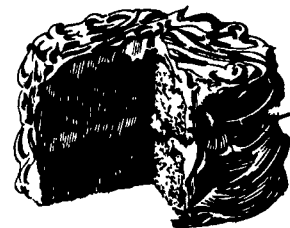


Home On The Range



Muffin Mania

Satisfying, simple-to-make muffins are popular for breakfast, lunch, dinner, and snacks. The plain ones are often served with butter and jam. Those with fruit and nuts are often served as dessert.

AUNT PAT'S

BLUEBERRY MUFFINS

¼ cup shortening
¼ cup sugar
1 egg
1½ cups flour
2 teaspoons baking powder
½ teaspoon salt
½ cup milk
1 cup blueberries
Cream together shortening, sugar, and egg. Add alternately with flour and baking powder sifted together, salt and milk. Save ¼ cup flour to put on blueberries, add last. Pour into muffin pans. Bake at 350 degrees for 20 to 25 minutes.

Heidi Negley
Cumberland Co. Dairy Princess

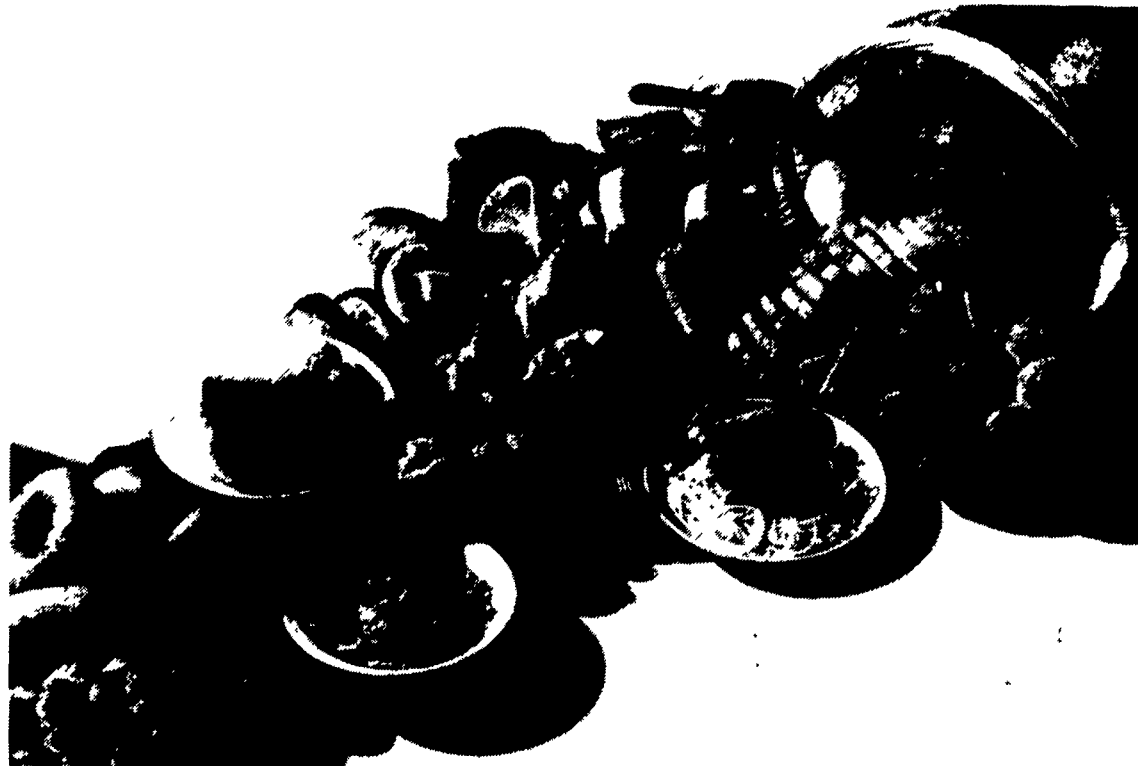
APPLE BUTTER MUFFINS

1¼ cups flour
½ cup sugar
2 teaspoons baking powder
1 teaspoon pumpkin pie spice
¼ teaspoon salt
1 egg, beaten
¼ cup milk
¼ cup cooking oil
½ cup apple butter
½ cup nuts
2 tablespoons sugar
Combine flour, sugar, baking powder, spice, and salt. Combine egg, oil, and milk. Add all at once to dry ingredients. Stir until moistened. Spoon a rounded tablespoon into either greased or paper-lined muffin tins. Top each with a rounded teaspoon of apple butter and then remaining batter.

Combine nuts with 2 tablespoons sugar and sprinkle on top of batter. Bake in 400 degree oven for 20 minutes.

These have a hidden apple butter surprise inside. They are very good, writes contributor.

Pat Emeibierch
Duncannon



Muffins can be as plain or as fancy as you please. Experiment with different flours to find the taste you prefer.

