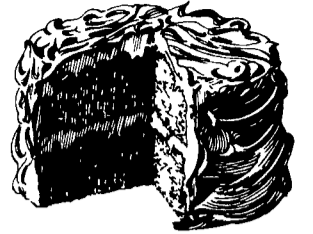


Home On The Range



Boost your day with breakfast

Breakfast is one of the most important meals of the day, yet many of us hurry through it as fast as possible or skip over it completely. Breakfast should provide one-fourth to one-third of the day's calories and nutrients

This week, instead of skipping breakfast, try one of the recipes below and start your day with a meal that will keep you on the go until lunch time.

SOUR DOUGH CINNAMON ROLLS

2 cups sour dough starter
2 teaspoons baking powder
¾ cup soft butter
2 cups flour
1 teaspoon salt

Mix all but starter together. Add starter and stir. Turn on floured board and roll into rectangle. Cover with cinnamon, sugar, and raisins. Roll up and cut into 12 sections. Bake on greased cookie sheet at 425° for 20 minutes or until light brown. When cool, drizzle with mixture of milk and 10X sugar. Other uses for sour dough starter include: Sour dough pancakes, sour dough bread and sour dough coffee cake.

SOUR DOUGH STARTER

½ package active dry yeast
2 cups sifted flour
2 tablespoons sugar
2½ cups warm water

Beat all above well and place in stone crock or pottery bowl. Cover and let stand in warm place for 2 days. Then refrigerate. Two hours before using, remove desired amount and place in warm spot. Replenish starter with equal amounts of warm water and flour that you have removed. To remain active it must be used at least once a week.

Patti Hushon
Delta

FRENCH BREAKFAST MUFFINS

½ cup shortening
½ cup sugar
1 egg
1½ cups flour
1½ teaspoons baking powder
½ teaspoon salt
¼ teaspoon nutmeg
½ cup milk
½ cup sugar
1 teaspoon cinnamon
½ cup margarine, melted

Heat oven to 350°F. Grease muffin pans. Mix shortening, ½ cup sugar, and egg thoroughly. Stir in flour, baking powder, salt and nutmeg alternately with milk. Do not over mix. Fill muffin cups ¾ full. Bake 20 to 25 minutes. Mix ½ cup sugar and cinnamon. Immediately after baking, roll muffins in melted butter, then in cinnamon-sugar mixture. Serve.

A. Hoover
Manheim

OMLET

1½ to 2 eggs per person
1 teaspoon flour per egg
¼ cup milk per egg
salt and pepper
1 teaspoon baking powder

Separate eggs and beat white until frothy but not dry. Beat well, add egg white last. Folding in gently put in heated skillet containing melted butter. Leave on top of stove until begins to get a little like custard. Place in 450°F. preheated oven and allow to brown about 10 minutes.

Betty Biehl
Mertztown

RAISIN BREAD

2 cups raisins
2 cups water
2 teaspoons baking soda
Bring to a boil then remove from heat.

2 eggs
1½ cups sugar
pinch of salt
1½ teaspoons vanilla
Beat together

3 cups flour
1 cup chopped nuts (optional)
Add raisin mixture and flour to egg mixture. Fold in nuts. Bake in greased bread pan at 350°F for one hour.

Diane Darabin
Southington, Conn.

STICKY BUNS WITH BREAD DOUGH

2 loaves frozen bread dough, thawed
Break pieces of one loaf in a greased 9 x 13 pan. In saucepan combine:

¼ pound butter or margarine
1 cup brown sugar
2 tablespoons milk
1 tablespoon cinnamon
2 boxes vanilla pudding (not instant)

Heat and stir till sugar is dissolved. Do not boil. Pour mixture over bread pieces, then put pieces of second loaf on top. Let rise till pan is filled. Bake 30 minutes at 350°F.

