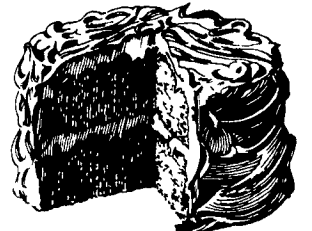


Home On The Range



Celebrate Washington's Birthday With Cherries

It's no wonder George Washington chopped down a cherry tree. The tree's luscious red fruit is irresistible to even the most stalwart individuals.

And as cooks observe Washington's birthday this month, many will turn to cherries for their central ingredient.

Lancaster Farming readers have their own battery of cherry recipes to celebrate this famous president's birthday. Everything from pudding to salad will earn applause from family and friends when cherries are included.

Enjoy the cherry recipes featured below and don't forget to share your own recipes too. The topics for the next three weeks are listed below!

FRUIT BLOSSOM COOKIES WITH CHERRY FILLING

½ cup shortening
¾ cup sugar
1 egg
½ teaspoon vanilla
2 cups sifted flour
1½ teaspoons baking powder
¼ teaspoon salt
2 tablespoons milk

Fruit filling
Cream together shortening and sugar. Add egg; beat until light and fluffy. Add vanilla. Sift together flour, baking powder and salt. Add to creamed mixture along with milk. Divide dough in half. Chill for 1 hour.

Roll dough 1/16 to 1/8-inch thick. Cut with 3-inch scalloped cookie cutter. Place about ½ teaspoon filling in center of half the cookies. Place 1½ inches apart on greased baking sheet. Cut out centers of remaining half of cookies with 1-inch round cutter; place on filled bottoms and press edges together with fork to seal.

Bake in 350°F. oven for 10 to 12 minutes. Remove from pan. Cool on racks. Makes about 2 dozen.

Cherry pie filling: Mash ¼ cup cherry pie filling.

CHERRY TORTE

1 cup flour
1 cup graham crackers, crushed
½ cup confectioner's sugar
1 cup chopped nuts
1 cup butter
Mix together and bake in cake pan for 10 to 15 minutes at 400°F. Cool this before adding the rest.
8 ounces cream cheese
1 cup confectioner's sugar
½ teaspoon vanilla
½ pint cream or 1 cup whipped cream

Pour on crust, cool then add cherry pie filling.

Rosene F. Martin
Myerstown

CHOCOLATE CHERRY FILLED CAKE

Cake:
¼ cup very warm water (105-115°F.)
1 package active dry yeast
1 cup milk
1 tablespoon sugar
2¾ cups all-purpose flour
¾ cup (1½ sticks) butter
2 cups sugar
½ cup hot water
½ cup cocoa
3 eggs, slightly beaten
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon vanilla extract
½ teaspoon almond extract

Filling:
1 package (3¾ ounce) instant French vanilla pudding and pie filling
1 cup whipping cream
½ cup milk
½ cup toasted sliced almonds
1 can (1 pound 5 ounces) cherry pie filling
Confectioner's sugar, if desired

For cake, dissolve yeast in warm water. Heat milk to 110°F. to 120°F. Combine yeast mixture, milk, 1 tablespoon sugar and 1½ cups flour in large mixing bowl. Beat on medium speed of mixer until smooth, about 2 minutes. Cover; let rise in a warm place until mixture is doubled in bulk and light and spongy, about 45 minutes. Meanwhile, cream butter and 2 cups sugar in small mixing bowl until light and fluffy; set aside. Combine hot water and cocoa until smooth; cool to lukewarm. Add butter mixture and cocoa mixture to yeast mixture. Beat in eggs, remaining 1¼ cups flour, baking soda, salt, cinnamon, nutmeg and extracts. Beat at low speed of mixer 5 minutes, scraping sides of bowl occasionally. Pour into well buttered and floured 12-cup bundt pan. Let rise, uncovered, in warm place until about 1-inch from top of pan. Preheat oven to 350°F. Bake 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Let rest in pan 15 minutes. Remove from pan and cool completely on wire rack. To serve, split cake in half horizontally. For filling, beat pudding mix, whipping cream and milk in small mixing bowl on medium speed of mixer until thick and fluffy, about 2 minutes, scraping sides of bowl frequently. Place bottom of cake on serving plate. Spread filling over nuts. Top with top portion of cake. Dust with confectioner's sugar



Cherry lovers look forward to George Washington's birthday and the luscious treats creative cooks concoct to celebrate it. Cherry pie is a traditional favorite.

CHERRY NUT ANGEL FOOD

1 cup flour
¾ cup plus 1 tablespoon granulated sugar
Measure and sift three times.
1½ cup egg whites
1½ teaspoon cream of tartar
Pinch of salt
1½ teaspoons vanilla

Beat egg until foamy; gradually add ¾ cup sugar, 2 tablespoons at a time. Beat each time about 10 seconds. After last addition, beat until whites hold stiff peaks. Fold in flour mixture. Add ½ cup crushed fresh cherries or maraschino cherries and ½ cup ground nuts. Bake in greased tube pan for 1 hour at 350°F. Invert cake on rack to cool.

