

Homestead Notes

Linda Petoff, Editor



Americans have come to associate foods with different regions of the world - they pick and choose their diets from traditions of the whole world. Our food has all sorts of social, geographical and cultural traditions. For instance we think of baseball and hot dogs, San Francisco and Chinese food, New Orleans and shrimp gumbo, the Southwest and chili, Mexico and tacos, or tequilla, whichever you prefer, young people and soul food, and so on.

Although you won't find recipes for the above mentioned foods, this week in Homestead Notes, we feature the hearty eaters of Vermont, and some of their recipes, taken from "The Vermont Village Cook Book." Being a Vermonter myself, I can assure you that they are hearty eaters, especially in winter, and the recipes are delicious. I hope you will take the time to try some of those you will find here, and enjoy them as well.

You will find recipes from beverages to appetizers to main dishes to desserts, along with a fine recipe for venison. We'll even tell you how to cook a ruffed grouse. Hope you have a good time with these, and enjoy them as much as I do your Pennsylvania Dutch cooking.

Bobo's Hay Tonic

- ¾ cup maple syrup (or half honey)
- ½ cup vinegar
- 1 teaspoon baking soda
- ½ teaspoon ginger
- 1 gallon cold water

Mix and serve. A very refreshing summer drink, especially after haying.

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Vermont

Daisey's Cure for Arthritis

- 1 grapefruit
- 1 orange
- 1 lemon
- 1 tablespoon Epsom salts
- 1 tablespoon cream of tartar

Cut the fruit in quarters and place in covered container. Add one tablespoon Epsom salts and one tablespoon cream of tartar. Pour on one quart boiling water. Let the mixture stand for 12 hours at room temperature, then strain and put in the icebox, covered

Pitcher

Marinated Shrimp

- 2 pounds cooked shrimp
- 1 clove garlic
- ½ cup celery and 1 scallion, chopped fine
- 1 tablespoon chopped chives
- 6 tablespoons olive oil
- 3 tablespoons lemon juice
- ¼ teaspoon Tabasco
- 2 tablespoons each chili sauce and ketchup
- 2 tablespoons horseradish
- 1 tablespoon prepared mustard
- ¼ teaspoon paprika
- ¾ teaspoon salt

Rub large mixing bowl with garlic and combine remaining ingredients. Marinate shrimp in mixture for 12 hours. Serve chilled.

After years of being more devoted to cocktail sauce than to shrimp - one taste of this recipe and my devotion switched to marinated shrimp.

Smith

Cream of Cucumber Soup

- 2 medium cucumbers, grated coarsely
- 4 tablespoons butter
- 2 tablespoons flour
- 1 quart milk
- 1 cup chicken stock
- Salt, pepper
- Dill

Saute' cucumber in half the butter, set aside. Melt rest of butter, add flour, stock and milk, salt and pepper. Add cucumbers and heat thoroughly. Serve hot or cold with sour cream, topped with dill or parsley.

Eckhardt

How to Cook a Ruffed Grouse

1. Clean bird as soon after shooting it as possible.
2. Do not hang. Put in your icebox.
3. Skin it. This gets rid of all feathers or down. If there are shot holes in the breasts they may contain feathers; probe with a toothpick or tweezers and extract.
4. Have bird at room temperature. Heat oven to 375. Do not wash bird in water, but wipe dry with a cloth wrung out in lemon juice. Salt and pepper bird inside and out. Truss. Put lump of butter the size of a small egg in the cavity. Tie a thin

strip of salt pork over breasts. Do not stuff. Put bird in baking pan and into oven, cook for 20-25 minutes, basting with butter five minutes before done. Remove pork and discard.

5. Serve with bread sauce, currant jelly, and a bottle of good Bordeaux. Do not bother with vegetables, although some creamed celery is not amiss. Serve a bird apiece, breast only, as the legs are not fit to eat.

Morgenroth

Venison with Sour Cream

- 2 pounds venison
- ¼ cup fat
- 1 cup diced celery
- ½ cup minced onion
- 1 bay leaf
- 4 tablespoons butter
- 1 clove garlic
- 1 cup diced carrots
- 2 cups water
- 1 teaspoon salt
- 4 tablespoons flour
- 1 cup sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for two minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables.

Serve with buttered noodles and currant jelly. This was a favorite of my friends, as I had plenty of venison in my freezer last winter.

