

Carol Fantom whips out dairy recipes by the dozen

BY PAT KAUFFMAN

DELTA — What do you do if you love to cook but your dairy farmer husband likes the same old things? If you're like Carol Fantom, Delta, you send recipes to Lancaster Farming.

Carol lives with her husband, Robert and their two youngsters, Stephanie, 3 and Richard, 9, on his parents' dairy farm in York County.

Not a farm girl, Carol still finds some of the aspects of farm life puzzling. And she tells that Bobby expects a big farm breakfast of sausage and pancakes every morning.

Lunch times are pretty standard, bacon and scrambled egg sandwiches and tea or hot dogs over a bonfire when the men are working in the fields.

Carol entertains herself with embroidery, crochet, reading and bingo. But now and then she dreams of making some of the more exotic dishes in her collection of cookbooks. And one fine day she took the time to sit down and mail over 50 of them in.

Carol said that when the children are both in school during the day she hopes to become more involved with the family dairy operation of about 60 milkers. But for now, she enjoys cooking and being a mother. Some of her recipes follow.

FLUFFY BERRY CHEESE PIE

Pastry for single-crust 9-inch pie

1 cup miniature marshmallows

½ cup milk

1 3-ounce package strawberry-flavored gelatin

½ cup water

1 3-ounce package cream cheese, softened

1 10-ounce package frozen strawberries, thawed

½ cup whipping cream

Line 9-inch pie plate with pastry; bake and cool. In a saucepan, heat miniature marshmallows and milk over medium-low heat, stirring frequently until marshmallows are melted. Set aside. In a small saucepan, combine strawberry-flavored gelatin and water. Heat and stir until the gelatin is dissolved. Combine marshmallow mixture and gelatin. Gradually beat into the softened cream cheese. Drain thawed strawberries reserving syrup. Add water to syrup to equal ¾ cup liquid. Stir strawberry syrup into gelatin mixture. Chill until the mixture is partially set. Whip the gelatin mixture. Fold in the strawberries. Whip the cream. Fold into the whipped gelatin mixture. Chill again until the mixture mounds when spooned. Pile the strawberry mixture into the baked pastry shell. Chill 3-4 hours or until filling is set. Garnish with dollops of additional whipped cream and strawberries, if desired.

TUNA-NOODLE CASSEROLE

8-ounces noodles

2 7-ounce cans tuna, well drained

1½ cups dairy sour cream

¾ cup milk

1 3-ounce can sliced mushrooms, drained

1½ teaspoons salt

¼ teaspoon pepper

¼ cup dry bread crumbs

¼ cup grated Parmesan cheese

2 tablespoons butter or margarine, melted

Heat oven to 350° F. Cook noodles as directed on the package. Return drained noodles to kettle and stir in tuna, sour cream, milk, mushrooms, salt and pepper. Pour into ungreased 2-quart casserole. Mix bread crumbs, cheese and butter. Sprinkle over casserole. If desired, sprinkle paprika over bread crumb mixture. Bake uncovered 35-40 minutes or until bubbly.

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Carol is shown with Stephanie, her cook's helper looking over some new recipes. Carol collects cookbooks and enjoys looking up new recipes in her spare time.



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