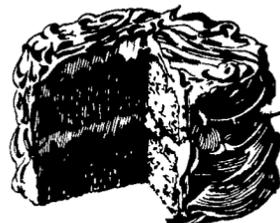


Home On The Range



Breakfast Ideas Your Family Won't Resist

Breakfast, nutritionists say, is the most important meal of the day. It's the time to pack in the best nutrition for boundless-energy for the whole day.

Many people, especially teenagers, skip breakfast because they find it — well, blah. But, these recipes are guaranteed to stop complaints about boring breakfasts. They are packed with nutrition and the calories need to fill your hours with energy.

EGG AND CHEESE BAKE

4 to 6 eggs
2 tablespoons butter
2 tablespoons flour
1 cup milk
½ cup cheese, preferably Velveeta
¼ teaspoon dry mustard, optional
Salt and pepper
½ cup buttered bread crumbs
OR 3-4 slices buttered bread, cubed

Grease 9x9-inch baking pan. Break raw eggs into pan, letting yolks whole. Make a white sauce by melting butter over medium heat. Stir in the flour with a fork until smooth, gradually add cup of milk until hot and thick. Stir constantly. Add the ½ cup grated cheese, stirring until melted. Pour cheese mixture over eggs. Top with buttered crumbs or cubes. Bake uncovered at 350 degrees for 20 to 30 minutes or longer. Baking time is flexible, depending on how you like your eggs.

Sonja Zehr
Croghan, NY

APPLE BUTTERMILK BRAN MUFFINS

½ cup butter
1 cup sugar
¼ teaspoon salt
2 eggs
2½ teaspoons baking soda
2 cups buttermilk
2½ cups flour
1½ cups All Bran of Bran Buds
1 cup apples, finely chopped
Cream together butter, sugar, salt, and eggs. In another bowl, combine baking soda and buttermilk. Alternating in thirds, add flour, bran, and buttermilk mixture to the creamed mixture. Stir together batter and apples. Pour into greased muffin pans and bake at 400 degrees for 15 to 20 minutes. Makes ½ gallon batter. Can be stored tightly covered in nonmetal container in refrigerator up to 6 weeks.

Shelly Harshbarger
1988 Juniata Co. Dairy Princess

EMPIRE MUFFINS

2 cups shredded, unpeeled apples
1 cup chopped cranberries
1 cup shredded carrots
1 cup chopped walnuts or pecans
1½ cups sugar
2½ cups flour
1 tablespoon baking powder
2 teaspoons baking soda
½ teaspoon salt
2 teaspoons cinnamon
2 eggs
½ cup oil
1 teaspoon vanilla
Cinnamon sugar for tops, if desired

Combine chopped fruits and vegetables with sugar. Set aside. In a large bowl, combine flour, baking soda, baking powder, salt, and cinnamon. Set aside. Combine beaten eggs, oil, and vanilla. Beat with fork.

Mix all the ingredients together and stir only to blend thoroughly. Preheat oven to 375 degrees. Spray muffin pans with oil. Fill pans ½ to ¾ full. Sprinkle with cinnamon sugar if desired. Bake about 20 minutes or until brown. Makes about 24.

These muffins should be made the day before. They actually become softer and more moist overnight if stored in a plastic bag. New York State Fair Winner

HIDDEN EGGS

Melt 4 tablespoons butter in a pyrex pie pan. Save half of melted butter for top. Break up bread to cover bottom of pan. Drop 6 to 7 eggs on bread. Sprinkle with salt and pepper. Break up 1 to 2 more pieces of bread; drizzle with butter and dot with shredded cheese. Bake for 15 to 20 minutes or until eggs are done.

"Delicious!"

Julia Brubaker
Carlisle

PANCAKES

2 cups flour
2½ tablespoons baking powder
2 tablespoons sugar
1 egg, beaten
1 cup milk or water
3 tablespoons butter

Combine flour, baking powder, sugar, egg, and milk. Mix and add melted butter. Fry on both sides in a hot griddle.

Betty Biehl
Mertztown



Ginger-Peach Puffy Omelet is certain to delight guests and family members.

