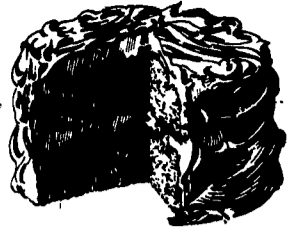


# Home On The Range



## Egg Breaking Recipes

Hard to believe, but it's still possible to serve dinner for under a dollar a serving.

Most of us need to pinch pennies from time to time and dollar-wise dinners make it possible.

Protein is an essential part of a nutritious diet but protein foods can be the most expensive items on a grocery list.

Eggs provide very high quality protein at a very low price. In fact, one large egg provides enough protein to equal one ounce of meat, fish or poultry. Two eggs can substitute for other protein foods as a main dish. Or eggs can be used to stretch more expensive protein meals.

That means you can serve a crab quiche, ham scramble or spinach and cheese soufflé for about 50 to 60 cents a serving or less.

Eggs have no bone, fat or gristle waste. A dozen large eggs weighs 1½ pounds so the price per pound of large eggs equals two-thirds of the price per dozen. If large eggs cost 90 cents per dozen, they're 60 cents per pound.

For a free leaflet of money-saving ideas, send a self-addressed, stamped, business-sized envelope to the Incredible Edible Egg #38, P.O. Box 755, Park Ridge, IL 60068-0755.

### OVERNIGHT EGG CASSEROLE

8 slices bread, cubed  
¾ pound cheddar cheese, shredded  
1½ pounds bulk sausage  
4 eggs  
2½ cups milk  
1 tablespoon prepared mustard  
10¼-ounce can cream of mushroom soup  
¼ cup chicken broth

Arrange bread cubes in greased 9x13-inch baking dish. Sprinkle with cheese; set aside. In a skillet, brown sausage over medium heat. Drain off excess fat. Crumble sausage over cheese and bread.

In a bowl, beat together eggs, milk, mustard, soup, and broth. Pour over sausage. Cover and refrigerate overnight or at least 2 to 3 hours before baking.

Bake at 350 degrees for 50 to 60 minutes or until set.

Sarah Clark  
Breezewood

### CREAM PUFF DESSERT

1 cup hot water  
½ cup margarine  
Boil together water and margarine. Add until mixture forms a ball:

1 cup flour  
Stir in until fluffy:  
4 eggs

Grease jelly roll pan and spread. Bake at 350 degrees for 30 minutes. Cool.

Topping:

4 cups milk  
3 small boxes instant vanilla pudding

Mix together milk and pudding and add:

8 ounces cream cheese, softened  
Spread mixture on cream puff.

Top with whipped topping. Drizzle with chocolate syrup.

Melissa Stauffer  
Lancaster Co. Poultry Queen

### TODDLER EGG BARS

2 cups cooked rice (any type)  
½ cup shredded cheddar cheese  
1-2 carrots, grated  
3 or 4 eggs

Mix well and press into 9x9-inch greased pan. Bake at 400 degrees for 15 minutes. Cool and cut into bars.

Grated zucchini can be substituted for carrot. These bars make a complete meal and refrigerate well.

Contributor writes: *My sons, Phillip and Ben, love them. It's their favorite recipe. My husband and I farm in Landenberg, where we raise and sell all natural beef.*

Susan Rzucidlo  
Landenberg

### PICKLED EGGS

5 medium beets, cooked, peeled, quartered  
1½ cups cider vinegar  
5 tablespoons granulated sugar  
2 cloves garlic, crushed  
1½ teaspoon whole pickling spice  
¼ teaspoon salt

8 hard cooked eggs, shelled  
Mix together beets, vinegar, sugar, garlic, spice, and salt. Let stand 45 minutes. Place the eggs in large jar, add the beets with marinade. Cover and refrigerate for 2 or 3 days or even a week.

Josephine Matenus  
Dallas

### SOFT STIRRED CUSTARD

4 eggs, slightly beaten  
¼ cup sugar  
¼ teaspoon salt  
2½ cups milk  
1½ teaspoons vanilla

In large saucepan, blend together eggs, sugar, and salt. Gradually stir in milk. Cook over low heat, stirring constantly, until mixture thickens and just coats a metal spoon. Stir in vanilla. Cool quickly by setting pan in bowl of ice or cold water and stirring for a few minutes. Cover and refrigerate. Chill thoroughly.

