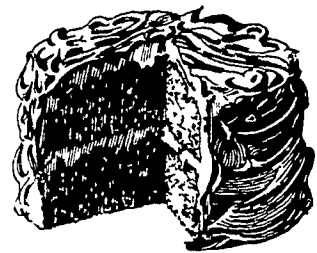


Home On The Range



Let the wholesomeness of whole grain help you survive the grind

The water splashes over the water wheel as the huge wheel turns the cogs, and belts slap slap as they transfer power from the water to the grindstones. The stones whirl as the grain filters from the grain bins overhead, through the stones and to the floor beneath where it is bagged as whole grain flour.

This scene while commonplace not a century ago has been all but lost today in the scurry of supermarket carts through aisles of refined flour. But occasionally the country cook likes to add the flavor and rich aroma of whole grain baking to her table, and some families are using more whole grains for the healthful simplicity they offer. So on today's page we're featuring whole grain recipes to try and enjoy.

RHUBARB SHORTCAKE

- 1½ cups shortening
- ¾ cup sugar
- 1 egg
- ½ cup milk
- 1½ cups sifted flour (1 cup of whole wheat flour and ½ cup of refined flour may be substituted)
- ¼ teaspoon salt
- ¼ teaspoon soda
- ¾ teaspoon baking powder
- ¼ cup chopped nuts

Cover rhubarb with boiling water. Let stand 5 minutes, drain. Cream shortening and sugar, add egg and beat well. Sift dry ingredients and add alternately with milk. Fold in rhubarb and nuts. Bake in an 8-inch greased square pan at 350° F. for about 40 minutes. Serve warm with rhubarb sauce or milk.

Rhubarb Sauce

Cover 1½ cups of rhubarb with water and bring to a boil. Add ½ cup sugar and 1 tablespoon flour. Cook until thick, stirring constantly. Add ½ tablespoon butter.

Mrs. Warren S. Martin, Ephrata

RALSTON BLACK BREAD

- 3 cups Ralston instant cereal
- 4 cups flour
- 2 tablespoons sugar
- 3 teaspoons soda
- 1 teaspoon salt
- 4 cups water
- 1 cup molasses
- 1 cup floured raisins (optional)

Mix ingredients and pour into greased loaf pans. Bake 2½-3 hours at 250° F. Store any not used immediately in the refrigerator in a plastic bag

Kay Chapman, Benton



Mass marketing and whole grains usually do not go hand in hand. Many whole grain cooks buy their flour at local mills or self-service facilities.

RYE SQUARES

- 1 cup rye flour
- 1 cup rolled oats
- 2 cups chopped nuts
- 1 teaspoon baking powder
- 1 teaspoon salt
- 4 eggs
- 1 cup honey
- ½ cup oil
- 1 teaspoon vanilla

Combine the first five ingredients. In a separate bowl, beat the eggs and add the honey, oil and vanilla. Mix thoroughly. Add the wet mixture to the dry mixture and stir well. Pour into a well greased pan and bake at 350° F. for 30 minutes. Cool and cut into squares

Martha Smucker, Lancaster

CREATE-A-WHOLEGRAIN MUFFINS

- ¾ cup milk
- ¾ cup bran cereal
- 1 egg
- ¼ cup vegetable oil
- 1 egg
- ¼ cup molasses or honey
- ¼ cup firmly packed brown sugar
- 1 cup Quaker Oats
- ⅔ cup all purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon salt, if desired

Combine milk and bran cereal in medium-sized bowl. Add egg, oil, molasses and brown sugar. Mix well. Add combined remaining ingredients, mixing just until dry ingredients are moistened. Fill 12 greased or paper-lined medium-sized muffin cups 2/3 full. Bake in preheated 400° F oven about 15 minutes. Makes 1 dozen muffins

