



Home On The Range



Take Time Out For A Relaxing Brunch

If breakfast is usually a hurried affair at your home, you're missing out on one of life's pleasures — a leisurely breakfast or brunch savored in the company of friends or family.

Granted, unhurried mornings are a rarity on the farm, but when the opportunity to take an extra-long breakfast does arise, you'll want to be prepared with special recipes.

The options are many and range from a traditional farm breakfast of eggs, bacon, sausage, hash browns, homemade biscuits, coffee and milk, to more exotic fare like Frittata Torta and Banana Granola Omelets.

BRUNCH FRUIT TURNOVERS

2 cups McIntosh or Rome apples, diced ½ inch
2 teaspoons margarine
¼ cup unsweetened apple juice
3 tablespoons raisins
1 tablespoon chopped walnuts
1 teaspoon grated orange rind
2 teaspoons brown sugar
1/8 teaspoon salt
4 slices very thin sandwich bread
1 tablespoon plus 1 teaspoon margarine, melted
¼ teaspoon cinnamon

Heat 2 teaspoons margarine in non-stick skillet. Add apples and sauté over medium-high heat for 2 to 3 minutes, stirring constantly. Add apple juice, raisins, walnuts, orange rind, brown sugar and salt. Continue to cook until apple juice has evaporated. Cool. Flatten bread slices, then place ¼ of apple slices; fold other half over.

Turnovers with melted margarine. Combine sugar, cinnamon and sprinkle on turnovers. Apply non-stick cooking spray in 8-inch square pan. Arrange turnovers in pan and bake 10 to 15 minutes at 350°F. Serving suggestions: serve with lite syrup and 2 slices sautéed Canadian bacon.

Makes 4 servings.

OATMEAL WAFFLES

¼ cups low fat or skim milk
¼ cups rolled oats
2 eggs, separated
1 tablespoon baking powder
½ cup butter or margarine, melted
½ cup whole wheat flour

Heat the milk until hot. Pour over rolled oats in a bowl. Cool for about 30 minutes. Mix in the egg yolks, melted butter, flour and baking powder.

Beat the egg whites until stiff. Fold into the batter.

Cook the waffles on a waffle iron. Be sure to grease the iron well as these waffles have a tendency to stick. Serve warm. Top with maple syrup, jams, yogurt, and/or fresh fruit.

BANANA GRANOLA OMELETS

1 cup (8 ounces) plain yogurt, divided
2 tablespoons firmly packed brown sugar
1 banana, sliced
4 eggs
2 tablespoons water
1 tablespoon wheat germ, optional
¼ teaspoon salt
2 tablespoons butter, divided
½ cup granola, divided
Granola, optional

Beat together ¾ cup of the yogurt and brown sugar. Stir in sliced banana. Set aside. Mix eggs, remaining yogurt, water, wheat germ, if desired, and salt until blended. For each omelet, heat 1 tablespoon of the butter in 7- to 10-inch omelet pan or skillet over medium-high heat until just hot enough to sizzle a drop of water. Pour in half of the egg mixture (about ½ cup). (Mixture should immediately set at edges.) With an inverted pancake turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface, tilting pan and moving cooked portions as necessary. While top is still moist and creamy-looking, fill with half of reserved banana-yogurt mixture and sprinkle with ¼ cup of the granola. With pancake turner, fold omelet in half or roll, and invert onto plate with a quick flip of the wrist or slide from pan onto plate. Sprinkle with additional granola, if desired. Keep warm. Repeat for second omelet. Serve immediately. Makes 2 servings.

RAISIN HEARTH LOAVES

¼ cup butter or margarine, softened
¾ cup sugar
2 teaspoons cinnamon
2 eggs
3 tablespoons milk
1 teaspoon lemon juice
2 cups flour
1 teaspoon salt
1 teaspoon baking powder
½ teaspoon baking soda
1½ cups peeled, shredded apple
1 cup chopped raisins
½ cup chopped nuts

Cream together butter, sugar, lemon peel and cinnamon. Beat in eggs until light and fluffy. Beat in milk and lemon juice. Stir together dry ingredients; add to creamed mixture, stirring until moistened. Fold in apple, raisins and nuts. Spoon batter into 3 greased miniature loaf pans, about 3x6 inches. Bake at 350°F., 40 to 45 minutes, or until toothpick inserted into the center comes out clean. Makes about 3 loaves. Batter may be baked in 5x9-inch loaf pans. Increase baking time to about 1 hour.

