Breads and Rolls or Related Tips Coming May 8

Asparagus Is 'Favorite Recipe' Topic This Week

Good quality asparagus is now Egg Bake" recipe The recipe is butter in saucepan, stir in flour appearing in our local markets as follows This tasty, early vegetable can

be used in several different ways, as the receipes we re- 18 asparagus spears ceived indicate

The recipes emphasize use of 1/4 cup flour asparagus in casserole form. 1/2 teaspoon salt There is one recipe, however, 11/2 cup milk cake

poultry industries a break by combining products from all and salt, blend in milk to make a smooth paste Stir in remainder of milk Cook over med-

ium heat until white sauce is thick, sturing constantly Add shreddei cheese while white sauce is still hot, add red pepper, stn till cheese is melted

In a greased baking dish (11/2 quart size) layer half of the asparagus, sliced egg and white sauce, repeat to make a second layer Top with cracker crumbs mixed with butter Bake at 350° 30 minutes until mixture bub-

sired

Mrs Vic Burris, McAlister-

Asparagus Casserole

tablespoons butter or oleo

tablespoon flour teaspoon salt

1/2 cup evaporated milk

1/2 cup cracker crumbs

hard cooked eggs

1/4 cup cheese, grated

¹/₄ teaspoon pepper



bles Place under broller two Poad, Quarryville, also helps minutes or until silver knife inminutes to brown top 1/2 cup the dairy industry with her serted in center comes out clean. cubed ham may be added if de- "Asparagus With Cheese Dress- Run sharp knife around sides ing" recipe as follows .

> Asparagus With Cheese Wash asparagus well and cook

ville, Pa, forwards her "Aspara- with small amount of water and gus Casserole" lecipe as fol- salt When tender, remove from fire, put on a platter and pour conversation cheese sauce over top Mrs Carter makes her cheese Asparagus Spears (1 lb. 4 oz sauce as follows: Melt cheese in small amount of $1\frac{1}{2}$ cups asparagus (cut and milk, add tablespoon of butter "This makes a thick sauce," she 34 cup salad oil says. Mrs J. Young, Manheim RD4, 1

forwards her fresh "Asparagus 2 Custard" recipe as follows

- Fresh Asparagus Custards
- pound fresh asparagus
- Melt butter, blend in floui, salt 2 eggs pepper Add evaporated 1
 - cup milk
- milk to asparagus liquid, 1½ 2 tablespoons melted butter or margarine blend until smooth Cook 2 min- 1
 - tablespoon minced fresh onion

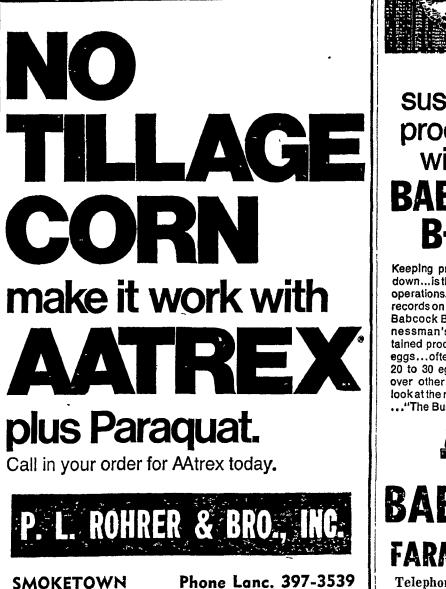
Break off asparagus stalks;

- Spread half the asparagus in 1 teaspoon salt
 - quart casserole, spinkle 1/8 teaspoon pepper
- with half the cracker crumbs, add sliced eggs and half the Break off asparagus starks; white sauce Layer again with wash asparagus Cook covered in

Drain asparagus, saving liquid 1

cups Stir into flour mixture,

- rest of asparagus, sauce and cracker crumbs
- "I have found this a welcome stir in milk, butter or margarine, dish at any gathering," Mrs onion, salt, pepper and aspara-
- Burris said, "and we like it for gus Turn into 4 buttered baking our meals at home."
 - Mrs. V R. Carter, Scotland in 300 degree oven 50 to 60



to unmold. Makes 4 servings.

Mrs. David Holt, Lincoln University, says her Asparagus Pudding Cake is "a great topic of She dessert!" makes it as follows.

Asparagus Pudding Cake

- cooked in pieces)
- 134 cup sugar
- eggs 3
- cup buttermilk
- cups sifted flour
- cup chopped walnuts 1
- 2½ teaspoons baking powder
- 1¼ tablespoons baking soda
- ¹/₂ teaspoon ginger
- 1½ teaspoon cinnamon
- teaspoon nutmeg
- teaspoon salt

Drain asparagus and set aside. Sift diy ingredients together. Add buttermilk and oil, beat thoroughly Add eggs, aspargus (Continued on Page 19)



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- using asparagus in a pudding 1 cup shredded cheese ¹/₈ teaspoon red pepper 4 haid cooked eggs Mrs Paul Sauder, Manheim 1/2 cup cracker crumbs
- RD2, gives both the dairy and 1/4 cup melted butter
- these areas in her "Asparagus ed water till just tender Melt
- Asparagus Egg Bake
- ¹/₄ cup butter

Cook asparagus in boiling salt-

lows.

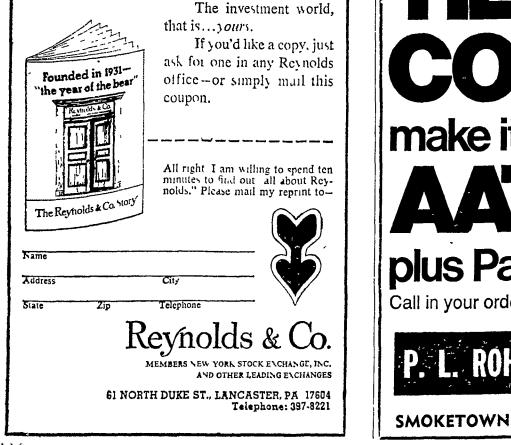
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