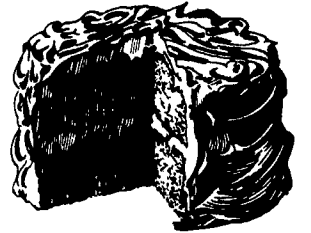


Home On The Range



Dress Up Salads

Tired of the same old salad dressing? Frustrated with the high price for a little bottle of salad dressing?

Stop squandering your food dollar and settling for the less-than-the-best in taste. Make your own dressings.

Many store-bought dressings contain undesirable chemicals, and high quantities of salt and sugar. If you make your own, you know exactly what you and your family are eating.

Homemade salad dressings are a great way to encourage your family to eat nutritious salads.

FRENCH DRESSING

- 3/4 cup sugar
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 tablespoon paprika
- 1 cup vinegar
- 2 cups oil
- 1 small onion

Mix ingredients in a quart jar. Cover and shake before serving. Refrigerate indefinitely. Good on sliced tomatoes. Contributor writes, "this is always on hand in my refrigerator."

Barbara Randall
Holcomb, NY

CREAMY-PICKLE SALAD DRESSING

- 1 cup catsup
- 1 cup milk
- 1/2 cup pickle relish
- 1 teaspoon parsley
- 1 teaspoon paprika
- 1/2 teaspoon garlic salt
- Dash pepper
- 3/4 cup sugar

Mix all ingredients well. Serve on the following salad: Bed of lettuce, diced tomatoes, onion, and unpeeled cucumber wedge.

Anne Marie Mitchell
1989-1990 PA Dairy Princess

SOUTHERN PEANUT BUTTER SALAD DRESSING

- 1 1/4 cups peanut oil
- 3/4 cup vinegar
- 2 tablespoons brown sugar
- 2 tablespoons peanut butter
- 1 tablespoon tarragon, fresh, chopped
- 1 tablespoon chives, fresh, chopped
- 1 tablespoon parsley, fresh, chopped
- 1 teaspoon pepper
- 1 teaspoon garlic, mashed
- 1/2 teaspoon salt

Combine all ingredients and mix well. Let marinate for 24 hours before using. Splash on your favorite salad. Store dressing covered in refrigerator.

MOM'S CREAMY SALAD DRESSING

- 5 heaping tablespoons mayonnaise
- 2 tablespoons sour cream
- 3 tablespoons sugar
- 1 teaspoon vinegar
- 1 teaspoon celery seed
- 1/2 cup milk

Mix mayonnaise, sour cream, and sugar until creamy. Stir in vinegar and celery seed. Add milk, stir until creamy. Use on tossed salads, broccoli, and cauliflower salads. Yields 1 cup.

Danielle Gutshall
Cumberland Co. Dairy Princess
SPICY MUSTARD DRESSING

- 1 tablespoon minced green onion
- 2 teaspoons prepared Dijon-style mustard
- 1 teaspoon sugar
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 8-ounces plain yogurt

Combine green onion, mustard, sugar, seasoned salt, and pepper. Gently fold in yogurt. Chill, covered, 2 to 3 hours to allow flavors to blend.

Middle Atlantic Milk Marketing Association

DILL DRESSING

- 1 cup dairy sour cream
- 1/4 cup chili sauce
- 1/4 cup chopped sweet pickles
- 1 tablespoon lemon juice
- 1/4 teaspoon dill weed

Combine ingredients in a small bowl. Chill, covered, 2 to 3 hours to allow flavors to blend.

Middle Atlantic Milk Marketing Association

CREAM GARLIC DRESSING

- 1 tablespoon chopped fresh parsley
- 1 clove garlic, crushed
- 1 teaspoon salt
- Ground pepper
- 2 cartons 8-ounces plain yogurt

Blend together parsley, garlic, salt and pepper. Mix in 1/4 cup yogurt until smooth; fold in remaining yogurt. Chill, covered, 2 to 3 hours to allow flavors to blend.

Middle Atlantic Milk Marketing Association

HONEY CURRY DRESSING

- Whisk together:
- 3/4 cup oil
- 3 tablespoons lemon juice
- 2 tablespoons white vinegar
- 1/4 cup honey
- 1 teaspoon curry powder
- Salt and pepper to taste

Betty Biehl
Mertztown



Depending on the type of dressing used, the same salad tastes entirely different.

OIL AND VINEGAR DRESSING

- 1 tablespoon lemon juice
 - 4 tablespoons vinegar
 - 1/2 cup oil
 - 1 small onion
 - 1/2 teaspoon salt
- Combine ingredients in blender for 1 minute. Refrigerate until served.

