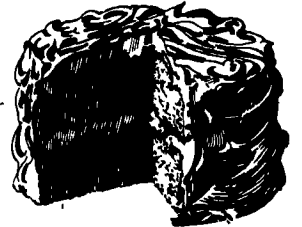


Home On The Range



Foods Men Love

While Country-Western music, cowboy boots and hats, and line dancing is a recent American craze, it's no fad that men have always loved backyard barbecue western-style steaks and the fixings that go with it.

Today's column is dedicated to the food men love — hearty meals and desserts like grandma used to make.

OLD-FASHIONED CRACKER PUDDING

- 4 tablespoons butter
- 7 cups milk
- 1 1/2 cups sugar
- 28 soda crackers
- 4 eggs
- 2 tablespoons cornstarch
- 1 cup milk
- 2 cups coconut, optional
- 1 tablespoon vanilla

Melt butter. Add milk, sugar, and soda crackers. Bring to a boil. Beat together eggs, cornstarch, and 1 cup milk, and add slowly to hot mixture. Bring to a boil again. Then add coconut and vanilla.

This is one of my dad's favorite foods.

Linda Zimmerman
Lititz

KRAUT CHOCOLATE CAKE

- 1 cup kraut
- 1/2 cup butter
- 1 1/2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1/2 cup cocoa
- 2 1/2 cups flour, sifted
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup water

Wash drain and chop kraut. Cream butter and sugar. Beat in eggs and vanilla. Sift together dry ingredients. Add alternately with water to egg mixture. Stir in kraut. Bake in 2 8-inch greased and floured pans.

Bake at 350 degrees for 30 minutes or until done. Frost with favorite frosting.

Diane Carr
Parsons, W.V.

SPICY WESTERN STEAKS

2 pounds boneless beef chuck shoulder steaks OR top round steak, cut 1-inch thick
Western BBQ Sauce:

- 1 cup ketchup
- 1/4 cup cider vinegar
- 1/4 cup water
- 3 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce

1 teaspoon hot pepper sauce
In small saucepan, combine all sauce ingredients; bring to a boil. Reduce heat; simmer 10 minutes. Reserve 1/4 cup sauce for 20-Minute Cowboy Beans and 1/4 cup sauce for brushing on steaks while grilling; cover and refrigerate. Cool remaining sauce for marinade.

Place beef steaks and marinade in plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or overnight, turning occasionally.

Remove beef from marinade; discard marinade. Place beef on grid over medium coals. Grill chuck should steaks 14 to 19 minutes (top round steak 14 to 18 minutes) for medium-rare to medium doneness, turning once. Brush both sides of steaks with 1/4 cup reserved sauce during last 5 to 6 minutes of grilling.

Trim fat from steaks; carve beef into thin slices. Serve with 20-Minute Cowboy Beans.

Makes 6 servings (serving size: 3-ounces cooked, trimmed portion).

SWEET PICKLED CELERY

Cut outside stems from stalk of celery and cut in 1/2-inch pieces. Cover with water. Add 1 teaspoon salt. Cook until tender. To water and celery, add:

- 1/2 cup sugar
- 1/4 cup vinegar

A sprinkle of cinnamon.

Contributor writes: Delicious.
Bunny Bankert
York Springs



Whether it's making it or eating it, Spicy Western Steaks and 20-Minute Cowboy beans is a favorite with men.

20-MINUTE COWBOY BEANS

- 4 slices bacon
- 1 cup finely chopped onion
- 1/2 cup finely chopped green bell pepper
- 1 clove garlic, crushed
- 15-ounce can kidney beans, rinsed, drained
- 15-ounce can pinto beans, rinsed, drained
- 1/2 cup Western BBQ Sauce (reserved from Spicy Western Steaks)

1 tablespoon packed brown sugar

In large skillet, cook bacon over low heat until crisp, turning occasionally. Remove from skillet; drain on paper towels.

Remove all but 2 tablespoons drippings from skillet. Add onion, bell pepper and garlic; cook and stir over medium heat 3 to 5 minutes or until tender. Stir in remaining ingredients. Crumble bacon; return to skillet. Cover; cook 5 minutes or until heated through, stirring occasionally.

Makes 6 servings (serving size: 1/2 cup).

CREAMY RICE PUDDING

- 1 1/2 quart milk
 - 1/2 quart water
- Combine milk and water. Add and bring to a boil:

- 1 cup rice
- 1 teaspoon salt

Beat in separate bowl:

- 1 egg
- 1 cup sugar
- 2 teaspoons vanilla

As soon as rice is cooked (15 minutes simmered with cover on pot) pour in egg mixture. Stir a few times. Let stand 5 minutes.

