



Lori Anne PEACHES

Cookbook

VOLUME 2

Grown in the sunny fields of Titan Farms in Ridge Spring, South Carolina, Lori Anne Peaches are deliciously ripe and taste like no other.

These peaches receive the most tender loving care – specially selected in the field and packed by hand. With soft, delicate fuzz on the skin and tender, juicy flesh, this is how a peach should taste.

“We take pride in selecting our favorite peach varieties to share with family and friends. I invite you to try these incredible peaches, as well as these delicious recipes which include some of my personal favorites.”

Titan Farms is a true family operation with owners Chalmers and Lori Anne Carr overseeing every aspect of the business. Family members, along with long-term employees, create a genuine family atmosphere at Titan Farms. The pride and ownership in their work is reflected in the quality of the peaches.



Prep time: 2 hours 10 mins | Cook time: 7 mins | Serves: 4

Grilled Peach Pork Kabobs

INGREDIENTS

- 1 pound pork tenderloin, diced
- 3/4 cup teriyaki marinade*
- 4 peaches, diced
- 1 sweet onion, diced

Place pork and teriyaki glaze in a large re-sealable plastic bag. Move bag around to coat the pork. Refrigerate at least 2 hours or overnight. Drain meat and discard marinade.

Preheat grill to medium-high.

If using bamboo skewers, soak skewers in water for 30 minutes before using. Using eight 10 inch skewers, start with onions, then peaches, then pork. Grill each skewer approximately 7-9 minutes, turning a couple of times. Pork should be barely pink inside. Place skewers on serving plate, cover with foil and let sit 5 minutes before serving.

TERIYAKI MARINADE

- 1/2 cup low sodium soy sauce
- 1/4 cup water
- 1/4 cup mirin (Japanese sweet rice wine)
- 1 tablespoon brown sugar
- 1 1/2 teaspoons minced garlic (approximately 6 cloves)
- 1 1/2 teaspoons minced fresh ginger
- 1 1/2 teaspoons corn starch
- 1 tablespoon water

In a small sauce pan, add soy sauce, water, mirin, brown sugar, garlic and ginger. Stir to combine and dissolve sugar. On medium heat, bring marinade to a simmer. In a small bowl, add corn starch and water, and stir to dissolve corn starch. While stirring marinade on stovetop add corn starch mixture, stirring constantly to avoid lumps. Increase heat to medium-high and cook 1-2 minutes stirring constantly until thickened. Makes 1 cup.



Peaches are a fantastic source of vitamin A, which is important for the health of your eyes and immune system.



Prep time: 20 mins | Cook time: 10 mins | Serves: 6-8

Shrimp Taco Bowls

INGREDIENTS

- 1 1/2 tablespoons olive oil
- 1/2 medium onion, chopped
- 1/2 red pepper, chopped
- 1/2 jalapeño, chopped
- 1 cup salsa, medium heat
- 1 1/2 cups fresh peaches, chopped
- 1 teaspoon Mexican oregano
- 1/2 teaspoon cumin
- 1 pound deveined, peeled and cooked shrimp
- 6 cups Napa cabbage, shredded
- 2 tablespoons cilantro, chopped
- Avocados (optional)
- Lime (optional)

In a large skillet on medium heat, add olive oil, onion, red pepper and jalapeño. Sauté 3-5 minutes or until onions are translucent. Add salsa, peaches, oregano, cumin and shrimp. Stir to combine and heat around 5 minutes.

In separate bowls, add one cup of Napa cabbage to each and divide shrimp mixture evenly between each bowl. Garnish with cilantro, avocado and lime wedges, if desired.

Did you know Titan Farms grows more peaches than any other state on the East Coast?

Prep time: 20 mins | Chill time: 20 mins | Serves: 4

Creamy Peach Soup

INGREDIENTS

- 4 large, fresh peaches
- 2/3 cup coconut milk
- 2 tablespoons lemon juice
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 4 strawberries, sliced (optional)

Add water to a medium saucepan on high heat and bring to a boil. Place peaches into boiling water for 20-30 seconds. Using slotted spoon, remove peaches from the water and place into a colander. Rinse under cold water. Let peaches cool. To remove peach skins, make a small cut into the skin and start removing the skin. It should slip right off. Slice in half, remove pit and slice 3 of the peaches. Cut the remaining peach into small dices. Set aside.

