

Recipe Exchange . . .

Home on the Range

The days of shortages and crises have produced a more economical homemaker. In grocery stores, they are seen to be purchasing more fresh produce and less luxury foods and snack items. The out come of this should be less food waste, better meal planning, and healthier people.

This week we feature a number of economical recipes. Economical because, regarding the cabbage roll recipe, cabbage not used for rolls can be prepared the same day as sauerkraut or salad, and saved for another meal. The rolls, along with the bread, buns and spaghetti sauce, can be made in a larger quantity than needed for one meal, and frozen. The smell of freshly baked bread makes the home seem warmer in these snowy, rainy days.

To help out your fellow readers in the trend to becoming more economical, send your recipes to "Recipes" Lancaster

Farming, P.O. Box 266, Lititz, Penna. 17543.

Cabbage Rolls

1 medium head (3 lb) cabbage
Boiling salted water
1 pound ground beef
¾ cup milk
½ cup pre-cooked rice
¼ cup finely chopped onion
1 teaspoon salt
1 can (8 ounces) tomato sauce

1-3 cup water
Remove core and outer leaves from cabbage. Cook in boiling salted water about eight minutes, or until almost tender.

Drain cabbage and separate leaves, reserving about 10 large leaves. (can be placed in boiling water longer if hard to separate leaves)

Combine ground beef, milk, rice, onion, salt and one-fourth cup of the tomato sauce and mix well. Place one-third cup meat mixture in center of each cabbage leaf. Fold sides and ends of

leaves over meat mixture. Roll tightly. Place rolls in single layer in large skillet. Combine remaining tomato sauce and water and pour over rolls. Cover and cook one hour, basting twice during cooking. Remove cover during last 10 minutes if sauce is thin.

Makes 10 rolls, or five servings.

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Spaghetti Sauce

4 quarts tomatoes or juice
2 cups chopped onions
6 green peppers (small)
1 cup sugar
4 teaspoons salt
2 cups catsup
4 tablespoons paprika
2 teaspoons mustard
1 cup chopped celery

Combine ingredients and simmer one and one-half hours and put in jars.

Sylvia Beiler
RD3
Quarryville, PA

xxx

Rye Bread

3 cups rye flour
1-3 cup brown sugar
3 teaspoons salt
1 tablespoon grated orange peel
½ teaspoon soda
2 packages dry yeast
1 cup buttermilk or sour milk
¼ cup molasses
¼ cup shortening
1 cup warm water
3 to 3½ cups white bread flour

In large mixer bowl, combine rye flour, brown sugar, salt, orange peel, soda and yeast. In saucepan heat buttermilk, molasses and shortening until buttermilk is warm. Add warm water and buttermilk mixture to rye flour mixture. Blend at lowest speed until

moistened, beat three minutes at medium speed. By hand, stir in flour to form a stiff dough. Knead on floured surface until smooth and elastic (about five minutes).

Place in a greased bowl (cover). Let rise in warm place until light and doubled in size, one to one and one-half hours. Punch down. Shape into two 9 x 5 pans or three small pans (cover). Let rise again, about one hour.

Bake at 350 degrees for 45 to 50 minutes. "Very good bread and worth making. Good Luck."

Rachel King
2065 Horseshoe Rd.
Lancaster

xxx

Potato Buns

5 eggs
¾ cup shortening
1 cup sugar
1 tablespoon salt
2 tablespoons yeast
2 cups warm water
2 cups mashed potatoes
7 or 8 cups bread flour

Let rise until double. Knead down, Let rise again and roll out.

Makes about five dozen, depending on size.
Mrs. Melvin Fisher
Ronks RD1

xxx

Beef Bar-B-Que

3 pounds ground beef
3 tablespoons onion (chopped)
½ teaspoon salt
¼ teaspoon pepper
3 tablespoons sugar
3 tablespoons vinegar
1 teaspoon mustard
3 teaspoons Worcestershire sauce

¾ cup ketchup
Put meat, onion, salt, and pepper in kettle and brown, mashing with potato masher to make it fine. After mixture is brown add other ingredients and heat.

Mrs. John H. Martin
Ephrata, RD3

Chicken Salad
4 chicken breasts (cut fine)
1 cup macaroni (cooked)
6 carrots (raw)
3 large potatoes
¼ teaspoon celery salt
A dash of dry mustard
3 cups salad dressing

Combine. You may use one-half cup cream if you want the salad to be more moist.

