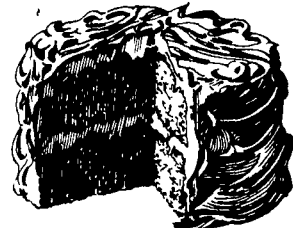


Home On The Range



Add rice to your menus

Demanding schedules which leave less time for meal preparation naturally rely on easy and fast foods. Rice is one of these "fast foods" that is nutritious, delicious and versatile.

Rice can be served plain or can be added to economical skillet and one-dish meals. It's also great as a salad ingredient.

Brown rice, an important source of valuable vitamins, minerals and fiber, is the choice of nutrition-conscious consumers, and can be incorporated into many tasty dishes.

Looking for a quick dish? Try some of the rice recipes below.

- ¼ teaspoon salt
 - 1 cup boiling water
 - 1 can crushed pineapple
 - ½ cup mayonnaise
 - 1 cup cooked rice
 - ½ cup grated carrot
 - ¼ cup toasted slivered almonds
- Dissolve gelatin and salt in boiling water. Drain pineapple, reserving syrup. Add enough water to syrup to make 1 cup. Stir into gelatin; chill until partially set. Add mayonnaise and beat with rotary beater until smooth. Fold in pineapple, rice, carrot and nuts. Pour into 4½-cup mold. Chill until firm.

Betty Biehl
Mertztown

TUNA RICE CAKES

- Combine:
- 1 can tuna
 - 2 cups cooked rice
 - ¼ cup chopped celery
 - 2 tablespoons chopped onion
 - 2 tablespoons flour
 - 2 egg yolks

Beat egg whites until stiff. Fold into tuna mixture. Drop patties on hot greased skillet and fry on both sides.

Mrs. Kitty Wagner
Elizabethtown

BAKED FRUIT CASSEROLE

- 1 cup long grain white rice, cooked and drained
- ½ cup chopped nuts
- ½ cup light brown sugar, packed
- 3 tablespoons orange juice
- 1 tablespoon grated orange rind
- ½ cup blonde raisins
- 2 cups tart apples, peeled, cored and sliced
- 2 cups frozen, sliced peaches

Mix all the ingredients in a greased covered casserole. Bake at 375°F. for 30 minutes. Serve warm with hard sauce.

Hard Sauce

Cream ¼ cup butter and ¼ cup light brown sugar, packed. Chill 2 hours or more before using.

Marie A. Cairns
Honey Brook

BROWN RICE PUDDING

Beat 2 eggs; add 2 cups whole milk, ¼ cup light honey, 1 teaspoon vanilla, 1½ cups cooked brown rice, and ½ cup raisins (blonde). Raisins can be cut for more flavor. Also add a sprinkle of nutmeg.

Bake at 350°F. for 1 hour or until a knife inserted in center comes out clean. Use a 1½-quart casserole. Serve warm with a dollop of whipped cream and a round teaspoon of whole strawberry preserves.

Marie A. Cairns
Honey Brook

RICE AND CARROT MOLD

- 1 3-ounce package lime-flavored gelatin

SHRIMP 'N RICE SALAD

- 1 cup cleaned cooked shrimp
- 3 cups cooked rice
- ¼ cup sliced celery
- ¼ cup sliced pimiento-stuffed olives
- ¼ cup chopped green pepper
- ¼ cup chopped pimiento
- ¼ cup minced onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons mayonnaise or salad dressing
- Crisp greens
- 2 tomatoes, cut into wedges
- ½ cup French dressing
- 1 lemon, cut into wedges

Split each shrimp lengthwise. In large bowl, combine shrimp, rice, celery, olives, green pepper, pimiento and onion; cover and chill.

Just before serving, stir together salt, pepper and mayonnaise and toss with shrimp mixture. Spoon shrimp onto crisp greens; garnish with tomato wedges and, if desired, with whole shrimp. Serve with French dressing and lemon wedges. Makes 6 servings.

WILD RICE STUFFING

- ¾ cup wild rice
- 2 cups water
- ½ teaspoon salt
- 6 cups day-old white bread cubes (crusts removed)
- ½ cup finely chopped onions
- 1 teaspoon powdered sage
- ½ teaspoon salt
- ½ cup melted butter

Rinse rice thoroughly. Bring to boil in saucepan with water and salt. Reduce heat and simmer 30 minutes or until just tender. Combine bread cubes, onion, sage, salt, and cooked rice. Add melted butter and toss to mix. Stuff goose lightly in neck and body cavities. Makes enough to stuff an 8 to 10 pound bird. Fasten the neck with a skewer and tie legs together.

