



Minnie Schlegel bakes everything from scratch. She believes every woman should learn to bake. Her advice to those who want to be good cooks is "practice."

Practice Results In Good Cooking

LOU ANN GOOD

Lancaster Farming Staff
FLEETWOOD (Berks Co.) —
What makes a good cook?
"Practice," Minnie Schlegel
answers.

The wife of Fleetwood dairy farmer, Kermit, Minnie has had plenty of practice.

Because Minnie's father died when she was young, she was hired out to work when she was only 14 years old.

"I learned to bake, clean, and cook," she said, as if necessity automatically developed skill.

Minnie's specialty is yeast breads. In fact, in many circles, she is referred to as "the woman who makes sticky buns."

Many years ago Minnie catered through the Fleetwood Grange, but when state inspection was required, she decided not to pursue it. She did cater the food for about 400 guests at her daughter's wedding.

Minnie has won numerous ribbons at fairs for layer cakes and pies. In fact, Minnie's apple pie won first place at the Pennsylvania Farm Show in 1988.

For those who would like some tips on yeast breads, Minnie has these words of advice: Use western wheat flour such as Gold Medal or Pillsbury brand. Buy bulk yeast because it rises faster and is easier to use. Knead the dough well. She said, "I disagree with the bakeries who say bread should be baked at 400 degrees. I think it works better to bake bread at 350 degrees for 30 minutes.

Despite timesaving devices and mixes, Minnie said, "I bake everything from scratch."

She credits most of her good recipes to those she clipped from *Lancaster Farming*.

Since 1957, Minnie and her husband have been cooking for the Fleetwood Grange, which is only about a mile from their farm. The Grange holds banquets weekly from September through May. The Schlegels and two other women are in charge of roasting the ham and turkey.

The Schlegels married in 1945 and moved to their present farm in 1946. They have 85 to 95 milking cows, farm 260 acres of corn, wheat, oats, hay, and alfalfa. The Schlegels are the second Berks County family to sell development rights to ag land preservation.

"I retired from milking several years ago and let my husband and son be in charge. But I still feel I



Minnie's apple pie won blue ribbons in county and state competition.

must go get the milk tank ready and do several different odds and ends," Minnie said.

The Schlegels have three married children and five grandchildren who help on the farm. Their grandson Keith was named All-American Soccer player last year and received media publicity when his parents had a billboard painted on the Schlegel barn illustrating Keith kicking ball with the words: "Make it Milk, Milk Builds All-Americans."

Between her cooking chores, Minnie finds time to make each of children and grandchildren afghans, for which she also received ribbons in Grange competition. She hopes to make quilt tops for each family member also.

Minnie laments the changing times where many women no longer know how to bake a pie or a loaf of bread. "I think all women should learn to bake because it tastes so much better," she said.

Here are several of Minnie's favorite recipes. The Bavarian Apple Pie is the one that earned the state apple pie award in 1988.

BASIC WHITE BREAD

1 1/2 cup milk, lukewarm
1/2 cup warm water
2 packages dry yeast
2 tablespoons sugar
1 tablespoon salt
3 tablespoons butter
5 to 6 cups flour

Put sugar, salt, butter, water, and milk into bowl. Mix together. Mixture should be lukewarm. Sprinkle yeast over mixture. When dissolved, start mixing in flour gradually, using enough to form soft dough, which leaves sides of bowl. Knead by hand, adding more flour until dough is no longer sticky and is smooth and elastic. Cover and let rest for 30 minutes. Punch down and divide dough in half. Shape into loaves by pressing flat, fold in 2 sides then roll starting at third side to form loaf. Put into

lightly greased loaf pans. Brush top with butter. Let rise until double. Bake at 350 degrees for 30 minutes.