YOGURT DRESSING

- 1 cup plain yogurt
 - 4 tablespoons lemon juice
 - 1/2 teaspoon dry mustard
 - 1 minced clove garlic
 - 1/2 teaspoon salt
 - 1/2 to 1 teaspoon paprika
- Combine ingredients and let stand in refrigerator 15 minutes before serving.

SALAD DRESSING FOR FRESH LETTUCE

- 1 pint half and half
 - 2 cups sugar
 - 1/2 cup cider vinegar
 - 3 teaspoons salt
 - 1 1/2 cups oil
- Mix together ingredients in blender.

Olivia Blunier
Eureka

YOGURT FRUIT DRESSING

- 8-ounce carton lemon or pineapple yogurt
 - 1 cup sour cream
 - Fresh fruit (berries, melon, bananas, grapes)
 - Crumbled Blue cheese
- Combine yogurt and sour cream. Arrange fresh fruit on individual salad plates; spoon dressing over fruit. Sprinkle with Blue cheese. Yields 2 cups.

CREAM DRESSING

- 1/2 cup cream
 - 4 tablespoons vinegar
 - 2 tablespoons sugar
 - 1/2 teaspoon salt
 - Dash pepper
- Mix vinegar into cream. Add sugar, salt and pepper to cream mixture. If necessary, increase vinegar or sugar to taste. Pour over leaf lettuce.

Virginia Hughes
Newark

BLUE CHEESE DRESSING

- 1 cup mayonnaise
 - 1/2 cup crumbled blue cheese
 - Gradually stir in 1/2 cup milk and add 1 teaspoon Worcestershire sauce. Add:
 - 1/4 teaspoon salt
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon pepper
- Blend well. Cover and refrigerate overnight. If too thick, add more milk.

(Turn to Page B8)

Featured Recipe

Winners of the largest annual cooking contest — the National Beef Cook-Off® — were announced last week in Bellevue, Wash. A total of \$34,500 in prize money was awarded to 11 winners. The title "Best of Beef" and \$15,000 went to Annette Erbeck of Mason, Ohio, for the following recipe.

Pacific Rim Beef Salad

- Preparation time: 40 minutes
- Marinating time: 2 to 4 hours
- Cooking time: 16 to 20 minutes
- 2-pound boneless beef top sirloin steak, cut 1-1/2 inches thick
- 3/4 cup soy sauce
- 3/4 cup sugar, divided
- 1 tablespoon plus 1-1/2 teaspoons finely grated fresh ginger
- 3 large cloves garlic, minced
- 1/4 cup vegetable oil, divided
- 1 pound fresh spinach, stems removed and torn into bite-size pieces
- 4 ounces fresh bean sprouts
- 6 center-cut thin red onion slices, separated into rings
- 1/4 cup each catsup and rice wine vinegar
- 1/4 teaspoon hot pepper sauce
- 2 teaspoons Oriental dark-roasted sesame oil
- 1 tablespoon sesame seeds, toasted*
- Fresh enoki mushrooms or button mushrooms
- Cherry tomatoes

Trim excess fat from boneless beef top sirloin steak. Combine soy sauce, 1/2 cup sugar, ginger and garlic, stirring to dissolve sugar. Place steak and marinade in plastic bag, turning to coat. Close bag securely and marinate in refrigerator 2 to 4 hours, turning occasionally. Remove steak from marinade; pat dry with paper towels. Reserve 2 tablespoons marinade; discard remaining marinade. Heat 2 tablespoons vegetable oil in large heavy frying pan over medium-high heat until hot. Add steak and sear 4 to 6 minutes, turning once. Reduce heat to medium. Continue cooking 10 to 12 minutes or until steak is rare (140°F) to medium-rare (150°F) or to desired doneness, turning once. Let steak stand 10 minutes before carving. Meanwhile combine spinach, bean sprouts and onion in large bowl. Combine catsup, vinegar, pepper sauce, remaining 1/4 cup sugar, remaining 2 tablespoons vegetable oil and reserved 2 tablespoons marinade in small saucepan. Carve steak into thin slices. Bring dressing to a boil over medium heat, stirring constantly. Remove from heat; stir in sesame oil. Pour hot dressing over spinach mixture and toss. Place spinach mixture on platter. Arrange beef on top of salad; sprinkle with sesame seeds. Garnish with mushrooms and cherry tomatoes. 6 servings.

* To toast sesame seeds: Heat sesame seeds in small pan over medium heat until golden, stirring constantly.

Nutrient data per serving: 458 calories; 24 g fat; 599 mg sodium; 112 mg cholesterol.

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.

October

- 13- Pork
- 20- Pumpkins, squash
- 27- Pasta