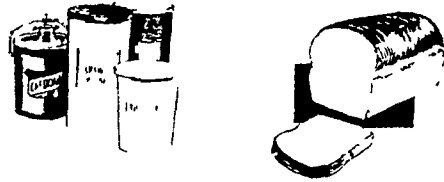
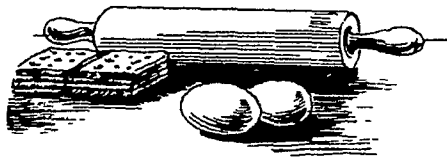


Home on



The Range

Rice is a versatile ingredient which can be used for many different types of dishes including main dish meals, vegetable casseroles, and desserts. This week "Home on the Range" is featuring rice in its many roles with the hopes that you will try the different recipes for a rice dinner supreme!

Our test kitchens have tried the porcupine recipe as well as the spinach and rice soufflé and have found them both to be hearty dishes for hearty appetites.

One contributor, Mrs. Ruth Fitz, from York, added some extra information on rice. She says:

"Until about seven years ago I hardly knew you could eat rice in any form other than white—and that ended up in a sweet rice pudding. Then, we discovered the delicious flavor and texture of brown rice and began using it wherever a recipe called for rice. The flavor compliments any sauce we chose to serve it with.

Brown rice retains the nutrient-rich bran and germ of the grain, where white rice has them milled out. Brown rice is far superior to white, even the so-called "enriched" rice. It's higher in protein, fiber, minerals, and vitamins (especially B vitamins.) There are three types to choose from: long grain — cooks up fluffy and light; medium grain — slightly sticky and moist; and short grain — sticky, more glutinous, great for puddings and as a binder in casseroles.

Just taste-wise it's worth a try!"

Main dishes

PORCUPINES

- 1 pound hamburger
- 2 slices of diced bread
- 1 egg, beaten
- 1 cup milk
- ½ small onion
- ¾ cup rice
- 1 teaspoon salt
- 2 cups tomato juice

Soak bread in the milk. Add beaten egg. Mix with all other ingredients except tomato juice. Shape into balls and put into roasting pan or casserole. Pour tomato juice over the balls and cover. Bake at 350 degrees F. for one hour.

Mrs. Luke Wise
Lebanon, Pa.

SWISS STEAK WITH RICE

- 2 pounds steak
- 2 teaspoons salt
- 1 cup rice
- 1 quart tomato juice

Dredge meat with flour and salt. Brown in skillet (with onions, if desired). Place browned steak in roast pan. Add water to cover. Bake in moderate oven for two hours. Cover with rice, tomato juice, and salt. Continue baking for one hour. Temperature should be 350 degree F. Serve on a platter.

Mrs. Jason Rohrer
East Berlin, Pa.

COUNTRYSIDE CHICKEN BAKE

- 3 cups cooked rice
- 1 cup chopped celery
- ¾ cup chopped onion
- 2 tablespoons butter
- 2 teaspoons parsley
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 6 chicken breasts
- 1 10½ oz. can mushroom soup
- ¾ cup salad dressing
- ¼ cup milk
- 1 (16 oz.) can whole carrots
- Paprika

Combine first seven ingredients and spoon into 13 x 9 inch baking dish. Top with chicken breasts. Mix together mushroom soup, salad dressing, and milk. Pour over chicken. Bake for 45 minutes at 350 degrees F. Pour one can whole carrots (drained) over chicken-rice mixture and bake for 15 minutes longer. Sprinkle with paprika and serve.

Barbara Wilson
Littlestown, Pa.

COMPLIMENTARY CASSEROLE

- ¾ cup raw brown rice, cooked
- ½ cup dry kidney or black beans, cooked
- 1 tablespoon butter
- 1-½ to 2 cups sliced onions
- 1 cup milk
- 2 eggs, beaten
- 1 cup grated cheese
- 1 teaspoon salt
- 1 teaspoon crushed dried tarragon, optional

½ teaspoon Worcestershire sauce

Soak raw brown rice and kidney or black beans in water over night until tender. (1 cup canned kidney beans can be substituted for dry kidney beans.)

While beans and rice are cooking, saute onions in butter until very soft. Set aside. Mix well the milk, eggs, cheese, and seasonings. Fold in onions, beans, rice. Turn mixture into oiled 10 inch pie plate. Bake at 325 degrees F. for 25 to 30 minutes or until custard has set and edges are browned. Let stand for 10 minutes. Before serving, slice into wedges.

Contributed by Ruth Fitz
from "Recipes for a Small Planet"

CHICKEN AND RICE

- 1 10½ oz. can cream of chicken soup
- 1 10½ oz. can cream of celery soup
- ½ can water
- ¾ cup raw long grain rice
- Chicken pieces

Mix all ingredients well and top with desired chicken pieces. Bake at 350 degrees F. for one hour.

