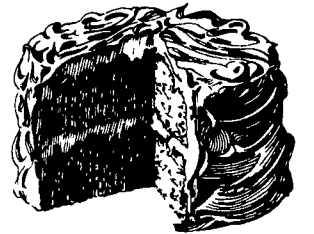


# Home On The Range



## Combine Eggs With Foods from Four Food Groups

Eggs are so versatile they can be combined deliciously with foods from all of the four food groups.

For a tasty egg casserole, quiche or souffle, team eggs with any type of meat, poultry, fish or shellfish.

In the fruits and vegetables category, eggs shine again. Serve your favorite vegetable as a souffle or in a quiche or egg casserole. Or, just slice a hard-boiled egg over a spinach salad.

For the milk group, combine eggs with milk in custards. Cheeses also work great with eggs in omelets, souffles, quiches and casseroles.

Creamed eggs are great served on rice or noodles from the bread and cereal group.

The possibilities are endless. Try some of the recipes below or create your own during May Egg Month.

Keep in mind that June Dairy Month is almost here and Lancaster Farming's search for dairy recipes continues. Some of you have already sent your recipe and your gift will soon be on its way. If you haven't taken the time to send your recipe featuring dairy products, don't wait any longer! We'd like you to be an important part of our Dairy Month issues.

### HAM DEVILED EGGS

6 hard-cooked eggs  
1 2 1/4-ounce can deviled ham or 1/4 cup finely chopped cooked ham  
3 tablespoons mayonnaise  
1 tablespoon prepared mustard  
1/8 teaspoon onion powder  
Paprika

Cut eggs in half; remove yolks and mash well. Add ham, mayonnaise, mustard and onion powder. Mix thoroughly. Spoon mixture into whites. Sprinkle with paprika. Makes 12 egg halves. Preparation time: 20 minutes.

Carol Fantom  
Delta

### CORN PUDDING

2 cups grated corn  
2 eggs, beaten  
1 teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon sugar  
2 tablespoons butter  
2 tablespoons flour  
1 cup milk

Beat all ingredients together. Pour into a baking dish; bake at 350°F. for one hour. This recipe can also be made in a saucepan if you stir it until it boils. Top with brown butter and cracker crumbs.

Mrs. Samuel S. Fisher  
Ronks

### PAVLOVA

3 egg whites  
3 tablespoons cold water  
1 cup powdered sugar  
1 tablespoon cornstarch  
1/3 teaspoon salt  
1 teaspoon vanilla  
1 teaspoon vinegar

Beat egg whites until stiff. Add water and beat some more. Add sugar gradually, add cornstarch, salt, vanilla and vinegar. Spray 8-inch round pan with nonstick vegetable spray. Dust with confectioner's sugar. Smooth pavlova mixture in pan. Bake at 350°F. for 5 minutes, then turn off heat and bake 1 hour.

Remove from pan, cool, spread with whipped cream and decorate with fruit. Store in refrigerator.

Jacquelyn King  
1984-85 Pa. Poultry Queen  
York Springs

### CHINESE NOODLES PANCAKES

5 large eggs  
1 8-ounce package pork sausage meat, crumbled, cooked and drained  
1 3-ounce can chow mein noodles  
1/2 cup packed shredded carrot  
1/2 cup finely chopped onion  
Little salt and pepper  
1/4 cup vegetable oil for frying

Lightly beat eggs in a large bowl. Add remaining ingredients except oil. Stir to blend. Heat oil in large skillet over medium high heat. Drop 1/4 cupfuls pancake mixture several inches apart into the hot oil. Cook 3 minutes on each side until golden brown. Drain on paper towels. Keep warm while making remaining pancakes.

Betty Biehl  
Mertztown

### EGG SALAD STUFFED TOMATOES

4 large tomatoes  
4 hard-cooked eggs  
Mayonnaise  
1 3-ounce can deviled ham  
Salt and pepper  
Lettuce  
Parsley

Cut slice from stem end of each unpeeled tomato. Scoop out pulp; turn tomatoes upside down to drain. Chop eggs; add tomato pulp and moisten with mayonnaise. Add ham and salt and pepper to taste. Fill tomato shells with mixture. Serve on lettuce. Garnish with parsley. Makes 4 servings. Preparation Time: 20 minutes.

Carol Fantom  
Delta



Surprisingly easy, this pie combines a sour cream and egg custard base with canned fruit pie filling and a rich crumbly streusel topping. It's an easy pie to portion and serve.

### OMELET DELIGHT

1 cup hard salami, cut into strips  
1/4 cup sliced green onions  
2 tablespoons butter or margarine  
5 eggs  
1/4 cup water  
1 teaspoon salt  
1/8 teaspoon pepper  
1 cup shredded Jarlsberg cheese

Saute salami and onions in butter in large skillet; cook until onion is translucent. Beat eggs, water, salt and pepper until blended. Pour into skillet. Cook over low heat until set. Sprinkle cheese over surface of omelet. Cover and cook until cheese is melted and omelet is puffed. Makes 4 to 6 servings. Preparation time: 15 minutes.