FRITTATA TORTA

1 cup sliced fresh mushrooms
1 tablespoon butter, divided
8 eggs
½ cup milk
¼ teaspoon oregano leaves, crushed
¼ teaspoon garlic salt
1/8 teaspoon pepper
½ medium green pepper, sliced into rings
1 medium tomato, sliced ½-inch thick

In 9-inch omelet pan or skillet with oven proof handle (to oven proof handle, wrap completely in aluminum foil), over medium heat, cook mushrooms in 1 teaspoon of the butter until tender but not brown, about 3 minutes. Beat together eggs, milk, oregano, garlic salt and pepper. Pour ¾ cup of the egg mixture into pan over mushrooms. Cook over low to medium heat until eggs are almost set, 3 to 5 minutes. Broil about 6 inches from heat until eggs are completely set, about 1 minute. Slide from pan or invert onto warmed serving platter. Cover and keep warm.

In same pan over medium heat, cook green pepper rings in 1 teaspoon of the remaining butter until tender but not brown, about 3 to 5 minutes. Pour ¾ cup of the remaining egg mixture into pan over green peppers and cook and broil as for mushroom layer. Slide or invert pepper layer onto mushroom layer. Cover and keep warm.

In same pan over medium heat, cook tomato slices in remaining 1 teaspoon butter until tender but not brown, about 2 minutes. Pour in remaining ¾ cup egg mixture and cook and broil as for other layers. Slide or invert tomato layer onto pepper layer. Cut into wedges to serve.

TWO-TONE FRUIT SIPPER

¾ cup cranberry or grape juice
1 egg
½ cup pineapple or orange juice or apricot, peach or pear nectar
Mint leaves, optional

Pour cranberry juice into tall glass. Place egg and pineapple juice in blender or shaker container. Cover. Blend or shake until well blended. Very slowly, pour pineapple-egg mixture down side of glass to form a second layer. Garnish with mint leaves, if desired. Serve immediately.



When you have the occasion to serve brunch, treat your family or guests to this simple, attractive Frittata Torta.

RICE PANCAKES

3 cups milk
2 cups packaged precooked rice
1 tablespoon honey
¼ teaspoon salt
4 eggs, slightly beaten
Butter
2 pints fresh strawberries, sliced and sweetened

Combine milk, rice and salt in 3-quart saucepan. Cook over low heat, stirring frequently, until all milk is absorbed and mixture thickens. Cool slightly. Add eggs and blend thoroughly. Use about ¼ cup batter for each pancake. Fry on lightly buttered griddle until golden on both sides. Serve with butter; top with strawberries.

BRUNCH EGGS OLE

Sauce:
1 tablespoon butter or margarine
1 teaspoon flour
¼ teaspoon salt
¼ teaspoon black pepper
1/8 teaspoon cayenne pepper
1 cup milk
¼ cup shredded cheddar cheese
¼ cup shredded monterey jack cheese with hot peppers

Eggs:
2 tablespoons margarine or butter
1 cup chopped hot and sweet

peppers
½ cup chopped onion
8 eggs
8 tablespoons milk
4 English muffins, split and toasted
4 large slices fresh tomatoes
Taco sauce and salsa (mild or hot)

For the sauce: Melt 1 tablespoon margarine in saucepan over low heat. Blend in flour, salt, black and cayenne pepper. Cook over low heat stirring until smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly, 1 minute. Add cheese and stir until melted.

For the eggs: Melt 2 tablespoons margarine in frying pan. Sauté peppers and onions until tender. Scramble eggs with milk and add to frying pan with peppers. Stir constantly over medium heat until eggs are set. Top muffins with 1 slice tomato. Spoon sauce over eggs and top with salsa if desired.

Phyllis Dobson
Library

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DAIRY

Get out your recipe files, because it's time to send your favorite dairy recipes to Lancaster Farming. In honor of June Dairy Month we'll be featuring YOUR favorite recipes that include fresh dairy products like milk, cream, cheese, ice cream and yogurt during the entire month of June.

When you send a recipe, we'll mail you a free tote bag to say "thanks!" Just print your favorite dairy recipe(s) on a card and make sure to include your full name and complete mailing address so your tote bag won't be delayed. Send them to: Recipes, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

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

May	
23-	Strawberries
30-	Picnics and Cookouts
June	
6-	Dairy Recipes