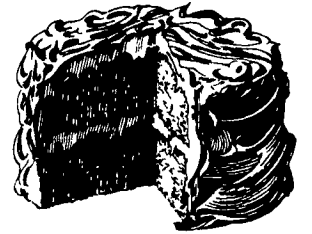


# Home On The Range



## Meat and potatoes - the way men like them

The men in our lives do so many special things for us that every once in awhile it's nice to treat them to a "favorite" meal just to say thank you and pat them on the back.

Although every man has his favorite, most men would agree that they like the simple, down-to-earth kind of meals that contain hearty helpings of meat and potatoes. Meals like pot roast, spaghetti, pork chops and steak topped off with apple or cherry pie are sure encourage wide smiles from the men in your family.

So go ahead. Cook up a dinner of "favorites" and say thanks to your men for all the little things they do that often pass by without notice.

### KITTY'S VENISON

Pound a deer steak with wooden mallet. Roll in flour seasoned with salt and pepper. Brown in skillet. Add 1 large can whole tomatoes, 1 green pepper sliced in strips and 1 onion sliced in rings, and 1 clove garlic, crushed. Simmer 1 hour. Add 1/2 cup dry red wine and simmer 10 minutes.

Mrs. Kitty Wagner  
Elizabethtown

### HAM AND VEGETABLE STEW

In Dutch oven brown 1 pound fully-cooked ham, cut in 1-inch pieces in 2 tablespoons shortening. Remove ham and cook 3/4 cup chopped green pepper, 1/2 cup chopped onion and 1 clove garlic, minced in Dutch oven until tender but not brown.

Add ham, 1 10-ounce package frozen green beans, 3 medium potatoes cut in 1-inch cubes, 1 28-ounce can tomatoes, cut up, 1 cup water and 1 teaspoon salt to Dutch oven. Bring to boiling. Cover and simmer 35 minutes or until tender.

Combine 3 tablespoons flour and 1/4 cup cold water. Stir into stew. Cook and stir until mixture thickens and bubbles. Cook 1 minute longer. Serves 6.

Betty Biehl  
Mertztown

### PEANUT BUTTER AND HONEY COOKIES

1/2 cup shortening  
1/2 cup honey  
1/2 cup brown sugar  
1/2 cup peanut butter  
1 egg  
2 cups flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
Little salt

Mix all ingredients together. Chill dough several hours. Roll into balls and place 3 inches apart on an ungreased pan. Flatten with fork dipped in sugar. Bake until set — 5 to 10 minutes at 375°F.

Betty Biehl  
Mertztown

### BEEF STROGANOFF

2 pounds top round steak, trimmed  
4 tablespoons butter  
1 cup chopped onions  
3 tablespoons flour  
Salt and pepper to taste  
1 10 1/2-ounce can beef broth  
1 can cream of mushroom soup  
1/2 cup sour cream  
1 6-ounce can mushrooms  
Hot cooked rice

Slice meat in 1/2-inch wide strips, cutting across the grain. In large skillet, melt 1 tablespoon butter. Add meat and cook over high heat until browned on all sides. Remove from pan. Add remaining butter and onions. Cook until tender. Stir in flour, salt and pepper. Gradually add broth. Stir constantly. Bring to a boil, reduce heat and simmer 5 minutes.

Stir in mushroom soup and sour cream. Add beef and mushrooms; cook stirring constantly until heated through. Serve over hot rice.

Kathy Jessick  
Elysburg

### DEEP DISH APPLE PIE

1 9-inch pie crust  
1 1/2 cups sugar  
1/2 cup flour  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
1/4 teaspoon salt  
12 cups thinly sliced pared apples  
2 tablespoons butter or margarine

Heat oven to 425°F. Prepare pastry. Stir together sugar, flour, nutmeg, cinnamon and salt; mix with apples. Turn into ungreased baking pan, 9x9x2 inches; dot with butter. Unfold pastry over fruit; fold edges under just inside edge of pan. Bake 1 hour or until juice begins to bubble through slits in crust. Best if served warm. Makes 9 servings.

