

QUESTION - Pat Stambaugh, Ellitsburg, would like a recipe for homemade ravioli filled with meat and served with tomato sauce.

QUESTION - Colleen Shields, Jersey Shore, would like a recipe for a cinnamon rolls that stay soft.

ANSWER - Josephine Shoemaker, Chambersburg, requested a recipe for vegetable/jello salad. Thanks go to Ida Book., Blain, and to Hilda Blatt, Jonestown, for the following recipes.

Vegetable Salad

- 1 3-ounce package lime jello
- 3/4 cup cold water
- 2 teaspoons grated onion
- 3/4 teaspoon salt
- 1 cup boiling water
- 2 tablespoons vinegar
- Dash of pepper

Dissolve jello, and salt in boiling water. Add cold water, vinegar, onion and pepper. Chill until very thick. Fold in any of the following vegetable combinations:

1 1/4 cups cauliflower florets and 1/4 cup diced pimiento; OR 3/4 cup grated diced tomato and 1/2 cup each diced cucumber and celery; OR 3/4 cup grated carrots and 1/4 cup finely chopped green peppers; OR 1 1/2 cups finely chopped cabbage and 1/2 cup sliced, stuffed olives; OR 1/2 cup each thinly sliced radishes, chopped celery and 1/4 cup thin onion rings.

Pour into 1-quart mold and chill until firm

Molded Vegetable Salad

- 1 3-ounce package lime or lemon juice
- 1/8 teaspoon salt
- 1/2 cup finely diced celery
- 1 3/4 cups hot water
- 3 tablespoons vinegar
- 1/2 cup grated carrot
- 1 cup chopped raw spinach

Pour hot water over jello and stir until dissolved. Add salt and vinegar and mix well. Chill until thick as whipped cream, stir in vegetables and pour into individual molds or one large mold. Set aside until firm. Unmold on lettuce or finely chopped cabbages.

(I have used chopped raw cabbage, green peppers, beets, radishes, or cooked green beans for variations. Very pretty and nutritious.)

ANSWER - Mrs. Daniel Martin, East Earl, requested recipes using maple syrup. Thanks go to Mrs. Harold Bennett, Horseheads, N.Y. for the following recipes.

Lamb

(Continued from Page B6)

ATHENA'S LAMB AND EGGPLANT

- 1 1/2 pounds ground lamb
- 1 cup fine bread crumbs
- 1/2 cup chopped onion
- 1/4 cup minced parsley
- 1 egg, slightly beaten
- 1 6-ounce can tomato paste
- Salt
- 1/4 teaspoon ground pepper
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 16-ounce can stewed tomatoes
- 1 large eggplant
- 2 tablespoons cooking oil

In large bowl, combine lamb, 1/2 cup bread crumbs, onion, parsley,

egg, 3 tablespoons tomato paste, 1 teaspoon salt, cinnamon, nutmeg and pepper. Mix thoroughly. Divide lamb into 4 portions and press mixture into custard cups or shape into 4 small loaves. Unmold lamb from cups and place in casserole with tight-fitting cover. Combine stewed tomatoes, remaining tomato paste and 1/2 teaspoon salt. Pour around lamb and cover. Bake at 350°F. for about 20 minutes. Remove lid and bake 15 minutes or until lamb is cooked thoroughly and lightly browned.

Meanwhile, cut large end of eggplant into four 1-inch thick slices. Peel slices and save remaining eggplant for later use. Place sliced eggplant in salted

water for about 10 minutes; drain. Dip eggplant in remaining 1/2 cup bread crumbs, coating thoroughly. In large skillet, over medium heat, heat oil. Add eggplant and saute until tender, turning once. Remove from skillet and place on warm platter. Top each eggplant slice with one of the small lamb loaves. Spoon remaining tomato mixture over lamb and eggplant. Serve at once.

LAMB CHOPS WITH ASPARAGUS BUNDLES

- 2 pounds lamb loin or rib chops, trimmed of fat
- 2 tablespoons lemon juice
- 1/4 cup soy sauce
- 1/4 teaspoon pepper
- 1 clove garlic
- 2 tablespoons honey or apple-mint jelly
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ground ginger or coriander

Arrange lamb chops in shallow baking dish that has been lined with aluminum foil. Mix together remaining ingredients in small bowl or cup. Pour over meat. Refrigerate overnight. Broil meat 5 or 6 inches from source of heat - about 5 minutes on each side for medium-rare, or until desired doneness. Baste with marinade several times during the broiling period.