GINGER-PEACH PUFFY OMELET

Ginger-peach omelet filling:

8¼ sliced peaches in juice
1 tablespoon brown sugar
¼ teaspoon ground ginger
¼ cup crumbled gingersnaps
¼ tablespoon butter

Drain peaches, reserving juice for omelet. In small saucepan, toss together peaches, brown sugar, and ginger. Cook over low heat, stirring occasionally until sugar has melted and peaches are heated through. Cover and keep warm. In small bowl, combine gingersnaps and butter. Set aside.

Omelet:

4 eggs, separated
½ cup reserved fruit juice or water
½ teaspoon cream of tartar
1 tablespoon butter or cooking oil

In large mixing bowl, beat egg whites with juice and cream of tartar at high speed until stiff but not dry. In small mixing bowl, beat egg yolks at high speed until thick and lemon-colored. Gently, but thoroughly, fold yolks into whites.

In 10-inch omelet pan or skillet with ovenproof handle over medium-high heat, heat butter until just hot enough to sizzle a drop of water. Pour in egg mixture and gently smooth surface. Reduce heat to medium. Cook until puffed and lightly browned on bottom, about 5 minutes. Bake in preheated 350° degree oven until knife inserted halfway between center and outer edge comes out clean, about 10 to 12 minutes. Loosen omelet edges with spatula.

With sharp knife, cut upper surface down center of omelet but do not cut through to bottom of omelet. Fill with reserved peach mixture. Sprinkle with reserved gingersnap mixture. Tip skillet. With pancake turner, fold omelet in half and invert onto warmed platter with a quick flip of the wrist.

Cut in half or into wedges. Serve immediately.

BAKED OATMEAL

¾ cup brown sugar
¼ cup butter, melted
2 eggs, beaten
Add:
2¼ cups oatmeal
2 teaspoons baking powder
¼ teaspoon salt
¾ cup milk
Spread evenly in a 9x13-inch pan. Bake at 350 degrees for 25 to 30 minutes.

Julia Brubaker
Carlisle

BREAKFAST SURPRISE

½ cup milk
1 brick ice cream
1 egg
Pinch sugar
½ cup fresh fruit
Place milk, ice cream, egg, sugar, and fresh fruit into blender and blend for 40 seconds. Yield: one 10-ounce glass.

Jean Bates
1978 Wayne Co. Dairy Princess

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Featured Recipe

HARRISBURG (Dauphin Co.) — Jesty Giest of Valley View won the Greatest Cocoa Cookie Contest held January 9 at the Pennsylvania Farm Show.

She earned a weekend trip for four with her "Peanutty Chocolate Chewy Bars." She can choose between the Hershey Resort and Conference Center or the Hershey Hotel.

The contest was only open to young exhibitors between the ages of 8 and 18 who won the same class at an agricultural fair throughout Pennsylvania in 1992. Jesty qualified through the Tri-Valley Community Fair.

Picking up \$45 for second prize was Kandi Kunkle of New Stanton. Her entry, "Reese's Brownies" won previously at the Harrold Fair. Kandi won the Cocoa Cookie Contest at last year's Farm Show. Lisa Achenback's Oatmeal Fudge Bar, representing the Plainfield Farmers Fair, took third place.

PEANUTTY CHOCOLATE CHEWY BAR

2½ cups basic cookie mix*
½ cup Hershey cocoa
½ cup granulated sugar
2 eggs, lightly beaten
1 cup peanut butter chips
14 oz. can sweetened condensed milk
1 cup flaked coconut

Combine cookie mix, cocoa, sugar and eggs in a bowl; blend well. Spread in greased 13x9x2 cake pan. Bake 8-10 minutes at 350 degrees. Remove from oven and sprinkle peanut butter chips over the top. Drizzle sweetened condensed milk evenly over the chips and top with coconut. Return to oven and bake 20-25 minutes longer. Cool and cut into bars.

*Basic Cookie Mix (can be kept in the refrigerator and used as needed)

5 cups flour
2 cups granulated sugar
1 cup packed brown sugar
2 tablespoons baking powder
1 tablespoon salt
1 cup shortening
½ cup butter

Combine flour, sugars, baking powder and salt; add shortening and butter and mix well.

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

23- Pizza week
30- Veal Favorites

February

6- Muffin Mania Week
13- Food That Says "I Love You"