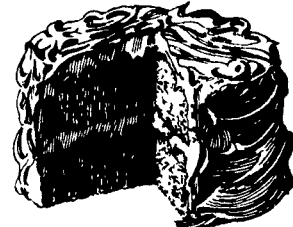


Home On The Range



Treats For Hungry Hearts

Traditionally Valentine's Day promotes chocolates and sweets to smooth the path to romance. For those who are interested in expressing their love in this way, this column contains some luscious desserts.

For the health-conscious cook, wary of recipes loaded with calories, cholesterol and sugar but desiring to express love and devotion through delightful dishes, this column includes some diabetic and low cholesterol recipes.

Whether it's calorie loaded or lean and trim, when you serve one of these dishes to your valentine, successful love is sure to follow. After all isn't the way to a man's heart through his stomach?

RICH SWEET DOUGH NUT ROLL

1 cup lukewarm milk
 1/2 cup sugar
 1 teaspoon salt
 2 packages yeast
 2 eggs
 1/2 cup soft shortening
 4 1/2 to 5 cups sifted flour
 1/2 teaspoon grated lemon rind (optional)

Mix together milk, sugar and salt. Add yeast and stir until yeast is dissolved. Stir in eggs, shortening and rind. Stir in flour until spongy but not sticky.

Knead until smooth and elastic. Place in a greased bowl, turning once to bring greased side up.

Cover with damp cloth and let rise in warm, draft-free spot until doubled in size. Punch down. Let rise again until almost doubled in bulk. Divide into four portions. Roll out one portion on a floured cloth to almost paper thinness.

Walnut Filling:
 Mix 4 cups soft butter, 1 cup brown sugar and 2 eggs. Stir in 1/4 cup milk, 1 teaspoon vanilla, 1 teaspoon lemon flavoring, and 1/4 teaspoon salt. Blend in 4 cups walnuts, finely ground, not chopped.

Spread walnut filling over dough, bring it to edges; starting at right side of oblong, lift cloth and let dough roll up like a jelly roll. Seal well by pinching edges into dough. Continue the same with the other portions.

Place on a greased cookie sheet. Let rise until almost double, about 1 hour. Bake in 325 degree oven for 40 to 45 minutes, until brown.

WHITE CHOCOLATE SOUFFLE WITH RASPBERRY-CHERRY SAUCE

4 egg yolks
 3 tablespoons sugar
 1/4 cup flour
 1/4 cup plus 2 tablespoons milk
 1/4 cup creme de cacao, divided
 5 ounces white chocolate, melted
 5 egg whites, at room temperature
 1/4 teaspoon cream of tartar
 2 tablespoons sugar
 Confectioners' sugar

SAUCE:

1 package (10 ounces) frozen raspberries in syrup, thawed and drained

6 tablespoons raspberry preserves
 1 tablespoon raspberry liqueur, if desired
 1/2 cup chopped sweet cherries, well drained

For souffle, beat egg yolks and 3 tablespoons sugar in small mixer bowl until creamy, about 1 minute. Add flour and beat just until blended. Gradually beat in milk and 2 tablespoons creme de cacao. Transfer yolk mixture to a medium-sized heavy saucepan.

Cook over low heat, stirring constantly, until mixture thickens; do not boil. Cool mixture until just warm to touch. Preheat oven to 375 degrees. Stir melted chocolate into cooled custard. Beat egg whites and cream of tartar until foamy. Gradually beat in 2 tablespoons sugar; beat until stiff but not dry. Place custard mixture in large mixer bowl. Stir in remaining 2 tablespoons creme de cacao. Gradually, fold in egg whites, 1/4 at a time. Pour into buttered and sugared 6-cup souffle dish. Bake 30 to 35 minutes or until puffed and just firm to the touch. Dust with confectioners' sugar.

