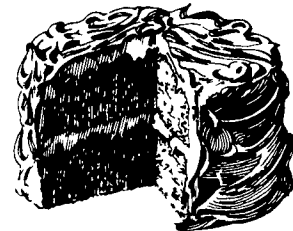


Home On The Range



Savor Summer's Fresh Fruits

Summer provides a host of special pleasures, including a delightful feast of fresh, naturally sweet fruit. This time of year it's easy to stop at your local farm market and select the makings for a delightful meal — it's knowing when to stop that is the tough part.

There's no doubt that fresh fruits taste wonderful just the way God made them. He provided them with natural sugars that will satisfy even the biggest sweet tooth, but he also added numerous nutrients needed for healthy bodies.

However, no one ever said "fresh from the tree" is the only way to savor summer's fruits. We've asked our readers for their suggestions, and in their typical creative way, they've provided recipes you won't want to miss.

GRAPE PIE

5/8 cups Concord grapes
1 1/2 cups sugar
1/4 to 1/2 cup flour
1 1/4 teaspoons lemon juice
1 1/2 tablespoons butter

Heat oven to 425 degrees. Remove and save skins from grapes. Put pulp into pan without water and bring to a rolling boil. While hot, rub through strainer to remove seeds. Mix strained pulp with skins. Mix sugar and flour lightly through grapes. Sprinkle with lemon juice. Pour grapes into pie crust. Dot with butter. Cover with top crust or crumbs. Bake 35 to 45 minutes or until lightly browned and juice begins to bubble through.

Mrs. Phyllis Baldner
St. Thomas

FRESH FRUIT PIE FILLING

1/2 cup granulated sugar
1/2 cup water
1/4 teaspoon salt
1 teaspoon lemon juice
1/4 cup clearjel
1/2 cup water
1/2 cup light corn syrup
3 cups fruit

Heat sugar, 1/2 cup water, salt and lemon juice. Remove from heat. Make a paste with the clearjel and add 1/2 cup water. Stir to the heated mixture and bring to a boil. Mixture will be very thick. Remove from heat and stir in corn syrup. Cool and add 3 cups fresh or frozen fruit. For sour cherries, add 1/4 cup more sugar and 1/2 teaspoon red food coloring. Makes 1 quart pie filling.

Mrs. Aquillas Peachey
McAlisterville

PEAR RHUBARB PIE

1 29-ounce can Bartlett pears
2 1/2 cups fresh rhubarb, cut into 1/2 -inch pieces
Pastry for 2-crust pie
1 cup sugar
1/2 cup flour
1/4 teaspoon salt
1/4 teaspoon ground nutmeg
2 tablespoons butter
Sugar
Vanilla ice cream, optional

Drain pears, reserving liquid for another use. Cut into bite-size chunks and toss with rhubarb. Place half of fruit in pastry-lined 9-inch pie plate. Combine sugar, flour, salt and nutmeg. Sprinkle half over fruit. Add remaining fruit and top with remaining sugar mixture. Dot with butter. Place woven lattice crust over pie. Seal and flute edges. Sprinkle lightly with sugar. Bake at 450 degrees for 10 minutes. Reduce heat to 350 degrees and continue baking for 40 minutes. Serve warm, as is, or with ice cream. Makes 6 to 8 servings.

FRESH GOOSEBERRY PIE

3 cups fresh gooseberries
1 1/2 cups sugar
3 tablespoons quick cooking tapioca
1/4 teaspoon salt
Pastry for 9-inch, 2-crust pie
2 tablespoons butter

Stem, wash and drain gooseberries. Crust 1/2 cup of the berries and combine with sugar, tapioca and salt. Add the whole berries. Cook and stir until mixture thickens. Line 9-inch pie plate with pastry, fill. Dot with butter. Adjust top crust. Bake in very hot (450 degree) oven for 10 minutes; reduce temperature to 350 degrees and bake 30 minutes longer or until crust is done. Serve slightly warm.

Eva Southard
Glen Rock

PEACH PIE SUPREME

1 cup sugar
3 tablespoons margarine
2 tablespoons flour
3 well beaten eggs
Beat above together thoroughly. Line 10-inch pie pan with pastry. Fill with sliced peaches (fill very full); will not run over. Pour mixture over the peaches. Place in 425 degree oven for 10 minutes, then at 325 degrees for 45 minutes. Sprinkle with cinnamon when finished.

R. Boyd
Alburtis



Bartlett pears and tart red rhubarb combine to make a delicious old-fashioned homemade pie.

