



Home On The Range



Scramble Eggs Into Your Menu

Eggs are one of nature's most balanced foods, containing all the nutrients, vitamins, and minerals essential for good health, except one — vitamin C.

Eggs are an economical source of high-quality protein. The protein in eggs is the best available, making it the standard by which other sources of protein are measured.

Eggs contain a moderate amount of fat, mostly heart-healthy unsaturated fatty acids and low in saturated fat.

Whether or not you're an egg lover, you're sure to love these recipes that scramble so much nutrition into your menu.

PUFFY CHEESE SLICES

5 slices bread
2 cups shredded cheddar or mozzarella cheese

1 egg, slightly beaten
¼ teaspoon dry mustard
¼ teaspoon salt*

Set oven to broil or 550 degrees. Broil bread 5 inches from heat until golden brown on one side, turn. Blend cheese, egg, mustard, and salt; spread over untoasted sides of bread. Broil until cheese bubbles. Makes 5 open faced sandwiches.

April Walker
Mercer Co. Dairy Princess

BAKED CUSTARD

Low Sugar

2 egg yolks
4 egg whites
½ cup sugar
¼ teaspoon salt
3 cups skim milk, heated until very warm
½ teaspoon vanilla
Nutmeg

Beat together eggs, sugar, and salt until well blended. Gradually stir in hot milk. Blend in vanilla. Pour into six custard cups or 1½ -quart casserole. Sprinkle with nutmeg. Set custard cups or casserole in large baking pan, then put pan on rack in oven. Pour very hot water into pan to within ½ -inch of top of custard.

Bake in preheated 350 degree oven until a knife inserted near center comes out clean, 25 to 30 minutes for custard cups or 35 to 40 minutes for casserole. Remove immediately from hot water. Serve warm or chilled.

LEMON MERINGUE PIE

2 cups sugar, divided
½ cup cornstarch
¼ teaspoon salt
1½ cups cold water
1 to 3 teaspoons grated lemon peel

½ cup lemon juice
5 eggs, separated
2 tablespoons butter
1 9-inch baked pie shell
¼ teaspoon cream of tartar
½ teaspoon vanilla

In large saucepan, stir together 1½ cups sugar, cornstarch, and salt. Stir in water, lemon juice and egg yolks until smooth. Add butter. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil, stirring constantly, 1 minute. Remove from heat. Stir in lemon peel. Pour hot filling into pie shell.

In large mixing bowl, beat egg whites with cream of tartar at high speed until foamy. Add remaining ½ cup sugar, 1 tablespoon at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. Beat in vanilla. Spread meringue over hot filling, starting with small amounts at edges and sealing to crust all around. Cover pie with remaining meringue, spreading evenly in attractive swirls. Bake in preheated 350 degree oven until peaks are lightly browned, about 12 to 15 minutes. Cool at room temperature.

POUND CAKE

2¾ cups sugar
1¼ cups butter, softened
5 eggs
1 teaspoon vanilla
3 cups flour
1 teaspoon baking powder
¼ teaspoon salt
1 cup evaporated milk

Heat oven to 350 degrees. Grease and flour tube pan or 12-cup bundt cake pan. Beat sugar, butter, eggs, and vanilla in a large mixer bowl on a low speed, scraping bowl occasionally, for 5 minutes. Beat in flour, baking powder and salt, alternately with milk. Pour into pan. Bake until wooden pick inserted in center comes out clean, 70 to 80 minutes. Cool for 20 minutes and remove from pan.

April Walker
Mercer Co. Dairy Princess



Eggs provide ideas and nutrition for many "eggciting" recipes.

RED BEET EGGS

1 can red beets
½ cup sugar
½ cup vinegar
Salt, to taste
6 to 8 hard-boiled eggs
Boil together red beet juice, sugar, vinegar, and salt. Pour mixture over red beets and hard-boiled eggs. Store in refrigerator until ready to use. Stir occasionally to make sure eggs are completely colored.

