

Junior Cooking Edition

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OATMEAL PANCAKES

- 1 1/2 cups rolled oats
- 2 cups buttermilk
- 1/2 cup flour
- 2 teaspoons granulated sugar
- 1 tablespoon salt
- 2 eggs
- 1 tablespoon salad oil

Mix buttermilk and oats. Beat in flour. Add baking soda, salt and beaten eggs. Mix well and bake on a griddle like any other pancake.

Twila Martin
Age 17
Richland, Pa.

WHOLE WHEAT BUTTERMILK PANCAKES

- 1 cup buttermilk
- 2 tablespoons vegetable oil
- 1 egg
- 1/2 cups white flour
- 1/2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Combine buttermilk and oil. Lightly beat one egg. Add to milk and oil. Slowly blend in all dry ingredients. Mix until moistened. Pour on a hot greased griddle by the 1/4 cupfuls. Flip when bubbly on top.

Suzanne Zimmerman
Age 10,
Mohnton, R. Pa.

PANCAKES

- 3 eggs
- 2 cups milk

- 1 teaspoon salt
- 4 tablespoons shortening
- 2 1/4 cups flour
- 3 teaspoons baking powder
- 2 teaspoons granulated sugar

Separate eggs and beat yolks lightly. Add milk. Sift together all dry ingredients and mix well into milk/egg mixture. Beat egg white until stiff. Add to batter. Fry in oil or shortening.

Rebecca M. Martin
Age 11
Selinsgrove, Pa.

GRANOLA CEREAL

- 4 cups quick oatmeal
- 3 cups whole wheat flour
- 1 cup white flour
- 1 cup wheat germ
- 1 cup chopped nuts
- 1 cup fine coconut
- 1 tablespoon salt
- 1 cup brown sugar
- 1 cup cooking oil
- 1/2 to 3/4 cup water
- dates and raisins, optional

Mix all dry ingredients together. Add water and oil. Mix well. Mixture should be crumbly. More water can be added to make bigger crumbs. Put in two large flat pans and bake in a slow oven, (250-300 F.). Turn every 20 minutes to keep from becoming too brown around the edges. This takes one and a half hours baking, or, until crisp and golden brown.

Twila Martin
Age 17,
Richland, Pa.

GRAPE NUT CEREAL

- 12 cups wheat flour
- 1 cup granulated sugar
- 3 1/2 teaspoons salt
- 3 1/2 teaspoons baking soda
- 2 cups molasses
- 3 1/2 cup milk
- 3 teaspoons vanilla

Mix all ingredients together. Pour in a 9 by 13 inch cake pan. Bake in a 300°F. oven for one hour and 15 minutes. When cool, rub over a medium grate. Put in a shallow pan and toast until crisp. Keep in a tight container.

Laurence Fox
Ephrata, Pa.

CHERRY RAISIN COFFEE CAKE

- 1 muffin recipe
- 1/4 cup brown sugar
- 1/2 cup raisins
- 1/4 teaspoon cinnamon
- 2/3 cup cherry jam

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Icing:

- 1/3 cup confectioners' sugar
- 1-2 teaspoons milk

Make muffin batter as directed. Spread batter into a 8 by 8 by 2 inch greased pan. Sprinkle with brown sugar, raisins, cinnamon and cherry jam. With a knife, gently poke the blade in the batter to push some of the topping in. Bake at 400°F for 30-35 minutes. While warm, drizzle with icing. To make the icing: Mix milk and confectioners' sugar until it has the consistency of heavy cream. Drizzle over cake.

BASIC RAISED DOUGH

- 1 quart whole milk
- 2 cups mashed potatoes
- 1/2 cup shortening
- 1/2 cup butter
- 1 cup granulated sugar
- 3 packages dry yeast
- 3/4 cup warm water
- 1 teaspoon granulated sugar
- 2 eggs
- 1 tablespoon salt
- 12-13 cups flour

Scald the milk. Add mashed potatoes (unseasoned), shortening and butter which has been warmed to room temperature. Mix well and let cool. Add yeast to the warm water and one teaspoon sugar. When yeast becomes alive, add to the ingredients above, which have been

mixed. Add three cups of flour to mixture. At this stage, the spongy mixture can be refrigerated for advanced preparation, or it can be finished at once. Add beaten eggs, salt and 9 to 10 cups of flour. Mix well and let rise until doubled in bulk. Punch down and knead well. Roll out 1/2 inch thick and prepare for doughnuts. Cut with a doughnut cutter. Placed on a greased surface. Let rise again. Fry in deep fat. Sugar if desired. This recipe is a basic recipe for making sticky buns, coffee twists, hot rolls, doughnuts, etc.

Anna Martin
Age 15,
Lititz, Pa.

Agribusiness

seminar set

YORK - The York Agribusiness Seminar will be held Jan. 25 beginning at 9:30 a.m. at Avalong's Restaurant, York. The tentative speaker for the event is Secretary of Agriculture - designate Penrose Hallowell. Tickets are \$7.50 and are available from the York Area Chamber of Commerce. The deadline for reservations is Monday, Jan. 22.

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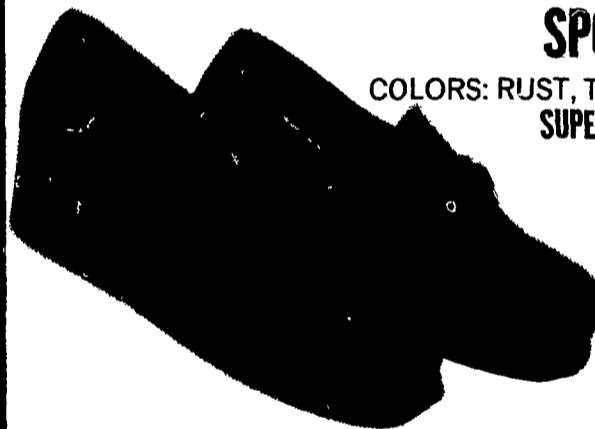
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