Asparagus Bundles:

Cook a pound of fresh asparagus just until tender. Drain; then marinate in 1 1/2 cups Italian salad dressing mixed with 2 tablespoons lemon juice, a chopped green onion, a teaspoon of salt and 1/4 teaspoon garlic powder. Refrigerate until chilled; then drain and serve in bundles "tied" with strips of pimiento.

Soft Maple Cookies

- 3 eggs
- 1/2 cup shortening
- 1 teaspoon vanilla
- 2 teaspoons baking soda
- 2 cups maple crumb
- 1/2 cup margarine
- 1 cup milk
- 4 1/2 cups flour

Cream first 4 ingredients together. Add next 3 ingredients. Add flour gradually. Drop by spoonful onto cookie sheet. Bake at 350°F. for 10 to 12 minutes. Makes 3 to 5 dozen.

Maple Nut Rolls

- 1 frozen loaf bread
- 3 tablespoons sugar
- 1/2 cup walnuts
- 1/4 teaspoon cinnamon
- 1/4 cup maple syrup

Place frozen bread in loaf pan to thaw. Let rise until double in size. Then punch down. Roll out dough to 1/2-inch thickness. Spread 2 tablespoons maple syrup over dough and sprinkle with 1/4 teaspoon cinnamon and 3 tablespoons sugar. Roll up dough. Oil and cover bottom of 8-inch round cake pan with maple syrup about 1/8-inch thick, covering bottom. Place a layer of walnuts down in maple. Slice rolled dough 3/4-inch thick, laying swirls down on the nuts. Let rise until double in size. Bake at 375°F. for 40 minutes. Allow to cool.

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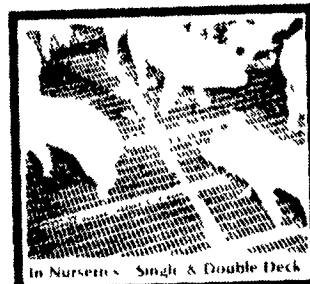
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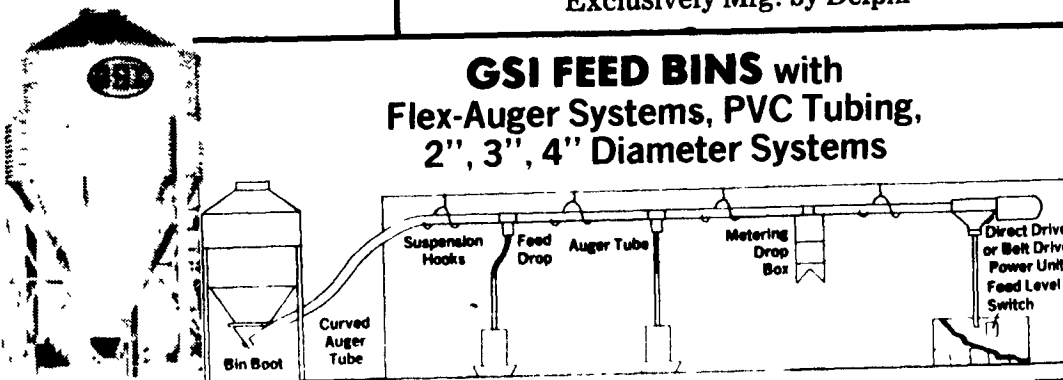
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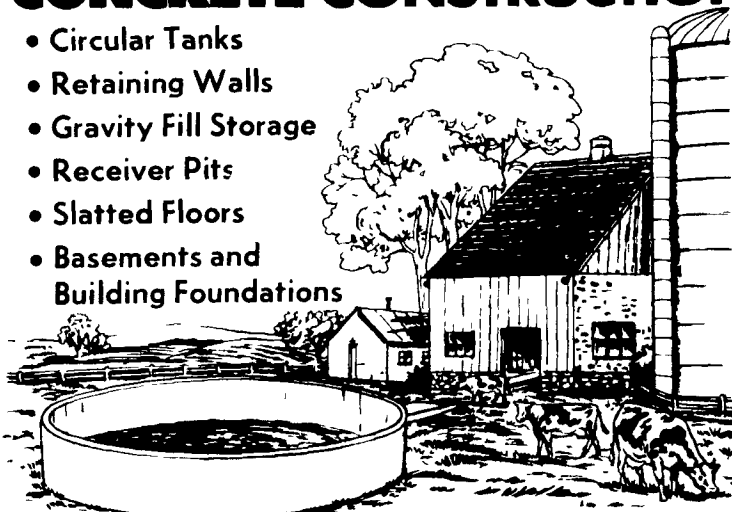
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