

Recipe Exchange...

# Home on the Range

This week we are featuring a recipe that utilizes a sugar substitute and one that is for a low-calorie dessert. We thank those readers who have been sending in recipes according to our requests.

**Raisins—The Little Big Fruit**

Raisins are the little big fruit for this holiday season. Officials of the U.S. Department of Agriculture (USDA) estimate that this year's crop of Thompson Seedless raisins from California will be large.

Most raisins are sun-dried. After drying, they are packed and shipped under a

federal marketing order. Under the order, all California raisins must meet minimum quality requirements. This prevents moldy or insect-infested fruit from reaching the grocery counter. Imported raisins, by law, must meet comparable quality requirements.

The California raisin marketing order is administered by the Raisin Administrative Committee which recommends to the Secretary of Agriculture regulations to apply under the order.

Raisins are a timely, yet

versatile, holiday treat. They can be used to garnish salads, for stuffing poultry, or to decorate almost any holiday dish.

When friends stop by, invite them in out of the cold and serve a snack of warm spicy fruit, to take the chill off their bones.

Combine 11 or 12 ounces of mixed dried fruits, ½ cup raisins, 4 cups water, 2 cups orange juice, 1 tablespoon quick-cooking tapioca, ¼ teaspoon salt, one-third cup sugar, a cinnamon stick, and 6 whole cloves in a large saucepan. Simmer, cover, until fruits are tender (about 30 to 40 minutes). Remove cinnamon and cloves and serve piping hot or chilled. Either way is a taste-delight.

**Sugarless Cornbread**

Beat 2 eggs. Add 2 cups thick milk or buttermilk. Then add 1 rounded teaspoon yeast which has risen in ½ cup of lukewarm water.

Add: 1½ teaspoons salt, 1½ cups unbleached flour, 1½ cups corn meal, ½ cup oatmeal, ½ cup rye flour, ½ cup whole wheat flour.

Different kinds of flour can be used. Mix together and

put in two greased pie plates or bread pans. Let rise 1 hour. Bake at 375 degrees for 35 minutes or until done. Serve hot with milk and mashed bananas or any other fruit.

Mattie Lapp Paradise

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**Butterscotch Macaroon Topper**

First Part: Whites of 2 eggs separated, 2 tablespoon water, 1 cup sugar, 2 teaspoons vanilla, 4 cups flaked coconut, 12 ounces of butterscotch bits.

Second Part: 1 cup butter or soft margarine, 1 cup brown sugar, ½ teaspoon salt, 3 cups sifted flour, 1 teaspoon soda.

Beat egg whites with water until soft mounds form. Slowly beat in sugar and half of vanilla. Stir into the coconut. Let stand and chill. Cream butter, add brown sugar and egg yolks. Cream well and add rest of vanilla and salt. Add flour and soda. Form in rolls and chill then cut and top with meringue and butterscotch bits. Bake in moderate oven at 350 or 375 degrees for 10-12 minutes.

Rachel Stoltzfus

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**Soft Buttermilk Cookies**

2 cups sugar, 1½ cups buttermilk, 1 cup lard, 2 eggs, 1 tablespoon soda dissolved in a little boiling water, ¼ teaspoon salt, 1 tablespoon vanilla, 5 cups or more of sifted flour, 2 tablespoons baking powder. Drop by tablespoonsful and bake at 400 degrees. If kept in a tight container they will stay soft.

Miriam Fox Ephrata

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**Apple Salad**

Cook: 1 cup water, 1 teaspoon vinegar, ¼ teaspoon salt, 1 cup sugar, 1 heaping tablespoon cornstarch, 1 teaspoon vanilla. When cool add: ¼ cup cream. Stir and add, apples, raisins and nuts. Makes a good Christmas salad.

Mrs. Reuben Martin Myerstown

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**Chocolate Apple Daters**

Combine in a bowl: 1-8 ounce package dates chopped, ½ cup boiling water, 1 teaspoon baking soda. Blend these above ingredients well. Let stand till cool and set aside.

