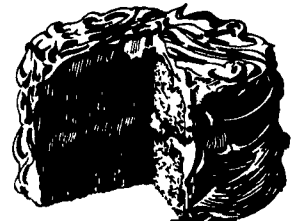


# Home On The Range



## Peanut Butter Favorites

Peanut butter has been a dietary staple for more than 100 years. Peanut butter is remarkably like that made a century ago. It contains a minimum of 90 percent peanuts, with no artificial colors or preservatives. Some brands add about 7 percent sweeteners (usually corn syrup or dextrose) and 1.5 percent salt for taste, plus a stabilizer (hydrogenated vegetable oil) to keep peanut butter fresh up to one year after opening without refrigeration.

Peanut butter supplies about 15 percent of an adult's daily protein needs. It contains no cholesterol and has as much fiber as two slices of whole wheat bread.

Peanut butter is adaptable to many recipes as these recipes confirm. Clip them and try them.

### PEANUT BUTTER TASTY CAKE

4 eggs  
1 1/4 cup sugar  
1 teaspoon vanilla  
2 tablespoons butter, melted  
2 tablespoons oil  
2 cups flour  
1 teaspoon baking powder  
1 cup milk  
12 ounces chocolate chips  
18 ounces peanut butter

Beat sugar, butter and oil until light and fluffy. Add 1 egg at a time and beat well. Add dry ingredients, milk and vanilla alternately. Bake at 350 degrees for 20 minutes in jelly roll pan. Spread warm cake with peanut butter 1/4-inch thick. Refrigerate until set. Melt chocolate chips and spread over peanut butter. Refrigerate. Cut and enjoy.

Carlene Eby  
Chambersburg

### MARSHMALLOW PEANUT BUTTER CANDY

3/4 pound butter  
8-ounces marshmallow creme  
4 1/4 cups confectioners' sugar  
12-ounce jar chunky peanut butter

Cream butter and half of confectioners' sugar. Add marshmallow creme, peanut butter, and remaining sugar. Mix thoroughly (works best to use hands).

Shape in balls and cool in refrigerator before coating with chocolate.

Add paraffin to chocolate so it won't get sticky.

Rhoda Martin  
Myerstown

### CHOCOLATE PEANUT BUTTER FUDGE

2 cups sugar  
3/4 cup milk  
1 teaspoon vanilla  
8 ounces marshmallow creme  
1 cup crunchy peanut butter  
6-ounces chocolate chips

Butter sides of a heavy 2-quart saucepan and combine sugar and milk. Stir over medium heat until sugar dissolves and mixture comes to a boil. Cook until it forms a soft ball. Remove from heat and add peanut butter, marshmallow creme, and chocolate chips. Add vanilla. Pour into a greased 8- or 9-inch pan.

April Walker  
Mercer Co. Dairy Princess

### CHOCOLATE SHEET CAKE WITH PEANUT BUTTER ICING

Cake: Bring to a boil:

1 cup water  
1 cup butter  
4 tablespoons cocoa

Add:

2 cups flour  
1 teaspoon baking soda  
2 cups sugar  
1/2 teaspoon salt  
1 teaspoon vanilla  
1 teaspoon cinnamon

Mix well. Add:

2 eggs  
1/2 cup buttermilk

Beat well. Pour into a greased and floured 11 1/2 x 18-inch cookie sheet with sides. Bake at 350 degrees for 20 minutes or until done.

Icing: Boil 1 minute:

1/2 cup butter  
1 1/4 cups sugar  
1/2 cup milk

Add 1/2 cup peanut butter or chocolate chips. Blend well and frost on slightly cooled sheet cake.

April Walker  
Mercer Co. Dairy Princess

### PEANUT BUTTER CEREAL CRUNCH

4 cups cornflakes  
1 cup puffed wheat  
1 cup rice crispy cereal  
1/2 cup sugar  
1 cup molasses  
1/2 cup peanut butter

Mix cereals. Set aside. Heat sugar, molasses, and peanut butter until peanut butter is melted, mix well. Stir in cereals, pour into buttered 8x8-inch pan and press down lightly. Cool and cut.