In a blender, add the sliced peaches, coconut milk, lemon juice, vanilla, cinnamon and salt. Blend until smooth, approximately 3 minutes. Divide into four bowls and add peach dices to each bowl. Garnish with fresh strawberries, if desired.



Prep time: 15 mins | Cook time: 2 mins | Serves: 2 sandwiches

Smoked Ham and Grilled Peach Sandwich

INGREDIENTS

2 slices focaccia bread
1 slice Swiss cheese
1/2 cup spring greens
2 slices smoked ham
2 peaches

To assemble sandwich, use focaccia bread as base and spread with aioli (see recipe below). Top with Swiss cheese, add spring greens and smoked ham.

To grill peaches, heat grill to high. Cut each peach in half and remove pit. Brush all sides with canola or vegetable oil. Place on grill, cut side down and grill for 2-3 minutes. Remove from grill and slice thin for sandwiches.

Finish by adding grilled peach slices to each sandwich.



HOMEMADE AIOLI

2 cloves garlic
Dash of salt
1 egg yolk
2 teaspoons fresh lemon juice
1/2 teaspoon Dijon mustard
1/4 cup extra-virgin olive oil
3 tablespoons vegetable oil

Smash cloves of garlic with the back of a knife on a cutting board until you have a paste. Add dash of salt. In a small bowl, add egg yolk, fresh lemon juice and Dijon mustard. Whisk to combine. In a measuring cup, combine extra virgin olive oil and vegetable oil. Slowly add oils to yolk mixture, whisking constantly. If the oil starts to separate, stop adding oil and whisk until all oil is mixed in and continue with remaining oil. Add the garlic paste.

Chill until ready to use. Makes 1/2 cup aioli.

Prep time: 15 mins | Cook time: 10 mins | Serves: 4

Grilled Chicken with Peach Pico de Gallo

INGREDIENTS

1 cup peaches, chopped*
1/2 cup red pepper, diced
1/4 cup red onion, minced
2 tablespoon Italian parsley, chopped
4 chicken breasts

In a small bowl, add peaches, red pepper, red onion and Italian parsley. Stir to combine and set aside.

Pre-heat grill to medium high. Brush each chicken breast with canola or vegetable oil to prevent sticking to the grill grate. Place breasts on grill and cook for 2-3 minutes per side. Chicken breasts are cooked through when pierced and the juices are clear.

Place chicken on plate and top with peach Pico de Gallo.

*Cut peaches in half, remove pit and slice. Chop sliced peaches into 1/4 inch pieces.



Prep time: 20 mins | Cook time: 50 mins | Serves: 1 loaf - 16 slices

Fresh Peach Bread

INGREDIENTS

1 2/3 cups unbleached flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
1/3 cup unsalted butter-at room temperature
3/4 cup sugar

2 large eggs
1/3 cup water
1 teaspoon vanilla extract
1/4 teaspoon almond extract
1 1/2 cups diced peaches*
1/2 cup chopped pecans, toasted
1 tablespoon sugar



Pre-heat oven to 350F.

Spray a 9" X 5" loaf pan with baking spray and set aside.

In a small bowl, add flour, baking soda, salt and baking powder. Stir to combine and set aside.

In a medium bowl, add butter and sugar. Using a hand held mixer, cream mixture for 2 minutes or until light in color. Add eggs one at a time and beat for 30 seconds. Add water and extracts and mix well. Add flour mixture and stir just until combined. There will be some lumps. Fold in dusted peaches* and pecans. Put batter in prepared pan and spread evenly.

Place in middle of oven and bake for 50-55 minutes. The bread is done when a toothpick is inserted in the middle and comes out clean. Cool for 10 minutes before removing from pan and cooling completely on wire rack.

