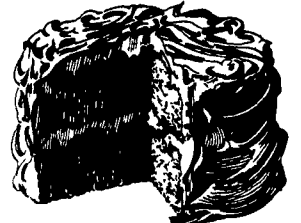


# Home On The Range



## Potatoes—America's Favorite Vegetable

Recently I read that fresh potatoes are making a comeback. In my family, potatoes never lost their popularity for appearing as a complimentary dish to almost every dinner. The versatile potato can be made and seasoned in so many different ways that we never tire of eating it.

We obviously aren't the only people who love potatoes, the potato stand at the Farm Show is jammed with eager customers who stand in line for as long as 15 minutes to get either French fries or a baked potato.

For taste, recipes are hard to compete with the traditional baked, mashed or whole potato topped with brown butter, but the variety definitely adds enjoyment to those who consider the potato a basic part of their diet.

A medium-sized potato contains about 116 calories, according to the U.S. Agriculture Department, has no cholesterol, is low in both sodium and fat, and rich in the B vitamins and vitamins C and K.

### CHEESE POTATOES

1 large bag country style frozen potatoes

- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- 8 ounces shredded cheese

Melt butter, blend in flour, add milk and microwave until thick and bubbly. Pour half the cheese into the hot sauce. Stir until melted. Put potatoes in a 9x13-inch pan. Pour cheese sauce over potatoes and sprinkle the remainder on top. Bake, covered, at 350 degrees for 15 minutes. Uncover and bake 25 more minutes.

Dauphin Co. Dairy Promotion

### POTATO-CHEESE SOUP

- ½ cup chopped onions
- 1 teaspoon paprika
- 2 tablespoons butter
- 2 cans of canned milk
- 2 cans (10¼-ounce each) condensed cream of potato soup
- 1 cup shredded Monterey Jack cheese

Cook onions with paprika in butter until tender. Add remaining ingredients; heat, stirring occasionally.

Betty Biehl  
Mertztown

### BROWN POTATO SOUP

- ½ cup celery, chopped
- ¼ cup onions, minced
- ½ teaspoon caraway seed
- 2 tablespoons butter
- 2 cans condensed cream of potato soup

- 2 cups canned milk
- ¼ cup chopped parsley
- Pumpnickel croutons

Brown celery, onions, caraway seed in butter. Cook until tender. Blend in soup, milk and parsley. Heat, stirring occasionally. Serve garnished with croutons made from leftover pumpnickel bread.

Contributor writes that this soup is enjoyed in Germany and it takes no longer than 10 minutes to prepare from start to finish.

Betty Biehl  
Mertztown

### SOUR CREAM POTATOES

6-10 potatoes, cooked and grated

- ¼ cup butter, melted
- 1½ cups sour cream
- ¼ cup chopped onion
- ¼ teaspoon pepper
- 1 teaspoon salt

2 cups grated sharp cheddar cheese

Combine butter, sour cream, onion, pepper, salt and cheese with potatoes. Place in a buttered casserole. Refrigerate overnight or bake immediately for 30 minutes in 350 degree oven.

Juanita Plank  
Mifflin Co. Dairy Princess

### SKILLET FRANKS AND POTATO AU GRATIN

- 1 large onion, sliced thin
- 1 green pepper, sliced thin
- 2 tablespoons margarine
- 1 box au gratin potato mix
- 2¼ cups boiling water
- ½ cup milk
- 1 tablespoon dry mustard
- 1 teaspoon paprika
- 1 package franks, sliced ½-inch thick

In a medium-sized broiler-proof skillet, saute onion and pepper in margarine. Stir in potatoes with sauce mix, water and milk, mustard and paprika. Stirring frequently, bring to boil. Reduce heat and simmer 15 minutes.

Stir in franks, simmer 5 minutes. Place skillet under broiler 3 minutes or until potatoes are crusty and golden brown.

Peggy Wissler  
Brownstown



French fries remain a popular choice for kids. These three sisters, Ami, Emily and Elizabeth Kauffman of Lancaster show their pleasure with those purchased at the Farm Show in Harrisburg.