R. Zimmerman



Peanut butter and chocolate is always a favorite. Gertrude and her brood was made by Nancy Fasolt and Karen Flick of the Cake and Kandy Emporium in East Petersburg. Gertrude weighs 6 pounds, her brood of yellow chocolate each weighs 5 ounces, and the 6-pound basket of peanut flavored candy is filled with five pounds of chocolate "straw." This week, Gertrude and her brood appeared on the NBC Today Show with Willard Scott.

### PEANUT BUTTER ICING

2 cups confectioners' sugar  
1/2 cup butter  
12 ounces creamy peanut butter  
3/4 cup milk

Mix all ingredients until smooth. Refrigerate overnight. Great on chocolate cake.

Sue Creveling  
Mount Joy

### CHEESE AND PEANUT BUTTER PRETZEL WICHES

1 slice American cheese  
1 teaspoon peanut butter  
8 unsalted pretzels, about 1 1/2-inches wide,

Cut cheese into 4 slices. Place a little bit of peanut butter in the center of each square. Press a pretzel into the peanut butter so the pretzel sticks to the cheese square. Turn over and repeat with the remaining peanut butter and pretzels. Makes 4 servings.

Melissa Spory  
Somerset Co. Dairy Princess

### BUCK EYES

1 cup butter  
4 cups crunchy peanut butter  
1 1/2 pounds confectioners' sugar  
6 cups rice crispy cereal  
1/2 pound coating chocolate  
12-ounces chocolate chips  
Piece of paraffin 1 1/2 x 1/2 -inch  
Combine and mix by hand butter, peanut butter, confectioners' sugar, and cereal. Form into balls the size of walnuts. Chill. Melt chocolate chips and paraffin in a double boiler, over hot, not boiling water. Dip balls into chocolate and drop on wax paper.

Quarryville Reader

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## Featured Recipe

If you're cooking for a crowd, a prize winning recipe from the American Egg Board is just what you need.

Bonnie Wachholz, who is cook and manager of the Powers Elementary School Foodservices in Beloit, Wisconsin, submitted the Grand Prize Winning Recipe in American Egg Board's 1992 Diced Chicken Entree Recipe Contest.

Her creative use of diced chicken in Cheesy Chicken Supreme won her a trip to the American School Food Service Association annual meeting to be held in Boston.

Ms. Wachholz said that her students love cheese, and the cheesier, the better. By making a cheese sauce, less cheese actually tastes like more cheese.

Here is her prize-winning recipe, which yields 100 1-cup servings.

### CHEESY CHICKEN SUPREME

16 pounds frozen, cooked, diced chicken  
4 pounds rice, uncooked  
1 cup chicken base  
1 tablespoon plus 1 teaspoon salt  
1 1/4 gallons warm water  
1 gallon skim milk  
1 cup cornstarch

3/4 cup dehydrated onion bits  
1/2 teaspoon white pepper  
4 pounds American cheese, shredded or cubed  
Frozen chopped broccoli

Coat 4 12x20x4-inch steamtable pans with non stick spray. Place 1 pound rice and 4 pounds chicken into each pan.

Blend chicken base and salt in warm water until dissolved. Pour 7 cups water over chicken in each pan. Cover pans and bake one hour at 350 degrees.

Combine milk and cornstarch in saucepan. Over medium heat, bring to boil, stirring frequently.

Reduce heat to low; stir in cheese until melted and creamy. Stir in onion and white pepper. Cover and remove from heat.

Stir 6 cups cheese sauce and 6 cups broccoli into each pan. Cover and bake additional 30 minutes at 350 degrees. Stir before serving.

## 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.

### April

17- Cooking With Eggs  
24- Basic Mix Recipes

### May

1- High-Calcium Recipes  
8- Mother's Cooking