**Cut peaches in half, remove pit, slice and then cut these slices in 1/4 inch pieces - dust with flour right before mixing into batter (dusting the peaches with flour will help the fruit from sinking to the bottom of the pan).*

Prep time: 20 mins | Serves 4

Simple Peach Salad

INGREDIENTS

3 large peaches, pitted and diced
1 cup grape tomatoes, halved
1/4 cup red onion, chopped
1/4 cup dried cranberries, chopped
1/3 cup extra virgin olive oil

1/4 cup white balsamic vinegar
1 teaspoon Italian herbs
Salt and pepper
2 tablespoons feta cheese crumbles (optional)



In a medium bowl, add peaches, tomatoes, red onion and cranberries. Toss to combine and set aside.

In a small jar, add olive oil, balsamic vinegar and Italian herbs. Add lid and shake vigorously. Taste and season with salt and pepper and shake again. Drizzle over peach salad and toss to combine.

Garnish with feta cheese, if desired.



Prep time: 20 mins | Cook time: 15 mins | Makes: 11 (3") pancakes



Homemade Peach Pancakes

INGREDIENTS

1 large egg
1 cup buttermilk
1 teaspoon baking powder
1/2 teaspoon baking soda
1 tablespoon sugar
1 cup all-purpose flour

2 tablespoons canola or vegetable oil
1 cup peaches, chopped
Strawberries, optional
Blueberries, optional
Whipped cream and powdered sugar, optional

Pre-heat oven to 180F.

In a medium bowl, add egg, whisk until yellow in color. Add buttermilk and stir to combine. Add baking powder, baking soda and sugar. Stir to combine. Mixture will get foamy. Add flour and oil. Stir to combine; the batter will be slightly lumpy. Add the fresh peaches and fold into the batter.

In a large skillet, use a paper towel dipped in oil to grease the cooking surface. Heat the skillet for 1-2 minutes on medium-high heat. Pro tip: to test, sprinkle with some drops of water; if the water sizzles, the skillet is ready!

Pour batter from the tip of a large spoon in separated pools. (A large skillet will hold three pancakes). Turn the pancakes as soon as they are puffed and full of bubbles; about 1 1/2 minutes. Cook for another 30 seconds and remove. Both sides should be a lovely light brown color. Place on plate in warm oven. Cook remaining pancakes. Serve with butter and real maple syrup.

Prep time: 15 mins | Cook time: 5 mins | Serves: 4

Summer Fruit Bruschetta

INGREDIENTS

12 slices cocktail bread
12 tablespoons cottage cheese (about 6 ounces)
1 fresh peach, sliced
1 fresh plum, sliced
4 strawberries, sliced
Balsamic glaze*
Candied walnuts, chopped (optional)
Basil leaves (optional)

Place all bread slices on flat surface. Top each with 1 tablespoon of cottage cheese and spread to edges of bread. Top four slices with fresh peach slices, and continue topping other slices with remaining fruit. Garnish each slice with balsamic glaze, candied walnuts and basil, if desired.

BALSAMIC GLAZE

1 cup balsamic vinegar

In a small sauce pan on medium high heat, add the balsamic vinegar. Bring to a boil. Lower heat to medium and simmer 3-5 minutes. Be cautious as glaze will thicken quickly. Use to drizzle over fruits. Makes 1/4 cup.



Prep time: 15 mins | Cook time: 15 mins | Serves: 8-10

Peach Caramel Crepes

INGREDIENTS

4-6 fresh peaches, pitted and sliced
1 tablespoon sugar
1 1/2 cups whipped cream
1 tablespoon sugar
1 teaspoon vanilla
1 1/2 cups milk, room temperature
2 large eggs, room temperature
1 cup unbleached flour
1 tablespoon sugar
1 tablespoon canola oil
2 teaspoons vanilla
1/4 teaspoon salt
Caramel sauce
Butter for pan



In a medium bowl, add sliced peaches and sugar. Toss to coat and set aside.