ORIENT EXPRESS BROWN RICE

- 1 10¼-ounce can condensed chicken broth



This rainbow-colored salad which features rice and shrimp has a delicate flavor and delightful texture - perfect for luncheon or light supper.

- 2 tablespoons lemon juice
- 1 tablespoon soy sauce
- 1 cup brown rice
- 1 tablespoon butter or margarine
- ½ teaspoon grated fresh ginger root or ¼ teaspoon ground ginger
- 1 teaspoon sugar
- 2 medium zucchini, cut in strips

Combine condensed broth, lemon juice and soy sauce in large measuring cup. Add enough water to make 2¾ cups liquid; bring to a boil in large saucepan. Stir in rice, butter, ginger root and sugar. Cover tightly and cook over low heat 45 minutes. Stir in zucchini. Cover and continue cooking until all liquid is absorbed and zucchini is crisp-tender, about 5 minutes. Serves 6.

ORIENTAL BROWN RICE SALAD

- 2¾ cups water
- 1 cup brown rice
- 1 teaspoon salt (optional)
- 2 small carrots, cut into strips
- 1 small red pepper, cut into strips
- 1 small green pepper, cut into strips
- ½ cup jicama strips or celery strips
- 2 tablespoons sesame seeds
- ¼ cup vegetable oil
- 2 tablespoons soy sauce
- ¼ cup red wine vinegar
- 2 teaspoons grated fresh ginger or ½ teaspoon ground ginger
- 1 clove garlic, minced
- 1/8 to ¼ teaspoon cayenne pepper

Bring water to a boil in medium saucepan. Stir in rice and salt. Cover tightly and cook over low heat until all water is absorbed, about 50 minutes. Transfer to large bowl; cool to room temperature. Add carrots, red pepper, green pepper and jicama. Toast sesame seeds in small skillet over low

heat, stirring constantly, until lightly browned, about 3 minutes. Gradually stir hot sesame seeds into oil. Add vinegar, soy sauce, ginger, garlic and cayenne pepper; mix well. Stir dressing into rice and vegetable mixture. Cover and chill several hours or overnight. Makes 6 servings.

THREE MELON RICE SALAD

- 2½ cups water
- 1 cup rice
- 1 teaspoon salt (optional)
- ½ cup orange juice
- 2 tablespoons lemon juice
- 2 tablespoons sugar
- ¼ cup vegetable oil
- 1 teaspoon poppy seeds
- 1 teaspoon grated orange peel
- 1 teaspoon finely chopped fresh mint leaves or ¼ teaspoon dried mint flakes

- 1 cup small watermelon balls
- 1 cup small honeydew balls
- 1 cup small cantaloupe balls

Bring water to a boil in medium saucepan. Stir in rice and salt. Cover tightly and simmer 20 minutes. Remove from heat. Let stand covered until all water is absorbed, about 5 minutes. Transfer to large bowl; cool to room temperature. Meanwhile, combine orange juice, lemon juice and sugar in blender or food processor container. Blend 1 to 2 minutes. Gradually add oil, blending until slightly thickened. Add poppy seeds, orange peel and mint; blend 10 seconds. Stir dressing into rice. Cover and chill several hours. Add melon balls; mix well. Serves 6.

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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.

January

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Hamburger Recipes

February

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After School Snacks

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Mushroom Recipes

Featured Recipes

This week's featured recipe comes from Naomi Blank of Kinzers. Naomi reminds us that in the wintertime, birds have a hard time finding for themselves.

Naomi has a Chickadee Pudding recipe that she uses, and she hopes others will use it to treat their feathered friends.

Chickadee Pudding

- 1½ cups melted suet or cooking grease
- 1 cup cornmeal
- ½ cup sugar
- 1 cup bread crumbs
- 2 tablespoons peanut butter

Add sunflower seed and bird seed

Melt suet, then let cool. Add other ingredients, mixing thoroughly. Pack in paper cups or any small container that can be easily removed. (Don't use cooking grease that is salty). Put in mesh bag and hang.