Create your muffins using this basic recipe, and then try your own. For a dinner muffin, use leftover cooked corn. Or substitute chocolate milk for whole milk for a flavor twist. Other variations to try: substitute ¾ cup unprocessed bran for bran cereal; substitute ¼ cup light or dark corn syrup for molasses, add ½ cup raisins, blueberries, chopped dates, apple or nuts; or sprinkle batter in muffin cups with cinnamon or peanuts

PUMPKIN NUT BREAD

- 1 cup all-purpose flour
- 2 cups whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- 4 eggs
- 2 cups sugar
- 2 cups strained pumpkin
- 1¼ cups melted butter
- 1 cup chopped nuts

Preheat oven to 350° F. Sift dry ingredients together 2 times. Beat eggs until thick, adding sugar gradually as you beat. Stir in the pumpkin, then the melted butter. Beat in dry ingredients and mix well. Fold in the nuts. Pour into 2 buttered and floured bread pans. Bake 1 hour or until a toothpick comes out clean. Makes 2 loaves.

Mrs. Carl S. Bacon

WHOLEGRAIN CRUNCH COOKIES

- ¾ cup butter or margarine
- 1 cup firmly packed brown sugar
- ½ cup granulated sugar
- 1 egg
- ¼ cup milk
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon soda
- 2½ cups Quaker Oats
- ¾ cup wheat germ
- ½ cup chopped nuts

Beat the butter, sugars, egg, milk and vanilla together. Add the combined flour, salt and soda; mix well. Stir in oats, wheat germ and nuts. Drop by rounded teaspoonfuls onto greased cookie sheet. Bake in preheated 375° F. oven 10 to 12 minutes or until lightly golden brown. Makes about 4½ dozen cookies.

Variations: Substitute 1 cup unprocessed bran or bran cereal for wheat germ; substitute ½ cup sunflower seeds for nuts and add ½ cup raisins; substitute 1 cup raisins for nuts; substitute ½ cup shredded or flaked coconut for nuts; or add ½ cup chopped dates, dried apricots or prunes.

Janet Gehman, New Holland

HONEY BROOK MOLASSES

- BAKING MOLASSES • TABLE SYRUP
- BLACKSTRAP MOLASSES
- CLIP & SAVE FOR YOUR RECIPE FILES:

PEANUT BRITTLE

- 2 tbsp butter
- 1 cup sugar
- ½ cup Honey Brook Baking Molasses
- ¾ tsp Baking Soda
- 2 cups roasted peanuts

Melt butter in saucepan. Add sugar and Honey Brook Baking Molasses. Mix well. Cook over medium heat, stirring frequently, to 300° or until syrup, when dropped in very cold water, becomes brittle. Remove from heat. Stir in soda. Quickly add peanuts. Pour into 2 large, greased cookie pans. Lift edges and stretch candy as thin as possible when cool enough to handle. Break into pieces. Makes 1¼ pounds.

WATCH FOR NEW RECIPES

Look for Honey Brook Molasses with THE BEEHIVE at your local grocer.

If not available call: (215) 273-3776

ZOOK MOLASSES CO.

West Main St., Honey Brook, PA
Call Toll Free Area Codes - 215 & 717
800-662-7464



WANTED: RECIPES!

JUNE DAIRY MONTH

In June, Lancaster Farming will feature dairy recipes for the entire month. Here is your chance, whether or not you are actively involved in dairying to send in your favorite recipe using milk, cheese, or any other dairy product.

Home on the Range is your recipe column and we need your recipes to fill it. Only three weeks remain before the close of the first dairy recipe issue, so don't delay, mail that family recipe today. Deadlines for dairy month will be May 31 - June 21.

Special gifts have been chosen for each person whose dairy recipe we use. It's our way of saying thank you to you and to the dairy industry. Your small amount of time will be well rewarded.

Send your recipe to Home on the Range, Lancaster Farming, Box 366, Lititz, PA 17543. Don't forget to include your name, and complete address.

Reminder: Memorial Day Cookout Recipes Deadline is May 17