Carol Fantom  
Delta

### EGGS BENEDICT WITH STUFFING

1 6-ounce package stuffing mix, any flavor  
1/4 cup butter or margarine, melted  
Nonstick vegetable spray  
1 1/2 cups hot water  
1 1/4 cups slivered cooked ham  
6 eggs

Preheat oven to 400°F. Combine contents of vegetable/seasoning packet of stuffing mix, butter and water in a 8 1/2 x 11 x 2-inch pan that has been sprayed with a nonstick vegetable spray. Stir to blend. Add stuffing; stir until just moistened. Spread evenly in dish and sprinkle ham over stuffing. Divide into 6 squares. Make a depression in center of each stuffing square and carefully break 1 egg into each. Bake 20 minutes or until eggs are set and cooked. Makes 6 servings. Preparation Time: 40 minutes.

Carol Fantom  
Delta

### MICHIGAN ROCKS

4 eggs  
1 cup butter  
1 pound dates, chopped fine  
1 pound walnuts  
2 teaspoons baking powder  
2 cups sugar  
3 1/2 cups flour  
1/4 cup milk  
1 teaspoon vanilla  
1 teaspoon baking soda

Mix all ingredients together. Drop by teaspoons onto cookie sheet. Bake at 350°F. until brown.

Betty Biehl  
Mertztown

### LEMON SOUFFLE

2 1/2 cups milk  
1/2 cup butter  
1/2 cup flour  
1/4 teaspoon salt  
1/2 cup fresh lemon juice  
1 teaspoon grated lemon rind  
6 eggs, separated  
1/2 cup sugar  
1/4 cup sugar, for egg whites

Melt butter, add flour and stir until smooth. Add milk gradually. Cook until thick, add beaten egg yolks, juice, rind, salt and sugar gradually. Beat egg whites until stiff. Add sugar gradually. Fold into cream mixture. Pour into 2-quart casserole or souffle dish. Bake at 325°F. for 1 hour in pan of water until knife comes out clean. Serve warm or cold with whipped cream.

Kitty Wagner  
Elizabethtown

### FRUIT STREUSEL PIE

1 cup dairy sour cream  
3 large eggs  
3/4 cup sugar  
3 tablespoons all-purpose flour  
1/2 teaspoon cinnamon

1/4 teaspoon salt  
1 teaspoon vanilla  
1 9-inch unbaked pie shell  
1 1/2 cups prepared fruit filling for pies (apple, cherry, blueberry or peach)  
1/4 cup light brown sugar  
1/4 cup flour  
1/4 teaspoon pumpkin pie spice, or apple pie spice or ground cinnamon

2 tablespoons butter, softened

In large bowl, beat together sour cream, eggs and sugar until thoroughly blended.

Combine flour, cinnamon and salt. Blend into sour cream mixture.

Blend vanilla into sour cream mixture. Portion 1 1/2 cups mixture into pie shell. Portion 1 1/2 cups fruit filling over sour cream mixture in pie. Mix together brown sugar, flour and spice. Cut in butter until mixture resembles coarse crumbs. Sprinkle 3/4 cup mixture evenly over pie. Bake at 375° F. until set, 25 to 30 minutes. Cool on racks at least 1 hour before cutting. Cut pie into 6 wedges.

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## Featured Recipe

May is Egg Month, but Vernon Ross, the man behind the egg producer's mascot The Bird, spends his entire year promoting this commodity. This week's featured recipe comes from Vernon, who says Peanut Butter Banana Grillwiches are easy for kids to make.

Look for a story about Vernon on page B2 of this week's issue.

### Peanut Butter Banana Grillwiches

8 slices bread (white or raisin or whole wheat)  
Peanut Butter  
2 bananas  
4 eggs  
1/2 cup milk  
1/4 teaspoon salt  
2 tablespoons butter

Spread the bread slices with peanut butter, using as much or as little as you always like. Peel the bananas and cut them into slices. Arrange the banana slices on 4 of the bread slices. Then close the sandwiches with the 4 remaining bread slices, putting the peanut-buttered side inside. Break the eggs into a small bowl. Pour in the milk and add the salt. Beat with a fork or rotary beater until all mixed up. Pour the egg mixture into a pie pan or plate.

Now get out a large skillet, griddle or electric griddle. Put the griddle or skillet on the burner and set the heat at medium or plug the electric skillet in and set the temperature control at 325°F. Put the butter in the skillet or on the griddle.

As it melts, push it around the skillet or griddle with a pancake turner so it covers the bottom of the skillet.

Dip the sandwiches, one at a time, into the egg mixture. Turn each sandwich over so it gets a dip on the other side. Each side should have a nice, even yellow coating. Put each sandwich in the skillet or on the griddle after you dip it. Cook until nicely browned on the bottom, about 3 minutes. Use a pancake turner and turn each sandwich over when it is browned. Cook the second side about 3 minutes or until nicely browned. Lift sandwiches out of the pan with the pancake turner. Put each on a plate and cut in half. Now eat!

## Share Your Dairy Recipes During June

June Dairy Month is almost here, so don't forget to mail your favorite dairy recipe to Lancaster Farming this week.

We'd like to print your favorite dairy recipe so other Lancaster Farming readers can enjoy new ways of using dairy products. This is the time to let others know just how good things taste when milk, cheese, butter, ice cream and other dairy products are part of the ingredients.

To thank you for sending a recipe, Lancaster Farming will send you a spaghetti measurer/server to use in your kitchen. Listed below are the dairy recipe topics that will be featured each week.

- June Dairy Month
- 7 - Cheese Dishes
- 14 - Dairy Desserts
- 21 - Dairy Dinners
- 28 - Puddings and Custards