry ingredients until flour disappears (over mixing results in dense, flat muffins). Batter should be thick and spoonable.
6. *For fresh peaches:* peel, pit, and cut into quarter-inch cubes. Toss with lemon juice and set aside.
For canned peaches: drain 1 15-oz can of cubed peaches. Set aside.
7. Gently fold in peaches just until incorporated.
8. Prepare muffin tins with paper liners (or use silicone cups). Fill 3/4 full with batter; sprinkle with topping.
9. Bake at 350 degrees until golden brown and a toothpick inserted in the center comes out clean (about 20 minutes). Let cool for 10 minutes before removing from muffin tins or silicone cups (no need to remove muffins from paper liners if you used them).

Noelle's Peach Waffles & Syrup



Ingredients 🍑

- 1 1/2 cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1 cup milk
- 1 teaspoon vanilla extract
- 4 tablespoons butter (melted)
- 1 15-oz can diced peaches in syrup

Directions 🍑

1. Preheat waffle iron according to manufacturer's instructions
2. Drain the peaches and reserve the liquid for the syrup.
3. Mix together dry ingredients in a medium sized bowl.
4. Mix together wet ingredients in a small bowl.
5. Gently mix the wet ingredients into the dry ingredients just until flour disappears. Don't over mix.
6. Gently fold in vanilla and 3/4 of the canned peaches, saving about 1/4 cup for the syrup.
7. Cook according to the instructions of the waffle iron manufacturer until deep brown (crisp on the outside).
8. While waffles cook, make the syrup by blending the reserved liquid and the remainder of the diced peaches until smooth. In a saucepan, heat until warm (not boiling).
9. Serve warm with syrup and butter if desired.

About Karen Randau



Karen Randau has been writing since an elementary school teacher first taught her how to put sentences together. All of her major life events have been processed in prose. She earned a degree in journalism and enjoyed a long career in marketing communications, primarily with an international relief and development non-profit that worked in developing nations. Things learned in her travels often make it into her books, which she began writing after retiring and raising a family. Her books, full of intrigue, action, and romance, feature strong but damaged women overcoming unbeatable odds.

She enjoys living in the picturesque mountains of Arizona with her family. She likes to cook, hike, cuddle, and connect with readers.

Karen's Books

PEACH BLOSSOM ROMANTIC SUSPENSE SERIES

Into the Fog

KAYLA WALSH MYSTERY-SUSPENSE TRILOGY

Nowhere to Hide

No One to Trust

Nothing to Lose

FRANKIE SHEP SUSPENSE NOVELLAS

Mystery Bones Murders

Survival Instinct

Choir Loft Murder

RIM COUNTRY MYSTERY SERIES

Deadly Deceit

Deadly Inheritance

Deadly Choices

Deadly Payload

TAWNEE MOUNTAIN MULTI-AUTHOR MYSTERIES

Deadly Reception

Connect With Karen

Website: KarenRandau.com

Facebook: facebook.com/KarenRandauAuthor