Combine in a bowl ¾ cup shortening, ¾ cup sugar and beat till creamy. Add 2 eggs, 1 teaspoon vanilla, beat till blended. Sift together and blend in 1¾ cups sifted flour, ½ teaspoon salt. Stir in 1 cup finely chopped apples, date mixture and ½ package chocolate bits. Drop by tablespoonsful onto greased and floured cookie sheets. Bake at 375 degrees for 12-14 minutes. Makes 4 dozen cookies.

Mrs. Harvey Martin Stevens

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**Cranberry Salad**

Prepare 1 package of lemon orange jello following directions on the package. Put in refrigerator when it starts to thicken.

Grind: ½ pounds of raw cranberries, 1 orange (remove seeds), 1 red apple do not pare, 1 cup sugar.

Stir this into jello mixture and return to refrigerator. This salad will keep a long time if kept refrigerated.

Velma Koons Felton

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**Low-Calorie Spanish Cream**

1 envelope plain gelatine, 2 cups skimmed milk divided, 2 eggs separated, ½ teaspoon salt, 8 non-caloric sweetening tablets or sweetner equal to 8 teaspoons.

1 teaspoon vanilla. Stir gelatine into ½ cup milk to soften. Beat egg yolks remaining milk and salt together in top of double boiler. Add to gelatine mixture. Add sweetner and cook boiling water, stirring constantly until gelatine is dissolved, about 5 minutes. Remove from heat and stir in vanilla. Chill to unbeaten egg consistency. Beat egg whites till stiff. Fold in gelatine mixture. Turn into a 4 cup mold or individual molds and chill.

Mrs. Amos Zimmerman New Holland

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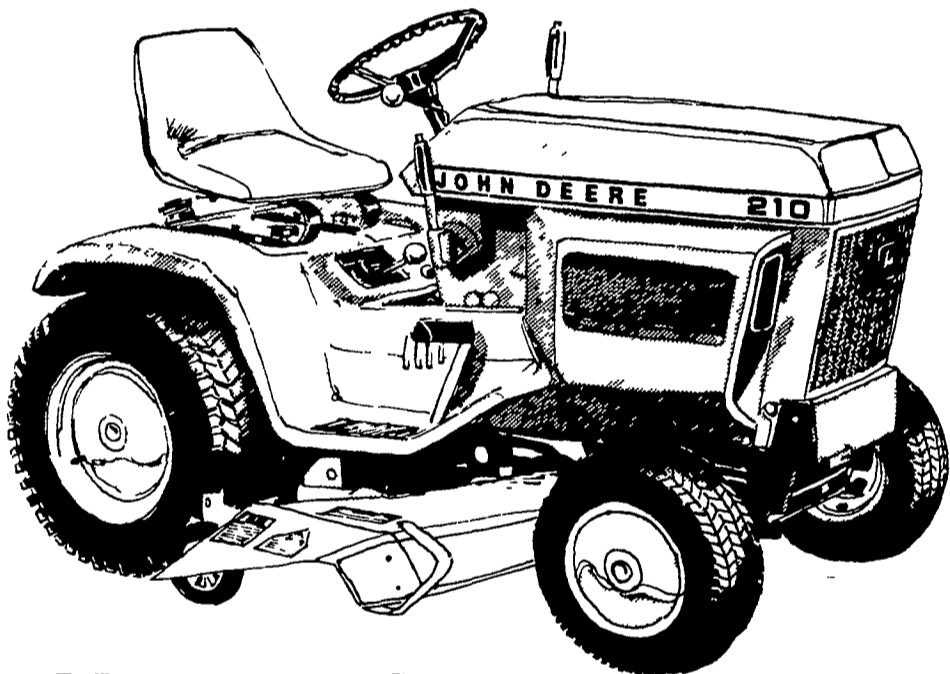
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