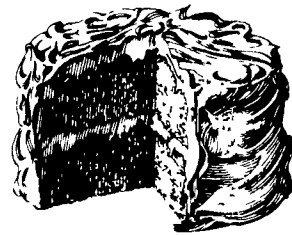


Home On The Range



Make the most of Easter ham!

If ham is part of your traditional Easter meal, you'll probably be searching for ways to use up the leftovers for the rest of the week. Many of the recipes below will fit right into such a plan and should help alleviate groans of "ham again!" at the dinner table.

Even if chicken is on your holiday menu, you'll want to prepare some ham recipes throughout the spring. A cured pork cut, ham is a source of key nutrients. A 3-ounce serving of cooked lean ham provides an adult male with 38 percent of the recommended daily allowance for protein, 26 percent of the allowance for iron and 62 percent for thiamin. And, its 187 calories supply only 7 percent of the recommended daily allowance for calories!

POTATO-HAM SCALLOP

2 cups cubed cooked ham
6 to 8 medium potatoes, peeled and sliced thin
¼ cup chopped onion
½ cup all-purpose flour
2 cups milk
3 tablespoons fine dry bread crumbs
1 tablespoon butter, melted
2 tablespoons finely snipped parsley
Place half the ham in a 2-quart casserole. Cover with half the potatoes and half the onion. Sift half the flour over; season with salt and pepper. Repeat ham, potatoes, and onion. Sift remaining flour on top. Pour milk over all. Bake, covered, at 350°F. until nearly tender — about 1½ hours. Uncover. Combine bread crumbs and melted butter; sprinkle on top. Top with parsley. Bake 15 minutes longer. Makes 6 to 8 servings.

Naomi Blank
Kinzers

ORANGE GLAZED HAM KABOBS

24 1-inch fully cooked ham cubes (about 1½ pounds)
2 medium oranges, pared and cut into eighths
1 large green pepper, cut into 16 pieces
1 large red pepper, cut into 16 pieces
½ cup orange juice
2 tablespoons tomato paste
¼ teaspoon ground ginger
Alternately thread three ham cubes, two orange pieces, 2 green pepper pieces and 2 red pepper pieces on each of eight skewers. Place on rack in broiler pan. Broil 4 to 5 inches from heat for 8 minutes, turning occasionally. Combine orange juice, tomato paste and ginger; mix well. Brush kabobs with half of sauce and continue broiling 2 to 3 minutes. Turn kabobs; brush with sauce and continue broiling 2 minutes or until done.

CAULIFLOWER-HAM BAKE

1 large head cauliflower
2 tablespoons butter or margarine
3 tablespoons all-purpose flour
½ cup milk
1½ cups shredded sharp American cheese (6 ounces)
2 cups cubed fully cooked ham
1 4-ounce can mushroom stems and pieces (drained)
¼ cup fine dry bread crumbs
1 tablespoon butter or margarine, melted

Break cauliflower into flowerets (should have about 5 cups). Cook in boiling salted water until tender. Drain thoroughly; set aside. In saucepan melt the 2 tablespoons butter. Stir in flour; add milk all at once. Cook and stir until thickened and bubbly. Add cheese and stir until melted. Stir in cauliflower, ham and mushrooms. Turn into a 2-quart casserole. Combine crumbs and the melted butter; sprinkle over top. Bake, uncovered, at 350°F. for 30 to 35 minutes. Makes 6 servings.

Naomi Blank
Kinzers

HAM AND CHEESE SOUFFLE

1 cup (4 ounces) lean ground cooked ham
3 tablespoons butter
¼ cup all-purpose flour
1 cup skim milk
1 cup (4 ounces) shredded process American cheese
4 eggs, separated

In 1½-quart saucepan, melt butter. Stir in flour. Add skim milk all at once. Cook, stirring constantly, over high heat until mixture is thickened and bubbly. Remove from heat; stir in ground ham and cheese. In medium mixing bowl, beat egg yolks until thick and lemon-colored. Slowly stir ham-cheese mixture into egg yolks. Cool. In medium mixing bowl, beat egg whites at high speed of electric mixer until stiff but not dry peaks form. Carefully fold cooled ham-cheese mixture into quart souffle dish. Bake in 350°F. oven for 35 to 45 minutes until knife inserted off-center comes out clean. Serve immediately. Makes 4 servings.

PINEAPPLE HERB SAUCE

1 cup unsweetened pineapple juice
¼ cup finely chopped onion
2 tablespoons light brown sugar
2 tablespoons catsup
2 teaspoons cornstarch
1 teaspoon Worcestershire sauce
¼ teaspoon rosemary, crushed
¼ teaspoon marjoram

Combine ingredients in saucepan; stir until free of cornstarch lumps. Cook until thickened and clear, stirring constantly. Simmer 5 minutes to blend flavors. Keep warm. Makes 1 cup sauce.



