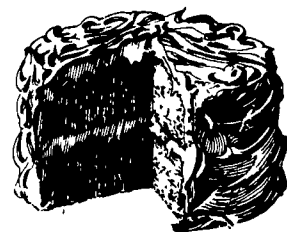


# Home On The Range



## 'Berry' Excellent Recipes

In the early 18th century, French explorers discovered a plump red berry cultivated by the Indians of Chile in South America. They took several plants home with them.

In 1714, the Chilean berry was crossed with a wild meadow strawberry that had been discovered in colonial Virginia. The result was a luscious strawberry that is similar to what we now eat.

Select fully ripe and appropriately colored strawberries with intact caps. White or pale pink berries do not become sweeter after they are picked and should not be purchased.

Here are some storage tips:

- Always remove bruised, rotted or molded berries before storing.
- Strawberries should be refrigerated immediately after purchasing.

- Never rinse the berries or remove the caps before storing. Removing the cap early can reduce flavor, texture, and nutrient quality.

- Strawberries can only be stored a couple of days in refrigerator. If held longer, a gray mold may develop.

- For optimal refrigeration, place berries no more than two berries deep in a shallow container or tray covered with waxed paper or plastic wrap.

### STRAWBERRY PRETZEL SALAD

Crust:

- 2 cups pretzels, crushed
- 3 tablespoons sugar
- ½ cup butter

Filling:

- 8 ounces cream cheese
- 1 cup sugar
- 1 large container whipped topping

Topping:

- 6 ounces strawberry gelatin
- 10 ounces frozen strawberries
- 1 large can crushed pineapples, drained

Mix together crust ingredients and press into 9x13-inch pan. Bake at 400 degrees for 7 minutes. Cool. Blend filling ingredients and spread over crust.

Dissolve strawberry-flavored gelatin in hot water. Add frozen strawberries and pineapples. Chill and pour over cream cheese mixture. Chill several hours before serving.

Vera Kurtz  
Stevens

### STRAWBERRY SHORT-CUT CAKE

- 2 cups miniature marshmallows
- 1 quart cut-up strawberries
- 3 ounce package strawberry Jell-O

- 2½ cups flour
- 1½ cups sugar
- ½ cup shortening
- 3 teaspoons baking powder
- 1 cup milk
- 1 teaspoon vanilla
- 3 eggs

Mix together strawberries and Jell-O. Let set while combining flour, sugar, shortening, baking powder, milk, vanilla and eggs.

Grease 9x13-inch pan. Sprinkle marshmallows on bottom of pan.

Dump batter on top of marshmallows. Spoon berries on top. Bake at 350 degrees for 35 minutes.

Carol Robison  
Easton

### STRAWBERRY CREAM CHEESE PIE

- 2 cups rice crispy cereal, crushed to fine crumbs
- 1 cup all-purpose flour
- ½ cup butter
- 2 tablespoons milk
- 6 ounces cream cheese, softened
- 3 tablespoons sugar
- 6 cups fresh strawberries
- ½ cup sugar
- 1 tablespoon cornstarch
- ¼ cup water
- 1 tablespoon lemon juice

In medium-size mixing bowl, combine cereal and flour. Cut in butter until mixture resembles coarse crumbs. Add milk gradually, tossing with fork until entire mixture is moistened. Dough will be crumbly. Press evenly in 9-inch pie pan to form crust. Prick bottom and sides with fork. Bake in oven at 400 degrees about 12 minutes or until lightly browned. Cool.

Beat cream cheese and 3 tablespoons sugar until light and fluffy. Spread on bottom of pie shell. Set aside. Crush enough strawberries to make ½ cup. Combine with the ½ cup sugar, cornstarch and water in medium-sized saucepan. Cook over medium heat until mixture boils, stirring occasionally. Continue cooking 2 minutes, stirring constantly. Stir in lemon juice. Cool slightly. Stir in remaining strawberries. Spoon into pie crust. Chill at least 3 hours. Yield: 8 servings.

Claire Johnson  
Damascus, Md.



The frothy Citrus Berry Cream Punch is a popular dairy beverage. For more non-alcoholic dairy beverages, send a self-addressed and stamped envelope to CHEERS to You, PDPPS, 2301 N. Cameron St., Harrisburg, PA 17110.

### CITRUS BERRY CREAM PUNCH

- 2 packages frozen strawberries in syrup, thawed
  - 46-ounce can apricot nectar or pineapple juice, chilled
  - 1 quart vanilla ice cream
  - 1 quart strawberry ice cream
  - 2 liter bottle ginger ale, chilled
- Puree strawberries. In large punch bowl, combine puree and nectar. Before serving, top with scoops of ice cream. Add ginger ale. Garnish as desired. Serves 20. Pa. Dairy Promotion Program

### STRAWBERRY PRETZEL CREAM PIE

- 1½ cups crushed pretzels
  - ½ cup sugar
  - 1½ cup butter, melted
- Mix and press into 9x13-inch pan. Bake 10 minutes at 350 degrees.
- Filling:
- 8 ounces cream cheese
  - 9 ounces whipped topping
  - 1 cup sugar
- Beat cream cheese and sugar. Fold in whipped topping. Layer on crust.
- Topping:
- 6 ounces strawberry Jell-O
  - 20 ounces strawberries
  - 2 cups boiling water
- Dissolve Jell-O in water and pour over strawberries. Spoon on top of cream cheese filling. Chill.

Anonymous

## Featured Recipe

Farm-raised venison has a unique and delicate flavor. It is a finely grained, mild and tender meat that is better from a health standpoint than other meats and poultry. Although it is a red meat, it has about the same calories, fat, cholesterol and protein as salmon and it falls well below the American Heart Association's guidelines for fat, cholesterol and calories.

Farm-raised venison does not need to be tenderized, but may be marinated if desired. Venison is a lean meat without noticeable marbling, but all fat should be trimmed off, as it is the fat that can have a strong taste. As with all very lean meats, venison should be cooked at a fairly high heat for a short period, preferably rare, and never well done. Venison tallow, similar to lamb, congeals quickly so the time between cooking and presentation must be short. Do not "rest" venison roasts before serving as with beef. This meat should be served piping hot and kept that way by pre-heating the platter and plates. Here is a recipe from Highbourne Farm, which is featured this week on the Homestead Notes page.

### BROILED VENISON CHOPS

- 6 venison rib or loin chops
- ¼ cup all purpose flour
- 2 tablespoons bacon fat
- 1 cup venison stock
- 3 medium onions
- 1 cup milk
- 1½ pounds fresh mushrooms, sliced
- ½ teaspoon salt
- ¼ teaspoon ground pepper

In a large iron skillet over moderately high heat, lightly brown chops on both sides in bacon fat. Transfer chops to a shallow pan; retain drippings in skillet. Broil chops at high heat five inches below heating element. Turn once and broil until medium rare. In the drippings in the skillet, gently cook the onions and mushrooms until lightly browned. Blend the all purpose flour, stock, milk, salt and pepper. Add to pan. Cook, stirring constantly until thickened and bubbly — about four minutes. Pour onion and mushroom sauce over chops while both are hot. Serve on a hot platter. This serves six.

## 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.

May

- 21- Your Dad's Favorite Recipe
- 28- Memorial Day Favorites

June

Dairy Recipe Extravaganza

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