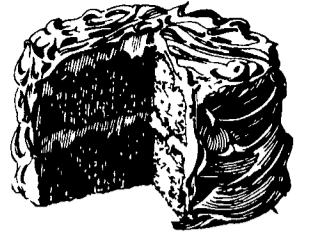


Home On The Range



Refresh with dairy drinks!

If the hot, muggy weather leaves you sweaty and tired, try a refreshing dairy drink to perk up your energy level. While soda or other drinks may quench your thirst as well as dairy drinks, they don't provide the valuable nutrients that milk products possess.

The dairy drink recipes our readers sent in this month all sound delicious, and can be easily prepared in a hurry. Why not try some of their favorite recipes - one may just suit your personal taste.

Many, many readers have shared dairy recipes with us so far this month, but two more weeks remain in June to send us your dairy recipe and receive a gift of appreciation.

RAINBOW BUTTERMILK COOLER

1 quart cold buttermilk
1 cup cold unsweetened pineapple juice
1 pint lemon sherbet
Rainbow sherbet

Combine buttermilk, pineapple juice and lemon sherbet with rotary beater until combined. Pour into glasses. Top with scoops of rainbow sherbet. Serve immediately.

NOTE: If using blender, blend pineapple juice and sherbet; add to buttermilk. Pour into glasses and garnish with scoops of rainbow sherbet.

American Dairy Council

Featured Recipes

This week's featured recipes come from the winners of two state cook-offs. Valeda Stevens, Newfoundland, took first place in the Pennsylvania Lamb Cook-Off with her Sweet and Sour Oriental Lamb recipe and Peggy Kovacs, Bethlehem, won the Pennsylvania Beef Cook-Off with her Italian Gyro Loaf recipe.

To read more about these women and the state cook-offs see the stories featuring them in this section.

Sweet and Sour Oriental Lamb

Cover 1 pound of cubed lamb with the following marinade. Let stand an hour or longer.

1 teaspoon salt
1 teaspoon sugar
2 teaspoons sherry

1 tablespoon soy sauce
1 egg, beaten
1/2 cup cornstarch

Make sauce by mixing the following ingredients. Set aside to be cooked later.

1 cup cider vinegar
1 cup sugar
1/4 cup ketchup
1 tablespoon cornstarch

1 tablespoon
Worcestershire sauce
1/8 teaspoon salt

While it is marinating prepare:

1 large clove garlic, minced
1 green bell pepper, cut into bite-size pieces
1 large carrot cut into 2-inch strips, 1/8-inch x 1/8-inch
1 large onion cut into bite-size pieces, scales separated
2/3 cup frozen peas, thawed
1 cup cut up celery, or about two stalks
1/4 cup chopped water chestnuts

Place carrot and celery in boiling water until crisp tender, about 3-4 minutes. Set aside. Steam onions in butter and very small amount of water, over gentle heat, until just transparent. Set aside.

Remove meat from marinade. Put 1/2 cup cornstarch in small sifter and sift over pieces of marinated meat, coating both sides thoroughly.

Deep-fry meat until golden and done (350°F.) Remove from oil and set aside. Empty oil from wok or pan, except about 1 tablespoonful. Heat to 350°F. Add garlic, vegetables, chestnuts and sauce mixture, stirring continuously until thickened. Pour over meat and serve immediately with hot, steaming rice. Top with sprouts of your choice.

Italian Gyro Loaf

2 large eggs, beaten
1/2 cup Italian style bread crumbs
1/2 cup tomato-based chili sauce
1/2 teaspoon salt
1/2 teaspoon oregano
1/4 teaspoon crushed fennel seeds
2 to 2 1/2 pounds ground chuck
1 can (16 ounces) fresh style seasoned green beans, drained
3 tablespoons Italian style salad dressing
1 package (8 ounces) Monterey Jack cheese, coarsely shredded

Combine in large bowl: eggs, bread crumbs, chili sauce and seasonings. Crumble ground chuck into small pieces. Fold meat gently but thoroughly into egg mixture.