Betty Blehl
Allentown

WINTER FRUIT BOWL

1 1-pound can pitted dark sweet cherries
1 13½-ounce can pineapple tidbits
1 11-ounce can mandarin orange segments
1 cup seedless grapes
1 tart apple

Dressing (optional)

½ cup dairy sour cream
1 tablespoon honey
1 tablespoon orange juice
Chill all fruit. Drain thoroughly, place in large bowl with grapes. Cut apple into thin wedges, add to fruit. Combine dressing ingredients, add to fruit if desired. Toss until fruit is well coated.

CHERRY CHEESE SALAD

1 3-ounce package raspberry flavored gelatin
2 cups boiling water
1 (1 pound 5 ounce) can cherry pie filling
1 3-ounce package lemon flavored gelatin
1 3-ounce package cream cheese
½ cup salad dressing or mayonnaise
1 8-ounce can crushed pineapple
½ cup heavy cream whipped
1 cup miniature marshmallows
3 tablespoons chopped pecans

Dissolve raspberry gelatin in 1 cup boiling water; stir in cherry pie filling. Pour into a 9-inch square pan and chill until partially set. Dissolve lemon gelatin in 1 cup boiling water. Beat together cream cheese and salad dressing. Gradually add lemon gelatin. Stir in undrained pineapple. Fold in whipped cream, then marshmallows. Spread evenly over cherry layer; sprinkle top with pecans. Chill. Makes 9 servings.

CHERRY PIE

2 1-pound cans pitted sour red cherries, packed in water
¾ cup sugar
3 tablespoons cornstarch
Double crust pastry

Drain cherries; reserve ½ cup liquid. In large bowl, stir together sugar and cornstarch. Gradually stir in reserved liquid until smooth. Add cherries; toss to coat well. Line 9-inch pie plate with one-half pastry rolled to 1/8 inch thickness, allowing 1-inch overhang. Spoon cherry mixture into pie plate. Roll remaining pastry into 12-inch circle. With pastry wheel or knife, cut into 10 ½-inch strips. Place 5 of the strips over filling. Weave lattice crust with remaining strips by folding back alternate strips as each cross strip is added. Fold trimmed edge of lower crust over

ends of strips; seal and flute. Bake in 425°F. oven for 15 minutes. Reduce heat to 350°F. and bake 45 minutes longer or until crust is golden and filling is bubbly. Makes 1 9-inch pie.

CHERRY CUSTARD

3 tablespoons flour
3 tablespoons granulated sugar
2 eggs
Pinch of salt
Mix above ingredients together with mixer, then blend in:
2 cups milk (can add a little extra milk if needed at end to fill dish to top). Then stir in cherries (about 1 pint) and lastly fold in stiffly beaten egg whites. Bake 50 minutes (at 400°F. for the first half and 375°F. for the second half).

Mrs. Robert G. Moser
Barto

(Turn to Page B8)

Featured Recipe

Despite warnings about the link between eating eggs and heart disease, most people can eat as many eggs as they please without risk, according to research conducted by Dr. Margaret Flynn, professor emeritus, department of family medicine, University of Missouri.

Dr. Flynn fed eggs to 70 people who alternated eating three eggs a day for three months with eating no eggs for three months and found only minor changes in the amount of serum cholesterol in their blood. The study concluded that 85 percent of Americans metabolize cholesterol correctly. Dr. Flynn said most people need not worry about what foods they eat, as long as they maintain a normal weight and eat in moderation.

This week's featured recipe uses hard-cooked eggs in a vegetable-rich filling mixture. Pronto Egg-Ritos, a cool, fresh-tasting burrito recipe, won Kathleen Stubler of Kansas City, Kansas, first place in the adult division of the 1986 National Egg Cooking Contest.

Pronto Egg-Ritos

1 cup chopped tomatoes
1 cup (4 ounces) shredded Monterey Jack cheese
¼ cup chopped green onions with tops
8 hard-cooked eggs, chopped
1½ cups chopped fresh spinach (about 2 ounces)
1 cup (8 ounces) picante sauce, divided
1 can (16 ounces) refried beans
½ can (4 ounces) drained chopped green chilies
1½ teaspoons chili powder
8 8-inch flour tortillas
1 cup (8 ounces) dairy sour cream
Green onion fans, optional

In large bowl, toss together tomatoes, cheese and onions. Set aside ½ cup of the mixture. To remaining mixture, stir in eggs, spinach and 2/3 cup of the picante sauce. Set aside.

In small bowl, blend together beans, chilies and chili powder. Spread ¼ cup of the bean mixture on each tortilla. Spoon ½ cup of the reserved egg mixture down center of each tortilla over beans. Carefully roll tortillas, fastening with wooden picks, if necessary. Stir together remaining picante sauce and sour cream. Spread 2 tablespoons of the sour cream mixture over each rolled tortilla and top each with 1 tablespoon of the reserved tomato-cheese mixture. To serve, on large round platter, arrange tortillas in wheel fashion. Garnish with onion fans, if desired.

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

- 14- Valentine Sweet Treats
- 21- Potatoes
- 28- Cake Frosting