

Recipe Exchange . . .

Home on the Range

With the holidays now behind us, most families will try to get back to their normal dinner routines. After consuming all of those calories in holiday treats, how about meat and a green salad for a change?

In looking through our files, I find many recipes for cakes and cookies for desserts. Needed are recipes for the main course, such as soups, fresh green salads, fresh fruit salads, stews, meats, etc. Did you know that beef (prime ribs, roast) is delicious packed and baked in rock salt - it is. The meat is so tender it melts in your mouth. Care to help us out? Send your recipes to "Recipes" Lancaster Farming, P.O. Box 266, Lititz, Penna. 17543.

We will continue to publish all of your recipes for desserts, giving you a selection of foods to help you plan your complete meal.

Cheese Meat Loaf

1 egg, slightly beaten
 ½ cup milk
 ¾ cup rolled oats
 1 pound ground beef
 3 tablespoons onion, finely chopped
 1 teaspoon salt
 ½ cup cheese, chopped
 Combine all ingredients; mix well. Shape into a loaf six inches long. Bake about one hour until brown. Remove excess fat.

Let stand about 10 minutes for easy slicing.

Note: For a change shape into six loaves and put into muffin tins; baking time will be shorter.

Mrs. Ira Davis
 Quarryville

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Green Beans Goldenrod

2 9-ounce packages frozen cut green beans
 2 hard cooked eggs
 1 teaspoon butter
 2 teaspoons flour
 ¼ teaspoon salt
 ½ teaspoon pepper
 ½ cup milk
 ½ cup mayonnaise
 Cook green beans.

Chop egg whites. Sieve yolks. Melt butter in saucepan; blend in flour, salt and pepper. Stir in milk gradually. Cook over medium heat, stirring until thickened. Stir in chopped egg whites. Remove from heat, stir in mayonnaise.

Drain beans. Place in serving dish. Spoon on sauce. Top with yolks.

Nancy Hoover
 Versailles, MO.

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Salad Dressing

2 cups water
 ½ cup soya oil
 ½ cup sugar

½ cup vinegar or lemon juice
 ½ teaspoon salt
 ¼ teaspoon turmeric
 ¼ teaspoon all seasoning or celery oil, if desired

Put together and bring to a boil. Mix two tablespoons clear jell with a little water; add an egg and beat well, then stir in boiling mixture to thicken. Boil 10 minutes, slowly.

Add:

1 tablespoon prepared mustard
 2 tablespoons mayonnaise
 Beat well with egg beater. Put in jar, ready to use.

Rebecca Fisher
 RD1
 Oxford

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Cooked Salad Dressing

8 egg yolks or 4 eggs
 ½ cup sugar
 ½ teaspoon dry mustard
 1 teaspoon salt
 2 tablespoons all-purpose flour
 ½ cup cream, sweet or sour
 ¾ cup cider vinegar
 ¼ cup water

Place eggs in mixing bowl and beat slightly. To them, add the sugar, mustard, salt and flour. Beat until light and fluffy. Add cream and beat again. Place vinegar and water in saucepan and heat. When hot, slowly add egg mixture, stirring constantly. Continue beating until mixture thickens.

This is a rich salad dressing, delicious on cabbage slaw or potato salad. Makes about one and one-half pints.

Mrs. Milton Brubaker
 Millmont RD1

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Cottage Cheese

5 quarts sweet milk
 1 quart fresh buttermilk
 3 eggs, beaten

Have the milk boiling. Then mix the eggs and buttermilk together and stir into boiling milk. Let set on burner about two minutes longer, then remove and let it set off burner one-half hour. Keep a cover on. (Light destroys the Vitamin B in milk.) Then put in cheese cloth and let drain overnight.

(I usually let it drain only about an hour, then I stir a little milk or cream and salt to taste into it.)

Mrs. Elam B. Rutt
 RD1
 Ephrata

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Dinner Rolls

1 package yeast
 2 tablespoons sugar
 1 cup warm milk (115

degrees)
 ½ cup warm water (110 degrees)

1 teaspoon salt
 1 egg, beaten
 ¾ cup melted butter
 6 cups flour

Put yeast in warm water. Mix sugar, milk, salt and eggs. Add yeast mixture. Add 3 cups flour and butter; mix with mixer until it falls off a spoon in sheets, about 7 minutes. Mix in 3 more cups flour, or just enough to make a soft dough to work.

