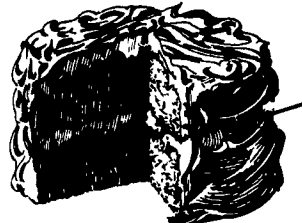


# Home On The Range



## Dried Beef Favorites

Old Fashioned Dried Beef is great to eat plain, but it also offers delicious variety for use in casseroles, dips, sandwiches, snacks, and breakfast recipes.

Dried beef is a Pennsylvania Dutch specialty that continues to be made and consumed by areas around Lancaster and Philadelphia.

Many meat packers no longer make old-fashioned dried beef because it takes 10 to 11 weeks to cure and air dry it. Many packers now cut the meat into chunks and use needles to shoot the cure into it and process it in bologna-like tubes. It is still called dried beef but the words chunked or reformed are marked on the packages.

But, for those who grew up with the old-fashioned type, it is much preferred. One of the few companies which continues to make the old-fashioned variety is Knauss of Quakertown.

The Knauss Company buys the leanest beef to cure for about nine weeks. Nothing used in the cure is artificial. After the curing period, the meat is air dried at 155 degrees for four to five days until it loses enough weight to be called dried beef. It is then sliced paper thin or packaged for sale.

Here are delicious recipes from our readers and from Knauss, the dried beef specialists.

### DRIED BEEF CASSEROLE

2 cups macaroni, uncooked  
1 cup sharp cheese, shredded  
½ cup chopped onion  
4 ounces dried beef, shredded  
1 can cream of mushroom or celery soup  
3 cups milk

Mix together ingredients in a large bowl. Let stand 3 hours or overnight in refrigerator. Use 2-quart casserole dish. Bake uncovered at 350 degrees for 45 minutes.

Maybell Marushak  
Laurys Station

### DRIED BEEF DIP

8-ounces cream cheese, softened  
¼ cup sour cream  
1 slice onion, diced  
Beat with mixer until creamy.  
Add:

½ cup dried beef, finely minced  
Dash Accent

Serve with crackers. Very unusual and very good.

Jenna Gilpatric  
Island Falls, Maine

### CREAMED DRIED BEEF AND MUSHROOMS

4 tablespoons butter  
¼ pound dried beef  
1 cup fresh mushrooms, sliced (or 1 small can)  
5 tablespoons flour  
2½ cups water

Cut or tear dry beef into small pieces. Saute with mushrooms until nicely browned. Add flour and continue sauteing until flour is browned. Add water and cook until thickened. Serve on baked potato, sweet potato, waffles or toast.

Helen Hess  
Washington Boro

### DRIED BEEF AND EGG CASSEROLE

10-ounce can mushroom soup  
1 cup cheddar cheese, shredded  
1 cup uncooked elbow macaroni  
3 tablespoons chopped onion  
2 hard cooked eggs, sliced  
¼ pound dried beef, cut in bite-sized pieces  
1½ cups milk

Mix together all ingredients except egg. Stir until smooth. Fold in eggs. Pour into buttered 1½ -quart casserole. Refrigerate at least 3 hours or overnight. Bake uncovered at 350 degrees for 1 hour.

Jane Ferguson  
Kirkwood

### EGG CAKES

4 hard-boiled eggs, chopped  
4 ounces snipped dried beef  
½ cup bread crumbs  
1 egg  
1 teaspoon minced parsley  
Dash pepper

Combine ingredients and form into flat cakes, dust lightly with flour, and saute in butter until brown on both sides. Try these for breakfast with a boiled peach. Serves 4.

Knauss Dried Beef

### DRIED BEEF EGG PIE

Line a pie dish with pastry. Sprinkle with snipped dried beef. Break eggs on top, season with pepper. Sprinkle with more dried beef. Top with pastry and flute edges. Bake in preheated hot oven until crust is brown. Serve hot or cold. Serves 4.

Knauss Dried Beef

### EGGS CELESTINE

Broil dried beef on a toasted English muffin with a poached egg on top. Cover with a cheese sauce and brown under the broiler.

