



Home On The Range



A Topping For Every Dish

Almost any food can be dressed up or enhanced by topping it with flavored mustard, sauces, or dressings. Creativity and an adventurous spirit makes cooking with mustards, sauces, and dressings interesting.

Here are some pointers when experimenting.

- Start with prepared mustards and add extras such as herbs and horseradish. A Dijon-type mustard is a good base. Combine all the ingredients and allow to mellow a few hours for the flavors to blend.

- Blend 1 teaspoon Dijon mustard with 1 cup plain yogurt, salt and pepper to taste and use as a sandwich spread for tuna and chicken salad recipes.

For breakfast, try a fruit or cheese spread on a bagel, muffin, or toast. Or, how about eggs benedict with sour cream hollandaise sauce?

For snacks, mustards and dips are great with vegetables and crackers.

For lunch, try homemade dressings on your salad. Remember great salads deserve great dressings. For a change of pace from oil or mayonnaise dressings, use dairy products as a base for your own creations.

Choose from yogurt, cottage cheese, ricotta cheese, sour cream, cream cheese, buttermilk or a combination. Add fresh or dried herbs, seasonings, and spices. Vinegars, flavored pepper, mustards, roasted red peppers, lemon and lime juice, sun-dried tomatoes, green onion, chives and cinnamon are some possibilities.

Cheese also adds flavor. Stir in crumbled blue cheese, grated parmesan, or shredded cheddar, Swiss or mozzarella.

For dinner, a sauce can dress up fish fillets and vegetable dishes, and mustards can dress up a beef or chicken roast.



Raspberry swirl cream cheese on bagels makes an excellent breakfast on the run.

Featured Recipe

In 1876, at a county fair held in St. Joseph, MO, a recipe contest gave rise to a unique soda cracker that garnered top honors.

Winning the blue ribbon for excellence, the cracker was later christened "PREMIUM," beginning a 118 year-long tradition as America's number-one selling saltine cracker.

Today, Premium Saltines are as integral part of many family favorite recipes. From stuffed mushrooms, to casseroles, to pie crusts, the quality of Premium Cracker's blue ribbon performance always shines through.

So, Nabisco now invites you to enter the "Premium Blue Ribbon Recipe Contest" for a chance to win the grand prize of \$10,000. Eligible recipes must use at least 15 Premium Saltine Crackers (any variety) as a recipe ingredient. The first prize winner receives \$5,000; second prize winner receives \$2,500 and third receives \$1,000.

To get you started, here are few tried-and-true favorites from Nabisco; Turkey Almond Croquettes and Premium Stuffing.

For official entry form and complete contest rules write to: PREMIUM RECIPE CONTEST, P.O. Box 8014, Easton, MD 21606-8014. Requests for rules must be received by June 15. Entries must be postmarked by July 31.

TURKEY ALMOND CROQUETTES

Makes 4 Servings

2 cups finely chopped cooked turkey or chicken (about 3/4 pound)
36 PREMIUM Crackers (any variety), finely rolled (about 1 1/3 cups crumbs)

1/2 cup mayonnaise
1 egg

1/4 cup almonds, chopped
1 tablespoon finely chopped onion
1/4 teaspoon ground black pepper
2 tablespoons vegetable oil

In large bowl, thoroughly mix turkey, 1 cup cracker crumbs, mayonnaise, egg, almonds, onion and pepper. Shape into 4 patties. Coat with remaining crumbs.

In medium skillet, over medium heat, heat oil. Add croquettes; brown slowly on all sides. Serve warm.

PREMIUM STUFFING

Makes about 5 cups

1 medium onion, minced
4 large stalks celery, chopped (about 1 1/4 cups)
1/2 cup margarine
80 PREMIUM Crackers (any variety), coarsely broken (about 4 cups)
2 tablespoons chopped parsley
1/2 teaspoon ground sage
1/4 teaspoon ground black pepper
1 cup chicken broth

In large skillet, over medium-high heat, cook onion and celery in margarine until tender; remove from heat. Stir in cracker crumbs, parsley, sage, pepper and broth. Use to stuff poultry or spoon into a greased 1 1/2-quart casserole and bake, covered, at 325° F for 40 minutes or until heated through.

GARDEN VEGETABLE RICOTTA SPREAD

1/2 cup ricotta cheese
1/2 cup chopped raw vegetables
1 tablespoon sliced green onion, optional
1/4 teaspoon ground red pepper

Stir together all ingredients in small bowl; refrigerate to blend flavors. Store covered in refrigerator up to 5 days. Serve as a spread for bagels, English muffins or toast.

Yields 1 cup.

CREAMY TOMATO SAUCE

1/2 cup whipping cream
1 cup seeded and chopped tomato

1/4 cup sliced green onions
1 tablespoon chopped fresh tarragon Or 1 teaspoon dried

In skillet used to saute fish fillets, add whipping cream. Bring to a boil. Cook over medium heat 2 minutes or until cream has thickened and reduced slightly. Stir in tomato, onions, and tarragon. Cook 2 minutes. Serve warm over fish fillets. Yields 1 cup.

LEMON DILL BUTTER SAUCE

1/2 cup butter
2 tablespoons chopped fresh dill OR 1 1/2 teaspoons dried dill
2 teaspoons fresh lemon juice
Melt butter in small saucepan. Stir in dill and lemon juice. Serve warm over fish fillets.

RASPBERRY SWIRL CREAM CHEESE

6 ounces cream cheese
1/4 cup vanilla yogurt
1 1/2 teaspoon sugar, optional
3 tablespoons raspberry preserves

Using food processor or electric mixer, combine cream cheese, yogurt, and sugar. Mix until smooth. Alternately spoon cream cheese mixture and raspberry preserves into small serving bowl. Gently stir in circular motion to form swirls; do not mix completely. Serve immediately or store covered in refrigerator up to 5 days. Serve as a spread for bagels, English muffins, scones, toast or waffles.

If mixture separates during storage, stir to blend.

Mid East United Dairy Industry

SMOKEY CHEESE DIP

8-ounces cream cheese, softened
4 tablespoons butter, softened
1/2 cup sour cream
1 tablespoon snipped parsley
1 teaspoon steak sauce
1 cup shredded smokey cheddar cheese

1-2 tablespoons milk
Combine cream cheese, butter and sour cream; beat until fluffy. Stir in parsley and steak sauce. Beat cheese into mixture with milk to make dipping consistency. Chill. Stir before serving. Serve with crackers. Yields: 2 1/4 -3 cups.

Robin Leishear Damascus

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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

30- Favorite Pies

May

7- Mother's Favorite Recipe

14- Get Your Strawberry Recipes Ready

21- Dad's Favorite Recipe