Nancy Martin
Stevens

INSTANT EGG PICK-UP

1 egg
1 cup orange juice
1 tablespoon honey, optional

Measure all ingredients into blender or shaker container. Cover. Blend or shake until well-blended. Pour into tall glass. Serve immediately. For variation add one scoop orange or lemon sherbet just before serving.

BREAKFAST OPEN-FACE SANDWICHES

2 English muffins, split, toasted, buttered
4 slices Canadian-style bacon, ¼-inch thick
4 slices pineapple
4 slices Swiss cheese

Panbroil Canadian-style bacon on both sides. Top muffin halves with bacon. Top each with slice of pineapple and cheese. Broil sandwiches until cheese melts. Serve immediately. Serves 4.

FRENCH HAM SANDWICHES

3 tablespoons butter, softened
1½ teaspoons prepared mustard
8 slices Vienna bread
4 slices cooked ham
3 eggs, beaten
½ cup milk
1 teaspoon Worcestershire sauce
¼ teaspoon salt

Blend butter and mustard; spread on both sides of bread. Place ham on four slices of bread; top with remaining four slices. Combine eggs, milk, Worcestershire and salt. Place sandwiches in buttered 9-inch square baking pan; pour egg-milk mixture over sandwiches to coat both sides evenly. Allow to stand 30 minutes or overnight in refrigerator. Remove to broiler pan; broil sandwiches six inches from source of heat for 3 to 4 minutes; turn and broil until golden brown. Serve with maple or fruit syrup.

BUTTERMILK WAFFLES

1½ cups sifted all-purpose flour
1 tablespoon sugar
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon baking soda
2 egg yolks, slightly beaten
1½ cups buttermilk
6 tablespoons (¾ stick) butter, melted
2 egg whites

Sift dry ingredients into mixing bowl. Combine egg yolks and buttermilk; stir in butter. Stir into dry ingredients until smooth. Beat egg whites until stiff but not dry; gently fold into batter. Bake in waffle baker according to manufacturer's instructions. Serve immediately with butter and jam.

GRIDDLE CAKES

1¼ cups sifted all-purpose flour
1 tablespoon baking powder
1 tablespoon sugar
½ teaspoon salt
1¼ cups milk
1 egg, beaten
¼ cup (½ stick) butter, melted

Sift dry ingredients into mixing bowl. Beat together milk and egg; stir in butter. Add to dry ingredients, stirring just until moistened (batter will be lumpy). Pour batter by ¼ cupfuls onto ungreased hot griddle. Bake until top is bubbly and edges are baked. Turn and bake other side. Serve immediately with butter and syrup.



In the morning Instant Egg Pick-up provides needed nourishment to see you through till lunch.



Featured Recipe

This week's featured recipe comes from Marlene Hess. Marlene is an R.N. who spent two years working in Bolivia. During her stay there, she and her husband, Andy, adopted a little boy. Currently expecting her first child, Marlene and Andy live on a farm in Mt. Joy.

Marlene said she makes about six to eight loaves of this oatmeal bread and then stores the unused portion in the freezer. The recipe below is for two loaves.

Oatmeal Bread

Combine in a large bowl:
1 cup quick oats
½ cup whole wheat flour
½ cup brown sugar
1 tablespoon salt
2 tablespoons

margarine
Pour 2 cups of boiling water over this mixture. Stir water into mixture to combine ingredients. Dissolve 1 package dry yeast in ½ cup warm water. When batter is cooled to lukewarm, add the yeast. Stir in 4 cups of white flour. When dough is stiff enough to handle, turn onto floured board and knead 5 to 10 minutes, adding 1 more cup flour as you knead. Place in greased bowl. Cover and let rise until doubled (about 1½ hours). Punch down, shape into loaves and place in greased bread pans. Let rise again (about 1½ hours). Bake at 350° F. For 30 to 40 minutes. Cook on rack. Brush with margarine for soft crust.

Recipe Topics

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April is Lamb Month!
Easter Dinner
Fresh Fish