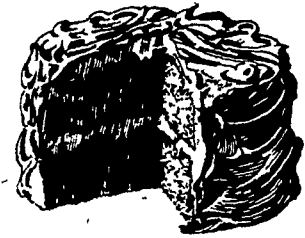


# Home On The Range



## Nuts for you

Nuts tend to get overlooked when we talk about food groups and nutrition. However, nuts are very delicious and there are many kinds of nuts at your choosing.

Nuts go well as "munchies" at parties and weddings and as snack food when you're sitting in front of the television watching a football game. Nuts also add that certain touch to many holiday cookies, pies and cakes.

If your child is currently going through the peanut butter sandwich stage, don't fret. Actually you couldn't be more lucky because peanut butter is high in protein and nuts contain more nutrients than most people think. So let him have peanut butter for breakfast and for school lunches. What could be easier to prepare than a peanut butter sandwich?

Try these favorite nut recipes:

### DUMPLINGSS

3/4 c. sifted flour  
1/4 c. corn meal  
1/2 t. salt  
1/2 c. chopped nuts  
2 t. baking powder  
1 egg lightly beaten  
1 T. dried milk  
1/2 c. water

Sift dry ingredients together. Mix in water, eggs and chopped nuts. Stir only until the dry ingredients are evenly moistened. With only enough liquid in the stew to cover the meat and vegetables drop tablespoons of the dumpling mix into the boiling stew. Cover and allow to cook for 20 minutes.

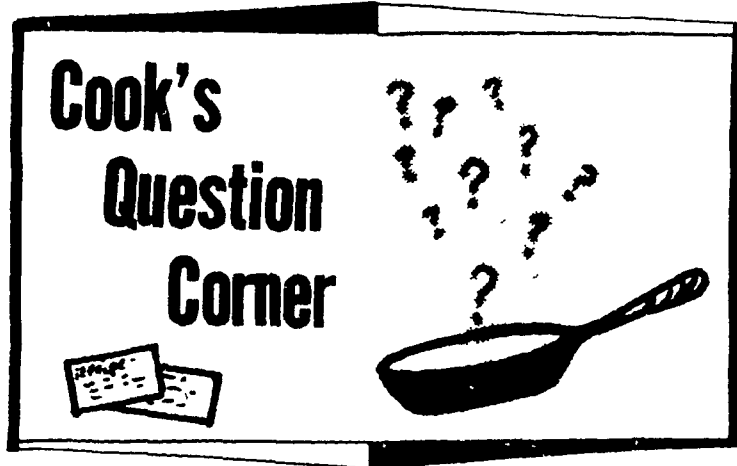
### NUT LAYER CAKE

2 1/2 c. sifted flour  
1 1/2 c. sugar  
3 t. baking powder  
1/4 t. salt  
1/4 c. soft butter  
1 c. water  
3 egg whites  
1 t. vanilla  
3/4 c. chopped nuts

Sift dry ingredients together. Mix in butter thoroughly. Add water gradually while beating until batter is smooth. Add vanilla and egg whites and beat for 2 minutes. Stir in the chopped nuts. Pour batter in cake pans and bake in 350-degree oven for about 25 minutes.



Who can resist delicious nuts? Almonds, cashews, chestnuts, pecans, hickory nuts, and the list goes on as does the desire to eat them one after another. Nuts taste good alone or mixed in cookies. They are also a perfect topper for this yummy autumn dish, pumpkin gold pie.



**ANSWER** — For the cook who requested a recipe for Caramel Corn, Mrs. John Crossen of Newark Valley, New York, has sent us "Caramel Corn-Oven Style." This snack sounds great for the upcoming holidays.

### CARAMEL CORN - OVEN STYLE

15 c. popped corn  
1 c. brown sugar  
1/2 c. butter  
1/4 c. white corn syrup  
1/2 t. salt  
1/4 t. vanilla  
1/2 t. soda

Put popped corn into ungreased pans. In a heavy saucepan combine sugar, butter, salt and corn syrup. Heat, stirring often until mixture bubbles around the edges.

Continue cooking over medium heat for 5 minutes. Remove from heat and stir in soda. This will become foamy.

Pour over corn and stir mixture until corn is well coated. Place corn in pre-heated oven and bake for one hour. Stir every 15 minutes. Cool. If you wish to store, use plastic bags or air-tight cans.