BAVARIAN APPLE PIE

Beat together:

1/2 cup soft butter
1/2 cup granulated sugar
1/2 teaspoon vanilla

Gradually add 1 cup flour to form soft dough. Press into bottom and sides of 9-inch pie pan. Set aside. Beat together:

8-ounces cream cheese
1/2 cup granulated sugar

Add:

1 egg
1/2 teaspoon vanilla

Beat until smooth and spread over crust. Mix together:

4 cups thinly sliced apples
1/2 cup granulated sugar
1/2 teaspoon cinnamon

Layer over cream cheese mixture. Dot with 1 tablespoon butter. Sprinkle 1/2 cup chopped nuts over top. Bake at 400 degrees for 15 minutes. Lower heat to 350 degrees and bake an additional 35 minutes or until apples are soft. If apples begin to brown too much, cover with foil.

STICKY BUNS

Boil about 3 medium potatoes (enough to make 1 cup mashed) in salt water. When done, drain potatoes and save 1 cup potato water. Mix together 1 cup sugar, 1 cup mashed potatoes, 1 cup potato water and 1 cup milk. When cool to lukewarm, add 1 package dry yeast. Let set a few minutes to dissolve. Mix in 3 cups flour. Mix well. Let rise at least 2 hours until foamy or double in size. Add 1 stick butter, 3 eggs, and 1 cup sugar. Mix well. Gradually, add flour until dough is no longer sticky. Kneading well all the while. Cover. Let rise overnight or until double 6 to 8 hours. Divide dough in half. Roll out half into rectangle about 12x20-inches. Spread each half with 1/2 stick butter. Sprinkle with brown sugar and cinnamon. Roll like jelly roll and cut each into 18 pieces.

Syrup for pans: Heat together:

1 1/2 cups butter
1 1/2 cups brown sugar
2 tablespoons molasses
1/2 cup water

Blend well and divide in pans. Arrange rolls on top of syrup in pan. Bake at 350 degrees for 30 minutes.

See your nearest
NEW HOLLAND
Dealer for Dependable
Equipment and
Dependable Service:

PENNSYLVANIA

- | | |
|---|--|
| Anncville, PA
BHM Farm
Equipment, Inc.
RD1, Rte. 934
717-867-2211 | Honey Grove, PA
Norman D. Clark
& Son, Inc.
Honey Grove, PA
717-734-3682
Loysville, PA
717-789-3117 |
| Carlisle, PA
R&W Equipment Co.
35 East Willow Street
717-243-2686 | Hughesville, PA
Farnsworth Farm
Supplies, Inc.
103 Cemetery Street
717-584-2106 |
| Davidsburg, PA
George N. Gross, Inc.
R.D. 2, Dover, PA
717-292-1673 | New Holland, PA
A.B.C. Groff, Inc.
110 South Railroad
717-354-4191 |
| Elizabethtown, PA
Messick Farm
Equipment, Inc.
Rt. 283 - Rheem's Exit
717-367-1319 | Oley, PA
C.J. Wonsidler Bros.
R.D. 2
215-987-6257 |
| Gettysburg, PA
Yingling Implements,
Inc.
3291 Taneytown Rd.
717-359-4848 | Pitman, PA
Schreffler Equipment
Pitman, PA
717-648-1120 |
| Hallfax, PA
Sweigard Bros.
R.D. 3, Box 13
717-896-3414 | Quakertown, PA
C.J. Wonsidler Bros.
R.D. 1
215-536-1935 |
| Honey Brook, PA
Dependable Motor Co.
East Main Street
215-273-3131
215-273-3737 | Tamaqua, PA
Charles S. Snyder, Inc.
R.D. 3
717-386-5945 |
| West Grove, PA
S.G. Lewis & Son, Inc.
R.D. 2, Box 66
215-869-2214 | |

MARYLAND

Frederick, MD
Ceresville
Ford New Holland, Inc.
Rt. 26 East
301-662-4197
Outside MD,
800-331-9122

Hagerstown, MD
Antietam Ford Tractor
301-791-1200

NEW JERSEY

- | | |
|--|---|
| Bridgeton, N.J.
Leslie G. Fogg, Inc.
Canton & Stow Creek
Landing Rd.
609-451-2727
609-935-5145 | Washington, NJ
Smith Tractor &
Equip., Inc.
15 Hillcrest Ave.
201-689-7900 |
|--|---|

Woodstown, NJ
Owen Supply Co.
Broad Street &
East Avenue
609-769-0308