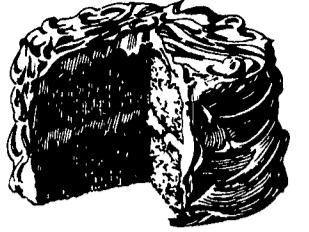


Home On The Range



Make mushrooms a part of your meal plans

The ancient Greeks and Romans gathered wild mushrooms to serve exclusively to the rich and noble. Today, the best restaurants and finest gourmets add this succulent vegetable to their menu selections.

Their unique texture, form and taste make mushrooms a welcome addition to any meal. Easy to prepare, they are delicious as a side dish or included in main-dish recipes. They can be sauteed, cooked in down-home American dishes or in exotic offerings from anywhere on earth.

Mushrooms taste great and complement any protein dish whether it's meat, poultry, fish, eggs, or cheese. And, a generous 3½-ounce serving contains only 28 calories!

Have I piqued your interest? Looking for some recipes to try this tasty vegetable? Then try some of the delicious mushroom recipes below and enjoy their exquisite flavor.

MUSHROOM STEAKS

- 6 ounces mushrooms, chopped
- ¼ cup evaporated milk
- 1 medium onion, chopped
- ¼ cup quick oats
- 1 teaspoon Vegex (may also use Savorex or Savita)
- 2 eggs

Mix together for gravy:
1 can mushroom soup
1 can water

Combine the first six ingredients, mix well. Let stand for 15 minutes. Drop by tablespoonfuls into hot oil and brown nicely on each side; use medium heat. Place patties in casserole and cover with mushroom soup gravy. Bake at 350°F. until well heated; about 30 minutes. Serves 6.

This is a delicious, easy dish to prepare and is vegetarian too.

Linda Noll
Mifflinburg

WILD RICE WITH MUSHROOMS AND ALMONDS

- 1 cup uncooked wild rice
- ¼ cup butter or margarine
- ½ cup slivered almonds
- 2 tablespoons snipped chives or chopped green onions
- 1 8-ounce can mushroom stems and pieces, drained
- 3 cups chicken broth

Wash and drain rice. Melt butter in large skillet. Add rice, almonds, chives and mushrooms; cook and stir until almonds are golden brown, about 20 minutes.

Heat oven to 325°F. Pour rice mixture into ungreased 1½-quart casserole. Heat chicken broth to boiling; stir into rice mixture. Cover tightly; bake about 1½ hours or until all liquid is absorbed and rice is tender and fluffy.

CREAMED MUSHROOMS

- 3 pounds mushrooms
 - 1 stick margarine or butter
 - 1 can evaporated milk
 - Salt
 - Flour and water for thickening
- Wash and slice mushrooms thinly. Place in heavy pan with butter and salt. Cover tightly. Add no water. Cook until tender and covered with own juice. Add the milk. Simmer a few minutes. Mix flour and water to thicken. Use approximately ½ cup flour.

Sally Souder
New Holland

CZECH LENTEN MUSHROOM AND SAUERKRAUT SOUP

- 1 pound 27-ounce can sauerkraut
- 1-ounce package dried mushrooms
- Sauce (Lapraszka):
- 1 small onion (diced)
- ¼ cup oil
- ½ cup flour

Cook mushrooms and sauerkraut ½ hour.

Add onions and oil in an iron fry pan. Heat well and add flour gradually. Stir constantly until flour browns. Add to soup and cook ½ hour. Soup should be thick so more sauce can be made and added.

Note: This is an old recipe from the days when a pot would be filled from the sauerkraut barrel and a few handfuls of fresh home dried (strung on a string and hung behind the coal stove to dry) mushrooms were thrown in, so it wasn't easy to break this recipe down.