CREAMY MUSHROOM RICE

- 1-½ cups water
- 1 (3 oz.) can mushrooms, drained
- 2 tablespoons butter or margarine
- 2 chicken bouillon cubes
- 1-½ cups instant rice, uncooked
- ½ cup sour cream

Combine water, mushrooms, butter, and bouillon cubes in saucepan. Boil and stir in rice. Cover. Remove from heat and let stand for five minutes. Stir in sour cream and serve at once.

Above two recipes by:
Mrs. Chris Siegle
Birdsboro, Pa.

HEARTY RICE MEAL

- 1 pound hamburger
- Salt and pepper
- 2 cups green beans
- 3 cups water
- 1 cup sliced carrots
- ¾ cup uncooked rice

Brown meat, salt, and pepper. Add water, carrots, beans, and rice. Simmer until vegetables are tender. Can be thickened with flour if desired.

Anna Mae Hoover
Ephrata, Pa.

Rice Side Dishes

PILAFF GREEK STYLE

- ½ cup margarine
- 2 cups raw long-grain rice
- 1 quart hot beef or chicken broth
- Salt and freshly ground white pepper, to taste

Melt the margarine in a heavy skillet and saute the rice, stirring for five minutes or until browned. Add the broth, salt and pepper. Cover the pan with a cloth, then with a lid and simmer, without stirring, until rice has absorbed all the liquid. Makes six servings.

WILD RICE MINNESOTA STYLE

- 4 to 5 cups chicken broth
- 1-½ cups wild rice, washed
- 1-½ cups shredded celery
- ¾ cup chopped onion
- 1 (3 oz.) can mushrooms, drained
- 1 pimento, chopped
- Salt and freshly ground black pepper, to taste

Preheat oven to moderate (375 degrees F.). Place all the ingredients except one cup of the broth in a six-cup greased casserole. Cover tightly and bake about one and one-half hours, adding more broth as necessary.

CHINESE FRIED RICE

(Perfect for teriyaki or barbecued roast)

- 1-½ cups packaged precooked rice
- ¼ cup salad oil
- 1 onion, minced
- 2 eggs
- Soy Sauce

Cook rice in a heavy pan according to package directions. In a skillet heat oil and cook onion until tender but not brown. Add eggs and scramble with onion. Next add hot rice before eggs set. Mix well. Add soy sauce to taste. Makes five or six servings.

Mrs. Charles Biehl
Mertztown, Pa.



Lancaster Farming did some recipe testing this week, trying out the Porcupine and Rice and Spinach Soufflé recipes.

Vegetable dishes

SPANISH GREEN BEANS

- 2 tablespoons margarine
- 2 onions, thinly sliced
- ½ cup uncooked rice
- 1 pint tomatoes and juice
- 1/8 teaspoon black pepper
- 1 pint cut cooked green beans
- 1 teaspoon salt
- ½ cup water

Melt margarine in a two-quart saucepan. Add onions and cook until soft. Sprinkle rice over onions. Cut up tomatoes. Pour over the rice. Add green beans, pepper, salt, and water. Cover and simmer until rice is tender (30 to 35 minutes). Add more water if mixture cooks dry.

Mrs. Jason Rohrer
East Berlin, Pa.

SPINACH AND RICE SOUFFLE

- 2 tablespoons butter
- 3 tablespoons flour
- ¾ cup milk
- ½ pound cheddar cheese
- 4 slightly beaten egg yolks
- ½ teaspoon salt
- 1 cup cooked rice
- ½ cup cooked, chopped spinach (drained)
- 4 egg whites

Melt butter in medium saucepan. Remove from heat and blend in flour until smooth. Gradually stir in ¾ cup milk. Cook, stirring until thickened. Stir in ½ pound cheddar cheese until melted. Combine egg yolks and salt. Stir a little cheese sauce into yolks, then slowly add yolks to cheese sauce. Remove from heat. Fold cooked rice and drained chopped spinach into cheese and egg mixture. Beat egg whites until stiff, but not dry. Fold gently into spinach mixture with rubber spatula. Pour into greased 1-¾ quart casserole. Bake at 325 degrees F. for 40 minutes. Reduce to 250 degrees F. to keep in oven longer.

Desserts

GLORIFIED RICE

- 1 cup cooked rice, cooled
- ½ cup sugar
- 1 can (13-½ oz.) crushed pineapple, drained
- ½ teaspoon vanilla
- ½ cup miniature marshmallows
- 2 tablespoons drained chopped maraschino cherries
- 1 cup chilled whipping cream, whipped.

Mix together rice, sugar, pineapple, and vanilla. Stir in marshmallows and cherries. Fold in whipped cream. Makes six to eight servings.

Ruth Ruoss
Blain, Pa.

RICE PANCAKES

- 1 cup warm boiled rice
- 1 cup milk
- 2 eggs separated
- ½ teaspoon salt
- 2 tablespoons melted butter
- ½ cup flour, sifted
- 2 teaspoons baking powder.

Combine rice, salt, milk, butter, and egg yolks. Stir in sifted flour and baking powder. Fold in stiffly beaten egg whites. Bake on hot greased griddle.

Mrs. Luther Jones
Hunlock Creek, Pa.

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