Miss Alta Brubaker
Millmont RD1

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Frosty Strawberry Dessert

¼ cup brown sugar
1 cup flour
½ cup chopped nuts (optional)
½ cup melted butter
Spread evenly in shallow pan. Bake at 350 degrees for 20 minutes, stirring occasionally. Line serving dish with two-thirds crumbs and save rest for topping.

Combine:
2 egg whites
2-3 cup granulated sugar
1 box (10 ounce) strawberries

1 tablespoon lemon juice
Beat at high speed for about 10 minutes, till stiff peaks form. Fold in one cup cream (whipped). Spoon over crumbs. Freeze six hours, or overnight.

Mrs. Lester Hursh
Mount Joy RD1

Mrs. Hursh is looking for a recipe for Poor Man's Steak. We'll be looking for your recipes in the mail this week.

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In last week's edition of "Lancaster Farming" we published Mrs. Rufus G. Martin's recipe for Coffee Cake. However, we neglected to tell you that brown sugar is also needed for the topping. Below is the corrected recipe for her Coffee Cake.

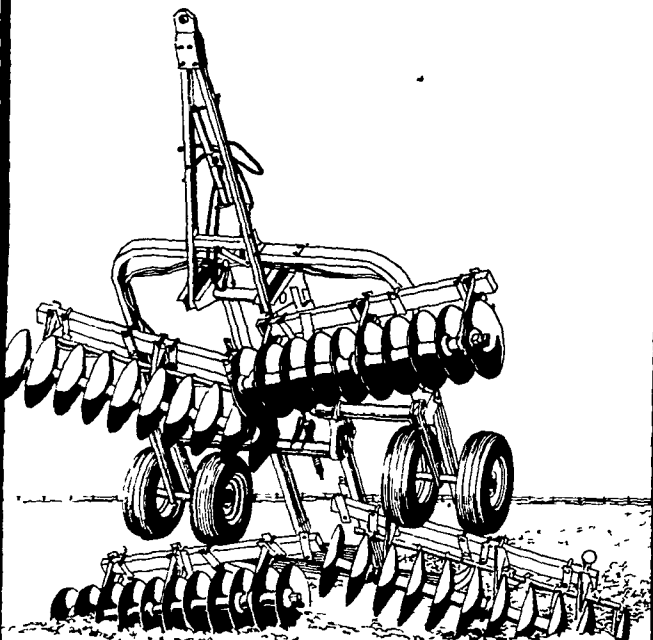
Coffee Cake

¾ cups all purpose flour (sift before measuring)
2 cups sugar
½ pound butter
3 teaspoons baking powder
1 teaspoon salt
½ cup brown sugar
Cut together all ingredients, except brown sugar. Remove one cup of this mixture, and to it add one-half cup brown sugar and one teaspoon cinnamon for the 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
Ephrata RD3

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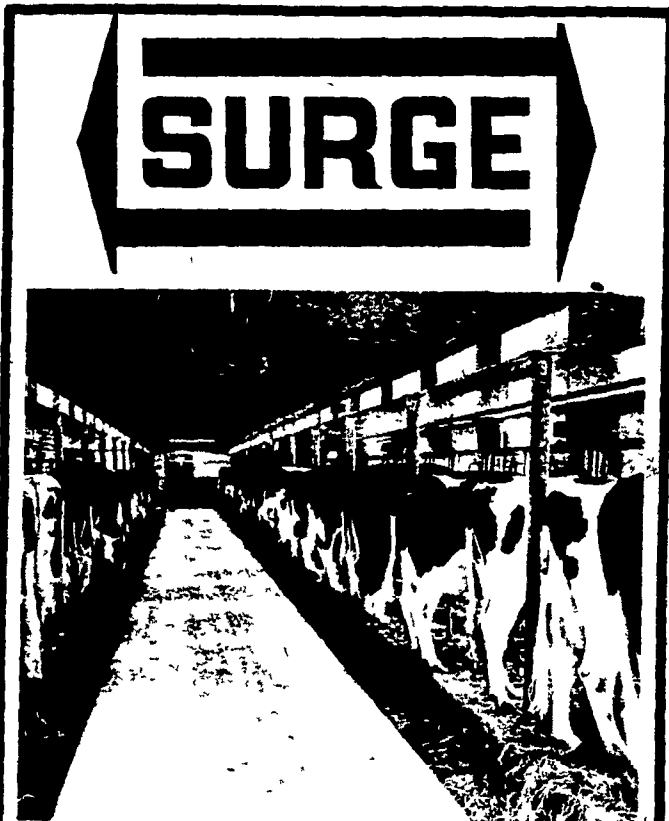
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