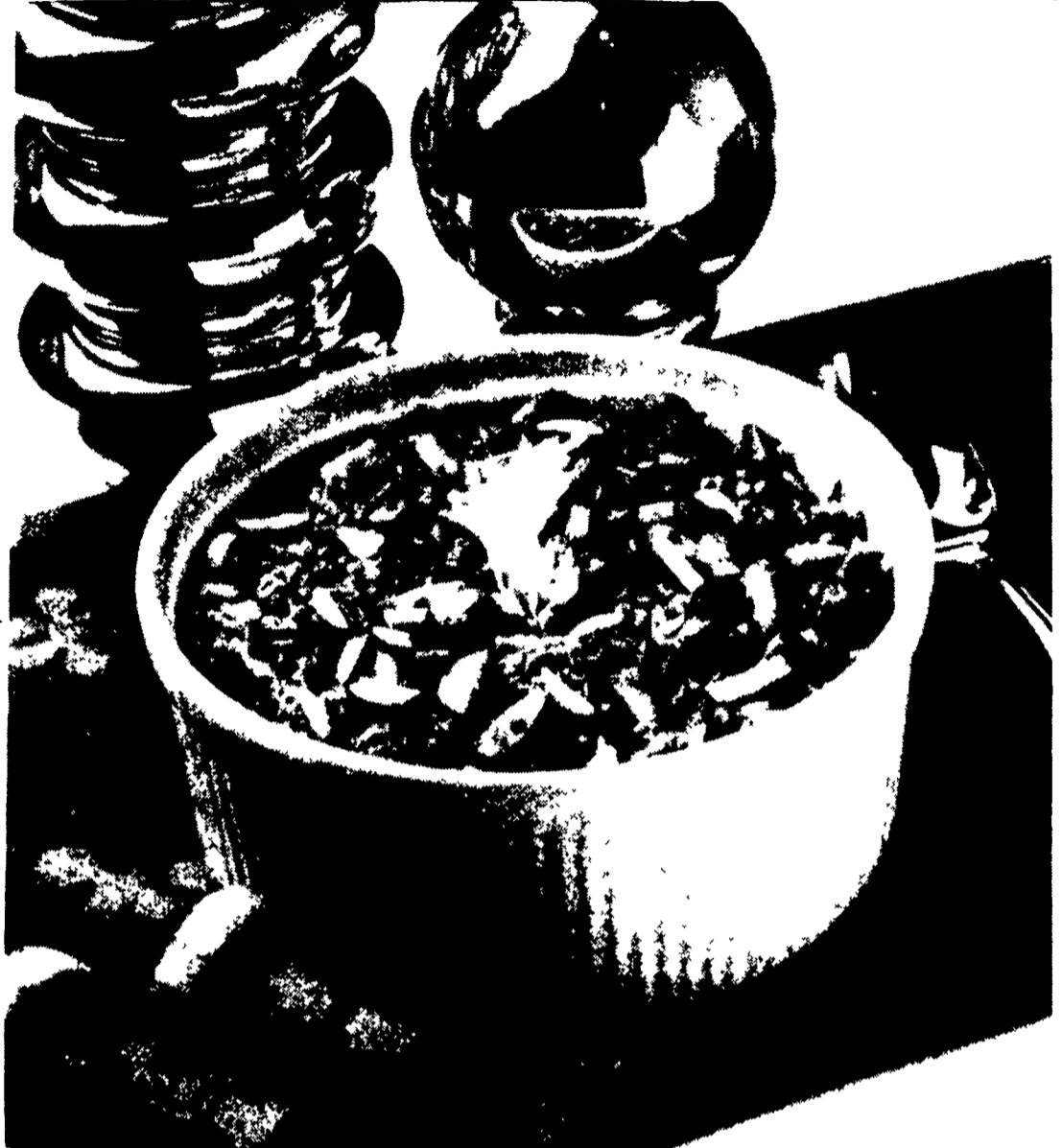
Mary Lehman
Pine Grove

DICK'S DELIGHT

- 3 cups sugar snap peas (strings removed)
- 3 cups sliced mushrooms
- 1½ cups sliced onions (wedges)
- ½ teaspoon garlic powder
- ½ cup sherry
- 1 cup chicken bouillon
- 4 teaspoons cornstarch
- Salt to taste
- Vegetable cooking spray

Spray frying pan with vegetable oil and heat. Add prepared peas and stir fry one minute. Remove peas to plate. Add onions and stir fry one minute. Remove onions to plate. Lower heat and add mushrooms. Cover and cook until limp. Add garlic powder, sherry, salt and ½ cup bouillon to mushrooms. Make paste of ½ cup bouillon and 4 teaspoons cornstarch. Add to mushroom mixture and cook until clear. Add peas and onions. Warm through. Note: Do not overcook. Vegetables should be crunchy.