### PASTY

- 3 cups flour
- 1 cup shortening
- 1 teaspoon salt
- 5 tablespoons cold water

Filling, combine:

- 2 thinly sliced potatoes
- 2 teaspoons chopped onions
- Salt and pepper
- 1 pound ground beef
- 2 thinly sliced small carrots

Butter  
Sift flour and 1 teaspoon salt together. Cut in shortening. Gradually sprinkle water over mixture, mixing with fork. Add only enough water to hold pastry together. Divide pastry into two portions. Roll each about 9-inches round and ½-inch thick. Place half of the filling on half of the pastry. Season with salt, pepper and butter. Fold the other portion of pastry over and seal the edges with a fork. Slit the top. Place on a baking sheet and bake for 15 minutes at 450 degrees. Reduce heat to 350 degrees and bake 40 minutes longer.

Josephine Matenus  
Dallas

### SNOWY MASHED POTATO CASSEROLE

- 4 pounds potatoes, peeled and quartered
- 1 cup sour cream
- ¼ teaspoon pepper
- ¼ cup chopped chives
- 2 teaspoons salt
- 1 clove garlic, crushed
- ¼ teaspoon paprika
- 1 tablespoon butter
- 1 package (8 ounces) cream cheese, softened

Cook potatoes in boiling salted water until tender. Drain. Place in large mixer bowl, beat until light. Beat in cream cheese, sour cream, salt, pepper and garlic at high speed until smooth. Stir in chopped chives. Spoon into lightly greased 10-cup casserole dish; sprinkle with paprika. Dot with butter. Bake at 350 degrees until top is golden, about 30 minutes. Serves 10.

Mary Werner  
PA Alternate Dairy Princess

### BROWN POTATO SOUP

- 2½ cups diced, peeled potatoes
- 4 cups water
- 1 tablespoon salt
- ¼ teaspoon pepper
- ¼ teaspoon onion salt
- ¼ teaspoon celery salt
- 4 cups milk
- 2 tablespoons butter
- ¼ cup flour

Cook potatoes until tender in 2 cups water. While cooking, add salt, pepper, and onion and celery salts. Drain and save. Add milk and remaining 2 cups water to drained, seasoned potato water.

Heat to boiling, simmer. While liquid simmers, cut butter into flour until mixture looks like crumbs. Brown these in small heavy skillet, stirring constantly. Stir browned crumbs into hot liquid; cook about 5 minutes, stirring. Add potatoes and heat about 5 minutes more. Serve hot. Excellent with crackers. Serves 6 to 8.

Kynel Bomgardner  
Lebanon Co. Dairy Princess

(Turn to Page B8)

## Featured Recipe

Minnie Schlegel of Fleetwood, Berks County, captured first place in Saturday's second annual Blue Ribbon Apple Pie Contest at the 74th Pennsylvania Farm Show.

Representing the 1989 Reading Fair, Mrs. Schlegel earned \$100 for her Creamy Apple Pie. The recipe she submitted was nearly identical to her Bavarian Apple Pie which placed second last year.

Fifty-nine contestants brought or sent pies for the contest, open only to top individuals who were first place winners in the apple pie class at their local fair during 1989. Judging was based on overall appearance, crust and filling.

Second place in the contest went to the York Inter-State Fair apple pie winner, Belinda Myers of Dallastown. She earned \$60 for her pie called Peachy Apple Pie.

Third prize and \$40 went to the representative from the Big Butler Fair, Shirley Hulihan of Slippery Rock. Her pie was called Breakfast Apple Pork Pie with a Cheddar Cheese Crust.

### CREAMY APPLE PIE

Beat together:

- ½ cup soft butter.
- ¼ cup granulated sugar
- ½ tsp. vanilla.

Gradually add:

- 1 cup all purpose flour
- Press into bottom and up sides of a deep 9" pie pan.

Beat together:

- 1 8-ounce package cream cheese
- ¼ cup granulated sugar.

Add:

- 1 egg
- ¼ teaspoon vanilla.
- Beat until smooth. Spread evenly over crust.
- Combine 4 cups thinly sliced apples
- ¼ teaspoon cinnamon
- ½ cup granulated sugar.
- Layer over cream cheese mixture.

Dot with 1 tablespoon butter. Sprinkle with ¼ cup chopped pecans or hickory nuts. Bake at 400 degrees for 15 minutes, then lower heat to 350 and bake an additional 30 minutes. If apples are getting too brown, cover with foil.

## 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. Recipes should reach our office one week before publishing date.

Jan.

- 20- Lamb
- 27- Pancakes

Feb.

- 3- Beef
- 10- Chocolate Lovers' Month