Marinated Fresh Lamb Roast

- 1 teaspoon salt
- ½ teaspoon rosemary leaves
- ½ teaspoon ground thyme
- ½ teaspoon ground black pepper
- 1 teaspoon whole cloves
- 1½ teaspoons whole allspice
- 1 bay leaf, crumbled
- 1 teaspoon slivered lemon rind
- 2 slices lemon
- 2 tablespoons fresh lemon juice
- 2 beef bouillon cubes
- 2 cups hot water
- 5 pounds boned and rolled leg of lamb
- ½ cup sliced fresh onion
- ½ cup sliced carrots
- 1½ tablespoons flour
- 2 tablespoons cold water

Heat first 12 ingredients to boiling point. Pour over lamb. Cool and marinate in refrigerator 24 hours, turning several times. Add vegetables cover and bake in pre-heated slow oven for two hours or until lamb is almost tender, basting time to time with marinade. Remove cover and bake an additional 1½ hours or until brown. Remove meat from pan. Strain gravy and thicken with flour mixed to a smooth paste with two tablespoons water. Cook until slightly thickened. Serves 12.

Jordan

Seven Layer Casserole

- 1 cup rice, uncooked
- 1 cup whole kernel corn
- Salt and pepper
- 2 cans tomato sauce
- 1 onion, minced
- 1 green pepper, minced
- ¾ pound ground beef
- 4 strips bacon

Heat oven to 350. Use two quart casserole with cover. Put in rice, corn, salt and pepper, one can tomato sauce, ½ can water; add onion and peppers. Then add beef, seasoned with salt and pepper. Pour over one can tomato sauce and ¼ can water. Cover with bacon. Cover, bake one hour, uncover, bake ½ hour. Serves 4-6.

Ballantine

Honey Without Bees

- 28 roses, take petals only
- 80 white clover blossoms
- 40 red clover blossoms
- 10 pounds white sugar
- Alum, size of an acorn

Heat sugar, but not until brown or melted. Add six cups boiling water. Boil 10 minutes with alum. Take from stove,

add rose petals and clover, which have been picked apart. Let stand 20 minutes. Strain, then pour into jars.

Nichols

Chocolate Pecan Pie

- Pastry for 9 inch one-crust pie
- 2 squares unsweetened chocolate
- 2 tablespoons butter or margarine
- 3 eggs
- ½ cup sugar
- ¾ cup dark corn syrup
- ¾ cup pecan halves

Melt butter and chocolate together. Beat with eggs, sugar and corn syrup. Mix in pecans. Pour in pastry-lined pan. Bake at 375 degrees 40 to 50 minutes. Serve with vanilla ice cream or whipped cream.

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Bill's Cranberry Goozle

- 1 cup uncooked quick oatmeal
 - ½ cup flour
 - 1 cup brown sugar
 - ½ cup butter
 - 1 pound can whole cranberry sauce
- Mix oatmeal, flour, sugar and cut in butter until crumbly. Put half of mixture in buttered 8x8 pan, add the cranberry sauce. Then top with the rest of the mixture. Bake in 350 degree oven 45 minutes. Great hot with ice cream, chewy cold.

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LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

ASCORBIC ACID

—and You

Don't lose it before you use it! Vitamin C - or its less popular term, ascorbic acid, long recognized as an important nutrient, is also one of the most sensitive to destruction when the commodity is subjected to adverse handling and storage conditions. Plant tissues contain oxidase systems that are capable of oxidizing ascorbic acid. Unfavorable conditions involving high or low (nonfreezing but chilling) temperatures, physical damage and wilting will produce stress conditions in the tissues. This accelerates the oxidation of ascorbic acid.

Leafy vegetables usually keep best when stored just above their freezing temperatures—which also is the most effective way to maintain the vitamin C content in vegetables. Kale—which wilts easily—loses its ascorbic acid at relatively high (above 50 degrees) temperatures. Spinach, turnip greens, and collards do, too. Cabbage loses ascorbic acid more slowly - the reasons for this have not been determined. Low temperatures are not the answer to all fruits and vegetables, in fact, some are injured at temperatures well

above their freezing temperatures. "Chill susceptible" items might be sweet potatoes, cucumbers, squash, tomatoes, bananas, and some others.

The loss of ascorbic acid in peas and beans may be slowed by storing these vegetables in the pods.

GET THE MOST FROM BREAD AND CEREAL DOLLAR

Breads and cereals cost only pennies per serving, and those that are whole grain or enriched provide additional amounts of vitamins, minerals and food energy.

To help you get your money's worth from breads and cereals, consider these points:

- Whole-grain or enriched products are more nutritious than unenriched products.
- Spaghetti, macaroni and noodles in packages marked "enriched" are more nutritious and usually cost no more than unenriched ones.

- Ready-to-serve cereals in multi-packs of individual boxes may cost two or three times as much per ounce as the same cereal in a larger box.

- Cereals you cook yourself are almost always less expensive than the ready-prepared ones.