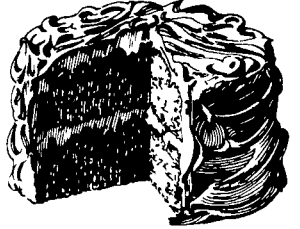


# Home On The Range



## Refresh with fruit

Fresh fruit is one of summer's true joys — and a low-calorie one at that. Juicy peaches, strawberries, melons, nectarines, and plums are the fruit of the season's warm, sunny and often humid days.

These delectable fruits are a refreshing and nutritious way to enjoy a summer afternoon. Sit back and take a bite of a juicy peach or plum and savor the feeling of sticky, sweet juice running down your chin. Or split open a fresh melon and enjoy a cold, refreshing snack that won't add unwanted extra pounds.

And while fruits taste great on their own, they combine well with other ingredients to make luscious salads, pies and other goodies. Below, some of our readers have shared their ideas for preparing fruit.

### SPICY ICE CREAM PEACH CUP

1 quart vanilla ice cream  
1 teaspoon cinnamon  
6 spongecake dessert cups  
3 large peaches, peeled, sliced and sweetened

Stir ice cream just to soften. Blend in cinnamon. Freeze until firm. Fill dessert cups with ice cream and spoon peaches over top.

Betty Biehl  
Mertztown

### PEACHY ANGEL PIE

Beat 3 egg whites and dash of salt until foamy. Gradually add ¾ cup sugar, beating to stiff peaks. Fold in 1 cup toasted flaked coconut and ½ cup chopped toasted blanched almonds. Spread in well-buttered 9-inch pie plate. Build up sides. Bake at 350°F. about 30 minutes or until lightly browned and dry along edge. Cool.

At serving time, fill cooled meringue crust with 2½ to 3 cups fresh sliced peaches (sweeten if fresh). Top with whipped cream and ¼ cup toasted flaked coconut.

Betty Biehl  
Mertztown

### FRUIT COMPOTE

2 10-ounce packages frozen strawberries, thawed  
2 medium bananas, sliced  
2 oranges, peeled and sectioned  
½ teaspoon cinnamon

Chill overnight. (This is very necessary to blend the flavors.) This fruit dessert is delicious served by itself or with angel food cake or ice cream.

Mrs. Mary Frances Jaymes  
Shade Gap

### CHOCOLATE DIPPED SUMMER FRUITS

1 each medium fresh peach, plum, nectarine and Bartlett pear, each cut into 12 wedges  
1 6-ounce package semi-sweet chocolate pieces (1 cup)  
3 tablespoons butter  
2 tablespoons light corn syrup  
Whipped cream (optional)

Lay fruit wedges in shallow pan. Freeze just until barely firm. Meanwhile, combine chocolate pieces, butter and corn syrup in small saucepan. Cook over low heat, stirring often, until chocolate is melted. Using 2 forks, dip frozen wedges into warm chocolate, allowing excess to drip off. Place on dessert serving plate. Refrigerate until ready to serve. Serve with rosettes of whipped cream, if desired. Makes 8 servings.

### PEACH FRITTERS

1 egg  
½ cup milk  
½ teaspoon salt  
Approximately ¾ cup flour  
1 teaspoon baking powder

Beat egg and milk well; add salt, flour and baking powder. Peel peaches and halve them; dip into batter and fry slowly. Dot with 10X sugar and a little cinnamon.

Gail McPherson  
New Park

### RED CHERRY CRUNCH BAR

¾ cup butter  
1 cup brown sugar  
1¾ cup flour  
1 teaspoon salt  
½ teaspoon baking soda  
1½ cups rolled oats  
1 21-ounce can cherry pie filling

Mix butter and brown sugar. Add flour, salt, baking soda and rolled oats. Mix until crumbly. Press ½ of mixture into 9x13-inch pan. Spread with can of cherry pie filling. Sprinkle with remaining crumb mixture. Bake at 400°F. for 25 minutes. Cool and cut into bars.

### STRAWBERRY SALAD

2 3-ounce boxes strawberry jello  
2 cups boiling water  
16 ounces frozen strawberries  
1½ cups drained, crushed pineapple  
2 bananas, diced  
1 cup sour cream

Dissolve jello in boiling water. Put frozen strawberries in jello and dissolve. Add pineapple and bananas. Put half of the mixture in glass baking dish. (Long pan.) Cool until firm. Spread sour cream over jello and put the rest of the jello on top. Refrigerate.

Mrs. John Gates



Here's a delicious, professional looking fresh fruit tart that is easy to prepare using packaged pudding and pie filling mix and frozen whipped topping, and lots of fresh fruit. What a beautiful way to celebrate summer!

