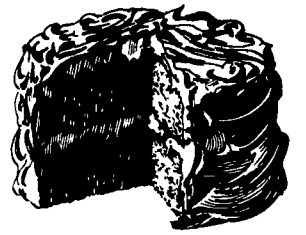


# Home On The Range



## Eye-Appealing Recipes Create An Elegant Buffet

Whether you're entertaining with a black-tie reception or an impromptu bash, tempting foods for nibbling can make for a truly memorable occasion. Mix and match for the appetizers—from sweet to savory, hot to cold, classy to casual—for winning combinations.

Before you start cooking, take a few minutes to scrutinize your menu. Have you balanced rich and highly seasoned foods with simple, fresh items? Are you able to keep hot foods hot, cold foods cold? Have you included some room temperature snacks such as crackers, nuts and cheese? Roasts and a large ham are favorites for buffet meats. Serve hot or cold and carve the meat across the grain into thin slices when ready to serve.

For more recipes, send for brochures to the following: American Dairy Association, 6300 N. River Road, Rosemont, IL 60018, and The National Live Stock & Meat Board, 444 N. Michigan Avenue, Chicago, IL 60611.

### STAINED GLASS FINGER GELATIN

5 small boxes gelatin, varied colors  
1 8-ounce bowl whipped topping

Dissolve one box of any flavor gelatin in 1 cup boiling water. Pour  $\frac{1}{3}$  cup into glass dish. Set in refrigerator until firm. Cool remaining  $\frac{1}{3}$  cup but do not refrigerate. When  $\frac{1}{3}$  cup is cool, mix into it 2 heaping tablespoons of whipped topping. When  $\frac{1}{3}$  cup in refrigerator is set, spread whipped layer evenly over it. Repeat same steps with next four flavors of gelatin. When set, cut into 1-inch squares. Lift out of dish with a spatula and arrange on a large plate. Can easily be picked up with fingers and, contributor writes, "you will also receive many compliments."

Important: Each layer must be set before adding the next or colors will blend.

Pat Emerbrink  
Duncannon

### CHEESE PUFFS

$\frac{1}{4}$  pound American cheese, grated  
 $\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup sifted flour  
Dash salt

Place all ingredients in bowl. With fingers, blend until smooth. Chill  $\frac{1}{2}$  hour. Form into  $\frac{1}{2}$ -inch balls. Place on cookie sheet. Chill. Bake at 350 degrees for 10 to 15 minutes. Yields: 2 $\frac{1}{2}$  dozen.

Anne Mitchell  
Berks Co. Dairy Princess



Whatever the occasion or season, plan a party menu that's quick and easy to prepare, appealing to your guests and easy on the wallet. To "meat" your party needs, send for "Light Bites in Minutes" at the National Live Stock and Meat Board, Department LBME, 444 North Michigan Avenue, 18th Floor, Chicago, IL 60611. There is no charge for the brochure, but be sure to include a self-addressed stamped #10 envelope.



If you'd like to serve these attractive foods to your guests, request "Specials for Spring" by writing to the American Dairy Association, P.O. Box 760, Rosemont, IL 60018-4289. Be sure to include a self-address stamped business envelope and 25 cents for each brochure requested.

### CHICKEN BREASTS TARRAGON

$\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  cup minced fresh parsley  
1 clove garlic, crushed  
1 teaspoon tarragon, crushed  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper

4 large chicken breasts, split and boned

Preheat oven to 425 degrees. Cream butter; combine with parsley, garlic, tarragon, salt and pepper. (Or place all these ingredients in food processor with steel knife and process a few seconds until blended). Loosen skin on one side of each chicken breast, keeping remaining outer edges intact, just enough to form a pocket. Place about 1 tablespoon butter-herb mixture in each pocket. Close pocket and press, smoothing mixture under skin. Place chicken, skin side up, in shallow baking pan. Bake 35 to 40 minutes, basting occasionally with pan drippings. Garnish serving platter with watercress and orange basket, if desired.

### CRISPY ITALIAN CHICKEN

1 cup coarsely crushed seasoned croutons  
 $\frac{1}{2}$  cup grated Parmesan cheese  
1 teaspoon Italian seasoning  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  cup tomato puree  
1 egg, beaten  
6 chicken wings, cut into 2 pieces each at joint, end discarded  
 $\frac{1}{4}$  cup butter, melted

Preheat oven to 400 degrees. Combine croutons, cheese and seasonings; mix well. Combine tomato puree and egg. Dip chicken in tomato mixture; then coat with crouton mixture. Place chicken in 9-inch square baking pan; drizzle with melted butter. Bake 20 to 25 minutes, or until chicken is tender. Serve hot or cold. Yields: 12.

### MEATBALLS IN SPICY RED PEPPER SAUCE

1 pound ground beef  
1 red bell pepper  
3 tablespoons dried bread crumbs  
1 egg, beaten  
2 tablespoons chopped parsley  
2 cloves garlic, minced  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon ground red pepper  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 tablespoon olive oil  
1 teaspoon cornstarch  
 $\frac{1}{2}$  cup beef broth  
 $\frac{1}{2}$  cup dry white wine  
1 tablespoon tomato paste  
 $\frac{1}{2}$  teaspoon dried thyme leaves

Place red pepper on rack in broiler pan so surface of pepper is 3 to 5 inches from heat. Broil 10 to 15 minutes or until skin blisters, turning occasionally. Place pepper in paper bag; close and let stand 15 to 20 minutes. Meanwhile combine ground beef, bread crumbs, egg, parsley, garlic, salt and ground red pepper. Mix lightly but thoroughly. Shape meat mixture into 35 meatballs (about 1 teaspoon meat mixture for each) and place on roasting pan or jelly roll pan; reserve. Remove loosened skin and seeds from pepper; cut into  $\frac{1}{4}$ -inch pieces; reserve. Cook and stir onion and garlic in oil in large frying pan 2 to 3 minutes. Combine cornstarch and beef broth. Add cornstarch mixture, wine, tomato paste, thyme and reserved red peppers to frying pan. Cook over low heat 10 to 12 minutes, stirring occasionally. Meanwhile bake reserved meatballs at 325 degrees for 10 minutes. Remove meatballs, drain on absorbent paper. Stir meatballs into sauce. Serve hot.

### CREAMY GARLIC & BACON PITAS

6 slices bacon, halved  
2 cloves garlic  
1 tablespoon slivered almonds, toasted  
2 ounces Neufchatel or light cream cheese  
2 tablespoons plain yogurt  
 $\frac{1}{4}$  teaspoon Worcestershire sauce

1 pita bread, split  
6 large strawberries, sliced  
Boston or leaf lettuce  
Place bacon on microwave-safe rack; cover with paper towel and microwave at HIGH 5 to 6 minutes. Roll up half of the slices to make 6 bacon curls. Crumble remaining bacon; reserve. Meanwhile, place garlic and almonds in blender or processor; cover and blend until finely chopped. Add cheese, yogurt, and sauce; cover and blend until fairly smooth. Stir in reserved bacon. Spread each pita circle with bacon mixture. Place strawberries around outer edge; arrange lettuce in center and top with bacon curls. Cut into quarters to serve. Makes 8 pieces, about 77 calories per piece.

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## 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.

Sept.

23- Squash  
30- Low Cholesterol

Oct.

7- October Is Pork Month