

# Crock Pot Cooking For Flavor And Convenience

Convenience without sacrificing taste is a requirement for today's busy cooks. When you're away from home for hours and return at mealtime, crockpot cooking comes to the rescue.

The slow cooking of a crockpot results in tender, juicy meats. Add some vegetables and let the juices permeate for flavor that can not be topped.

If you've limited your crock pot to one dish meals, Laura Kauffman of Bainbridge has a surprise for you. She bakes bread, makes pudding, apple butter and scrapple in her crock pot.

Laura has contributed most of the recipes to this week's column. In keeping with the season, she has included recipes especially for the family with an accomplished hunter. If you want to know the best way to make rabbit, squirrel, pheasant or venison, try cooking it in a crockpot.

With these easy, mouth watering recipes, you won't limit crock pot cooking to busy days. You'll want this flavor every day.

## CROCK POT MACARONI

- 3 tablespoons butter
- 1 1/2 cups uncooked macaroni
- 1 quart milk
- 1/2 pound shredded cheese
- 1 teaspoon salt
- 1/4 teaspoon pepper

Melt butter. Stir with macaroni in crock pot. Add remaining ingredients. Start on high setting until it starts to bubble, then turn on low setting for 2 hours. Recipe can also be put in 225 degree oven for 3 hours.

Kathy Wenger  
Harrisonburg, Va.

## OLD-FASHIONED APPLE BUTTER

- 12-14 apples
- 2 cups apple juice
- Sugar
- Cinnamon
- Allspice
- Cloves
- 1/2 cup sauterne (optional)

Wash, core and quarter apples (do not peel). Combine apples and apple juice in lightly oiled crock pot. Cover and cook on low setting for 10 to 18 hours (on high setting for 2 to 4 hours).

When fruit is tender, put through a food mill to remove peel. Measure cooked fruit and return to crock pot. For each pint of sieved cooked fruit, add 1 cup sugar, 1 teaspoon cinnamon, 1/2 teaspoon allspice and 4 teaspoon cloves; stir well. Cover and cook on high setting for 6 to 8 hours, stirring about every 2 hours. Remove cover after 3 hours to allow fruit and juice to cook down. Add sauterne for the last hour of cooking. Spoon into hot sterilized jars and process in boiling water bath; seal. Makes about 5 1/2 -pint jars.

Laura Kauffman  
Bainbridge

## RABBIT IN CREAM

- 1 large or 2 small rabbits, cut up
- 3 tablespoons minced ham or bacon
- 1 onion, finely chopped
- 1/2 teaspoon leaf thyme
- 1 can (4-ounces) sliced mushrooms, drained
- 1 cup beef bouillon
- 1 cup sour cream
- 2 tablespoons lemon juice
- 3 tablespoons flour
- Minced parsley

Marinate rabbit overnight in refrigerator in salted water. Before cooking, remove rabbit pieces; drain and pat dry. Place rabbit, ham, onion, thyme and mushrooms in crock pot. Pour in bouillon, moistening well. Cover and cook on low setting for 6 to 8 hours.

Before serving, turn to high setting. Combine sour cream, lemon juice and flour. Remove rabbit to a warm platter. Stir sour cream mixture into juices in crock pot. Cook until thickend. Spoon sauce over rabbit and sprinkle with parsley. Serves 6. Squirrel in cream: substitute 2 small squirrels, cut-up, for rabbit.

Laura Kauffman  
Bainbridge

## HASENPFEFFER

- 2 1/2 to 3-pound rabbit, cut up
- 2 cups dry red wine
- 2 tablespoons wine vinegar
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 teaspoon whole cloves
- 1/4 teaspoon pepper
- 2 bay leaves

Place cup-up rabbit in flat refrigerator container. In bowl, combine remaining ingredients; pour over rabbit. marinate overnight or for 8 hours. Place marinated rabbit in crock pot. Add 1 1/2 cups marinade. Cover and cook on low setting for 7 to 10 hours.

Remove meat to warm platter. Thicken gravy, if desired. Serves 4.

Laura Kauffman  
Bainbridge

## BRAISED PHEASANT

- 2 pheasants (about 1 1/2 -pound each)
- Salt and pepper
- 1 onion, sliced
- 2 carrots, pared and quartered
- 2 slices lean smoked bacon
- 1/4 cup chicken broth
- 1/4 cup dry sherry or broth

Season cavity of each pheasant lightly with salt and pepper. Arrange sliced vegetables in bottom of crock pot. Place pheasants on top of vegetables. Cut bacon slices in half and place over each breast. Add broth and sherry. Cover and cook on low setting for 8 to 10 hours (on high setting for 2 1/2 to 3 1/2 hours). Serves 2 to 4.

Laura Kauffman  
Bainbridge

## SOURDOUGH STARTER

- 1 package active dry yeast
- 1/2 cup lukewarm water
- 2 cups lukewarm water
- 2 cups flour
- 1 tablespoon sugar
- 1 teaspoon salt

In glass or crockery container, dissolve yeast in 1/2 cup lukewarm water. Add remaining ingredients and stir well with a wooden or plastic spoon. Cover with a towel and let stand for 3 to 5 days at room temperature. Stir 2 or 3 times daily. To store, cover and refrigerate. Makes about 4 cups starter.

