

Recipe Exchange . . .

Home On The Range

Back To "Grade" School with Breakfast

Breakfast is an important meal in any season, but it takes on added importance as the kids start back to school. They won't be around the house for mid-morning snacks and so the need to start the day correctly is even more critical. Start them off with a high quality breakfast.

It's hard to judge the quality of many foods you buy, but with the help of U. S. Department of Agriculture grades for key breakfast items you can create a high quality—a Grade A or even AA-breakfast.

Grades are a measure of

quality. Products marked with an official U. S. Grade assure you that the food measures up to definite quality standards.

Not all foods have grade standards. But for a breakfast menu of frozen concentrated orange juice, eggs, and buttered toast you will have grades to help you choose.

In order to have products graded for quality a food producer, packer, or processor must meet strict requirements for cleanliness in his plant. When the grade is put on a product, it has specific meaning according to the characteristics of the product.

There are three USDA grades for eggs. The top grade is U. S. Grade AA. The next is U. S. Grade A. Although there is a U. S. Grade B, you won't usually find this in your stores. The two higher grades are best for poaching and frying. The white of higher grade eggs is thicker and the yolk stands higher.

When buying eggs, you will also want to consider size (extra large, large, medium, small). But remember, size does not indicate quality.

Butter also has three U. S. Grades. U. S. Grade AA is the best. It is made from fresh sweet cream and has a delicate sweet flavor, fine aroma and smooth creamy texture. The next highest grade, U. S. Grade A, is made from fresh cream, has a pleasing flavor and is nearly as good as the top grade. U. S. Grade B butter is generally made from selected sour cream and has a slightly acid flavor.

There are two grades for frozen concentrated orange juice. U. S. Grade A (or U. S. Fancy) frozen concentrated orange juice shows no coagulation and no material separation. When reconstituted, it possesses the appearance of fresh orange

juice. It has a very good color and flavor and it is practically free from defects. U. S. Grade B (or U. S. Choice) frozen concentrated orange juice shows no coagulation but may show some separation. It also possesses the appearance of fresh orange juice. Although its color is not as good as Grade A juice, it still has good color and flavor and reasonably free from defects.

Potato Buns (sandwich style)

- 5 eggs
- ¾ cup shortening
- 1 cup sugar
- 2 tablespoons salt
- 2 cups lukewarm water
- 7 to 8 cups bread flour
- 2 cups mashed potatoes
- 3 packages yeast

Beat eggs well, add shortening, sugar and salt. Beat again. Mash potatoes well and add. Beat well.

Dissolve yeast in lukewarm water. Add to mixture. Add flour and mix well. Let rise. Roll and cut with round cutter 1 inch thick. Let rise in greased pan until doubled in size. Bake at 375 degrees for 15-20 minutes.

Barbara Fisher
RD1, Christiana

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German Raw Apple Cake

- ½ cup shortening
- ½ cup brown sugar
- 1 cup granulated sugar
- 2 eggs
- 2¼ cups cake flour
- ¼ teaspoon salt
- 2 level teaspoons cinnamon
- 2 teaspoons soda
- 1 cup sour milk or buttermilk
- 2 cups raw diced apple

Sift flour, salt, cinnamon. Cream shortening sugar, eggs. Add baking soda to sour milk and alternate flour and milk to rest of batter. Add apples last. Sprinkle on top before putting in oven.

Mix:
¼ cup granulated sugar
½ cup brown sugar
½ cup chopped nuts
½ teaspoon cinnamon

Bake at 350 degrees for 30-40 minutes.

Mrs. A. Nolt
Stevens

White Cake

- 2¼ cups flour
- 1½ cups sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs, separated
- 1-3 cup vegetable oil
- 1 cup milk
- 1½ teaspoon vanilla

Beat egg whites until frothy. Add ½ cup sugar and beat until stiff. Sift remaining sugar, flour, baking powder and salt in another bowl. Add shortening, milk, egg yolks and vanilla. Beat well. Blend in egg whites. Bake in layer or oblong pan.

Variation: To make Chiffon Marble Cake mix together:

- 2 tablespoons cocoa
 - 2 tablespoons sugar
 - 2 tablespoons boiling water
- Add this mixture to one-third of the batter.

Mrs. Ammon H. Weaver
RD1
Lititz

Sweet and Low Holiday Cookies

- ¼ cup oleo
- 3 packets Sweet and Low
- Beat 1 egg and ¼ teaspoon vanilla

Sift together:
1 cup flour
¼ teaspoon baking powder
½ teaspoon salt

Mix with the rest. Stir in ¼ cup raisins. Chill 1 hour. Makes 22-24 small balls. Place 2" apart on greased cookie sheet. Press flat.

Bake at 400 degrees for 6 to 8 minutes. Let cool on cake rack. 24 cookies, 44 calories.

Mrs. J. Adam Stumpf
RD3, Elizabethtown

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Molasses Crinkles

- ¼ cup of shortening
- 1 cup brown sugar
- 1 egg
- 4 tablespoons molasses
- 2¼ cups flour
- ½ teaspoon salt
- 2 teaspoons soda
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- ½ teaspoon cloves

Mix everything together thoroughly. Chill in refrigerator. Shape chilled dough into balls. Roll in sugar. Drop on greased pans. Bake in moderate oven.

Miss Vera Oberholtzer
RD2, Ephrata

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Tip Top Cake

- ½ cup shortening
- ½ teaspoon salt
- 1½ cups sugar
- 2 teaspoons baking powder
- 2 eggs
- 1 cup milk
- 2¼ cups all purpose flour
- 1 teaspoon vanilla

Cream shortening and add sugar gradually. Add beaten eggs and beat until light and fluffy. Sift flour. Measure and add salt and baking powder. Sift again. Add dry ingredients alternated with milk and flavoring. Beat thoroughly after each addition. Pour into greased loaf or layer pan.

Lovina Hoover
Ephrata, Pa.

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- Health Fruit Cocktail Cake
 - 2 cups whole wheat flour
 - 1 cup dark syrup or molasses
 - 1 teaspoon soda
 - 1 teaspoon baking powder
 - 2 eggs, beaten
 - 1 can drained fruit cocktail, 2 cups
 - 1 teaspoon vanilla
- Mix with a spoon. Pour in a pan. Top with chopped nuts (½ cup) and sprinkle with cinnamon. Bake at 350 degrees for 45 minutes.

Mrs. Aaron B. Zimmerman
RD1, Manheim

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