



# Home On The Range



## Nuts About Peanuts And Peanut Butter?

Peanuts are frequently referred to as nutrition in a nutshell. Peanuts are 26 percent protein and contain no cholesterol. Unsalted, they qualify as a low sodium food. They supply dietary fiber. In fact 2 tablespoons of peanut butter has as much fiber as two slices of whole wheat bread and supplies 15 percent of an adult's daily protein needs.

The world was first introduced to peanut butter at the Universal Exposition of 1094 in St. Louis, when C.H. Sumner sold \$705.11 of the treat at his concession stand.

Since then, the uses for peanut butter have skyrocketed. Its versatility is demonstrated by the recipes that follow.

### PEANUT BUTTER FROSTING

½ cup soft butter  
 ½ cup creamy peanut butter  
 Dash ground cloves  
 2½ cups confectioners' sugar  
 1 teaspoon vanilla  
 3 tablespoons milk  
 Blend together butter, peanut butter, and cloves. Gradually add remaining ingredients. Mix well. Yields: Frosting for 2 dozen cupcakes or 2 8-inch round layer cakes.

Mary Clark Breezewood

### SURPRISING PEANUT BUTTER MUFFINS

1½ cups flour  
 ½ cup brown sugar  
 2 teaspoons baking powder  
 2 eggs  
 ¾ cup peanut butter  
 ½ cup milk  
 2 tablespoons vegetable oil  
 Jelly and cream cheese or peanut butter chips or chocolate chips  
 Put flour, brown sugar, and baking powder in a medium mixing bowl. Use a fork to stir well until mixed. Crack the egg into a small mixing bowl. Stir with fork. Stir in peanut butter, milk, and oil. Add peanut mixture to flour mixture.

Stir until dry ingredients are wet but still lumpy. Line muffin tins. Put 1 tablespoon batter in each cup. Put in small amount of your choice of filling. Top with batter. Sprinkle brown sugar.

Bake at 325 degrees for 15 to 20 minutes.

Mary Clark Breezewood

### CREAM OF PEANUT SOUP

¼ cup butter  
 1 cup celery, thinly sliced  
 1 medium onion, finely chopped  
 2 tablespoons flour  
 2 quarts chicken broth  
 1 cup peanut butter, creamy  
 1 cup light cream  
 1 teaspoon salt  
 ¼ teaspoon pepper  
 Paprika  
 Melt butter in large saucepan over low heat. Add celery and onion. Cook until tender but not browned. Add flour and stir until mixture is smooth. Gradually add chicken broth and bring to a boil. Blend in peanut butter and simmer 15 minutes. Stir in cream, salt and pepper. Heat and serve in soup bowls. Garnish with paprika.

Yield 8 servings.

### SUPER GOOBER MUFFINS

½ cup peanut oil  
 ¾ cup sugar  
 ½ cup eggs  
 1 cup peanut butter  
 ¾ cup buttermilk  
 ½ cup bread flour  
 ¼ teaspoon baking soda  
 ¼ teaspoon salt  
 4 ounces crushed peanuts  
 6 ounces chocolate morsels  
 Mix oil, sugar, eggs, and peanut butter in a large mixing bowl. Add buttermilk, stir thoroughly to blend. Add bread flour, baking soda, and salt. Stir in peanuts and chocolate morsels. Fill muffin tins about ¾ full and bake at 400 degrees for 20 minutes.

Yield: 3 dozen.

### ONION-PEANUT CASSEROLE

2 pounds onion  
 3 tablespoons butter  
 3 tablespoons flour  
 1½ cups milk  
 ½ teaspoon salt  
 2 teaspoons prepared mustard  
 1 teaspoon Worcestershire sauce

½ cup chopped salted peanuts  
 Boil onions in salted water until tender. Arrange in baking dish.

Melt butter; stir in flour. Add milk stir until thick. Add salt, mustard, and Worcestershire sauce; pour over onions. Sprinkle with ice cream layer. Drizzle the chocolate mixture over the peanuts. Freeze. Serve frozen.

Mary Clark Breezewood



Chocolate-Peanut Lovers' Sundae is made by rolling 6 large scoops of ice cream in 10-ounces of finely crushed peanut brittle. Place scoops on waxed paper-covered baking sheet and return to freezer several hours of overnight. When ready to serve, beat ½ cup pure maple syrup and ¼ cup creamy peanut butter until fluffy. Place 1 scoop of ice cream in each sundae glass. Spoon sauce over top. Top with cherry. Serve immediately.

### ICE CREAM PEANUT DESSERT

1 pound Oreo cookies, crushed  
 ½ cup butter, melted  
 2 cups confectioners' sugar  
 1 large can evaporated milk  
 ¾ cups chocolate chips  
 ½ cup butter  
 1 teaspoon vanilla  
 ½ gallon vanilla ice cream, slightly softened

1½ cups Spanish peanuts  
 Mix cookie crumbs with butter. Press into 9x13-inch and an 8x8-inch pan. Refrigerate 1 hour.

Combine sugar, milk, chocolate chips and butter in a saucepan and blend over medium heat. Bring to a boil and boil for 8 minutes, stirring constantly. Remove from heat and stir in vanilla. Set aside to cool. Spoon the ice cream evenly over the refrigerated cookie crumb crust. Sprinkle the peanuts over the whipped topping. Spread over cooled layer 1.

Layer 3: Mix puddings with milk until thickened. Spread over layer 2.

Layer 4: Top with 9 ounces frozen whipped topping. Sprinkle with chocolate and ½ cup peanuts. Chill 2 to 3 hours.

## Featured Recipe

What better way to entertain family and friends on a weekend afternoon than with brunch, a sure crowd pleaser that combines the best of breakfast and lunch fare.

"A Bunch of Brunch Ideas," the latest leaflet from American Dairy Association, offers 10 recipes suitable for year-round brunch occasions: cinnamon rolls, buttermilk pancakes, individual cheese souffles, and more. To order, send 25 cents plus a self-addressed, stamped business-size envelope to Brunch Leaflet, American Dairy Association, P.O. Box 760, Rosemont, IL 60018-7760.

Here are two recipes from the brochure.

### BUTTERMILK PANCAKES

2 cups all-purpose flour  
 2 tablespoons sugar  
 2 teaspoons baking powder  
 1 teaspoon baking soda  
 1 teaspoon salt  
 2½ cups buttermilk  
 2 eggs, beaten  
 ¼ cup butter, melted

Stir together flour, sugar, baking powder, soda, and salt. Add remaining ingredients. Stir until batter is fairly smooth. Using a ¼ cup measure, pour batter onto 400 degree griddle. Turn when tops are covered with bubbles. Turn only once. Serve immediately. Yields 24 pancakes.

### EASY STICKY BUNS

¼ cup butter  
 ¼ cup firmly packed brown sugar  
 ¼ cup chopped pecans  
 1 package refrigerated biscuits

Preheat oven to 425 degrees. Place butter in 8-inch round cake pan; place pan in oven to melt butter. Stir in sugar and nuts; spread evenly in pan. Arrange biscuits in pan; bake 12 to 15 minutes. Cool in pan on wire rack 5 minutes; invert serving plate. 10 servings.

## 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.

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|--------------|-------------------------------|
| <b>March</b> | 12- National Nutrition Month  |
|              | 19- Candy Recipes             |
|              | 26- Easter Favorites          |
| <b>April</b> | 2- What Can You Do With Eggs? |