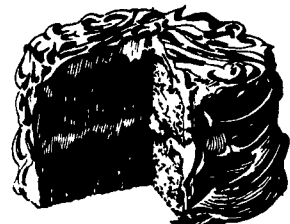


Home On The Range



Taste The Mushroom's International Flavor

Mushrooms are high in protein, potassium, and fiber. Mushrooms are low in fat, sodium, cholesterol, and calories. They contain only 14 calories per every 1/3 cup serving.

Let mushrooms work their magic on your menu. Follow these general guidelines to take advantage of the versatility, year-round availability of fresh mushrooms.

- Store mushrooms, refrigerated.
- To further prevent against drying and shriveling, gently drape a damp paper towel or dampened cheesecloth over mushrooms.
- Never stack anything on top of mushrooms. They bruise easily.
- Do not place mushrooms on bottom shelf of cooler or closed bins. Good air circulation is essential.
- Wipe mushrooms gently with a damp cloth or soft vegetable brush prior to mushroom preparations. Never soak in water, which the porous vegetable will absorb.
- Peeling of cultivated mushrooms is not required or recommended. Just trim the stems.
- In adapting recipes, approximately 1 pound of fresh mushrooms is equivalent to 6 cups sliced, 5 cups chopped. Sliced and cooked, 1 pound mushrooms yields approximately 1 1/4 cup.

KENNETT SQUARE MUSHROOM DIP

2 quarts catsup
9-ounce jar horseradish sauce
1 tablespoon parsley flakes
1/2 teaspoon oregano
1/2 teaspoon sweet basil
1/4 teaspoon garlic powder
Dash Worcestershire sauce
Thoroughly mix all ingredients, chill and serve with raw quartered mushrooms.

HOT CHEDDAR STUFFED MUSHROOMS

1 pound fresh mushrooms
6 tablespoons butter
1 cup chopped onions
1 cup soft bread crumbs
1 cup shredded cheddar cheese
1/2 cup chopped walnuts
1/4 cup chopped parsley,
optional
1/2 teaspoon salt
1/4 teaspoon black pepper

Rinse mushrooms and pat dry. Remove stems, chop and set aside. In large skillet, melt butter. Brush mushroom caps with melted butter, place on lightly buttered shallow baking pan or pyrex baking dish.

To remaining butter in skillet, add onions and chopped

mushroom stems. Saute 2 minutes. Add crumbs, cheese, nuts, parsley, salt and pepper; stir lightly.

Spoon into mushroom caps, piling high.

Bake at 350 degrees until hot, about 20 minutes. Serve hot.

Contributor writes that this dish is low in salt, sugar, and fat. It is very good for diabetics and is easy to make. Quantity per ingredient can be reduced or increased as desired.

Joan Moyer
Schuylkill Haven

MUSHROOMBURGERS

1/2 pound mushrooms, chopped small

1/2 pound medium ground beef
Salt and pepper to taste
Pinch of garlic powder
Dash cumin

Combine ingredients and form into 4 patties. Broil or fry over medium heat. Serve on hamburger rolls with mustard, catsup or cheese.

Betty Light
Lebanon

TOASTED MUSHROOMS

Preheat oven at 350 degrees. Slice mushrooms and place one layer thick on ungreased baking sheet. Bake until crisp. Salt and eat like nuts.

Betty Light
Lebanon

STUFFED MUSHROOMS

Preheat oven to 350 degrees.
40 mushrooms
1/4 cup butter, melted
6 tablespoons parmesan cheese
1/2 cup finely chopped mushroom stems

1/4 teaspoon garlic salt
4 ounces cream cheese
Line baking sheet with aluminum foil. Wash and dry mushrooms, remove stems and chop finely for 1/4 cup stems.