Meanwhile, for sauce, combine raspberries and preserves in small heavy saucepan. Bring to boiling, stirring constantly; boil 1 minute. Strain to eliminate seeds. Stir in liqueur and cherries. Let stand at room temperature until souffle is baked. Spoon over each serving.

MAMMA

SECRET KISS COOKIES

1 cup soft butter
 1/2 cup sugar
 1 teaspoon vanilla
 2 cups flour



White Chocolate Souffle with Raspberry-Cherry Sauce: A gift from the heart.

1 cup chopped nuts

1 package chocolate kisses
 Beat butter, sugar, and vanilla on medium speed until light and fluffy. Add flour and nuts, mix well. Chill dough. Use tablespoon to shape dough around a chocolate kiss and make a ball. Place on ungreased cookie sheet. Bake at 375 degrees for 12 minutes or until cookies are set but not brown. Cool slightly. While warm, roll in confectioners' sugar. Cool and store in air tight container. Reroll in sugar before serving to your favorite sweetheart. Makes 40 cookies.

Angelique McDonald
 Beford Co. Dairy Princess

APPLE DUMPLINGS

Prepare syrup
 1 cup sugar
 1 cup water
 1/4 teaspoon nutmeg
 Simmer for 5 minutes. Let cool.

Filling:
 2 cups apples, chopped
 1/4 cup sugar
 2 tablespoons cinnamon
 Mix together sugar and cinnamon and sprinkle over apples.

Dough:
 2 cups flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 1 cup milk
 1/2 cup oil

Roll dough into large sheet. Spread filling and roll up in jelly roll fashion. Slice 2-inches thick. Place cut-side up in baking dish and pour syrup over them. Bake 375 degrees for 40 minutes.

Loretta Young
 Westmoreland Co.

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Featured Recipe

Low Cholesterol cooking was featured in the "Home On The Range" column last week. Vegetable lasagna was pictured but the recipe was inadvertently missed. For those who were thrilled to discover that lasagna need not be off-limits, but disappointed the recipe was not included, it is featured this week.

The recipe comes from San Souci, an Ohio health spa that offers a 1,000 calorie per day weight-loss cuisine. Said owner Susanne Kircher, a registered nurse and former nutrition consultant for European Olympic teams, "Everyday I include protein-rich dairy products in our menu to assure that meatless meals are nutritionally complete."

VEGETABLE LASAGNA

Sauce:

8 ounces whole wheat Or regular lasagna noodles
 3 medium-sized ripe tomatoes, chopped
 1 can (8 ounces) salt-free tomato sauce
 1 can (6 ounces) salt-free tomato paste
 1 medium-sized green pepper, chopped
 1 medium-sized onion, chopped
 1/2 teaspoon dried rosemary
 1/2 teaspoon dried oregano
 1/2 teaspoon dried thyme
 1/2 teaspoon dried basil

Filling:

8 ounces fresh mushrooms, sliced
 1 medium bunch broccoli flowerets
 1 medium-sized onion, chopped
 1 large zucchini, sliced
 4 teaspoons Italian seasoning
 1/4 cup shredded Mozzarella cheese.
 1/4 cup crumbled Feta cheese
 2 tablespoons freshly grated Parmesan cheese

Cook noodles according to package directions; rinse; drain; set aside. Meanwhile, combine all sauce ingredients in large heavy saucepan. Bring to boiling, stirring frequently. Simmer, covered 10 minutes. Preheat oven to 375 degrees. For filling, combine vegetables and Italian seasoning; mix well. Place a small amount of sauce on the bottom of a 13x9-inch baking pan. Layer half the noodles, vegetables, sauce and cheeses; repeat once. Bake 20 to 25 minutes or until cheese is melted and sauce is bubbly. Let set 5 minutes before serving.

Serving size: 1/12 of recipe. Calories per serving: 160. Fat 4 grams.

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.

Feb.

18- One Dish Meals
 25- Favorite Meat Recipes

March.

4- Vegetarian Dishes
 11- Peanut Butter Recipes