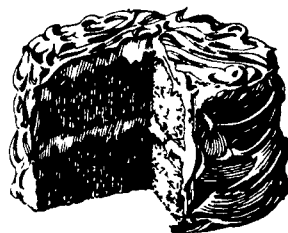


# Home On The Range



## Make a meal just for two

Cooking for small families can be a problem. Many people are reluctant to devote much time to preparing a full-course meal for just two or three people. It's easier, they think, to make a sandwich or fry an egg.

Eggs and sandwiches are fine, but there are many other meal options available for families of two. Cooking for two can be a fun and rewarding activity that doesn't involve spending the whole day in the kitchen. There's plenty of room for creativity in preparing smaller portions of delicious meals.

If you have a small family or are planning a weekend retreat without the kids, you may want to try a few of the recipes below.

### LIVER AND NOODLES

1½ pounds baby liver  
1 pound package fine egg noodles  
1 can peas  
1 cup diced onions  
1 can cream of mushroom soup

Brown onions, remove from pan. Brown liver (cut into bite-size pieces). Add browned onions. Add juice from peas to cream of mushroom soup. Pour into pan with liver. Add peas and simmer for 20 minutes. Boil noodles as directed on package. Rinse with hot water and drain. Arrange noodles on a large platter; pour liver and sauce over top neatly and generously.

Betty Biehl  
Mertztown

### FRENCH ONION SOUP

3 tablespoons butter  
6 medium onions, sliced  
4 cups bouillon  
6 slices French bread  
4 tablespoons butter  
½ cup grated Parmesan cheese

Melt butter. Sauté sliced onion in butter until transparent. Add bouillon and cover. Cook slowly until onions are tender. Add vinegar, salt, and pepper to taste. Heat to boiling point. Butter and toast French bread. Sprinkle with Parmesan cheese. Bake in top of oven at 450°F. until cheese browns lightly. Float slices of toasted cheese bread on top of soup. Serve hot.

Betty Biehl  
Mertztown

### BARBECUED SPARERIBS

Place 2 pounds spareribs in baking dish. Mix:  
1 cup catsup  
¼ cup vinegar  
Little salt and pepper  
2 tablespoons Worcestershire sauce  
1 chopped onion

Pour all ingredients over ribs. Bake for 2 hours at 325°F. Allow 1 pound spareribs per person.

Betty Biehl  
Mertztown

### PORK FONDUE FANTASTIQUE

2 pork blade steaks, cut ½-inch thick  
Cooking oil  
½ cup chili sauce  
2 tablespoons brown sugar  
1 tablespoon Worcestershire sauce  
1 teaspoon lemon juice  
Dash bottled hot pepper sauce  
½ cup orange marmalade  
1 teaspoon prepared horseradish  
1/8 teaspoon ground allspice

Partially freeze pork blade steaks; slice into thin strips. Thread pork strips accordion-style on skewers. Pour oil into fondue pot to depth of three inches. Heat oil in fondue pot on range to 425°F.

Meanwhile, prepare sauces: In one-cup glass measure, stir together chili sauce, brown sugar, Worcestershire sauce, lemon juice, and bottled hot pepper sauce. In one-cup glass measure, stir together marmalade, horseradish, and allspice. Transfer fondue pot to tabletop fondue burner; keep hot. Fry threaded pork strips in hot oil until pork is done. Dip cooked pork in sauces. Makes 2 servings.

### ORANGE-GLAZED HOLIDAY RACK OF LAMB

1 rib rack of lamb  
½ cup orange marmalade  
1 tablespoon brown sugar  
2 teaspoons prepared mustard  
3 tablespoons lemon juice  
Orange slices and maraschino cherries for garnish

Place lamb on rack in roasting pan. Roast in 325°F. (slow) oven 1½ hours, or until meat thermometer registers 170 to 175°F, depending upon desired degree of doneness. Meanwhile, combine marmalade, brown sugar, mustard and lemon juice in small saucepan; heat, stirring constantly until blended. Baste lamb with marmalade mixture during last half hour of roasting time. Garnish with orange slices and maraschino cherries. Makes 2 to 3 servings.

### SHRIMP SALAD

Marinate 15 minutes in:  
2 teaspoons fresh lemon juice  
1 cup bay shrimp

Combine with:  
¼ cup finely minced celery  
2 tablespoons each finely minced green onion and minced fresh parsley  
6 tablespoons mayonnaise  
Herb salt and white pepper to taste  
Aromatic curry mixture to taste (optional)

Place on:  
Butter lettuce leaves  
Garnish with:  
Chervil or parsley sprigs  
Sprinkling of paprika  
Lemon wedges

### FIESTA PORK CHOPS

2 pork loin chops, cut 1-inch thick  
1 10-ounce can tomato puree  
½ cup long grain rice  
¼ cup chopped onion  
3 tablespoons chopped ripe olives  
2 canned green chilies, seeded and chopped  
1 teaspoon sugar  
¼ teaspoon garlic salt  
¼ teaspoon salt  
¼ cup (1 ounce) shredded Monterey Jack cheese  
Avocado slices

Place chops in small oven roasting bag. Place roasting bag in 8x8x2-inch baking dish. In small bowl, combine tomato puree, rice, onion, olives, chilies, sugar, garlic salt and salt. Pour over chops. Close roasting bag with string or twist tie. Bake in a 325°F. oven till pork is done, about 60 minutes. Remove chops from roasting bag. Spoon sauce over chops. Top with shredded cheese and garnish with avocado slices. Serves 2.