APPLE JACK MUFFINS

1 cup flour
1 cup oatmeal
½ cup dark brown sugar
4 teaspoons baking powder
¼ teaspoon cinnamon
¼ teaspoon salt
1 cup milk
½ cup butter, melted
1 egg, slightly beaten
1 cup unpeeled apple, finely chopped

1¼ cups Monterey Jack or Jersey Jack cheese, shredded
Preheat oven to 400 degrees. In large bowl, mix together flour, oatmeal, brown sugar, baking powder, cinnamon, and salt. Combine milk, butter, egg, stir into dry ingredients until just moistened. Fold in apples and cheese. Fill muffin cups two-thirds full. Bake 15 to 20 minutes or until golden brown. Makes 12 to 15 muffins.

Pamela McConnell
Beaver-Lawrence
Dairy Princess

STREUSEL DATE-NUT MUFFINS

½ cup packed brown sugar
3 tablespoons vegetable oil
1 egg
½ cup milk
¼ cup chopped pitted dates
½ cup chopped nuts
1¼ cups flour
1½ teaspoons baking powder
½ teaspoon ground cinnamon
¼ teaspoon salt
½ cup confectioners' sugar
2 to 3 teaspoons milk
Heat oven to 400 degrees. Grease bottoms only of 12 medium muffin cups.

Prepare streusel topping: Mix brown sugar, oil and egg until thoroughly blended. Stir in milk, dates, and nuts. Stir in flour, baking powder, cinnamon, and salt. Divide batter among muffin cups. Sprinkle topping evenly over muffins. Bake 16 to 18 minutes or until toothpick inserted in centers comes out clean. Immediately remove from pan.

Mix confectioners' sugar and enough milk to make glaze of desired consistency. Drizzle glaze over muffins. 12 muffins.

Streusel topping:

½ cup finely chopped nuts
2 tablespoons brown sugar
1 tablespoon butter
Mix all ingredients in bowl with fork until crumbly.

Pour into muffin tins and bake 12 to 13 minutes for miniature size or 17 to 19 minutes for jumbo size.

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 together all ingredients 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 you want. Bake about 20 minutes or until brown. Makes about 24.

Let stand in muffin cups for about 5 minutes before removing. 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

(Turn to Page B8)

Featured Recipe

Morning Meadows Farm Bed and Breakfast is participating in the Pennsylvania Dutch Food Festival, held throughout Lancaster County from February 15 to 20.

On Wednesday, February 17, the festival will feature "A Taste of Lancaster County's Bed and Breakfasts. For a \$5 ticket, you may tour four different bed and breakfasts and enjoy brunch foods at each location.

At Morning Meadows, sample sausage, waffles with Ginger Peach Sauce or with Strawberry Romanoff Topping, apple or cranberry juice, and coffee, regular or decaffeinated. Barbara Frey, who operates the bed and breakfast, will also arrange fresh fruit on picks inserted in a boxwood tree for guests to sample.

In this section of the paper, look for features on Morning Meadows, the Cake and Kandy Emporium, and other events associated with the festival. Many of the activities are free and offer a delightful opportunity for you to admire farms and indulge in the farm-to-table goodness of Lancaster County. For more information, call the Visitors Bureau at (717) 299-8901, extension 4392.

Here are the recipes for the waffles and toppings, which Barb will be serving during the tour.

LIGHT 'N' CRISP WAFFLES

2 egg yolks
2 cups milk
2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
½ cup oil

2 egg whites, stiffly beaten
Preheat waffle maker. In mixing bowl, beat together all ingredients except egg whites. By hand, gently fold in beaten egg whites. Pour ½ cup batter on hot griddle and bake for 2½ - 3 minutes.

GINGER PEACH SAUCE TOPPING

½ cup margarine
2 to 3 teaspoons fresh chopped ginger or ½ teaspoon ground ginger spice.
½ cup Mrs. Butterworth syrup
4 medium fresh peaches or 2 cups frozen thawed, drained
1 tablespoon cornstarch
1 tablespoon water

In medium saucepan, melt butter and cook ginger for 1 minute. Add syrup and peaches. Mix well and bring to a boil. Combine water and cornstarch, stir into hot mixture. Cook stirring constantly until mixture thickens.

Yields: 2½ cups
Serves 4.

STRAWBERRY ROMANOFF

1 cup whipping cream
¼ cup confectioners' sugar
16-ounces frozen strawberries, defrosted and drained
Beat cream until thickened; add sugar, continue beating until stiff. Place strawberries in serving dishes and top with Strawberry Romanoff.

Yields: 2½ cups.

HONEY VANILLA OAT BRAN MUFFINS

2¼ cups oat bran
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ cup raisins
¼ cup chopped nuts
8 ounces lowfat vanilla flavor yogurt
6 tablespoons honey
2 egg whites
2 tablespoons vegetable oil
1 teaspoon vanilla extract

Preheat oven to 425 degrees. Combine dry ingredients in large mixing bowl. Stir in raisins and nuts until well coated. Combine liquid ingredients in a small bowl; mix well. Stir liquid ingredients into dry ingredients just until moistened. Divide batter evenly between 12 muffin cups. Bake 15 to 18 minutes or until wooden pick inserted in center comes out clean. Serve warm or cold.

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.

February

- 13- Food That Says "I Love You"
- 20- Cherry Month
- 27- Potato Lover's Month

March

- 6- Cooking With Dried Beef