



# Home on the Range



## The versatile vegetable--zucchini

This week "Home on the Range" is featuring zucchini recipes. From breads to pizzas to skillet stove mixes, this garden vegetable makes an excellent ingredient.

Hope you enjoy the following selections.

### Breads

#### ZUCCHINI BREAD

3 eggs  
1 cup salad oil  
2 cups sugar  
2 cups zucchini (peeled, grated)  
½ teaspoon vanilla  
1 cup chopped nuts  
½ teaspoon salt  
3½ cups flour  
2 teaspoons baking soda  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
1½ cups raisins

In large bowl, mix sugar, oil, and eggs. Mix well. Add rest of ingredients in order. Add raisins and nuts and stir well. Bake in tube pan, greased and floured, at 350 degrees F. for one hour or until done.

Sylvia J. Ruoss  
Blain, Pa.

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#### ZUCCHINI WALNUT BREAD

1 cup walnuts  
4 eggs  
2 cups sugar  
1 cup vegetable oil  
3½ cups flour  
1½ teaspoons soda  
1½ teaspoons salt  
1 teaspoon cinnamon  
¾ teaspoon baking powder  
2 cups grated zucchini (not pared)  
1 cup raisins  
1 teaspoon vanilla

Chop walnuts into medium-sized pieces. Beat eggs; gradually beat in sugar and then oil. Combine dry ingredients; add to first mixture alternately with zucchini. Stir in walnuts, raisins, and vanilla. Pour into two greased and lightly floured 5x9 loaf pans. Bake on lowest oven rack at 350 degrees F. for 55 minutes or until loaves test done. Let stand about 10 minutes, turn onto wire racks to cool. This bread freezes well.

Mrs. Irwin H. Frantz  
Bethel, Pa.

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#### WHEAT GERM ZUCCHINI BREAD

3 eggs  
1 cup salad oil  
1 cup granulated sugar  
1 cup brown sugar firmly packed  
3 teaspoons maple syrup  
2 cups coarsely shredded zucchini  
2½ cups all purpose flour, unsifted  
½ cup toasted wheat germ  
2 teaspoons baking powder  
1 cup finely chopped walnuts

With a rotary mixer, beat the eggs to blend. Add oil, sugar, and maple syrup flavoring and continue beating. Using a spoon, stir in zucchini. Combine flour, wheat germ, soda, baking powder, and walnuts. Stir gently into zucchini mixture just until blended. Divide batter equally into two greased and floured 5 by 9 inch loaf pans. Sprinkle top with sesame seeds. Bake at 350 degrees F. for one hour or until done. Cool in pans before taking out. Makes two loaves. Delicious frozen.

Mrs. Amos Risser  
Elizabethtown, Pa.

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#### ZUCCHINI BREAD

3 eggs, well beaten  
1 cup salad oil  
2 cups sugar  
2 cups grated zucchini  
3 teaspoons vanilla  
3 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
¼ teaspoon baking powder  
3 teaspoons cinnamon  
½ cup nuts (optional)

Mix eggs, oil, sugar, vanilla, and squash. Add dry ingredients and nuts. Bake one hour at 325 degrees F. Makes two 9 by 5 inch loaves.

Mrs. John E. Glick  
Gap, Pa.  
and  
Cheryl Leiser  
Windsor, Pa.

#### ZUCCHINI SQUASH BREAD

3 eggs  
1 cup oil  
2 cups sugar  
2 cups grated zucchini  
3 teaspoons vanilla  
3 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
3 teaspoons cinnamon  
½ teaspoon baking powder

Beat eggs until foamy. Add oil, sugar, grated zucchini, and vanilla and mix well. Then add flour, baking soda, salt, cinnamon, and baking powder. Grease and flour two bread pans. Bake at 350 degrees F. for one hour.

Mrs. Lillian Martin  
York, Pa.

### Soup

#### CREAM OF ZUCCHINI SOUP

1 cup boiling water  
1 teaspoon salt  
2 pounds fresh young zucchini, diced  
2 cups milk  
1 cup chopped onion  
½ small clove garlic, minced  
2 tablespoons butter  
2 cups light cream  
1 teaspoon sugar  
Salt and pepper to taste  
Sour cream

Add water and salt to zucchini in saucepan. Bring to a boil. Cover and simmer just until tender. Add two cups of milk to stop the cooking. Meanwhile, saute onion and garlic in the butter until tender. Blend cooked zucchini and onion in blender just until smooth. Add cream, sugar, and salt and pepper to taste. Heat to serving temperature or chill and serve very cold. Either way, serve garnished with sour cream. Makes about 10 cups.

