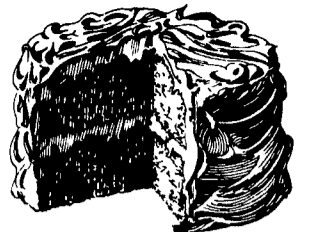


Home On The Range



Take Time Out For A Tasty Breakfast

Breakfast is the easiest meal of the day to skip, but don't be tempted to begin the day without providing your body with the fuel it needs.

Breakfast is the most important meal of the day. Your body needs energy to get moving in the morning and a good breakfast will provide that energy along with essential nutrients needed for a balanced diet.

If you're a breakfast skipper, these recipes should help you change your style. They're so delicious you won't mind taking a few extra minutes to savor the flavor of homemade pancakes, bagels or omelets.

And, if you're already convinced that breakfast is the most important meal of the day, you'll delight in some new breakfast suggestions.

BREAKFAST PUFFS

- 1/3 cup shortening
- 1 egg
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon nutmeg
- 6 tablespoons butter, melted
- 1 cup sugar
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 1/2 cup milk

Mix 1/2 cup sugar and the egg. Sift flour, baking powder, salt and nutmeg. Stir in shortening mixture alternately with milk. Fill greased muffin tins 3/4 full. Bake at 350°F. for 20 to 25 minutes or until golden brown. Roll in butter immediately, then in a mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Serves 12.

Lucy Martin
Narvon

WHOLE WHEAT BUTTERMILK PANCAKES

Combine in a bowl and mix with fork:

- 1 cup buttermilk
- 2 tablespoons vegetable oil
- Add and mix only until moistened:
- 1/2 cup whole wheat flour
- 1/2 cup unbleached white flour (part soy flour and wheat germ can be used)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Fry in hot, lightly greased skillet.

Note: When mixing baked goods, put in the bottom of each cup of flour called for: 1 tablespoon soy flour and 1 tablespoon wheat germ. Fill cup with flour and proceed with recipe. Or, when pouring 5 pounds of flour into canister, stir in 1 1/2 cups of each ingredient. This is an easy way to add protein.

Mitz Zook
Belleville

SAUSAGE CORNBREAD BARS

- 2 cups yellow cornmeal
- 2 cups flour
- 1/4 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups milk
- 1/2 cup butter
- 2 eggs
- 1 1/2-ounce can cream style corn
- 2 tablespoons chopped canned or fresh green chilies
- 1/2 pound summer sausage, casing removed, finely chopped
- 1 1/2 cups shredded Cheddar cheese, divided
- 1 teaspoon paprika

Combine cornmeal, flour, sugar, baking powder, salt, milk, butter and eggs in large bowl of mixer. Blend about 30 seconds, then beat on medium speed 1 minute. Fold corn and chilies into batter. Spread half of batter into greased 15 1/2 x 10 1/2 x 1-inch jelly roll pan. Sprinkle sausage and then 1/2 cup shredded cheese over batter. Spread remaining batter over all and top with the remaining 1 cup cheese. Sprinkle with paprika. Bake at 425°F. for 20 to 25 minutes or until wooden pick inserted in center comes out clean. When completely cool, cut into serving-size portions.

EGG AND SAUSAGE SOUFFLE

- 6 eggs, beaten slightly
- 2 cups milk
- 1 teaspoon dry mustard
- 1 cup buttermilk baking mix
- 1/2 teaspoon dried oregano leaves
- 1 pound bulk pork sausage, browned and drained
- 1 cup shredded Cheddar cheese

Mix all ingredients together and cover. Refrigerate overnight. Heat oven to 350°F. Pour into a greased 2-quart casserole; bake until knife inserted in center comes out clean, about 1 hour. Serves 6.

ORANGE-OATMEAL BREAKFAST PIE

- 1 unbaked 9-inch pastry crust
- 3 large eggs, lightly beaten
- 3/4 cup evaporated milk
- 1/2 cup orange juice
- 1/2 cup uncooked oatmeal, quick-cooking or old-fashioned
- 6 tablespoons sugar
- 1/4 cup butter or margarine, melted
- 1 teaspoon grated orange peel
- 1/8 teaspoon salt

Prepare pastry crust. In medium mixing bowl, combine remaining ingredients. Pour into unbaked pastry shell. Bake in a 375°F. oven for 35 to 40 minutes until brown and set. Garnish with orange slices and bacon curls, if desired. Makes one 9-inch pie, 6 to 8 servings.

HOT CHOCOLATE MIX

- 10 1/2 cups powdered milk
- 6 ounces creamer
- 1 cup confectioner's sugar
- 1 pound cocoa mix

Mix together and store in large container.

To use: put 1/3 cup hot chocolate mix in cup. Add hot water to equal one cup.

Sharon Sensenig
Smyrna, Del.

SUPER EGG SANDWICH

- 2 slices bread
- 2 eggs
- 1 slice lunch meat
- Lettuce
- Tomatoes
- 2 slices white American cheese
- Salt and pepper

Beat 2 eggs; fry in butter. When egg is firm, remove pan from heat. Place 2 slices cheese on egg and cover to allow cheese to melt. Remove egg from pan and place on one slice of bread. Top with lunchmeat, lettuce, tomatoes, seasoning and mayonnaise. Add second piece of bread and eat!