## SOURDOUGH HONEY WHEAT BREAD

- 1/4 cup milk
- 2 teaspoons butter
- 1 1/2 tablespoons honey
- 1 package dry yeast
- 1/4 cup sourdough starter
- 1/4 cup whole wheat flour
- 1 1/2 tablespoons wheat germ
- 2 teaspoons sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/2 cups all-purpose flour

Preheat crock pot on high setting for 30 minutes. Scald milk. Add butter and honey to scalded milk; allow to melt and cool to lukewarm. Mix yeast in milk and stir to dissolve. Add the sourdough starter, the whole wheat flour and wheat germ. Blend sugar, salt and soda until smooth and sprinkle over top of dough, stirring in gently. Stir in remaining flour until too stiff to stir. Turn out onto floured board and knead 100 times. Shape into loaf and place in well-greased Bread 'n Cake Bake pan; cover. Place in crock pot. Cover and bake on high setting for 2 to 3 hours or until edges are browned.

Remove pan and uncover. Let stand 5 minutes. Unmold on cake rack and serve warm.

## SOURDOUGH BREAD

- 1 package active dry yeast
- 1/4 warm water
- 1 teaspoon sugar
- 1/2 cup sourdough starter
- 1 teaspoon salt
- 2 1/2 to 2 3/4 cups flour
- 1/4 teaspoon baking soda

Soften yeast in the warm water. Blend in sugar and let stand 10 minutes. Stir in sourdough starter and salt. Add 1 1/2 cups of the flour and beat with an electric mixer for 3 to 4 minutes. Mix 1 cup of the flour with soda and stir into batter. Add remaining flour, if needed, to make a stiff dough. Grease hands and shape dough into loaf (dough will be slightly sticky). Place in well-greased Bread 'N Cake Bake pan; cover. Place in crock pot. Cover and bake on high setting for 2 to 3 hours.

Remove pan and uncover. Let stand for 5 minutes. Unmold on cake rack; brush crust with butter and serve warm.

Laura Kauffman  
Bainbridge

## SAUCY BAKED BEANS

- 3 cans (16-ounces each) baked beans in sauce, drained
  - 1 medium onion, chopped
  - 1 medium green pepper, seeded and chopped
  - 1/2 cup brown sugar, packed
  - 2 tablespoons prepared mustard
  - 1 teaspoon Worcestershire sauce
  - 1/2 cup smokey barbecue sauce
  - Dash tabasco sauce
  - 2 tablespoons dried parsley flakes
  - 4 to 6 slices cooked ham, sliced
- Combine all ingredients except ham in crock pot; stir well.



Crock pot recipes come to the rescue for busy cooks.

Sprinkle ham over top, pushing half down into beans. Cover and cook on low setting for 4 to 12 hours (on high setting for 2 to 3 hours). Serves 12. Note: if you want to cook beans the maximum time, do not completely drain liquid from canned beans.

Laura Kauffman  
Bainbridge

## PENNSYLVANIA DUTCH SCRAPPLE

- 2 pounds pork neck bones
  - 1 large onion, finely chopped
  - Salt and pepper
  - 2 1/2 cups cornmeal
  - Butter or margarine
- Place neck bones, onion, salt and pepper in crock pot; add enough water to cover. Cover and cook on low setting for 7 to 12 hours.

With slotted spoon, take neck bones from broth. Remove meat from bones and return to broth in crock pot. Stir in cornmeal. Cover and cook on low setting for 6 to 10 hours (on high setting for 2 to 3 hours).

Taste for seasoning. Pour cornmeal mixture into 2 lightly oiled loaf pans. Chill overnight. Cut into 1/2 -inch slices and fry. Serves 12 to 15.

Laura Kauffman  
Bainbridge

## HUNTER'S CHICKEN

- 3-pound fryer, cut into serving pieces
- Garlic salt
- Pepper
- Cinnamon
- 1 medium green pepper, seeded and chopped
- 2 small onions, sliced
- 2 stalks celery, chopped
- 1 can (4-ounces) sliced mushrooms, drained
- 1/4 cup dry sherry
- 1 can (16-ounces) tomato wedges
- 3 tablespoon flour
- 3 tablespoons water
- Hot spaghetti

Rinse chicken pieces and pat dry. Season with garlic salt, pepper and cinnamon. Place green pepper, onions and celery in crock pot. Add seasoned chicken parts. Pour in mushrooms, sherry and tomatoes; stir well. Cover and cook on low setting for 7 to 10 hours (on high setting for 2 to 3 hours).

Remove chicken pieces; bone and return meat to sauce. Make a smooth paste of flour and water; stir into crock pot. Cover and cook on high setting for 15 to 30 minutes or until gravy is thickened. Serve over hot spaghetti. Serves 6.

Laura Kauffman  
Bainbridge

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## Featured Recipe

Now is the season for cooking game meat. Doug and Laura Kauffman are a husband and wife team who hunt together. For that reason, Laura keeps her eyes open for new and interesting recipes to replace the wild taste with tender, succulent flavor.

The Kauffman's farm 48 acres in Bainbridge where they have four broiler houses. The couple and their 5-year-old son enjoy CB radio and Laura is deeply involved in ceramics. She said, "I like making simple things in the crockpot because it seems to hold the flavor of the meat better."

With deer hunting season next week, there's sure to be many cooks looking for a taste tempting recipe. So, dig out those crockpots and do justice to your hunter's bounty.

## VENISON STEW

- 2-3 pounds venison, cut into 1-inch cubes
- 1 1/2 cups French dressing
- 2 carrots, pared and cut
- 1 large onion, coarsely chopped
- 1 small green pepper, seeded and coarsely chopped
- 3 stalks celery, cut into 1-inch pieces
- 1 can (16-ounce) whole tomatoes, mashed
- 1/4 cup quick-cooking tapioca
- 1 whole clove
- 1 bay leaf
- Salt and pepper

Marinate cubed venison in French dressing for 12 to 24 hours. Drain off salad dressing and place venison in crock pot. Stir in remaining ingredients. Cover and cook on low setting for 8 to 10 hours. Serves 6 to 8.

## 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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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