### CHERRY BANANA PIE

1 9-inch baked pie shell  
1 16-ounce can pitted red tart cherries  
1 cup sugar  
3 tablespoons cornstarch  
1 tablespoon butter  
1/2 teaspoon cinnamon  
1 teaspoon almond extract  
2 medium bananas

Bake pie shell. In saucepan, mix cherries (with liquid), sugar and cornstarch. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in butter; cool. Stir in cinnamon and almond extract.

Slice bananas in layers into baked pie shell. Pour filling over banana slices; chill until set.



Chicken 'n dumplings - the way to a man's heart! The chicken pieces are browned and the dumplings have the flavor of bread dressing.

### POT-ROAST WITH SOUR CREAM GRAVY

2 tablespoons flour  
1 teaspoon salt  
1/4 teaspoon pepper  
2 1/2-pound beef chuck pot-roast  
1 tablespoon shortening  
1/4 cup water  
1 tablespoon vinegar  
1 teaspoon dill weed  
5 small potatoes, pared  
5 carrots, quartered  
1/2 teaspoon salt  
1 pound zucchini, quartered  
1/2 teaspoon salt

Sour Cream Gravy (below)  
Mix flour, 1 teaspoon salt and the pepper; coat meat with flour mixture. Melt shortening in large skillet or Dutch oven; brown meat. Add water and vinegar. Sprinkle dill weed over meat.

Cover tightly and simmer about 3 hours or until meat is tender. One hour before end of cooking time, add potatoes and carrots; season with 1/2 teaspoon salt. Twenty minutes before end of cooking time, add zucchini; season with 1/2 teaspoon salt. Serve with Sour Cream Gravy. Makes 4 to 6 servings.

### Sour Cream Gravy

Place meat and vegetables on warm platter. Pour drippings from pan into bowl, leaving brown particles in pan. Return 1 tablespoon drippings to pan. Blend in 1 tablespoon flour. Cook over low heat, stirring until mixture is smooth and bubbly.

Remove from heat. Measure drippings and add water to measure 1 cup liquid. Stir in flour mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Season with salt and pepper. Stir in 1 cup dairy sour cream and 1 teaspoon dill weed; heat through

### HOT DOG MEAT LOAF

1 pound ground beef  
1/2 pound hot dogs  
1 cup cracker crumbs  
1 egg  
Little salt and pepper  
1/2 cup brown sugar  
1/2 cup water  
1/2 teaspoon mustard

1 tablespoon vinegar  
Mix all ingredients together. Shape into a loaf and bake at 350°F. until well done — about 1/2 to 1 hour.

Betty Biehl  
Mertztown

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## Featured Recipe

Mary Grim supplies the featured recipe this week, with a chocolate cake which she describes as "really good, and really moist." Mary is president of the Pennsylvania Council of Cooperative Extension Associations, and lives in East Berlin, Adams County. She travels extensively in her position as president, and with two children active in school and 4-H, she often finds herself needing an easy dessert. This cake qualifies because it can all be done in the mixer and the results are always good, with a high cake. She cautions that it should not be overbaked, because it is a really moist cake.

Mary says butter cream frosting is her family's all-time favorite, but she uses almost any kind. The batter also makes delicious cupcakes, and she will sometimes fill those with whipped cream for a special treat.

### Chocolate Cake

2 cups flour  
2 cups sugar  
2/3 cups cocoa  
2 teaspoons baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 cup milk  
1/2 cup oil  
2 eggs  
2 teaspoons vanilla  
1 cup hot coffee

Mix together dry ingredients with mixer. Add liquid ingredients to dry ingredients and mix for a few minutes. The batter will be thick and sticky. Add 1 cup hot coffee which will make a very thin batter. Pour batter into two greased and floured 8 or 9-inch cake pans, or one 13x9-inch pan and bake for 30 minutes at 350°F. Cake is done when it springs back when lightly touched. Don't overbake.

## 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.

March	
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