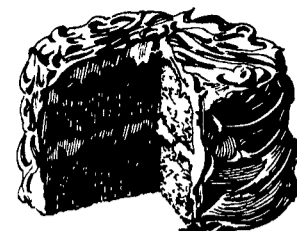


Home On The Range



Add A Taste Of Seafood To Mid-Winter Meals

Tired of the chicken, beef, pork rotation of dinner entrees? Add a taste of seafood to your mid-winter menus for a healthy, and tasty, change of pace.

If you're planning a special occasion meal in the next month or so, consider making shrimp, crab, salmon or tuna the main attraction. Delicacies in their own right, these tidbits from the sea become even more tantalizing when prepared with flavor-enhancing ingredients.

Take a look at this week's recipes, then give them a try. And while you're looking, don't miss the recipe topics at the bottom of the page. This list gives you a preview of Home on the Range features for the next three weeks. We'd like to feature your recipes on this page, so if you have a favorite, please send it along. Our readers will be glad you did!

Next week we'll feature cherry recipes, so if you have a favorite cherry pie, tart or sauce, write the recipe on a piece of paper with your name and address and send it our way. The following week, we'll offer sweet treats to surprise your Valentine, so get out your "Angel" food cake, "Sweetheart" salad, chocolate "Kiss" and other sweet treat recipes to share with us.

And February is Potato Lover's Month, so we'll feature potato recipes Feb. 21. Please send along your favorite method of preparing potatoes, or share a casserole or main dish recipe that uses Pennsylvania potatoes.

SAVORY POTATO-SALMON PIE

1 15½-ounce can salmon, drained (reserve 3 tablespoons liquid)
¾ cup instant mashed potato flakes, dry
2 tablespoons finely chopped onion
½ teaspoon celery salt
1/8 teaspoon pepper
2 eggs
1 7-ounce can cream-style corn
¼ cup water
¼ cup plain yogurt
¾ cups instant mashed potato flakes, dry
1 tablespoon freeze-dried chives
1 teaspoon celery salt
1 teaspoon dill seed
2 eggs, beaten
1 cup shredded Cheddar cheese
Heat oven to 350°F. Grease pie plate, 9x1¼ inches. Mix salmon, reserved salmon liquid, ¾ cup potatoes, the onion, celery salt, pepper and eggs. Press potato mixture against bottom, up side and onto rim of pie plate.
Heat corn, water and yogurt to boiling in 2-quart saucepan; remove from heat. Stir in remaining ingredients except cheese. Pour into crust. Bake 20 minutes; sprinkle with cheese. Bake until cheese is melted, 10 to 15 minutes longer. Makes 6 servings.

CHEESY CRABMEAT CASSEROLE

½ cup shredded sharp cheddar cheese
2 cups medium white sauce
2 6¼-ounce cans crabmeat
1 1-pound can peas, drained
Salt and pepper
Buttered bread crumbs
Add cheese to white sauce and stir until melted. Stir in crabmeat (which has been drained and flaked) and peas; season to taste. Pour into a 1½-quart casserole, top with buttered bread crumbs and bake in moderate oven (350°F.) for about 25 minutes or until crumbs are brown. Makes 4 to 6 servings.

Note: For a tasty budget dish, substitute 2 7½-ounce cans fish flakes for the crabmeat.

Janet Miller
Easton

PARTY SALMON LOAF

Salmon Layer:
2 envelopes unflavored gelatin
½ cup cold water
1½ cups boiling water
2 tablespoons vinegar
2 tablespoons fresh lemon juice
1 teaspoon seasoned salt
1 1-pound can salmon, drained, flaked, bones crushed
1 tablespoon finely chopped onion
Cottage Cheese Layer:
1 envelope unflavored gelatin
2 cups milk
1½ cups peeled, seeded, shredded and well drained cucumber
1 cup creamed cottage cheese
½ cup dairy sour cream
¼ teaspoon seasoned salt
¼ teaspoon salt
Dash pepper

For salmon layer: soften gelatin in ½ cup cold water. Add boiling water; stir until gelatin is dissolved. Stir in vinegar, lemon juice and seasoned salt. Chill until mixture begins to thicken. Fold in salmon and onion. Pour into a lightly oiled 9x5-inch loaf pan. Chill until almost set.

Meanwhile, for cottage cheese layer, soften gelatin in ½ cup cold milk. Dissolve over low heat, stirring constantly. Add remaining milk. Stir in cucumber, cottage cheese, sour cream and seasonings. Pour over salmon layer. Chill several hours or overnight. Unmold onto lettuce-lined plate. Garnish as desired.

SHRIMP HAWAIIAN

1 cup cottage cheese, drained
1 7-ounce package frozen shelled and deveined shrimp, cooked and chpped
1 8¾-ounce can crushed pineapple, well drained
¼ cup chopped celery
2 teaspoons fresh lemon juice
½ teaspoon salt

Beat cottage cheese at highest speed of mixer until fairly smooth. Stir in shrimp, pineapple, celery, lemon juice and salt. Cover and chill. Use as a sandwich filling on white bread or for open-faced sandwiches.