Knauss Dried Beef



Naturally-cured dried beef may be eaten plain or combined with other ingredients for use in casseroles, sandwiches, dips, hors d'oeuvres, or breakfast foods.

### DRIED BEEF, NOODLE AND CHEESE CASSEROLE

¼ cup cooked noodles  
Put in buttered 1½ -quart casserole. Top with:

4 ounces snipped dried beef  
1 cup grated Swiss cheese  
Repeat above step with same quantities for second layer. Pour white sauce made with the following ingredients over dried beef mixture:

½ cup butter  
¼ cup flour  
2 cups milk  
Seasonings, desired  
Saute until lightly brown:  
¼ cup soft bread crumbs  
¼ tablespoon butter

Sprinkle over casserole. Take a package of Swiss cheese and cut into strips. Lay these strips on top of casserole. Bake, uncovered, in preheated 400 degree oven for 20 minutes. Serves 8.

Knauss Dried Beef

### HOT BEEF DIP

2½ ounces dried beef  
1 cup cold water  
8-ounces cream cheese  
¼ cup grated Parmesan cheese  
¼ cup chopped green onions  
¼ cup sour cream  
¼ cup salad dressing or mayonnaise

1 tablespoon parsley flakes  
Cut dried beef in small pieces. Combine with water and cook on high for 3 minutes; drain. Heat cream cheese in 1-quart covered casserole on 50 percent power for 2 to 3 minutes or until soft. Stir in remainder of ingredients. Cover and heat on high for 3 or 4 minutes or until bubbly. Serve as hot dip for crackers and vegetables or chill and serve in cheese spread.

Jane Ferguson  
Kirkwood

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## Featured Recipe

### New Tastes For New Times

Here's food for thought: Americans are eating lighter and they're eating healthier, experts say. Recent studies by Family Circle magazine show 81 percent of Americans have changed the way they cook in the last three to five years; 91 percent are concerned about nutrition labeling on food. At the same time, the surveys show, we want our meals to be tasty — and quick to prepare, since we don't have much time to spend in the kitchen.

Here is a recipe from a new cookbook that's likely to meet the needs of those for whom health, taste and time are all top priorities. Called The Family Circle Cookbook: New Tastes for New Times (Simon & Schuster, \$23.00), it brings a storehouse of information and inspiration to those who cook every day and are in need of recipes that are above all, varied, convenient and healthful.

### Stir-Fried Chicken With Cashews And Green Onion

1 egg white  
1 tablespoon plus 1 teaspoon cornstarch  
2 tablespoons reduced-sodium soy sauce  
1 pound boneless, skinned chicken breasts, cubed  
1 teaspoon sugar  
¼ cup chicken broth  
1 tablespoon dry sherry  
OR: chicken broth  
¼ cup unsalted cashews  
3 tablespoons peanut oil OR: sesame oil  
½ cup sliced green onion  
¼ teaspoon crushed red pepper flakes

1. Mix together egg white, the 1 tablespoon cornstarch and 1 tablespoon soy sauce in small bowl. Add chicken; stir to coat all pieces. Let stand 15 minutes.

2. Stir together sugar, chicken broth, sherry, the remaining 1 teaspoon cornstarch and remaining 1 tablespoon soy sauce in small bowl until smooth.

3. Saute cashews in 1 tablespoon oil in large skillet or wok over medium heat until lightly browned on all sides. Remove and reserve.

4. Drain chicken mixture in strainer. Heat remaining 2 tablespoons oil in skillet. Add chicken; stir-fry over medium-high heat until browned on all sides, stirring constantly. Add green onion and pepper flakes; stir-fry 30 seconds longer.

5. Stir chicken broth mixture again; add to skillet along with cashews. Cook until mixture is bubbly and thickened.

## 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.

### March

- 6- Cooking With Dried Beef
- 13- Spinach Recipes
- 20- Candy Making Recipes
- 27- Nutritious Recipes