In a medium bowl, add whipped cream, sugar and vanilla. Beat with handheld mixer until stiff peaks form, approximately 3-5 minutes. Place in refrigerator until ready to use.

In a blender, add milk, eggs, flour, sugar, oil, vanilla and salt. Blend 1 minute. Turn blender off and scrape down sides with spatula. Blend for another minute until frothy.

In a medium non-stick skillet over medium-high heat, coat skillet with butter. Add 1/4 cup batter and tip pan on its side and swirl around to coat bottom of pan. Let crepe cook until bottom is golden, approximately 30 seconds. Use a thin spatula to loosen edges of crepe and then flip over. Cook another 10 seconds and transfer to a plate. Continue cooking crepes until all batter is used. Remember to put a pat of butter in the pan between cooking each crepe.*

To serve the crepes, place crepe on a plate, place some peaches down the center of the crepe and add a dollop of whipped cream. Fold edges of the crepe over the peaches and cream. Top with additional whipped cream and drizzle with warmed caramel sauce, if desired.

*Can also use pre-made crepes

A medium-sized peach has only 68 calories and no fat!



Prep time: 20 mins | Makes 2-3 cups

Peach Salsa

INGREDIENTS

1 1/2 cups fresh peaches, diced (4-6 peaches, depending on size)
1 large tomato, diced
1/4 cup sweet onion, diced
1/2 jalapeño, seeds removed and diced
1 tablespoon cilantro, chopped
Juice of one lime

In a small bowl, add peaches, tomato, onion, jalapeño, cilantro and the lime juice. Toss to combine. Serve with your favorite tortilla chip or tacos.



TitanFarms.com

Prep time: 30 mins | Chill time: 4 hours or overnight | Serves: 9

Peaches & Cream Dessert

INGREDIENTS

1 teaspoon unflavored gelatin
3 tablespoons water
2 cups graham cracker crumbs
(12 whole graham crackers)
1/3 cup lightly packed brown sugar
1/2 cup butter, unsalted and melted

1 package (8 ounces) cream cheese,
room temperature
1/4 cup plus 2 tablespoons sugar, divided
2 cups whipped cream, ultra-pasteurized
1/4 teaspoon almond extract
1 1/2 cup fresh peaches, diced

Pre-heat oven to 350F.

Place all graham crackers in plastic bag, seal and crush with rolling pin until they resemble sand.

In a small bowl, add the gelatin and water. Stir to combine and set aside to soften.

In a medium bowl, add graham crackers, brown sugar and melted butter. Blend well. Press mixture evenly into bottom of 9 inch square pan. Bake in oven approximately 12-14 minutes or until golden brown. Let cool completely.

In a small bowl, add cream cheese and sugar. Using hand held mixer, beat until cream cheese is smooth. In a medium bowl, add whipped cream and almond extract, beat until stiff peaks form. Add softened gelatin and whip to combine. Add whipped cream cheese and whip into whipped cream mixture. Add the peaches and fold into cream mixture. Spread mixture evenly onto graham cracker crust. Refrigerate for 4 hours or overnight.



Peaches are high in vitamin C, which helps protect our cells from damage caused by free radicals.

Prep time: 15 mins | Cook time: 30 mins | Serves 6-9

Fresh Peach Crisp

INGREDIENTS

4 cups peaches, sliced
1/2 cup unbleached or all-purpose flour
1/2 cup brown sugar, packed
1/2 cup butter, cold and unsalted
1 teaspoon ground cinnamon

1/4 teaspoon salt
1/2 old-fashioned rolled oats
1/2 cup almonds, slivered and chopped
Cream or ice cream, optional

Pre-heat oven to 350F.

In an 8" X 8" baking pan, arrange sliced peaches evenly and set aside.

In a bowl, add flour, brown sugar, butter, cinnamon and salt. Using a pastry cutter, blend until mixture is crumbly and flour and butter are starting to combine. Add rolled oats and almonds; stirring to combine. Sprinkle mixture evenly over peaches. Bake for 30-35 minutes or until topping is golden brown. Serve warm with cream or vanilla ice cream.