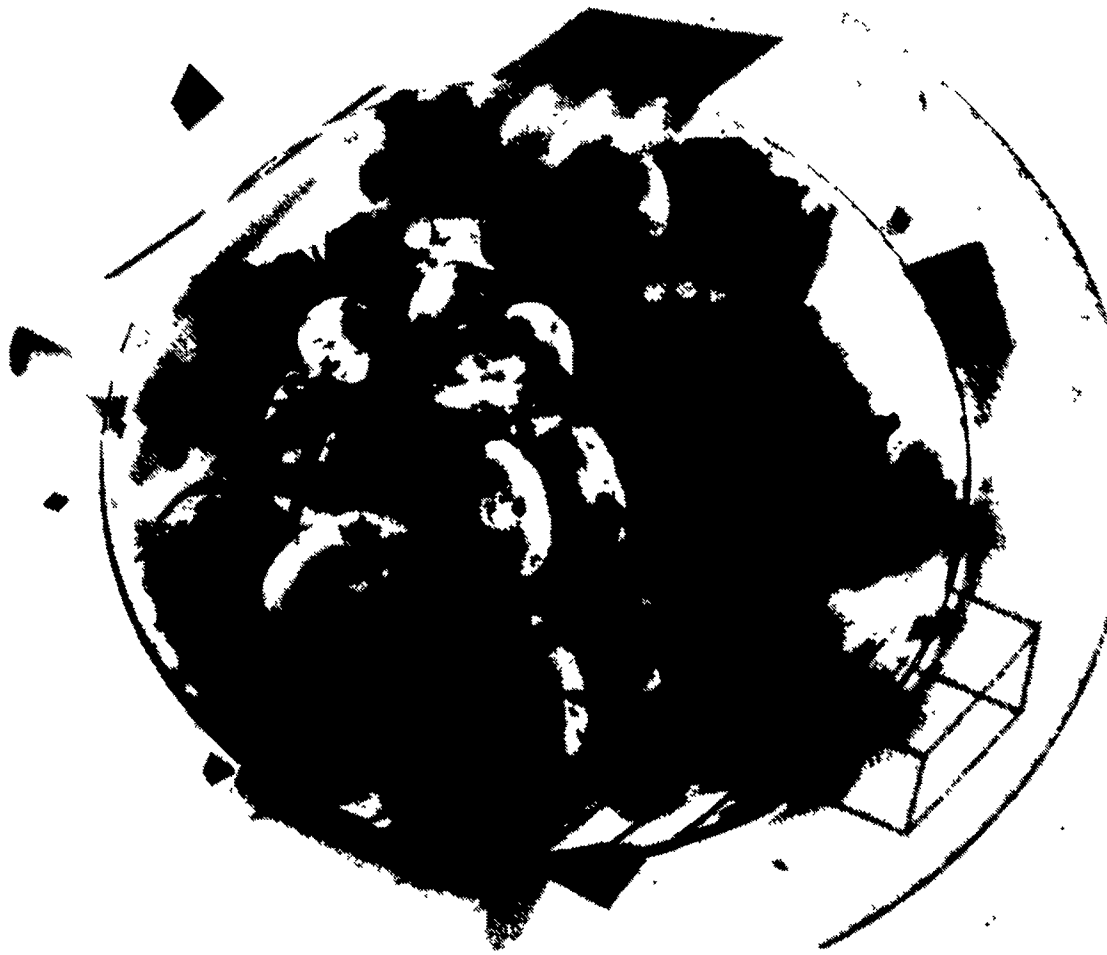
Brush mushroom caps with melted butter and place on prepared baking sheet.

In a medium mixing bowl, thoroughly blend together remaining ingredients. Fill caps with cheese mixture. Bake for 15 minutes.

Can be prepared ahead and frozen before baking. When ready to make, bake in oven for 20 minutes before freezing.

EMERIL'S MUSHROOM STRUDEL

3 pounds fresh button mushrooms
1/2 pound fresh shitake mushrooms
1 pound smoked sausage



The Rattlesnake Club Mushroom Salad appeals to sophisticated tastes.

2 tablespoons garlic, minced
4 tablespoons shallots, minced
2 tablespoons creole seasoning
3 green onions
4 tablespoons fresh basil
6 filo leaves
3 ounces olive oil

Remove skin from sausage.