### FRUIT TART

½ cup butter or margarine  
¼ cup sugar  
¼ teaspoon salt  
1¾ cups unsifted all-purpose flour  
2 tablespoons milk  
1 4-ounce package vanilla flavor pudding and pie filling  
1½ cups milk  
1 4-ounce container whipped topping  
2 pints strawberries, halved  
1 11-ounce can mandarin orange sections, drained  
1 medium banana, thinly sliced  
¼ cup apricot preserves

Cream butter well with sugar and salt. Gradually blend in flour, then add milk, 1 tablespoon at a time, to form a stiff dough. Pat evenly into 12-inch pizza pan and flute rim. Bake at 400°F. for 15 to 18 minutes or until lightly browned. Cool.

Meanwhile, prepare pie filling mix with ½ cup milk as directed on package. Cool. Fold in 1 cup of the whipped topping. Spread over crust and chill. Just before serving, arrange strawberries, orange sections and banana slices in decorative pattern on filling. Heat preserves to melt and brush over fruit. Garnish with remaining whipped topping and chill.

NOTE: Crust may be baked on double thickness of heavy duty aluminum foil on baking sheet; press dough into 13-inch circle with 1-inch rim. Bake and cool; then trim away foil.

Janette Musser  
Myerstown

### FROSTY STRAWBERRY SQUARES

1 cup flour  
¼ cup brown sugar  
½ cup chopped walnuts  
½ cup butter  
2 egg whites  
1 cup granulated sugar  
2 cups sliced strawberries  
2 tablespoons lemon juice  
1 cup whipping cream

Combine flour, brown sugar, nuts and butter. Bake in shallow pan at 350°F. for 20 minutes, stirring occasionally. Sprinkle ¾ of crumbs in 13x9x2-inch pan.

Combine egg whites, granulated sugar, berries and lemon juice. Beat at high speed on electric mixer about 10 minutes. Whip cream, fold in strawberry mixture. Spoon over crumbs in pan; top with remaining crumbs. Freeze 6 hours. Makes 12 servings.

### GRAPE CRISP

2 cups seedless or seeded, drained grapes, enough to fill a buttered baking dish. Sprinkle over grapes:  
¾ cup flour  
½ cup granulated sugar  
½ teaspoon cinnamon  
2 tablespoons butter  
Bake at 375°F. for 35 minutes or until done.

### FRESH GRAPE DESSERT

1 package lemon-lime gelatin  
1 cup hot water  
1 cup cold grape juice  
1½ cups seedless or seeded grapes  
3 ounces soft cream cheese  
3 tablespoons milk  
Dissolve gelatin in hot water and grape juice. Refrigerate in individual dishes until it begins to set. Remove and gently stir in grapes. Chill until set. Serve with whipped cream and garnish with whole grapes.

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## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

July 27 Fresh-Baked Pies  
August 3 Dinner On The Grill  
10 Cookies

### GRAPE MUFFINS

3 cups flour  
½ cup sugar  
2 tablespoons baking powder  
1 teaspoon salt  
2 eggs  
1½ cups milk

5 tablespoons melted shortening  
1 cup grapes, halved and drained  
Sift together flour, sugar, baking powder and salt. Beat eggs, add remaining ingredients and blend well. Combine with dry ingredients. Stir just until flour is mixed in but batter is not smooth. Gently fill muffin cups ¾ full and bake 25 to 30 minutes at 400°F.

## Featured Recipe

This week's featured recipe comes from Lentsey Carlson, winner of the New York State Beef Recipe Contest. Mrs. Carlson, of Lakewood, N.Y., is a retired nurse who "loves to cook."

She and her husband, Ragner, enjoy trying out new recipes and creating their own. When they fail, she said, they feed the food to their pet, but when the results are exceptionally tasty, the Carlsons invite the neighbors in.

To learn more about Mrs. Carlson and her cooking skills, see the story about her in this section.

### Chinese Beef Brisket

3 to 4 pound boned and rolled beef brisket  
2 cups plum wine  
1 clove garlic, minced  
1 onion, minced  
1½ teaspoons Chinese five spice OR ¼ teaspoon each ground anise, fennel, cinnamon, cloves and pepper  
1 teaspoon salt or as desired  
¼ teaspoon white pepper

Place rolled brisket in a plastic bag. Add remaining ingredients. Tie bag shut and place in roaster. Refrigerate overnight and until roasting time, rolling meat around and marinating several times during period.

Remove all ingredients from bag to roaster. Place uncovered roaster in a pre-heated 325°F. oven. Bake 1 hour per pound or until tender. About 3 hours. Turn occasionally. Serves 6 or more.