Mrs. R.D. Brane
West Chester



Try this tasty mixture of wild rice with mushrooms and almonds for a distinctive side dish.

ELEGANT MUSHROOM QUICHE

- 1 8-ounce can refrigerated crescent dinner rolls
- 8 strips of bacon, cooked crisp and crumbled
- ¾ cup shredded cheddar cheese
- ¾ cup shredded Swiss cheese
- 12 ounces fresh mushrooms, washed and sliced
- 3 tablespoons margarine
- 1 cup boiling water
- 1 individual serving envelope of cream of mushroom soup mix
- 1 individual serving envelope of cream of chicken soup mix
- 3 eggs, beaten
- ½ cup milk
- ¼ teaspoon pepper
- 2 teaspoons flour
- ¼ cup dairy sour cream
- ½ teaspoon chopped chives
- ¼ teaspoon paprika

Separate crescent dough into 8 triangles. Place triangles in an ungreased 10-inch pie pan or quiche dish. Press over bottom and up sides to form a crust.

Mix cheeses and bacon together. Reserve ¼ cup of this mixture for later use. Arrange remainder evenly over bottom of prepared crust. Saute mushrooms gently in large skillet, in the 3 tablespoons margarine. Remove from skillet with slotted spoon. Set aside.

In large mixing bowl, empty both envelopes of soup mix. Pour in the boiling water, stirring till smooth. On medium speed of electric mixer, or with rotary beater, mix in the eggs. Beat in the milk, pepper, flour and sour cream till thoroughly blended. With a spoon stir in the mushrooms. Pour into crust.

In a preheated 350°F. oven, place carefully on center rack. Bake 25 minutes. Add reserved bacon-cheese mixture by sprinkling evenly over top of quiche. Bake 10 more minutes. Sprinkle with

chives and paprika. Bake 10 to 15 minutes longer (till puffy and lightly brown). Remove to a rack and allow to cool 10 minutes. Cut into wedges and serve. Makes 6 servings.

Deborah Yandric
Middletown

MUSHROOM CASSEROLE

- 3 to 4 pounds mushrooms, (sliced and cooked)
- 1 16-ounce package stuffing mix
- Chopped onion and celery (optional)
- 1 16-ounce box Velveeta cheese, sliced OR ¾ pound sharp cheddar

cheese, shredded, OR ¾ pound Mozzarella cheese, grated

¾ cup water
¼ cup butter
1¼ cup half and half

Wash, slice and cook mushrooms briefly. Drain. Melt butter in water, then combine with stuffing mix, adding celery and onion if desired. Stuffing will be slightly dry.

In greased 14x9-inch casserole layer mushrooms, cheese, then stuffing. Repeat, ending with stuffing. Dot with butter. Casserole may be made ahead and refrigerated until cooking time. Just before cooking, pour over 1¼ cups half and half. Bake at 350°F. for 30 minutes.

(Turn to Page B8)

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.

- February
- 16
- 23
- March
- 2

- Candy Recipes
- Food From The Sea
- Men's Favorites

Featured Recipe

This week's featured recipe comes from Stella Esbenshade of Mount Joy. Stella has been busily quilting quilts in preparation for the Pennsylvania Relief Sale to be held on April 6 at the Farm Show Building.

Working with the Mount Joy Sewing Circle and her church's adult Sunday School class, Stella has helped quilt two quilts for the auction. She plans to make the following Cherry Cream Dessert for the sewing circle the next time they meet in her home.

To learn more about Stella and the sale, see the story featuring them in this week's B Section.

Cherry Cream Dessert

1 9-inch graham cracker crumb crust

To make crust combine 1½ cups graham cracker crumbs (18 crackers), 3 tablespoons sugar, ½ cups melted butter. Press into sides and bottom of 9-inch pie pan and bake in 350°F. oven for 10 minutes.

Filling

- 1 8-ounce package cream cheese
- 1 14-ounce can Borden's condensed milk
- ½ cup lemon juice
- 1 teaspoon vanilla

Mix all ingredients together in mixer and pour into prepared pie shell. Chill 3 to 4 hours or overnight. Top with cherry pie filling and whipped cream.