Chop coarse and cook sausage in skillet to melt fat. Pour off fat and reserve meat. In same pan, saute mushrooms, garlic, shallots. Season; fold in onions and basil. Set aside to cool with reserved sausage. Preheat oven to 425 degrees. To assemble strudel, lay out 2 filo leaves; brush lightly with oil. Cover with 2 additional filo leaves; brush lightly with oil. Cover with remaining leaves. Spread mushroom mixture evenly over filo; roll up carefully lengthwise, sealing with oil. Place on parchment lined sheet; baked for 12 to 16 minutes or until golden brown. Allow to rest 2 to 3 minutes before slicing into 1-inch slices. Serve 2 slices per person on pool of pureed Creole Sauce.

To prepare Creole Sauce: Rough cut 1 small onion, 2 stalks celery; 1 green pepper, 1 bunch parsley, 2 tablespoons shallots. Saute in 2 tablespoons olive oil with 2 teaspoons minced garlic until onions are transparent. Deglaze with 1 tablespoon white wine. Add 4 chopped plum tomatoes. Cook for 5 to 10 minutes. Season with 1 tablespoon creole seasoning, tabasco and Worcestershire sauce, salt and pepper to taste. Puree in food processor. Strain back into pan; reseason; mount with 1 tablespoon butter. Fold in 2 finely chopped green onions.

RATTLESNAKE CLUB MUSHROOM SALAD

1/2 pound fresh mushrooms, trimmed, sliced thin

2 cups whole shallots
1/4 cup virgin olive oil
3 cups cooked green beans
1 cup basil dressing
1 head red oakleaf lettuce,
2 tablespoons fresh chives,
snipped

Preheat oven to 375 degrees. In an oven-proof dish or pie tin, combine shallots and oil. Place on lower rack of oven; cook until tender, about 40 minutes. Remove from oven; cool to room temperature. Peel shallots; keep whole. In medium bowl, combine shallots

with mushrooms and beans. Toss with dressing. Arrange lettuce leaves on four salad plates. Mound salad atop greens; sprinkle with chives. Serve.

To prepare basil dressing (yielding 1 1/2 cups). In medium bowl, combine juice of 1 lemon, 2 tablespoons red wine vinegar and 1/4 cup olive oil. Season with salt and pepper to taste. Add 2 cloves peeled and finely minced garlic and 1 cup basil leaves, stems removed and chopped fine. Allow flavors to

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Featured Recipe

Barbara Perry cooks a tasty lamb stew that is guaranteed to impress even those who claim they do not like to eat lamb.

"The reason most people say that they don't like lamb is because they haven't eaten it cooked properly," Barbara said.

She has plenty of opportunity to cook lamb because the family has been raising lambs for nine years. Husband George is the horticultural agent for Schuylkill Extension. He is charge of the family's orchards located in Hamburg, Berks County.

Daughters, Meagan and Gwen, are as comfortable showing lambs as they are modeling in Lead-Line competitions.

The whole family enjoys lamb, which they eat several times a week. In this section, look for the feature story on the Perry family.

LAMB STEW

2-pound boneless lamb, cubed
2 1/2 cup hot water
2 medium potatoes, cubed
2 medium carrots, sliced thin
1/4 cup flour
1 clove garlic, minced
1 bay leaf
1 teaspoon thyme leaves
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon brown Bouquet Sauce
2 cups broccoli

Mix all ingredients except broccoli in shallow 3-quart casserole; cover. Microwave at high for 10 minutes. Reduce power to medium-high. Microwave until lamb is tender, 30 to 35 minutes, stirring 2 or 3 times during cooking.

Add broccoli; cover. Microwave at medium-high until stew is thickened and broccoli is tender, 15 to 20 minutes, stirring after half the cooking time. Let stand 5 minutes.

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.

January

18- Soups and Stews
25- Cooking With Rice

February

1- Novel Ways To Use Cereal In Recipes
8- Valentine Delights