### PUMPKIN GOLD PIE

1 envelope unflavored gelatin  
1/2 c. cold water  
1 1/2 c. canned pumpkin  
1/3 c. firmly packed brown sugar  
1 t. cinnamon  
1/2 t. salt  
1/2 t. nutmeg  
1/4 t. allspice  
1/4 t. ginger  
3 egg yolks, beaten  
1 c. dairy sour cream  
3 egg whites  
1/4 t. cream of tartar  
1/3 c. granulated sugar  
9-inch baked pie shell  
chopped pecans

Sprinkle gelatin over water in small saucepan; heat to dissolve. Stir in pumpkin, brown sugar and spices. Heat to simmering, stirring occasionally. Blend a small amount of hot mixture into egg yolks. Return all to saucepan. Cook 1 minute. Do not boil. Remove from heat. Pour into a large mixing bowl. Chill until mixture mounds when dropped from a spoon. Blend in sour cream. Beat egg whites until frothy. Add cream of tartar and continue beating until soft peaks form. Gradually add granulated sugar and beat until stiff and glossy. Fold into pumpkin mixture. Pour into pie shell. Chill several hours or overnight until firm. Garnish with lots of chopped pecans.

### PECAN TARTS

Mix 1/2 c. margarine and 1/2 c. sugar. Stir in 2 egg yolks, 1 t. almond extract and 2 c. sifted flour. Press evenly into tiny tart-shells or muffin cups. Bake in 400 degree oven 8 to 10 minutes. Bring to boil 1/2 c. margarine, 1/3 c. dark corn syrup and 1 c. confectioners sugar. Stir 1 c. chopped pecans. Spoon into shells. Top with pecan halves. Bake in 350-degree oven for 5 minutes. Makes 4 dozen.

Audrey Koontz, Everett

### WALNUT ANIMAL CRACKERS

2 1/4 c. unsifted flour  
1/2 c. whole wheat flour  
1/4 c. yellow cornmeal  
1 t. baking powder  
3/4 t. salt  
1/2 c. finely chopped walnuts  
2/3 c. shortening  
1 c. granulated sugar  
1/2 t. vanilla  
6 T. milk

Mix flours with cornmeal, baking powder, salt and walnuts. Cream shortening with sugar and vanilla. Blend in flour mixture alternately with milk, mixing to a stiff dough.

On lightly floured board roll small portions at a time to 1/8 inch thickness and cut with animal-shaped cookie cutters. Arrange on ungreased cookie sheets. Bake above oven center at 350 degrees for about 12 minutes, until edges are lightly browned. Cool on wire racks. Makes about 4 1/2 doz. crackers depending on size of cutters.

### WALNUT SKATEBOARDS

1/2 c. butter  
1/3 c. brown sugar  
1 t. grated orange peel  
1 T. orange juice  
1/4 t. anise flavoring  
3/4 c. unsifted rye flour  
1/4 t. baking powder  
1/2 c. sifted all-purpose flour  
1/2 c. finely chopped walnuts

Beat together butter, sugar, orange peel and juice, and flavoring until well blended. Stir in rye flour. Stir baking powder into all-purpose flour. Gradually blend into the dough. Mix in walnuts. Shape into 12 small rolls.

Place one at a time on greased cookie sheets and flatten with floured rolling pin to about 4 1/2 x 1 1/2 inches. Bake at 375 degrees for about 10 minutes until edges are very lightly browned. Cool on wire racks. Make 12 cookies.

### APPLESAUCE NUT BREAD

1 c. sugar  
1 c. applesauce  
1/4 c. oil  
3 egg whites  
3 T. skim milk  
2 c. sifted flour  
1 t. baking soda  
1 t. baking powder  
1/2 t. salt  
1/2 t. cinnamon  
1/4 t. nutmeg  
1/2 c. chopped walnuts

In a large bowl combine sugar, applesauce, oil, egg whites, and skim milk and mix thoroughly.

Add flour, baking soda, baking powder, salt, cinnamon and nutmeg. Combine until all ingredients are well blended. Stir in chopped nuts.

Spread batter in oiled and floured 9x5x3 inch loaf pan. Bake at 350 degrees for 60-70 minutes.

Nancy Lort, Delta

### RAISED NUT BREAD

2 T. dried milk  
1/2 cake yeast  
2 T. brown sugar  
1/4 t. salt  
1 c. water

1 c. sifted white flour  
1 c. whole wheat flour  
1/2 c. finely chopped nuts

Dissolve yeast in one cup of warm water in a bowl, and add dry ingredients. Beat until thoroughly mixed. Add nuts and enough flour to make a stiff dough. Grease 9 x 5 loaf pan. Cover with a cloth and let rise until doubled. Bake in 375 degree oven for one hour.

### COLD NUT CAKE

1 lb. graham crackers, rolled fine  
2 c. English walnuts, chopped  
1 pound dates, cut in thirds  
1 pound marshmallows, cut  
3/4 c. milk

Mix all together and shape into rolls. Roll in graham cracker crumbs and wrap in wax paper. Store in refrigerator and slice as used.

Mrs. Carl Bacon, Felton

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