Ham is the centerpiece of a traditional Easter feast. And while it is delicious the first time around, leftovers can be just as savory. Look below for some tasty ways to incorporate ham into your spring menus.

HONOLULU HAM

1 ½ to 2 pound fully cooked ham slice, 1 inch thick
½ cup frozen pineapple juice concentrate, thawed
¼ cup cream of coconut
½ cup mashed banana
¼ teaspoon ginger
6 pineapple slices
Toasted coconut
Parsley

Combine pineapple juice, cream of coconut, mashed bananas and ginger to make sauce. Slash fat edge of ham slice. Place ham on rack and grill 10 to 15 minutes, brushing often with sauce. Turn ham, place pineapple slices on ham and grill another 10 to 15 minutes, brushing often with sauce. Remove to serving platter. Sprinkle pineapple with toasted coconut. Garnish platter with parsley. Makes 6 servings.

HAM LOAF

2 pounds ground ham
1 pound ground pork
2 eggs, beaten
2 cups crushed saltines
1 teaspoon powdered mustard
1/8 teaspoon pepper
1 cup milk
¾ cup brown sugar
¼ cup vinegar

Mix all ingredients together in large bowl. Pat into large loaf or 2 small loaves. (Save one for later in the freezer.) Bake 1 to 1½ hours at 350°F. Very good with horseradish sauce.

Mrs. Belinda Myers
Dallastown

GLAZED HAM BALLS

Combine:
1 small onion, chopped fine
1 pound ground ham
1 pound ground pork
¾ cup cracker crumbs
2 eggs, beaten
1¼ cups evaporated milk
¼ teaspoon salt
¼ teaspoon thyme

Make 16 meatballs and place in a 9x13-inch baking pan. Combine in small pan:

1 cup brown sugar
1 teaspoon dry mustard
3 tablespoons vinegar
1 tablespoon horseradish

Bring to a boil and pour over ham balls. Bake uncovered at 350°F. about 45 minutes.

OVEN HAM BARBECUE

6 ¾-inch ham steaks
2 tablespoons shortening
2 tablespoons brown sugar
1 tablespoon mustard
2 teaspoons Worcestershire sauce
½ cup catsup
½ cup water
2 tablespoons vinegar

4 teaspoons minced onion

Brown steaks in shortening; both sides. Place in a 9x13-inch pan. Combine remaining ingredients; pour over steaks. Bake at 325°F. for 1½ hours until tender.

Marlene Bomgardner
Annville

(Turn to Page B8)

Featured Recipes

Easter brings with it a number of traditions, but none as sweet as the parade of freshly baked holiday breads.

These yeasty treasures take a variety of forms - buns, braided rings, tall mushroom-shaped loaves, tube rings and flat rectangular rolls - but they bear a striking similarity in content. The dough is almost always studded with raisins, nuts and accented with citrus rind or juice.

Powdered sugar glaze or icing is another common bond. Sometimes it's used to form a cross a top the bread, as in hot cross buns, this week's featured recipe.

Hot Cross Buns

¾ cups all-purpose flour
1 package quick-rising yeast
½ cup sugar
1 teaspoon cinnamon
1 teaspoon salt
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
½ cup milk
½ cup water
¼ cup butter or margarine
1 egg
¾ cup currants
2 tablespoons grated lemon rind
1 egg yolk
1 tablespoon water
Frosting:
1 cup powdered sugar
½ teaspoon vanilla
3 to 4 teaspoons water

Preheat oven to 375°F. In large mixer bowl, combine ½ cup flour, yeast, sugar, cinnamon, salt, cloves and nutmeg; mix well. In saucepan, heat milk, water and butter until very warm (120 to 130°F; butter does not need to melt). Add to flour mixture. Add egg. Blend at low speed until moistened; beat three minutes at medium speed.

By hand, gradually stir in currants, lemon rind and enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, 5 to 8 minutes. Place in greased bowl, turning to grease top. Cover. Let rise in warm place until double, about 30 minutes.

Punch dough down. Divide into 3 parts. Divide each third into 6 pieces. Shape each piece into a smooth ball. Place on greased cookie sheet, sides touching. Cover; let rise in warm place until double, about 15 minutes. Combine egg yolk and water. Brush buns. Bake at 375°F. for 10 to 12 minutes until golden brown. Remove from cookie sheet; cool. Frost each roll with cross. Makes 18 buns.

For frosting: combine powdered sugar, vanilla and enough water to make a thick frosting.

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

April

5 Chicken
12 Cakes
19 Lamb Recipes