

# Tulip Tour Focuses On Food, Flowers, Decor

## LOU ANN GOOD

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EPHRATA (Lancaster Co.) —  
Want ideas for installing a whirlpool bath or a sunroom? Would you like the recipe for that divine dessert served by a local restaurant? Or, maybe you are dying to know what that house on the corner lot looks like inside.

Whatever the reason, a sell-out crowd of more than 600 (with hundreds turned away) showed up at the seven homes open for inspection on Monday for the annual Kitchen Kapers Tulip Tour in Ephrata.

The tour includes a little bit of what many women like best — ideas for turning a house into a showcase, food with a festive touch, and flowers artfully arranged.

At each stop, a chef from a local restaurant prepares food samples of one of their restaurant specialties that is served to each guest. Recipes for the specialties are available.

At each home, a local greenhouse or a flower shop have decorated the inside and sometimes the outside with floral displays. The tour is an opportunity to admire the flower beds and landscaping surrounding the participating homes.

The Ephrata Women's Club uses the tour as a fund raiser for local charities. The success of this annual tour depends not only upon hospitable homeowners but also upon local restaurants and floral designers who offer their services free.

Here are some of the recipes for the specialties that restaurants served.

## SHOO FLY PIE

Wet bottom:

- 1 cup dark corn syrup
- 2 cups water
- 1 cup brown sugar
- 1/2 cup baking soda

Crumb topping:

- 1 cup brown sugar
- 2 1/2 cups flour
- 1 teaspoon cream of tartar
- 1/2 cup shortening
- 1 teaspoon cinnamon
- Dash salt
- 2 unbaked pie shells

Bring all ingredients for wet bottom to a boil. Combine all ingredients for topping in a large bowl and work into crumbs using a pastry blender, 2 knives or food processor. Pour 1 1/2 cups of wet bottom syrup into each pie shell, top with crumb mixture until level with edge of shell. Bake in preheated 360 degree oven for 1 1/2 hours. Best when served warm with ice cream or whipped cream.

Plain & Fancy

## PIE CRUST FOR SHOO FLY PIE

2 cups pastry or all-purpose flour

- 1/2 cup shortening
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup ice cold water

Place all ingredients except water in bowl of food processor with steel knife, process 10 seconds or until coarse crumbs are formed. With processor running, add water. Stop machine when dough ball is formed. Makes two 9-inch pie shells. To prepare without processor, use pastry blender or 2 forks to work in all ingredients except water into coarse crumbs. Add water by tablespoons until dough is formed. Do not overwork.

Plain And Fancy

## CRAB CAKES

- 1 pound crab meat
- 1/2 cup green pepper
- 1/4 cup red pepper
- 1 carrot
- 4 slices bread, cubed and crust removed

- 2 eggs
- 1/4 cup mayonnaise
- 1/4 teaspoon dry mustard
- 1/4 cup Grey Poupon mustard
- 1 tablespoon Old Bay seasoning
- 1 teaspoon Worcestershire sauce

- 1/4 cup parsley flakes
- 1/2 cup lemon juice
- 1/2 teaspoon garlic powder

Chop the pepper and carrot until very fine by hand or in processor. Sauté in butter and garlic, drain off the excess butter and set aside to cool. Mix the eggw with mayonnaise and whip together until smooth, add remaining ingredients to eggs and mayonnaise, add sauteed vegetables and mix well. Pour the batter over the bread cubes, mix well, add the crabmeat and mix.

Bloomfield Square Restaurant

## CALIFORNIA FRUIT TART

Prepare dough, chill overnight. Roll out dough into tart pan. Bake at 350 degrees until golden brown, cool. Fill tart shell with pastry cream, top with seasonal fruits. Chill before serving.

Flan Dough:

Cream well:

- 10 ounces butter
- 10 ounces sugar

Add:

- 3 eggs
- 1/4 teaspoon vanilla

Fold in:

- 1 1/2 pound flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder

Pastry cream:

Heat:

- 2 cups milk

Whip together:

- 2 eggs
- 4 egg yolks
- 8 ounces sugar
- 2 teaspoons vanilla

Add slowly to hot milk, whipping constantly. Bring to boil, simmer 2 minutes or until thickened. Strain. Chill overnight.

Cake ala Carte

## TOMATO BASIL CREAM SAUCE

- 6 tomatoes
- 1/4 cup butter
- 1/4 cup flour
- 3 cups half & half
- 3 tablespoons chopped fresh basil

- 2 tablespoons chopped shallot
- 1 tablespoon chopped garlic
- 1 shot Pernod or other Anise liqueur

- 1/4 cup Sauterne Wine
- 1/2 cup chopped fresh scallion
- Salt and pepper to taste

Peel, seed, and chop tomatoes. Over low heat, melt butter and saute scallions, garlic, and shallots about 10 minutes. Do not brown garlic, add flour and stir until smooth, add tomatoes and cook about 10 minutes. Slowly add remaining ingredients, turn heat to medium — cool until sauce is slightly thickened. Adjust seasonings. Serve with penne pasta or other favorite pasta or for variation add favorite cheese, vegetables, seafood or chicken.

Olde Lincoln House



Linda White of Manheim samples dessert from Cake a La Carte of Akron. Chefs from local restaurants prepared specialties for tour participants to sample at each home.



Ideas for table settings and floral arrangements abound during the tour.



These women examine this patio for ideas to incorporate at their own properties.

## CHOCOLATE PECAN PIE

- 3 eggs
- 1 1/4 cups sugar
- 1/4 teaspoons milk powder
- 1/4 teaspoon salt
- 2 1/2 tablespoon all-purpose flour
- 1 tablespoon butter, melted
- 1 1/2 tablespoon shortening, melted

- 1 1/4 cups corn syrup
- 1 1/2 teaspoon vanilla
- 1 1/4 cups pecan pieces
- 1/2 cup chocolate chips
- 10-inch unbaked pie shell

Beat eggs, sugar, salt, and vanilla. Combine milk powder, flour. Add to egg mixture, mix for 3

minutes add melted butter and shortening, mix for 2 minutes. Add corn syrup, mix 3 minutes. Stir in pecans and chocolate chips and mix thoroughly. Pour into pie shell and bake at 400 degrees for 10 minutes; reduce heat to 375 degrees for 25 minutes or until top is firm.

Miller's Smorgasboard