### CHERRY FROZEN CUSTARD CREAM

6 eggs  
2 cups skim milk  
1 cup sugar, divided  
¼ teaspoon salt  
2 pounds dark sweet cherries, pitted

2 cups whipping cream  
1 teaspoon almond extract  
1 teaspoon vanilla  
Crushed ice  
Rock salt

In a medium saucepan, beat together eggs, milk, ½ cup sugar and salt. Cook over low heat, stirring constantly, until mixture thickens and just coats a metal spoon. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least 1 hour.

Reserve several cherries for garnish, if desired. Combine remaining cherries and remaining sugar in blender container. Cover and blend until cherries are pureed, about 1 minute. Cover and refrigerate cherry mixture until chilled and sugar is dissolved, at least 30 minutes.

When ready to freeze, pour chilled custard, whipping cream, almond extract and vanilla into 1-gallon ice cream freezer can. Partially freeze according to manufacturer's directions, using 6 parts ice to 1 part rock salt. When partially frozen, add cherry puree. Complete freezing. Garnish with reserved cherries, if desired. Makes about 2 quarts.

### POACHED EGGS

A skillet or flat saucepan is the best utensil for poaching eggs, unless you have a patented poacher of one type or another. You should have water deep enough to cover the eggs. Add a little salt and a

tablespoon of vinegar to the water. When it is boiling rapidly, break the eggs and drop them in carefully or slide them from a saucer and let them cook until set. Lift them out with a large perforated spoon or skimmer.

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Eggs have become associated with Easter because the new life that breaks forth from an egg is symbolic of Christ's resurrection from the grave.

## Featured Recipe

Celebrated chefs nationwide recently competed to win top prizes in the Reddi-wip "Top Chefs Top it Off!" recipe contest. The winners not only created delicious desserts, they also helped make a difference in the lives of children. Each winner of the recipe contest was honored with a donation from Reddi-wip in his/her name to Boys & Girls Clubs of America (B&CGA), for a total donation of \$15,000. There were 13 winners in all, four top prize winners and nine honorable mentions.

The Grand-Prize winning recipe, Reddi-wip Warm Lemon Pudding with Biscuits, was created by Beylka Krupp, lead pastry chef at the acclaimed Commander's Palace in New Orleans. Krupp was honored with a \$5,000 donation to B&GCA for her innovative recipe.

The contest's award-winning recipes are compiled in a colorful, limited-edition recipe book. All proceeds from the recipe book benefit Boys & Girls Clubs of America. To receive a copy of the recipe book, send \$1 to: Reddi-wip "Top Chefs Top it Off!" Recipe Book, P.O. Box 39158, Chicago, IL 60639.

### Reddi-Wip Warm Lemon Pudding with Biscuits

#### Sauce

1 tablespoon white rum  
1 cup granulated sugar  
1 cup lemon juice  
15 egg yolks  
1 can Reddi-wip

Mix rum, sugar, lemon juice and egg yolks in medium saucepan. Whisk constantly, cooking on moderate heat until mixture thickens. Transfer to a bowl and set in ice bath to cool. When cool, fold in one can of Reddi-wip blending until smooth.

#### Biscuits

2¼ cups flour  
½ cup granulated sugar  
1 tablespoon baking powder  
¼ teaspoon salt  
1 cup plus 2 tablespoons unsalted butter  
½ cup heavy cream  
¼ cup buttermilk

Heat oven to 350°. Combine flour, sugar, baking powder and salt in large bowl. Cut in butter until mixture is coarse and mealy. Add cream and buttermilk; knead until dough forms a ball. Place dough on floured surface and roll to 1-inch thickness. Using a 2¼-inch biscuit cutter, cut out 8 biscuits (it will be necessary to re-roll dough). Place on cookie sheet and bake for 25 to 30 minutes, or until biscuits have risen and are golden.

To serve, split biscuits in half. Place one half on serving dish. Spoon some of the lemon pudding on biscuit. Top with remaining biscuit. Garnish with Reddi-wip and a lemon slice.

## 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

- 9- Rhubarb, Dandelion and other Spring Favorites
- 16- Pa. Dutch Cooking
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- 30- Favorite Pies