

April is lamb month

(Continued from Page B6)

MINT SAUCE

1/2 c. water
1/4 c. vinegar
3 T. powdered sugar
1/3 c. finely chopped mint leaves
drop green food coloring, if desired
In a small saucepan heat all ingredients over medium heat. Serve over warm lamb. Preparation and cooking time is 5 minutes.

TERIYAKI MARINADE

1/3 c. finely chopped onion
2 T. sugar or honey
1/4 t. dry mustard
2 t. ground ginger
2 cloves garlic, cut in half
1/4 c. cider vinegar, lemon juice, or white wine
1/3 c. soy sauce
1/4 t. ground pepper
Combine all ingredients in a small bowl, mix well, and pour over lamb. Cover and refrigerate at least 4 hours or overnight. Preparation time is 5 minutes. Makes 3/4 cup.

SPICY LAMB JELLY SAUCE

10 oz. tart red jelly
1/4 c. cider vinegar or lemon juice
3 T. butter
1 t. prepared mustard
1/2 t. ground ginger

1/4 t. ground allspice
1 t. Worcestershire sauce

Combine all ingredients in a small saucepan. Cook over low heat until jelly is melted and flavors are blended. Preparation and cooking time about 8 minutes. Apricot, peach or plum preserves can be substituted for red jelly.

Following are answers from Cook's Question Corner:

WHOLE WHEAT CRACKERS

2 c. whole wheat flour
1 t. salt
1/2 t. baking soda
1/4 c. butter
1/2 c. buttermilk or 1/2 c. milk mixed with 2 t. lemon juice
1 large egg
coarse salt for topping
Combine flour, salt and soda. Cut in butter until mixture has texture like oatmeal. Add milk and egg; blend to make stiff dough. You may need to add more flour, as whole wheat varies a lot. Knead thoroughly. Roll 1/8 inch thick on floured board, cut into squares and place on lightly greased cookie sheet. Prick with fork, sprinkle with salt. Bake at 400 degrees until lightly browned, about 10 minutes.
Rosanne Smith, Kutztown

GRAHAM CRACKERS

1 c. shortening
2 c. brown sugar
1 c. granulated sugar
2 c. white flour
4 c. graham flour
1 t. soda
2 t. baking powder
1/2 t. salt
1 c. sweet or sour milk
1 t. vanilla
Cream shortening and sugar together until fluffy. Add vanilla. Sift flour. Measure, and add salt, soda and baking powder. Sift again. Add sifted dry ingredients alternately with milk. Mix thoroughly after each addition. Chill dough in refrigerator overnight. In the morning, turn out on floured board and roll as thin as possible. Cut in squares or any shape desired. Place 1 inch apart on a greased cookie sheet. Bake at 350 degrees until crisp and a golden brown. Makes about 6 dozen.
Rachel Martin, Lititz

WHOLE WHEAT SOFT PRETZELS

1 T. yeast
1 1/2 c. warm water
1 T. honey or brown sugar
1 T. salt
3 1/2 c. whole wheat flour
1/2 c. wheat germ
Optional:
3 T. oil
1/2 c. dry milk powder

Glaze:
1 egg beaten with 1 T. water
Toppings:
coarse salt
sesame seeds
poppy seeds

Dissolve yeast in water with honey. When bubbly stir in salt, optional if used, and 2 cups flour. Beat until smooth. Add wheat germ and remaining flour to make a soft dough. Knead until smooth and elastic, about 5 minutes. Let rise until doubled, 45 to 60 minutes. Punch down and divide into 16 equal parts. Roll each piece into a rope 16 inches long.

Transfer pretzels to greased baking sheets with a wide spatula

and let rise 20 minutes. Brush glaze on top and sprinkle with desired topping. Bake at 400 degrees for about 20 minutes, or until golden brown. Cool on racks.

To bake, dip frozen pretzel in water, sprinkle with coarse salt and bake about 30 minutes. Frozen baked pretzels can be thawed () 350 degree oven 5 to 6 minutes.

Variation: For that characteristic chewy texture, after the pretzels have risen 20 minutes, lower them gently one at a time with a slotted spoon into 2 quarts boiling water with 3 T. salt. Boil 1 minute, drain well and place back on baking sheet. Glaze and bake as above.

Farm vacation guide

HARRISBURG — The all-new Pennsylvania Farm Vacation Directory is now available at Rep. Noah Wenger's district office.

"A number of Pennsylvania farm families open their homes to vacation guest every summer," Wenger explained. "This brochure contains descriptions, accommodations and rates available at the 27 farms participating in the program."

The vacation farms offer all kinds of attractions—livestock and poultry; swimming or boating on a farm pond, creek or swimming

pool; horseback riding; hiking in shady woods; abundant quantities of wild game, antiques and country stores.

The program is sponsored by the Pennsylvania Farm Vacation Association in cooperation with the Commonwealth's Department of Agriculture.

Rep. Wenger said that he has a limited number of the brochure available. A free copy may be obtained by writing to his office at Lincoln Office Building, 1248 West Main St., Ephrata, PA 17522.

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