Refrigerate overnight. Make into desired shapes and bake at 350 degrees for 20 minutes, or until browned.

Mrs. Elam Rutt
 RD1
 Ephrata

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Chicken and Corn Casserole

1-3 cup butter or margarine, melted

1-3 cup flour
 ¾ teaspoon salt
 ¼ teaspoon pepper
 ½ teaspoon celery salt
 2 cups milk

1 whole, small chicken, cook in salt water, boned and cut up, or left over chicken

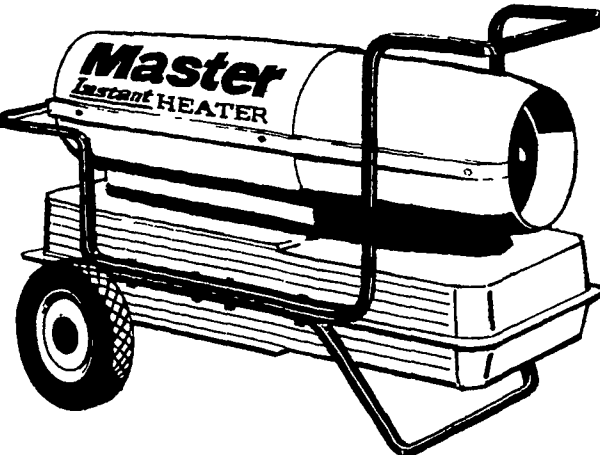
2 cups creamed corn
 ¼ cup bread or cracker crumbs

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1 tablespoon butter
 Melt butter over low heat. Stir in flour, salt, pepper and celery salt. Cook until smooth. Remove from heat, add milk, bring to boiling for one minute.

Combine sauce, cut-up chicken and corn. Pour into one and one-half quart casserole. Top with crumbs, dot with butter and bake at 350 degrees for 25 to 30 minutes or until brown on top.

Note: Instead of corn, you may use 3 cups thinly sliced potatoes and bake for 45 minutes covered at 350 degrees, then uncover and bake for 20 to 30 minutes.

Mrs. Franklin N. Hoover
 New Holland RD1

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Coffee Cake

3½ cups all purpose flour (sift before measuring)

2 cups sugar
 ½ pound butter
 3 teaspoons baking powder
 1 teaspoon salt

Cut together all ingredients. Remove one cup. To this add teaspoon cinnamon for topping.

Add to first mixture: 2 eggs beaten, 1 cup milk, 1 teaspoon vanilla. Beat well.

Grease and flour two 8-inch cake pans. Divide batter in two pans. Sprinkle crumbs on top. Bake at 350 degrees about 35 minutes or until cakes are done.

Mrs. Rufus G. Martin
 RD3
 Ephrata

Snowballs

2 cups sugar
 5 egg whites
 ¾ cup butter
 1 cup sweet milk
 2 teaspoons baking powder
 3 cups flour

Blend sugar, butter together, and add milk, flour, baking powder. Mix well. Add last, all egg whites, which have been beaten till stiff. Blend with as few strokes as possible.

Pour into a 10"x6" cake pan. When cool, ice with your favorite icing, cut in squares and roll in fresh coconut. This is great for the children.

Mrs. Joseph M. Weaver
 Ephrata RD1

Tasty - Topic

Jiffy Chow Mein
 1½ pounds ground beef
 1 medium onion, sliced
 1½ cups chopped celery
 1 cup water
 1 can (16 ounces) chop suey vegetables, drained
 ¼ cup soy sauce
 ½ teaspoon sugar
 2 tablespoons water
 2 tablespoons cornstarch

Brown ground beef in large frying-pan Pour off drippings. Add onion, celery and 1 cup water. Cover tightly and simmer 15 minutes Add chop suey vegetables Combine soy sauce, sugar, 2 tablespoons water and cornstarch and add to meat mixture Continue cooking for 5 minutes or until sauce is slightly thickened Serve with Chinese noodles. 6 servings.

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