### SOUTH PACIFIC PORK KABOBS

¾ pound boneless pork, cut in 1-inch cubes  
¼ cup soy sauce  
¼ cup sliced green onion  
3 tablespoons sugar  
1 tablespoon lemon juice  
1 teaspoon grated fresh gingerroot  
1 clove garlic, minced  
½ teaspoon coarse ground pepper  
3 tablespoons peanut butter  
1 teaspoon cornstarch  
½ cup milk  
½ cup chicken broth  
2 tablespoons sliced green onion  
¼ teaspoon garlic salt

In small bowl, combine soy sauce, ¼ cup water, ¼ cup onion, sugar, lemon juice, gingerroot, garlic and pepper. Add pork cubes, tossing to coat. Marinate 8 hours or overnight in refrigerator. Thread pork on skewers. Cook on grill over low heat till done, about 8 to 10 minutes on each side. (Or, broil at moderate temperature 3 to 5 inches from heat till done, about 8 minutes on each side.) In small saucepan, blend peanut butter and cornstarch. Stir in milk, chicken broth, 2 tablespoons onion, garlic salt, and dash pepper. Cook, stirring constantly, over moderate heat until mixture thickens and bubbles. Cook 1 minute longer. Serve peanut butter sauce with pork. Makes 2 servings.

### CURRIED CHICKEN FOR TWO

4 broiler-fryer chicken parts  
1 tablespoon cooking oil  
1 tablespoon butter or margarine  
1 large onion, sliced in rings  
1 clove garlic, minced  
¼ teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons apricot preserves  
3 tablespoons vinegar  
1 teaspoon curry powder  
½ cup water

In small frypan, place oil and butter and heat to medium temperature. Add chicken and cook, turning, about 10 minutes or until brown on all sides. Add onion rings and garlic and sauté until onion is clear, about 3 minutes. Pour off all excess oil. Sprinkle chicken with salt and pepper. In small bowl, mix together apricot preserves, vinegar and curry powder; stir in water. Pour mixture over chicken and bring to boil. Reduce heat to low and cover; simmer about 20 minutes or until fork can be in-



Cooking small can be a delectable experience. Pork Fondue Fantastique, pictured above, is an exciting entree, just perfect for an intimate dinner for two.

serted in chicken with ease. Remove lid and continue to cook about 5 minutes more to reduce liquid. Serve over rice. Makes 2 servings.

### SALMON VEGETABLE SAUTE

1 cup each sliced mushrooms and diagonally sliced celery  
1 medium onion, halved and sliced lengthwise  
1 small clove garlic, minced  
3 tablespoons oil, divided  
1 pound Alaska salmon, thawed if necessary and boned, skinned and cut into 1-inch chunks  
1 medium, firm, ripe tomato, cut into wedges

3 tablespoons water  
1 tablespoon cornstarch  
½ teaspoon salt  
Dash each crushed thyme and pepper

Sauté mushrooms, celery, onion and garlic in 2 tablespoons oil until crisp-tender; remove from pan. Sauté salmon about 2 minutes in remaining oil; add tomato and heat thoroughly. Return vegetables to pan. Combine remaining ingredients; add to mixture in pan. Cook and stir gently until thickened; cook 1 minute longer, until salmon flakes when tested with a fork. Makes 2 or 3 servings.

## It's time to enter chicken cooking contest

WASHINGTON, D.C. — You can't win if you don't enter and now's the time to act if you want to compete for \$20,000 in prizes at the 36th National Chicken Cooking Contest.

Deadline for entries is Dec. 31. The best chicken recipe in the Cook-Off on May 16, 1985, at the historic Grove Park Inn in Asheville N.C., will receive \$10,000. Four runners-up will share an additional \$10,000 in prizes and all 51 finalists — one from each state and the District of Columbia — will enjoy an expense-paid trip to the Great Smokey Mountains next Spring.

Recipes will be judged on taste, appearance, simplicity and appeal. The only required ingredient is chicken. Finalists will be selected by an independent recipe-judging agency and the five Cook-Off winners, by a panel of nationally-known experts.

Entry blanks are available but are not required. Just write your name, address and telephone number on the first page of your favorite chicken recipe and mail before Dec. 31 to:

Chicken Contest  
Box 28158 Central Station  
Washington, DC 20005

## Featured Recipe

This week's featured recipe comes from Shirley Groff of Strasburg. Shirley opened a craft shop in her home this June and recently celebrated her Grand Opening.

Her Party Chicken recipe below makes enough to serve four to eight people, but can be cut down to just two servings if you'd like, Shirley said. To learn more about Shirley and her "Country Creations" shop, see the story featuring her in this week's B section.

### Party Chicken

4 chicken breasts, split and boned  
2 cans mushroom soup  
1 cup sour cream  
8 slices bacon

1 package chipped dry beef or ½ pound dry beef from deli  
Place dry beef on bottom of 9x13-inch baking pan. Roll up each piece of boned chicken and wrap with a piece of bacon. Place chicken in pan on top of dry beef. Mix sour cream and undiluted soup together, and pour over chicken. Bake uncovered at 250°F. for three hours.

## 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.

### November

10	Cakes
17	Thanksgiving Dinner
24	Wild Game Recipes