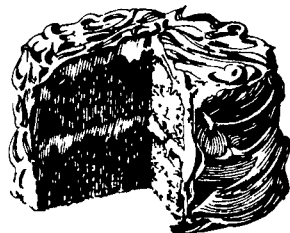


Home On The Range



Be Creative: Cook Chinese Food

This week's recipes come to us courtesy of the Mifflinburg Future Homemakers of America (FHA).

Betty Jane Mincemoyer, leader of the group and home economics teacher at the Mifflinburg Area High School, explained that her FHA group recently made a Chinese dinner featuring some of these recipes for their local chapter of Young Farmers.

Included with her recipes were dietary tips on Chinese food. According to her, Chinese food is low in calories and high in nutrients. "It offers a harmony in aroma, color, taste and texture," Mrs. Mincemoyer wrote.

Begin the new year on an adventurous note, and try some of these new recipes.

SWEET AND SOUR PORK

- 1 1/2 pounds lean pork, cut in 2x1/2-inch strips
- 2 tablespoons hot shortening
- 1 chicken bouillon cube
- 1 1-pound 4 1/2-ounce can pineapple chunks
- 1/2 cup brown sugar
- 2 tablespoons cornstarch
- 1/4 cup vinegar
- 1 tablespoon soy sauce
- 1 medium green pepper, cut in strips



Chinese food is a good way to start 1984. Why not begin the new year with something different? Your family will love it.

- 1/4 cup thinly sliced onion
- hot cooked rice

Brown pork slowly in hot shortening. Add one cup water, bouillon cube and 1/4 teaspoon salt; mix well. Cover and simmer until tender, about one hour. Meanwhile, drain pineapple, reserving syrup. Combine brown sugar and cornstarch; add reserved pineapple syrup, vinegar, soy sauce and 1/2 teaspoon salt. Cook and stir over medium-high heat until thickened and bubbly. Remove from heat. Add sauce to pork; mix well. Stir in pineapple, green pepper and onion. Cook over low heat two to three minutes or until vegetables are tender-crisp. Serve over rice.

CHINESE FORTUNE COOKIES

- 1/4 cup plus two tablespoons butter or margarine, softened
- 1/4 cup plus two tablespoons sugar
- 2 egg whites
- 1/2 teaspoon almond extract
- 2/3 cup all-purpose flour

Grease and flour 2 to 3 cookie sheets. Draw 3-inch circles on cookie sheets - about one-inch apart - with the tip of a dull table knife. Set aside. Combine first 4 ingredients; beat at medium speed of electric mixer until blended. Stir in flour. Drop by rounded tablespoonfuls into circle on prepared cookie sheet, and spread

each to fill circle. Bake at 400 degrees for 4 minutes or until edges are lightly browned. Remove from oven. Working quickly, loosen cookies with spatula, but leave on warm cookie sheet. Working one at a time, place folded fortune in center of cookie. Gently fold cookie in half. Bend folded edge of cookie downward. Place in muffin pan to harden. Repeat with remaining cookies. If cookies cool and become too brittle to fold, return to warm oven briefly to soften.

(Turn to Page B8)



Featured Recipe

Sant Tarts

- 1/2 pound butter
 - 2 cups sugar
 - 4 eggs
 - 4 cups flour
- Mix ingredients together, divide into four parts and chill. Roll dough out and then cut with your favorite cookie cutter. Bake at 375 degrees until light brown. Decorate. Margaret warned that it is best to keep your eye on them when baking, because they burn easily.

If you are a sand tart lover and think they can only be served at Christmas, think again. Margaret Lefever gave us her sand tart recipe and said she uses it all year, decorating the cookies to match the season. She makes hearts for Valentine's Day, and once made horses for a 4-H pony club. So, if you want to keep a bit of that holiday cheer all year, try Margaret's recipe. Read about Margaret's quilting abilities and her latest project on page B26.



Cook's Question Corner



ANSWER - Many readers must like chili on cold winter nights, because many, many chili con carne recipes came pouring on. Thanks go to Martha S. Martin, Ephrata, for the first recipe, and the second came from a reader who did not enclose a name.

Chili Con Carne

- 2 to 3 cups cooked kidney beans
- 1 pound ground or cubed beef
- 2 tablespoons chopped suet
- 1 1/2 teaspoons salt
- 1 tablespoon flour
- 1 1/2 teaspoons chili powder
- 2 cloves of garlic or minced onion
- 1 cup hot water
- 2 cups tomatoes

Melt the suet and add garlic or onion. When onion is slightly brown, add the ground or cubed meat. Add flour, salt and chili powder to meat and blend together. Then add canned tomatoes and hot water. Cover and let simmer slowly for one hour, adding water if necessary. Add kidney beans and bring to a boil.

Chili Con Carne

- 3 tablespoons fat or cooking oil
- 1 large chopped onion
- 1 green pepper, diced
- 1 pound ground beef
- 1 16 ounce can tomatoes
- 1/2 teaspoon all-purpose seasoning
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon pepper
- 1 tablespoon chili powder
- 1/2 teaspoon garlic seasoning
- 1/2 teaspoon salt
- 1 16-oz. can kidney beans

Heat fat in large skillet. Add onion, green pepper and beef. Brown meat, stirring often and breaking it up with the side of a spoon as it cooks; dip off excess fat. Stir in next eight ingredients. Simmer mixture, covered, about one hour, stirring occasionally.

Recipe Topics

- | | |
|---------|---------------------------|
| January | |
| 14 | Favorite Hamburger Dishes |
| 21 | Egg-citing Eggs |
| 28 | Snacks for Anytime |

CHICKEN AND CHINESE NOODLES CASSEROLE

- 1 cup chopped celery
- 1 can condensed cream of mushroom soup
- 1 can condensed cream of chicken soup
- 3/4 cup evaporated milk
- 3 cups chow mein noodles
- 1 1/4 cup cubed cooked chicken
- 1/4 cup chopped green pepper
- 1/4 cup chopped pimiento
- 1 teaspoon salt

In saucepan, cook celery in small amount of salted water until tender. Drain. Combine soups and milk in two-quart casserole. Add celery and remaining ingredients. Stir to combine. Bake at 350 degrees for 50 to 60 minutes.