NECTARINE SHORTCAKE PIE

Into large greased pie plate, slice five unpeeled nectarines. Mix together:
1/2 cup sugar
2 1/2 tablespoons cornstarch
1/4 teaspoon cinnamon
Pour over nectarines and stir slightly. Let set while making pastry.

Pastry

1 cup flour
1 1/2 teaspoons sugar
1 teaspoon baking powder
Dash of nutmeg

Cut in 1/2 cup shortening and sprinkle with 1/4 cup cold milk. Shape into ball and flatten to fit top of pie plate. Put crust on top of nectarines, tucking edges under. Sprinkle with some sugar. Cut slits in top. Bake for 20 minutes at 400 degrees. Serve warm or cold with cream. Makes 6 servings.

Note: I usually flatten the crust out on wax paper — no counters to clean! This is a fast and easy recipe because you don't peel the nectarines; the skin adds a lovely color to the pie.

PERFECT APPLE PIE

7 to 8 tart apples
1/4 to 1 cup sugar
2 tablespoons flour
1/2 to 1 teaspoon cinnamon
Dash of nutmeg
Dash of salt
2 tablespoons butter

Pare and slice apples thin. Combine sugar, flour, spices and salt; mix with apples. Put in a 9-inch pastry-lined pie plate; dot with butter. Add top crust. Brush top crust with water and sprinkle with sugar. Bake at 400 degrees for 50 minutes.

MacIntosh apples are excellent for this pie. Hint: Don't soak apples in water while dicing or your pie will be very watery. Keep them dry.

Linda Zerr
Sinking Spring

BLUEBERRY PANCAKES

1 cup white flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1 egg
2 tablespoons vegetable oil
1 cup buttermilk (buttermilk substitute can be made by adding 1 tablespoon vinegar to 1 cup milk)
1/2 cup fresh blueberries

Beat together egg, vegetable oil and buttermilk. Add flour, sugar, baking powder and baking soda. Beat with a beater until batter is smooth. Stir in fresh blueberries. Grease heated griddle if necessary. Pour batter onto hot griddle. Turn pancakes as soon as they are puffed and full of bubbles. Bake other side until golden brown. Makes 10 4-inch pancakes.

FRUITY PIZZA

1 17-ounce roll slice 'n bake refrigerated sugar cookies
2 cups thawed whipped topping with real cream
1 cup sour cream
Assorted fresh fruit, sliced

Cut cookie dough into 1/4 -inch slices. Arrange dough slices, slightly overlapping, on foil-lined 14-inch pizza pan or 15x10x1-inch jelly roll pan; press edges to seal. Bake at 35 degrees for 1 to 12 minutes or until golden brown. Cool; remove from foil onto serving plate.

Fold whipped topping into sour cream; spread over crust. Arrange fruit on whipped topping mixture. Chill. Cut into wedges. makes 10 to 12 servings.

(Turn to Page B8)

Featured Recipe

This week's featured recipe topped the competition at the Lamb Cook-Off, held last weekend in conjunction with the third annual Pa. Lamb and Wool Festival in State College. Peggi Clauhs of Sellersville captured first place for the second consecutive year with her "Fiesta Lamb Kabobs." For a list of winners, turn to the story about the cook-off in this section of Lancaster Farming.

Fiesta Lamb Kabobs

1 pound boned American leg of lamb
1/4 cup olive oil
Juice of 1 orange
1 tablespoon lime juice
2 tablespoons lemon juice
2 cloves garlic, crushed
1/2 teaspoon dried mint leaves
1 bay leaf, crushed
1/2 teaspoon pepper
1/4 teaspoon salt
1 small, fresh pineapple, pared, cored and cut into 8 wedges
2 apples, cored and quartered
10 maraschino cherries
Garnish: maraschino cherries, fresh mint leaves and parsley.

Cut lamb into 1-inch thick squares and place in large mixing bowl. Combine olive oil, fruit juices, garlic and spices. Pour mixture over lamb. Stir and refrigerate at least 3 to 4 hours prior to broiling. Broil: start grill 45 minutes prior to cooking or have charcoals white. Place and alternate meat on skewers with fruit. Baste meat with marinade sauce. Boil approximately 15 minutes. Occasionally turn and baste. Garnish and serve. Serves 4. Total preparation and cooking time: 30 minutes.

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.

July
25- Summer Sippers
August
1- Relishes and Chutney
8- Pickles