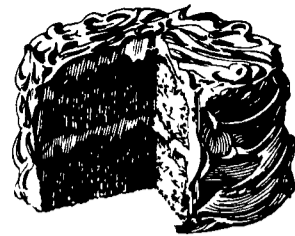


Home On The Range



Put Abundant Tomato Harvest To Use

Every novice gardener quickly learns that tomato plants are some of the most productive known to mankind. Plant one tiny tomato plant in the spring and by August and you'll have enough tomatoes to feed your own family and the next door neighbor's too. Plant a dozen tomato plants, and by summer's end you'll be swamped with them.

One answer to the tomato deluge is to can, can can! But there are plenty of other ways to enjoy tomatoes as our readers' recipes this week indicate.

If your tomato plants are overproducing, try a few of the recipes below. It should help lower your burgeoning stock while providing tasty, nutritious treats for the family.

TOMATO JUICE CAKE

2 cups light brown sugar
½ cup shortening
2 eggs
2 tablespoons cocoa (mix with hot water to form paste)
2 cups flour, sifted
1 cup tomato juice
¼ teaspoon vanilla
¾ teaspoon salt, add to flour
2 teaspoons soda mixed with 2 teaspoons warm water

Cream shortening and sugar. Add eggs and cocoa mixture. Add flour and salt alternately with tomato juice and vanilla. Last of all, add soda mixture. Bake at 350°F. for 40 minutes per loaf or layer. Use your favorite icing. A moist and delicious chocolate cake.

Alverna Martin
Wellsboro

SHIPWRECK

1 quart raw potatoes, sliced
1 large onion, diced
1 pound hamburger
¼ cup rice, uncooked
1 small stalk celery, diced
1 small can kidney beans
1½ cups cooked tomatoes
2 teaspoons salt
¼ teaspoon pepper
¼ cup water

Place in layers in heavily buttered casserole. Dot butter on top. Bake at 350°F. for 1½ to 2 hours covered.

Lucy Martin
Narvon

LUNCH TO GO SALAD

½ cup cherry tomato halves
⅓ cup cucumber slices, halved
⅓ cup garbanzo beans
3 tablespoons Italian dressing
Natural muenster cheese, cubed

Place vegetables in portable container. Pour dressing over vegetables. Cover and marinate in refrigerator overnight. Add cheese. Makes 1 serving.

HOMEMADE CANNED TOMATO SOUP

6 chopped onions
1 bunch celery, chopped
8 quarts fresh tomatoes
1 cup sugar
¼ cup salt
1 cup margarine
1 cup flour
Baking soda
Milk

Cook onions and celery together until soft. Add tomatoes and put through a sieve. Add sugar and salt. Cream together margarine and flour. Blend well. Simmer until thick like gravy and can. When ready to serve, add a pinch of baking soda and milk as desired.

Mary Stoltzfus
Kirkwood

GREEN TOMATO APPLE PIE

Pastry for 2-crust pie
2 cups skinned, quartered and thinly sliced green or pink tomatoes
3 cups thin, peeled apple slices
⅔ cup brown sugar, firmly packed
⅓ cup granulated sugar
2 to 3 tablespoons flour
½ teaspoon cinnamon
1/8 teaspoon salt
2 tablespoons butter

To peel green tomatoes easily, place in boiling water. Let stand 2 to 3 minutes, or until skins can be slipped off. Combine tomatoes, apples, sugars, flour, cinnamon and salt. Place mixture in a pastry-lined 9-inch pie pan. Dot with butter.

Adjust top crust and flute edges; cut steam vents. Bake at 425°F. for 10 minutes, then at 350°F. for 30 minutes.

LaKee Christman
Greencastle

TOMATO CHEESE BAKE

4 medium tomatoes, peeled
1 teaspoon sugar
Dash of pepper
2 cups (8 ounces) shredded Cheddar cheese
½ cup finely chopped celery
¼ cup finely chopped onion
27 saltine crackers, finely crumbled

2 tablespoons margarine, melted
Slice tomatoes into fourths. Sprinkle with sugar and pepper. In a mixing bowl, toss together cheese, celery and onion. In a 1½-quart casserole, arrange half of tomato slices, sprinkle with half of cheese mixture. Repeat layers. Toss saltine crumbs with margarine; sprinkle over casserole mixture. Bake at 350°F. for 30 to 35 minutes.

Linda Kramer
Reinholds

TOMATO MOUSSE

3 large tomatoes, cut into sixths
1 teaspoon salt
2 teaspoons Worcestershire sauce
¼ teaspoon pepper
½ teaspoon chervil
¼ teaspoon basil
2 teaspoons sugar
2 packages gelatin (¼ ounce each)
½ cup water
1 cup heavy cream

Puree tomatoes using fruit/vegetable strainer. Combine tomatoes, salt, Worcestershire sauce, pepper, chervil, basil and sugar and set aside.