Sharon Sensenig
Smyrna, Del.

PANCAKES WITH FRUIT

- 3 cups flour
 - Salt to taste
 - 1/2 teaspoon baking powder
 - 3 1/2 cups milk
 - 5 eggs
- Mix together all ingredients. Pour batter into hot frying pan. Heat either strawberries, blueberries or sliced peaches and thicken with cornstarch or flour. Spread on pancakes. Roll pancake as for jelly roll and garnish top with sour cream. Makes 11 pancakes.

Betty Biehl
Mertztown

OMELET

- 6 eggs, beaten
 - 6 slices bread, cubed
 - 2 cups milk
 - 1/2 pound bacon or sausage or ham — fry and drain
 - 1 cup shredded mozzarella cheese
 - Salt and pepper to taste
- Mix together and set in refrigerator overnight. Bake at 350°F. for 45 to 50 minutes. Serves 4 to 6.

Note: This is a handy dish to serve for breakfast if you had overnight guests and need to prepare ahead of time.

Mrs. Raymond Wenger
Lititz

HIGH-RISE APPLE PANCAKE

- 1/2 cup plus 2 tablespoons flour
- 1/2 cup plus 2 tablespoons milk
- 4 eggs
- 5 tablespoons butter or margarine
- 2 tablespoons sugar
- 1 red baking apple, sliced with skin on

Preheat oven to 425°F. Mix eggs, milk, flour until slightly lumpy. Melt butter until foamy and bubbly in hot oven in large 10-inch pie plate. Pour batter on top of hot butter in the center of pie plate. Roll apple slices in sugar and place in pinwheel fashion in center of batter. Bake 25 minutes until sides of pancake rise above center and are lightly browned. Sprinkle with confectioner's sugar and serve immediately. This makes 4 servings for a great breakfast; serve with jelly or syrup.

Mrs. Tim Hooper
New Holland



You'll enjoy the flavors of eggs, cheese and sausage in this easy Egg and Sausage Souffle.

BREAKFAST CASSEROLE

- 6 eggs
 - 2 cups milk
 - 2 teaspoons dry mustard
 - 1 teaspoon Worcestershire sauce
 - 1/2 pound cheese
 - 2 cups bread cubes
 - 6 slices bacon
 - 1 teaspoon salt
 - Pepper to taste
 - 1/4 cup melted butter
- Put bread in pan. Add cheese and eggs. Bake at 350°F.

Mary Weaver
East Earl

ORANGE FRENCH TOAST

- 1 cup orange juice, fresh squeezed
 - 2 eggs, beaten
 - 10 slices raisin bread
 - 1 1/2 cups crushed vanilla wafers
- Mix together orange juice and eggs. Quickly dip slices of bread into orange-egg batter, then into vanilla crumbs. Fry in butter. Serve with honey or favorite syrup.

Geraldine Smith
Felton

FAVORITE PANCAKES

- 1 1/4 cups sifted all-purpose flour
 - 3 teaspoons baking powder
 - 1 tablespoon sugar
 - 1/2 teaspoon salt
 - 1 beaten egg
 - 1 cup milk
 - 2 tablespoons salad oil
- Sift together dry ingredients. Combine egg, milk and salad oil, add to dry ingredients, stirring just until moistened. Bake on hot griddle. Makes 8 4-inch pancakes.
- For thinner pancakes, add 2 tablespoons milk to batter.

Variations:
For blueberry pancakes — When undersides of pancakes are nicely browned, sprinkle about 2 tablespoons drained blueberries over each cake. Turn, brown on other side.
For buttermilk pancakes — Substitute buttermilk or sour milk for sweet milk. Add 1/2 teaspoon soda and reduce baking powder to 2 teaspoons. Bake on hot griddle.

Charlene Ziegler
Fredericksburg

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.

October

18-

Pumpkin & Squash Recipes

25-

Breads and Muffins

November

1-

Poultry

Featured Recipe

The autumn harvest is well underway and the apple growers of Adams County are celebrating with a Harvest Festival. This annual event features plenty of food made with apples and contests for the kids. If you'd like to go, you still have time. The Festival continues this weekend. To learn more about the Festival, turn to the story featuring it in this section.

If you can't make it to the festival, but want to savor those autumn apples, try the Baked Apples recipe below.

Baked Apples With Sausage Stuffing

- 1/2 pound pork sausage meat
- 1 cup diced celery
- 1/2 cup minced onion
- 6 cups small bread cubes
- 1 tablespoon flour
- 1 cup boiling water
- 1 tablespoon minced parsley
- 1 teaspoon poultry seasoning
- 6 large baking apples
- 6 teaspoons current jelly

Combine sausage, celery and onion in frying pan. Cook over low heat until sausage is browned and celery is tender. Add flour with drippings; add boiling water gradually. Cook over low heat, stirring until smooth and thickened; pour over sausage-bread mixture. Add parsley and poultry seasoning. Core apples; pare about 1/4 of the way down. Fill centers with some of the sausage mixture and top with currant jelly. Pile remaining stuffing in center of baking dish and arrange apples around it. Bake at 350°F. for 1 hour or until apples are tender. Makes 6 servings.