SALMON DIVAN

1 7¼-ounce can pink salmon
2 medium zucchini
2 tablespoons butter
¼ teaspoon garlic powder
1 tablespoon flour
¼ cup sliced green onion
½ teaspoon dill weed, crumbled
½ cup milk
¼ cup mayonnaise
3 tablespoons grated Parmesan cheese
Paprika

Drain salmon. Slice each zucchini into 4 lengthwise slices. Steam until tender-crisp. Arrange 4 slices in each of 2 individual baking dishes. Dot equally with 1 tablespoon butter and ¼ teaspoon garlic powder. Melt remaining 1 tablespoon butter in small saucepan. Stir in flour until blended; add green onion and dill weed. Cook, stirring, about 1 minute. Gradually stir in milk until sauce thickens. Remove from heat. Stir in mayonnaise and 1 tablespoon Parmesan cheese; fold in salmon. Spoon salmon mixture over zucchini. Sprinkle with remaining 2 tablespoons cheese and paprika. Bake in 350°F. oven 15 minutes. Cool 10 minutes before serving. Makes 2 servings.

SALMON LOAF

1 16-ounce can salmon, drained
½ cup Farina, plain or malt flavored
3 cups milk
2 tablespoons butter or margarine
2 teaspoons salt
¼ teaspoon pepper
3 eggs, beaten
1½ tablespoons chopped onion
1 or 2 tablespoons lemon juice
Remove bones and skin from salmon. Break salmon into small pieces with a fork. Take 3 cups of cold milk and Farina and cook until thickened. Cook this over low heat and stir constantly so it does not burn until thickened. Remove from heat and add salmon, butter or margarine, and salt, pepper, eggs, onions and lemon juice. Pour into a well-greased loaf pan, 9x5x3 inches. Bake at 350°F. for about 40 minutes.

Esther Wagner
Sebewaing, Mich.

SEAFOOD STUFFED TOMATOES

1 7-ounce package frozen shrimp, cooked, OR 1 cup cooked shrimp
1 6-ounce package frozen crab meat, thawed and well drained
1 cup grated carrots
1 hard-cooked egg, chopped
2 tablespoons sliced green onion
1 cup dairy sour cream
3 tablespoons chopped parsley
1 teaspoon lemon peel
2 tablespoons fresh lemon juice
1 teaspoon prepared mustard
1 teaspoon salt
1/8 teaspoon pepper
6 large tomatoes

Cut shrimp into small pieces; flake crab meat. Combine shrimp, crab meat, carrots, egg and onion in a bowl; chill. Combine sour cream, parsley, lemon peel and juice, mustard, salt and pepper in a small bowl; chill. Lightly toss dressing with seafood mixture. Chill. Remove a slice from the stem and blossom ends of tomatoes. Place each tomato on side; cut into thirds about two-thirds down. Place ¼ cup seafood mixture into each sliced section. (½ cup for each tomato.)



Salmon and cucumber combine with dairy products for a tempting salad.

TUNA SUPPER DISH

½ cup butter
6½ ounces drained tuna
Salt and pepper to taste
½ cup flour
3 cups milk
2 cups cooked, drained peas
Melt butter in heavy pan. Blend flour into melted butter and allow to simmer for one full minute. Remove pan from heat and add cold milk. Return to heat and stir sauce until it bubbles. Add salt and pepper. Add drained tuna and peas. Bring only to boiling stage and serve immediately on hot buttered toast.

Dorothy Witmer
Ephrata

CRAB CAKES

1 pound crab meat
½ cup bread crumbs
2 tablespoons mayonnaise
2 teaspoons parsley
¾ teaspoon salt
1 teaspoon worcestershire sauce
½ teaspoon dry mustard
¼ teaspoon pepper
1 raw egg
Mix all ingredients together 20 minutes before serving. Let stand. Fry in butter in skillet. Flatten spoon size portions into patties. Fry until golden brown, then turn and brown the other side.

Marlene Adams
Hamburg

(Turn to Page B7)

Featured Recipes

This week's featured recipe comes from Carolyn Thomas, a York County woman who raises hogs. Two weeks ago, she earned the Champion Farm Show Hampshire gilt championship with a homebred entry. To learn more about Carolyn and her hogs, look for the story about her on page B2.

Carolyn says she "more or less just throws this casserole together, using homemade tomato juice, or fresh, chopped tomatoes in summer." Cooks for larger families might want to double the ingredients.

Sausage and Macaroni Casserole

½ to ¾ pound loose pork sausage
3 cups cooked macaroni
1 cup tomato juice
Chopped onion and/or green pepper to taste
Mix all ingredients and turn into greased casserole. Top with ¾ cup bread crumbs mixed with 2 tablespoons melted butter or margarine. Bake 1 to 1½ hours in a 325°-350°F. oven, until sausage is cooked and bread-crumbs topping nicely browned and crunchy.

Ham Casserole

1-½ cups cubed, cooked ham
1 cup drained, cooked lima beans
1 8-ounce can cream-style corn
1 cup shredded, sharp Cheddar cheese
2 tablespoons minced onion
1 tablespoon worcestershire sauce
¾ cu buttermilk baking mix
½ cup corn meal
1 egg
Mix together ham, lima beans, corn, cheese, onion and worcestershire sauce. Put in greased casserole, cover, and bake for 15 minutes in a pre-heated 400°F. oven.

Mix remaining ingredients and spoon batter over hot meat mixture, spreading to edges of casserole. Return casserole to oven and bake, uncovered, for 20 minutes, or until batter topping is nicely browned.

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.

February

- 7- Cherries
- 14- Valentine Sweet Treats
- 21- Potatoes