Sprinkle gelatin over water; let stand 5 minutes to soften. Completely dissolve gelatin over hot water. Add dissolved gelatin to tomato mixture and mix well. Chill mixture until partially set.

Add cream to mixer bowl and whip until stiff. Fold tomato mixture into whipped cream and pour into an oiled 4-cup mold. Refrigerate until set. When ready to serve, unmold onto serving platter. Makes 6 to 8 servings.

STUFFED TOMATOES

8 medium or 4 large ripe tomatoes
1 cup fresh parsley, chopped
1 cup fresh basil, chopped
2 cups cooked rice, drained
½ cup olive oil
½ cup anchovy fillets, drained and mashed
3 garlic cloves, minced
Salt and pepper to taste

Cut the tops off your tomatoes and scoop out the pulp, leaving a nice shell. Reserve tops and pulp. Sprinkle the shells with salt and let them drain on paper towels.

In a large bowl, combine the cooked rice, parsley, basil, garlic, olive oil and anchovies. Press the pulp through a strainer to get ½ cup tomato juice and discard the pulp. Add the tomato juice to the mixture, blend well; season to taste.

Fill the tomatoes with stuffing, top them with the reserved tops and put them in a well-oiled shallow baking pan. Bake at 375°F. for 30 minutes. Serve at room temperature as a vegetable or first course.

CHINESE PEPPER STEAK

1 pound top round steak, cut ¾ to 1 inch thick
1 tablespoon cornstarch
½ teaspoon sugar
¼ teaspoon ginger
¼ cup soy sauce
2 green peppers
8 cherry tomatoes, halved
3 tablespoons cooking oil
1 clove garlic, minced
¼ cup water
Blanched almonds
Cooked rice

Partially freeze steak to firm and slice diagonally across the grain into very thin strips. Combine cornstarch, sugar and ginger; stir in soy sauce. Pour mixture over meat and stir. Cut green peppers into thin strips. Quickly brown marinated beef strips (¼ at a time) in hot oil and remove from pan. Reduce heat; add green pepper, garlic and water to pan and cook until green pepper is tender-crisp, 5 to 6 minutes. Stir in meat and tomatoes and heat through. Garnish with blanched almonds, if desired, and serve with cooked rice. Makes 4 servings.



Cherry tomatoes add juicy flavor to this simple "Lunch To Go" Salad.

BEEF TABBOULEH SALAD

6 ounces (1½ cups) coarsely chopped cooked lean beef
2 medium tomatoes, peeled, seeded and chopped
2 tablespoons bulgur
⅓ cup chopped parsley
¼ cup finely chopped onion
2 tablespoons fresh lemon juice
1 tablespoon finely chopped fresh mint or 1 teaspoon dried mint
¼ teaspoon salt
Dash freshly ground black pepper
1 small cucumber
6 medium romaine lettuce leaves
Mint leaves, if desired

Combine tomatoes and bulgur in small bowl; let stand 1 hour or until bulgur is soft. Combine cooked beef, parsley, onion, lemon juice, mint, salt and pepper; cover and refrigerate. Pare cucumber; cut into eight thin sticks, each about 2 inches long. Combine beef and bulgur mixtures. Arrange 3 romaine leaves on each plate; spoon an equal portion of beef salad on each. Garnish with cucumber sticks and mint leaves, if desired.

POTATO-TOMATO SOUP

4 cups cubed potatoes
3 medium tomatoes, peeled and chopped (2 cups) or 2 cups canned tomatoes
1 cup chopped carrot
1 cup chopped celery
4 cups beef broth
1 small bay leaf
2 slices pumpernickel bread
1 cup dairy sour cream or 1 cup lowfat yogurt

In large saucepan, combine first 6 ingredients. Bring to boiling. Reduce heat; cover and simmer 20 minutes or until vegetables are tender.

Meanwhile, cube bread; place bread cubes on baking sheet. Toast in 350°F. oven for 10 minutes; set aside. Remove bay leaf from soup. Top each serving with toast cubes and a dollop of sour cream. Makes 8 servings.

(Turn to Page B8)

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

August

16- Jams & Jellies
23- Summertime Casseroles
30- Zucchini

Featured Recipe

This week's featured recipe comes from the Pennsylvania Dairy Promotion Program. Featuring milk, ginger ale, pineapple and coconut flavoring, the non-alcoholic Pennsylvania Pina-Colada is perfect for summer entertaining.

Recipes for other party drinks and appetizers are offered in a free dairy brochure from the Pennsylvania Dairy Promotion Program. To obtain your copy, write to PARTY, Pennsylvania Dairy Promotion Program, 2301 North Cameron Street, Harrisburg, PA 17110-9408.

Pennsylvania Pina Colada

1 cup milk
½ cup crushed pineapple (packed in its own juice)
4 to 5 ice cubes
½ cup ginger ale
½ teaspoon coconut flavoring

Place all ingredients in blender and blend until frothy (about 1 minute). Serves 2.