Pour into bowl. Sprinkle with cinnamon or nutmeg. Refrigerate.

Bob Keibel
Whitney Point, N.Y.

BUTTERMILK PIE

- 1 1/2 cups sugar
 - 3 tablespoons flour
 - 2 eggs, beaten
 - 1/2 cup butter, melted
 - 1 cup buttermilk
 - 2 teaspoons vanilla extract
 - 1 teaspoon lemon extract
 - 1 unbaked 9-inch pastry shell
- Combine sugar and flour, mixing well. Add eggs, butter, and buttermilk. Beat well. Stir in flavorings. Pour into pie crust. Bake at 400 degrees for 10 minutes. Reduce heat and bake at 325 degrees for 30 to 35 minutes. Yield one 9-inch pie.

I won first place in the pie contest at the Tucker County Agricultural Fair in Parsons, W.V., with this recipe.

Diane Carr
Parsons, W.V.

TAPIOCA PUDDING LARGE PEARLS

- 1/2 cup large pearl tapioca
- 1/2 cup water
- 2 eggs
- 2 1/2 cups milk
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon vanilla

Soak pearls in water at least 3 to 12 hours. After pearls are softened, add milk and salt to tapioca in 1 1/2 quart pan. Stir until mixture boils then simmer for 50 minutes. Stir now and then. Beat eggs with sugar. Mix in some tapioca then add to pan and boil 3 minutes longer. Cool 15 minutes then add vanilla. Serve warm or chilled. Makes 3 1/2 cups.

Hummelstown Reader

(Turn to Page B8)

Every One Is A Winner In Recipe Extravaganza

In a salute to dairy farmers, *Lancaster Farming* wants to show our readers how versatile and great tasting dairy products are when used in appetizers, dips, soups, breads, main dishes, vegetables, desserts, beverages, snacks, and salads.

Every person who jots down a favorite recipe using dairy products and sends it to us will receive a packet of 25 decorative recipe cards and a note pad.

Please send your recipe using a sizable quantity of at least one of the following ingredients: milk, cream, sour cream, butter, yogurt, buttermilk, ice cream, cottage cheese, ricotta cheese, cream cheese or any hard or soft cheese.

Print or type your recipe and be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. Be sure to print your name, full address, and phone number on the recipe. Please include a few paragraphs about yourself or your family. Although it is not required, we'd like a picture of you or your family to include with the recipe when it is printed. Photos will be returned if you mark your name and address on the back of the photo.

All recipes submitted will be printed during the month of June. This is a popular annual event for our readers who enjoy the recipes and reading tidbits of information about the person who submits the recipe.

Send your recipe and accompanying information and photo to Lou Ann Good, Lancaster Farming Dairy Recipe Extravaganza, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.

One recipe for family, please. Send it immediately as the deadline for entries must reach us by June 1.

Featured Recipe

Pizzas are as much fun to make as they are to eat. The latest leaflet from the American Dairy Association features easy pizza recipes for every occasion: appetizers, snacks or a meal.

Toppings and fillings include traditional sausage and tasty tidbits like veggies, pesto, pepperoni, and a variety of delicious cheeses such as mozzarella, Swiss, blue, provolone, and parmesan. Crusts include English muffins, tortillas, focaccia, and pita bread and an easy home-made version.

To order, send 25 cents and a self-addressed, stamped envelope to Pizza Anytime, American Dairy Association, P.O. Box 760, Rosemont, Illinois 60018.

Here is one of the recipes from the brochure.

ONION-BACON APPETIZER PIZZA

- 1 package (10 ounces) refrigerated whole wheat bread dough
- 1/4 cup butter
- 4 cups thinly sliced onions
- 1/2 teaspoon Italian seasoning
- 8 ounces sour cream onion-bacon dip
- 6 strips bacon, cooked, drained and crumbled
- 1 1/2 cups shredded Swiss cheese

Preheat oven to 350 degrees. Carefully unroll bread dough and press onto bottom and up sides of buttered 15x10-inch jelly roll pan. Bake 12 to 15 minutes or until dough is golden. Meanwhile, saute onions in butter and Italian seasoning until onions are very soft and butter is absorbed, about 15 minutes. Stir frequently to prevent onions from over browning. Spread warm crust with sour cream dip. Arrange onions over sour cream dip. Sprinkle with bacon and Swiss cheese. Return to oven; bake 15 to 18 minutes or until cheese is melted and pizza is heated through. Cut and serve immediately.