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### Cakes

#### PINEAPPLE ZUCCHINI CAKE

3 eggs  
2 cups sugar  
2 teaspoon vanilla  
1 cup oil or shortening  
2 cups raw zucchini, peeled and chopped  
3 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
½ cup crushed pineapple  
½ cup raisins  
1 cup chopped pecans (optional)

Beat eggs, sugar, vanilla, and shortening until fluffy. Add zucchini, baking soda, baking powder, salt, and flour. Stir in pineapple, raisins, and pecans. Mix well. Pour into a 9 by 13 inch greased pan. Bake at 350 degrees F. for one hour. No need for icing on this cake.

Ruth Hershey  
Ronks, Pa.

### Pickles

#### ZUCCHINI PICKLE

2 pounds zucchini  
2 small onions  
¼ cup salt  
2 cups white vinegar  
2 cups sugar  
1 teaspoon celery seed  
1 teaspoon turmeric  
2 teaspoons mustard seed

Wash zucchini and cut in thin slices. Peel and quarter onions and cut in thin slices. Cover vegetables with water and add salt. Let stand for two hours. Drain thoroughly. Bring remaining ingredients to a boil and pour over vegetables. Let stand for two hours. Then bring to a boil and boil five minutes. Pack in hot sterilized jars. (Note: Penn State Extension specialists recommend processing for five minutes in a boiling water bath, although contributor did not include this in her recipe.)

Mrs. Eileen Laubacher  
Montoursville, Pa.

### Baked recipes

#### HONEY ZUCCHINI PUDDING

2 pounds medium (or firm flesh of one large) zucchini  
¼ cup honey  
1/8 teaspoon salt  
½ teaspoon pumpkin pie spice  
1 teaspoon cinnamon  
½ cup milk  
1 egg  
½ cup flour  
Nutmeg  
Shredded coconut

Trim ends from zucchini; steam until tender. Put into blender container with honey, salt, spices, and milk. Blend until smooth. Add egg and blend. Stir in flour, and mix well. Turn into custard cups, sprinkle tops with nutmeg and shredded coconut. Bake at 300 degrees F. for one hour. Serve slightly warm or cold with sweetened whipped cream. Serves four.

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#### GOLDEN BROIL

3 medium zucchini  
Vegetable oil  
¼ cup soft butter or margarine  
½ cup grated parmesan cheese  
1 tablespoon grated onion  
3 tablespoons crushed potato chips  
Salt and pepper to taste

Slice zucchini lengthwise in ¼ inch thick slices. Saute' each in oil for several minutes on each side; remove to broiler pan. Combine butter, cheese, onion, potato chips; spread on tops of slices and season to taste. Broil until bubbly and browned. Serves four to six as a side dish.

Above three recipes by:  
Linda Stafford  
Bear, Del.

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#### ZUCCHINI A L'ORANGE

1½ pounds zucchini  
¼ cup butter  
½ teaspoon salt  
¼ teaspoon pepper  
2 tablespoons undiluted frozen orange juice concentrate

Wash squash, slice thinly in rounds if small; cut slices into fourths if larger. Melt butter or margarine in skillet; saute squash until just tender. Sprinkle with salt and pepper; add orange juice concentrate; stir gently until blended. Cover; simmer three to four minutes or until steaming hot. Makes four servings.

Mrs. Fern Miller  
Greencastle, Pa.

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## HONEY BROOK MOLASSES

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### HONEY BROOK HONEY DROPS

1 cup soft shortening, (part butter)  
1 cup brown sugar (packed)  
2 eggs  
¾ cup HONEY BROOK honey  
1 tsp. vanilla  
¾ cup GOLD MEDAL flour  
2 tsp. soda

Mix shortening, brown sugar and eggs thoroughly. Stir in honey and vanilla. Measure flour by dip-level-pour method or by sifting. Blend flour and soda; stir in. Chill several hours or overnight. Heat oven to 350° (mod.). Roll into balls size of large walnuts. Place on ungreased baking sheet. Bake 10 to 12 min., or until almost no imprint remains when touched lightly. When slightly cooled, put together with apricot jam. Makes 3 doz. double cookies.

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