

# Recipe Swap

This week's recipe exchange is featuring the split pea soup requested two weeks ago. Said Mrs. James Combs, who sent in four of the five recipes printed below, "Although this is Pennsylvania Dutch country, perhaps the split pea soup a la Italian will be a pleasant change from the usual." There's no doubt about that - it definitely will. This week's request is for a homemade yeast cake recipe.

your name, address, and phone number to Lancaster Farming Newspaper, "Recipe Swap," Box 266, Lititz, Pa. 17543.

### SPLIT PEA SOUP

- 1 large ham bone
- 1 pound split peas
- 3 quarts water
- 1 white onion
- ½ carrot, diced
- Seasoning (salt, red and white pepper)
- 6 slices bacon (optional)
- 2 eggs, hard cooked (optional)

Place split peas and ham bone in cold water and let come to a rapid boil. Continue boiling until peas have dissolved. Turn heat low and add seasoning. Cook slowly for two and a half hours. Before serving, put soup through strainer. Replace ham bits in soup, discarding

bone, fat, etc. To serve, you may add a tablespoon crumbled bacon and chopped egg to each plate of soup after soup has been ladled. Serves six.

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### SPLIT PEA SOUP

Wash and soak overnight one cup of yellow or green split peas in cold water to generously cover. In the morning drain off the water and cover the peas with three quarts of fresh water. Add the ham bone left over from a baked or boiled ham; three tablespoons of chopped onions; one bouquet garni composed of one large bay leaf, eight sprigs of fresh parsley, two sprigs of fresh green celery leaves (tops) and one sprig of thyme, all tied together with white kitchen thread; season to taste with salt, and eight freshly crushed peppercorns. Bring slowly to a boil; lower the heat and simmer very gently until peas are tender, placing an asbestos pad under the kettle, as peas are liable to scorch or burn when slowly cooked. Empty the mixture into a fine sieve, discard the ham bone and the bouquet garni, and rub through a fine-meshed wire sieve, into a fresh saucepan. Keep hot. Melt two tablespoons of butter, stir in 1-½ tablespoons of flour and stir over a low flame until thoroughly blended, but not browned; then stir in gradually two cups of scalded milk, stirring constantly until mixture boils and thickens slightly. Combine the mixtures, taste for seasoning, let boil up two or three times and serve at once with croutons.

### SPLIT PEA SOUP WITH HAM

- 2 quarts of water
- 1 pound green split peas
- 3 small ham hocks
- 1 cup chopped onion

- 1 cup diced carrots
- 1 cup diced celery
- 2 sprigs of parsley

In large pot combine all ingredients. Bring to a boil. Reduce heat and simmer covered until peas are tender, about two hours, stirring occasionally. Remove ham hocks cut away meat from bones, return ham to soup. You can also use ham stock and cut up left over ham in soup last half hour of cooking.

Mary C. Tatnell  
Windsor, New York

### SNERT

(Dutch Pea Soup)

- 2 pounds pork knuckle
  - ½ pounds shin beef
  - ½ pounds unsmoked bacon
  - 1 pound split peas
  - 1 bunch celery
  - 2-3 leeks
  - 1 pound smoked sausage
  - Salt and pepper to taste
- Place pork knuckle, beef, and bacon in a pan with cold water to cover and bring to the boil. Simmer very slowly in four hours. Strain and add peas to stock. Bring to the boil and simmer until peas are tender (about three hours). Shred celery and leeks and add to stock 45 minutes before peas are done. Add sausage 10 minutes before soup is done. Season. Divide meat into portions and pour soup over it. Serves eight (The best pea soup in the world!).

xxx

### PEA SOUP ala ITALIAN

- 2½ cups green split peas
- 3 quarts water
- 3 tablespoons olive oil
- ½ pounds carrots, scraped and diced
- 1 celery stalk, diced
- 1½ cups diced onions
- 1 medium sized baking potato, peeled and diced
- 1 ham hock
- 6 ounces salt pork, diced
- 1 bay leaf, crumbled

## Plant lovers' corner

### Check glads and dahlias

It will be a little while before it's time to plant gladiolus corms and dahlia tubers, but it's not too early to look over the ones you've stored away for the Winter, says Spencer H. Davis Jr., extension specialist in plant pathology at Cook College, Rutgers University.

Many homeowners put corms, bulbs and tubers in baskets, bags and boxes in

the fall and forget about them until planting time. If any happened to have any soft spots when they were put away, you'll find a few more bad ones when you get ready to plant them.

Sort through the corms and tubers and throw away any that show the slightest indication of decay.

