

Breads and Rolls or Related Tips Coming May 8

Asparagus Is 'Favorite Recipe' Topic This Week

Good quality asparagus is now appearing in our local markets. This tasty, early vegetable can be used in several different ways, as the recipes we received indicate.

The recipes emphasize use of asparagus in casserole form. There is one recipe, however, using asparagus in a pudding cake.

Mrs. Paul Sauder, Manheim RD2, gives both the dairy and poultry industries a break by combining products from all these areas in her "Asparagus

Egg Bake" recipe. The recipe is as follows:

Asparagus Egg Bake

18 asparagus spears
 ¼ cup butter
 ¼ cup flour
 ½ teaspoon salt
 1½ cup milk
 1 cup shredded cheese
 ½ teaspoon red pepper
 4 hard cooked eggs
 ½ cup cracker crumbs
 ¼ cup melted butter

Cook asparagus in boiling salted water till just tender. Melt

butter in saucepan, stir in flour and salt, blend in milk to make a smooth paste. Stir in remainder of milk. Cook over medium heat until white sauce is thick, stirring constantly. Add shredded cheese while white sauce is still hot, add red pepper, stir till cheese is melted.

In a greased baking dish (1½ 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 bubbles. Place under broiler two minutes to brown top. ½ cup cubed ham may be added if desired.



Road, Quarryville, also helps the dairy industry with her "Asparagus With Cheese Dressing" recipe as follows:

Asparagus With Cheese

Wash asparagus well and cook with small amount of water and salt. When tender, remove from fire, put on a platter and pour cheese sauce over top.

Mrs. Carter makes her cheese sauce as follows:

Melt cheese in small amount of milk, add tablespoon of butter. "This makes a thick sauce," she says.

Asparagus Casserole

Asparagus Spears (1 lb. 4 oz can)
 2 tablespoons butter or oleo
 1 tablespoon flour
 1 teaspoon salt
 ¼ teaspoon pepper
 ½ cup evaporated milk
 ½ cup cracker crumbs
 2 hard cooked eggs
 ¼ cup cheese, grated

Fresh Asparagus Custards

1 pound fresh asparagus
 2 eggs
 1 cup milk
 2 tablespoons melted butter or margarine
 1 tablespoon minced fresh onion
 1 teaspoon salt
 ½ teaspoon pepper

Break off asparagus stalks; wash asparagus. Cook covered in a little water until tender. Drain; cool and chop finely. Beat eggs; stir in milk, butter or margarine, onion, salt, pepper and asparagus. Turn into 4 buttered baking cups (6 ounce capacity). Set cups in pan of hot water. Bake in 300 degree oven 50 to 60

minutes or until silver knife inserted in center comes out clean. Run sharp knife around sides to unmold. Makes 4 servings.

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

Asparagus Pudding Cake

1½ cups asparagus (cut and cooked in pieces)
 ¾ cup salad oil
 1¾ cup sugar
 3 eggs
 1 cup buttermilk
 2 cups sifted flour
 1 cup chopped walnuts
 2½ teaspoons baking powder
 1¼ tablespoons baking soda
 ½ teaspoon ginger
 1½ teaspoon cinnamon
 1 teaspoon nutmeg
 1 teaspoon salt

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

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