

## Reduce Your Trash

WEST CHESTER (Chester Co.) — Are you paying for your garbage twice? If so, you may want to learn how to do more to reduce, reuse and recycle. Join Robert J. Thee, Penn State Cooperative Extension Agent/Housing & Environment, for "Stashing Your Trash: Where Does Your Garbage Go?" on Wednesday, April 29, 7:00-9:00 p.m. at Chester County Cooperative Extension, 235 W. Market Street, West Chester.

This program will offer suggestions to decrease what you send to the landfill. There is no fee but, since space is limited, registration is required before April 22. Contact the Extension Office at (215) 696-3500 to register.

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Orville Freeman,  
former secretary,  
United States Department  
of Agriculture

## Cook's Question

(Continued from Page B8)

**ANSWER** — Joan Small, Greene, N.Y., wanted a recipe for stove top rice pudding. Thanks to Arlene Leed, Denver, and Terry Roup, Danville, for sending recipes.

### Rice Pudding

- ¾ cup minute rice
- ¼ cup sugar
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 2½ cups milk
- 1 teaspoon vanilla
- 1 tablespoon butter

In medium saucepan, combine all the ingredients. Bring to a boil and cook 20 minutes over low heat, stirring occasionally. Beat together:

- 1 egg yolk
- 2 tablespoons milk

Slowly add egg mixture to rice mixture while rice is still hot. Stir rapidly. Remove from heat. Serve warm or cold. Good with raisins. Add raisins after egg and milk have been added. Simple never-fail recipe. Delicious!

### Stove Top Rice Pudding

- 2 quarts milk
- 1 cup rice
- ¾ cup sugar
- 3 eggs, beaten
- 2 teaspoons vanilla
- Cinnamon, optional

Boil rice and milk together, bring to rapid boil, reduce heat to slow, simmer. Simmer 1 hour, stirring occasionally. Beat eggs and sugar together, add vanilla. Pour the mixture into rice, boil and stir for 5 minutes.

**ANSWER** — Ruby Kistler, New Tripoli, wanted a recipe to make soft pretzels. Thanks to Martha Stoltzfus, Paradise; Mrs. Samuel Weaver, Myerstown; and Holly Steinruck, Benton; for sending recipes.

### Soft Pretzels

- 2 packages yeast
- 1½ cups warm water
- ½ teaspoon salt
- 4½ cups flour
- 1 tablespoon brown sugar

Mix together ingredients. Let rise 15 minutes. Shape dough in pretzel shape. Dissolve 4 teaspoons soda in 1 cup warm water, dip pretzels in this mixture before baking. Bake at 450 degrees for 5 minutes. Put under broiler until brown.

### Ninety-Minute Soft Pretzels

- 1 cup warm water
- 1 package active dry yeast
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 tablespoon butter, softened
- ¾ to 3½ cups flour
- 1 egg yolk, beaten
- 1 tablespoon water
- Coarse salt

Measure warm water into large warm bowl. Sprinkle in dry active yeast; stir until dissolved. Stir in sugar, salt, butter, and 2 cups flour. Beat until thoroughly blended. Stir in enough additional flour to make a soft dough. Turn on to lightly floured board, knead until smooth and elastic, about 5 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in warm place, free from draft for 40 minutes.

Turn dough on lightly floured board. Divide in half, divide each half into 6 equal pieces. Roll each piece into a 20-inch long rope. Shape each rope into a pretzel. Place on greased baking sheets. Cover and let rise 5 minutes.

Combine egg yolk and 1 tablespoon water; brush each pretzel with egg yolk mixture. Sprinkle with coarse salt. Bake at 375 degrees for 15 minutes or until done. Remove from baking sheets and cool on wire racks.

Hints: put butter on the pretzels as they come out of the oven. The butter keeps them soft and it sinks in. For a golden brown color, dip the pretzels in baking soda and water solution before baking.

"Delicious cold, warm, or hot," contributor writes.

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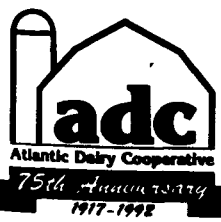
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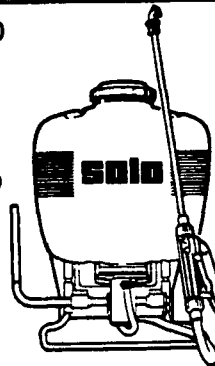
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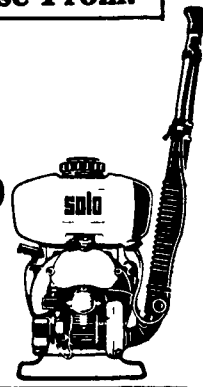
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