Use 15-inch square piece of foil as base to shape meat into 12-inch square. Sprinkle half of shredded Jack cheese over meat to within 1 inch of outside edges. Spread drained green beans over cheese. Drizzle 3 tablespoons Italian salad dressing over green beans.

Start at narrow end of foil to roll meat. Press edges to seal as meat is rolled. Place seam-side down in lightly greased 13x9x2-inch pan.

Bake uncovered in preheated 350°F. oven for 1 hour 15 minutes. Sprinkle remaining cheese over top of meat and continue baking 5 minutes or until cheese melts. Allow to stand 10 minutes before serving. Garnish with parsley and cherry tomatoes. Serves 6-8.



Sit back and relax with a Chocolate Peppermint Shake and good book. This delicious concoction is made with fudge sauce, milk and ice cream.

STRAWBERRY FRAFF

4 eggs
1 cup sugar
1 quart frozen strawberries, crushed
1 teaspoon vanilla
Beat eggs. Add sugar, beat till fluffy. Add strawberries and chop them until the mixture is smooth, then add vanilla. Add 2 quarts of milk and mix. This recipe can also be prepared in a blender.

Lydia Ann King
Drumore

ORANGE JULIUS

1 cup orange juice concentrate
1 1/2 cups water
1 1/2 cups milk
3/4 cup sugar
18 ice cubes
1 teaspoon vanilla

Blend in blender on high speed until ice cubes are crushed. Approximately 4 servings. Very refreshing on hot summer days. Grape juice concentrate may be substituted for orange.

Mrs. John Frey
New Holland

COLUMBIAN CHOCOLATE

1 package (6 ounces) chocolate chips
1 cup strong coffee
1 teaspoon cinnamon
Pinch of salt
6 cups milk
1/2 teaspoon vanilla

Heat everything in a large saucepan, except milk and vanilla, stirring until mixture is smooth. Add milk and heat thoroughly. Stir in vanilla. Just before serving, beat until foamy.

Mrs. John Frey
New Holland

CHOCOLATE PEPPERMINT SHAKES

Mix 2 cups milk and 3/4 cup Glossy Fudge Sauce (below). Pour into 4 tall glasses. Stir 2 to 4 scoops pink peppermint or vanilla ice cream into each glass just until blended. Serve immediately. 4 servings.

GLOSSY FUDGE SAUCE

1 package chocolate fudge frosting mix
3 tablespoons butter or margarine
2 tablespoons light corn syrup
2/3 cup milk

In medium saucepan, heat all ingredients to boiling over medium heat, stirring frequently. Boil and stir 1 minute. Use for milk shakes or malts, serve hot over ice cream or cool, cover and refrigerate. About 2 cups sauce.

STRAWBERRY YOGURT DELIGHT

3 cups cold milk
1 cup (8 ounces) strawberry yogurt
1 cup sliced fresh strawberries
1 tablespoon sugar

Place milk, yogurt, strawberries and sugar in blender container; cover. Blend until smooth. Pour into glasses. Garnish with fresh

strawberries, if desired. Serve immediately.

APRICOT CREAM COFFEE

3 cups cold milk
1 1/2 cups cold apricot nectar
1 tablespoon instant coffee
1/2 teaspoon almond extract
1 quart coffee ice cream

Blend 1 1/2 cups of milk, apricot nectar, instant coffee, almond extract and 1 pint coffee ice cream with rotary beater. Combine with remaining milk. Pour into glasses. Top with scoops of coffee ice cream. Serve immediately.

American Dairy Council

DAIRY DRINKS

4 eggs, beaten
1 quart fresh or frozen strawberries, mashed
Sugar to taste
A little vanilla
Pinch salt

Beat above ingredients well then add 2 quarts milk. You can mix everything ahead of time and set in refrigerator. When ready to drink, add milk. It is delicious!

Mrs. Amos Lapp
New Holland

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543

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Dairy Drinks
Dairy Dinners
Puddings & Custards

Outdoor Cooking