

Junior Cooking Edition

From a delicious salmon spread to play dough, we have an interesting assortment of recipes to offer.

A variation of a familiar favorite, cornbread, is included. This variation features corn kernels in the mix.

For those juniors who are proficient in the kitchen, why not try a whole meal made with recipes featured today. Start with Pioneer Stew served with Corn Kernel Cornbread. Add lots of butter, a lettuce leaf salad, and top it all off with your choice of the desserts offered today

CARAMELS

- 1 cup light brown sugar
- 1 cup granulated sugar
- 1 cup light corn syrup
- 3/4 cup thin cream
- 1 can condensed milk
- 2 teaspoon vanilla
- pinch of salt

Put all ingredients in pan. Cool until it forms a soft ball when a little is dropped in cold water. Pour into greased pan. When cool, cut into squares.

Noah S. Martin, Age 5, New Holland

HAM POTATO AND CHEESE CASSEROLE

- 3 cups cooked, cubed ham
- 3 cups cooked, cubed potatoes
- 1 medium onion, diced
- 3 tablespoons green peppers, diced
- 1/8 stick butter
- 2 1/2 tablespoons flour
- 2 cups milk
- 3/4 cups shredded cheese
- salt and pepper to taste

Cook onion and pepper in butter for 5 minutes. Add flour and stir. Add milk and cook until thick. Add ham, potatoes, salt and pepper. Mix.

Put in a 2 quart casserole and top with shredded cheese. Bake 30 minutes at 350° F. Serves 6. Note chicken or turkey can be substituted.

Marian Martin, Age 9, Mifflinburg

SALMON SPREAD

- 1/2 cup chopped pecan nuts
- 1 can salmon
- 1 8 ounce package cream cheese
- 1 tablespoon lemon juice
- 2 teaspoons grated onion
- 1/4 teaspoon salt

Drain salmon, combine all ingredients except nuts. Chill several hours. Roll into log shape and roll in nut mixture. Spread on crackers.

Daphne Ogletree, Age 14, Taneytown, Md.

Home On The Range

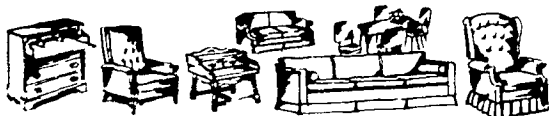
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HAM AND BEAN SOUP

- 1 stalk celery, diced
- 12 hard cooked eggs, chopped
- 1 gallon Great Northern beans
- 2 large cans tomato soup
- 1 ham end
- 1 gallon broth

Place cooked, cut up ham in large kettle. Add the broth and remaining ingredients and cook together at least 1 hour. This makes a large quantity of soup.

Pauline Hurst, Newville



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HEARTY HAM'N CORN FRITTERS

- 1 cup flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1/4 cup milk
- 2 egg yolks
- 2 tablespoons cooking oil
- 1 cup diced ham
- 2 egg yolks
- 2 tablespoons cooking oil
- 1 cup diced ham
- 3/4 cup whole kernel corn, drained
- 2 egg whites beaten stiff

Combine all and drop batter by heaping tablespoons into hot fat in a skillet or into a deep fat fryer preheated to 375° F until golden brown.

Dorothy Martin, Age 17, Mifflinburg

PIONEER STEW

- 1 pound ground beef
- 1/2 cup chopped onion
- 1/2 cup green pepper
- 2 cups whole kernel corn
- 2 cups kidney beans
- 2 cups canned tomatoes
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 cup shredded cheese

Fry beef, onion and pepper until meat is browned. Add rest of the vegetables with juice. Stir in cheese just before serving. Can be made in kettle on stove or crockpot.

Kathleen Martin, Age 18, Mifflinburg

YUMMY CHOCOLATE SQUARES

- 1 pound marshmallows
- 1 teaspoon vanilla
- 1 package semi-sweet chocolate bits
- 1 cup broken walnut meats

- 3 tablespoon butter
- 1/2 teaspoon salt
- 1 cup Rice Krispies

Melt marshmallows, chocolate, and butter over low heat, stirring constantly. Mix and spread in a well-buttered 8 inch pan. Cut into squares after mixture sets.

Cleason Martin, Age 3, New Holland

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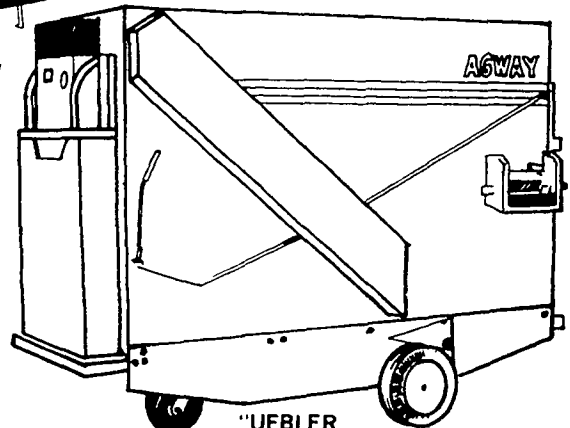
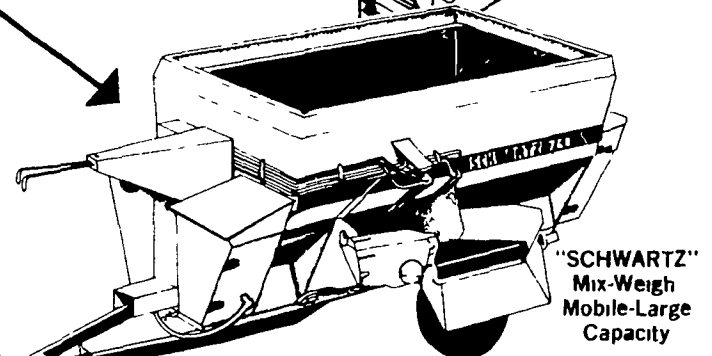
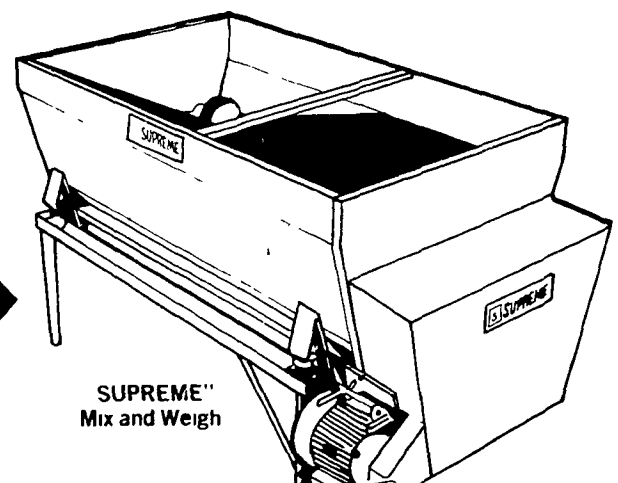
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