If you find any with soft spots and cannot even see any decayed areas, consider it a candidate for the trash pile.

The short time it takes you to do the job now may save you a lot of disappointment later.

- 1 large garlic clove, mashed
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 pound fresh peas, shelled
- ½ pound vermicelli
- ½ cup freshly grated Parmesan cheese

Soak the split peas in water overnight. Drain and discard the water. Place the three quarts water in a large soup pot and heat. Add drained split peas and the oil and bring to a boil. Add next 10 ingredients. Cook slowly for one hour.

Remove soup from the heat and discard the ham bones. Pass the soup through a strainer or puree in a blender. Place soup back in the pot, bring to a boil, and add the fresh peas. Cook slowly for one hour. Check for doneness. Do not burn. Add the vermicelli and cook for six minutes. Take the soup off the heat and stir in the butter. Let stand for four minutes. Sprinkle some of the cheese over each serving. Serves six or more.

Above four recipes by:  
Mrs. James L. Coombs  
Gardners, Pa.

## CONSUMER GUIDELINES

### Safety Tips

- Some electric baseboard heaters are hot enough to cause materials touching them to burn
- Keep drapes, bedding, shag rugs, toys and all combustible objects away from these heaters



- Keep stray electric cords away
- Clean the heater frequently to remove dust and debris which could ignite.
- Don't let infants crawl near electric baseboard.
- Teach children that the inside coil — even the outside metal cover — can be hot enough to burn

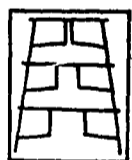
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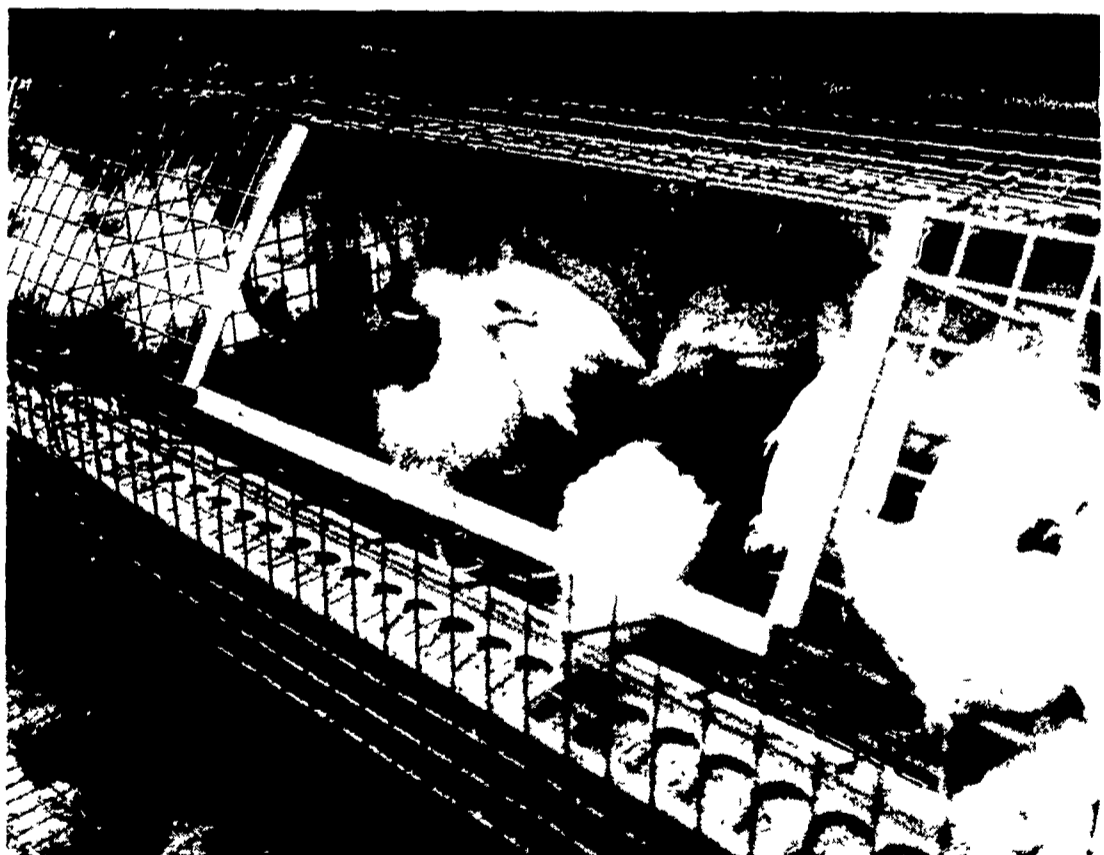
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