Jean Kline
Lancaster

ANGEL FOOD CAKE

12 egg whites
1½ teaspoons cream of tartar
1½ cups sugar, divided
1½ teaspoons vanilla
½ teaspoon almond extract
1 cup sifted cake flour
¼ teaspoon salt
Fruit or frosting, optional
In large mixing bowl, beat egg whites with cream of tartar at high speed until foamy. Add ¾ cup sugar, 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. Beat in flavorings.

Sift together flour, remaining sugar and salt. Sift about ½ cup flour mixture over whites and gently fold just until flour disappears. Repeat, folding in remaining flour mixture, ½ cup at a time. Pour into ungreased 10x4-inch tube pan. Gently cut through batter with metal spatula.

Bake in preheated 375 degree oven until top springs back when lightly touched with finger, about 30 to 40 minutes. Invert cake in pan on funnel or bottle neck. Cool completely, about 1½ hours. With narrow spatula or knife, loosen cake from pan and gently shake onto serving pan. Top with fruit or frost if desired.

Chocolate variation: Omit almond extract and increase vanilla to 2 teaspoons. Reduce flour to ¾ cup and sift in ½ cup unsweetened cocoa. Prepare batter and bake as above.

MAKE-AHEAD FRENCH TOAST

12 eggs
½ cup milk
12 slices bread
Butter

In medium bowl, beat together eggs and milk until well blended. Pour half of the egg mixture into 13x9x2-inch baking pan. Place 6 of the bread slices in the egg mixture. Turn slices and let stand until egg mixture is absorbed. Place on heavily buttered baking sheet. Repeat with remaining egg mixture and bread slices.

Bake in preheated 500 degree oven for 6 minutes. Turn slices. Spread with butter, if desired. Continue baking until golden brown, about 3 to 4 minutes. Serve immediately or freeze for later use. To serve frozen toast: Reheat single servings in toaster or place unwrapped slices on ungreased baking sheets and bake in preheated 375 degree oven until hot, about 8 to 10 minutes.

EGG DROP SOUP

5 cups chicken stock
1 tablespoons cornstarch
½ teaspoon soy sauce
3 tablespoons chicken stock
½ teaspoon salt
2 eggs
1 scallion, minced
1 teaspoon Chinese parsley, minced, optional

Heat chicken stock to a simmer; mix cornstarch and soy sauce in 3 tablespoons cold chicken stock. Add salt, pour into simmering stock and stir until thick and clear. Set aside until ready to serve; reheat to a simmer. Break eggs into a small pitcher, mix slightly and pour in a thin, slow stream into soup. Turn off heat, stir once. Divide scallion and parsley among soup plates and ladle into the soup. Serve at once.

Judy Stayman
Chambersburg

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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

24- Basic Mix Recipes

May

1- High-Calcium Recipes
8- Mother's Cooking
15- Your Favorite Recipe

Featured Recipe

Eggs play a role in enticing menu items served around-the-clock. Eggs are one of the foods that have appeal across all age groups, including both older and younger diners. Let your imagination soar with some inventive egg ideas.

If you would like egg recipes for brunch, send your name and address with a self-addressed, stamped envelope to American Egg Board/Foodservice Department, 1460 Renaissance Drive, Park Ridge, IL 60068.

Here is a recipe from the Brunch brochure.

OVERNIGHT FRENCH TOAST

6 cups 1-inch cubes day-old French or Italian bread
6 eggs
1½ cups milk
1 tablespoon firmly packed brown sugar
1 tablespoon vanilla
2 teaspoons cinnamon
½ teaspoon salt
Confectioners' sugar and maple syrup, optional

Place bread cubes in greased 13x9x2-inch baking dish. In medium bowl, beat together remaining ingredients until well blended. Pour over bread and lightly toss until bread is evenly coated.

Cover and refrigerate several hours or overnight. Bake in preheated 350 degree oven until golden brown, about 50 minutes. Serve warm with confectioners' sugar and maple syrup, if desired.