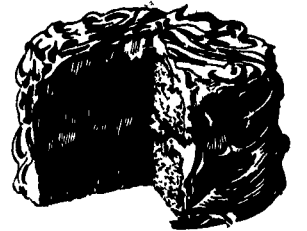


Home On The Range



Dairy Recipe Extravaganza

This is it — the final batch of recipes from the June Dairy Recipe Extravaganza!

Thanks to many readers who made this tribute to dairy farmers a mouth-watering success. Your recipe is certain to become someone's favorite for many years to come.

Happy Eating!

CHUNKY CRAB CHOWDER

1 pound seafood crab chunks
1 cup chopped sweet red pepper
½ cup chopped onion
¼ teaspoon crushed basil leaves
2 cups shredded zucchini
5 tablespoons butter
4 tablespoons flour
4 cups milk
¾ teaspoon Bouquet garni, crushed
1 cup frozen peas, cooked and drained
1 cup fresh corn, cooked and drained
Salt and pepper to taste
8-ounces cream cheese, chunked

1 cup chopped fresh tomatoes
Pull or cut crab into bite-sized chunks, set aside. In large pan, saute red pepper, onion, zucchini in butter until tender. Add basil, Bouquet garni, salt and pepper. Stir to mix well.

Stir in flour. Add milk slowly, stirring to blend well, until bubbly. Add peas, tomatoes, and corn. Cook 2 minutes. Tomatoes will be crunchy.

Stir in cheese and crab. Heat slowly and stir gently until cheese is melted.

Serve with green salad and homemade wheat bread.

Chunky Crab Chowder is a combination of five different recipes. It is wonderful and quick during zucchini season. I have used wonderful real crab meat and also imitation seafood chunks; both work well. If you are watching your fat levels, substitute with skim milk and light cream cheese.

I am a Schuylkill County jury commissioner and a volunteer for the American Cancer Society for 25 years. I enjoy canning and working in the flower gardens during the summertime. For 24 years, I have been collecting frogs.

My husband is a partner in Zim-Bal's Men's Clothing Store in Laurel Mall, Hazleton. We have one married son living in New York. I have won local cooking contests.

Peggy Zimmerman
Tamaqua

ECLAIR CAKE

Shell:

1 cup flour
½ cup butter
1 teaspoon salt
1 cup water
1 cup flour
4 eggs
¼ teaspoon almond extract
Bring water and butter to boil; turn down, heat, and stir in flour, salt, and extract while water is boiling. Stir until the ingredients form one mass. Remove from heat and add eggs, one at a time, beating after each addition. Spread into well-greased pan. Spread some up the sides. Mixture will be very sticky. Bake at 400 degrees for 35 minutes. Press down air bubbles in bottom, leaving crust around edges. Cool.

Filling:

8 ounces cream cheese, softened
2 small packages instant pudding
3 cups milk
Add dry pudding mix to cream cheese and mix. Add milk and beat for 2 to 3 minutes with electric mixer. Pour into eclair shell. Refrigerate 30 minutes.

Whip 1 cup whipping cream until peaks form; spread on top of pudding. Drizzle chocolate on top.

Chocolate Drizzle:

½ cup sugar
2 tablespoons cocoa
2 tablespoons butter
2 tablespoons milk

Stir over high heat until it comes to a boil. Let boil one minute only. Let cool down, beat until preferred consistency.

My husband and I retired 10 years ago from very responsible and demanding jobs to "return to the earth" — moving from city life to a small farm. My husband was born and raised on a farm, but I wasn't. I went from a home where all I had to do was push buttons to get heat, cook, air conditioning, etc. Now I do the majority of my cooking and baking on a wood and coal stove in the winter and we heat with wood.

I've come a long way from canning a few quarts of tomatoes to now canning an average of 700 quarts of just about anything that comes along in a year.

I have to confess that I still rely heavily on the freezer. But this is a very satisfying life and we can't complain of leading a sedentary lifestyle.

Shirley Schwoerer
Wysox

TUNA LASAGNA

½ pound lasagna noodles
2 tablespoons butter
½ cup onions, chopped
2 cans waterpacked tuna, drained
1 can cream of chicken, celery, or mushroom soup
½ cup skim milk
½ teaspoon garlic salt and oregano
¼ teaspoon pepper
1½ cups low-fat cottage cheese
8 ounces Swiss or mozzarella cheese

Heat oven to 350 degrees. Cook noodles as package directs. Melt butter in a saucepan, saute onions. Add tuna, soup, milk, and seasonings. In buttered 7x11-inch baking dish, place alternate layers of noodle, tuna mixture, cottage cheese, sliced cheese, and end with sliced cheese. Sprinkle on parmesan cheese. Bake 30 to 45 minutes. Let cool 10 minutes before cutting to serve. Makes 6 servings. Approximately 275 calories per serving.

I always check out the Home on the Range pages and try many of the recipes. My entry uses five dairy products. The recipe came to me from a Wisconsin dairy. And it has become a favorite here on our potato farm with young and old alike.

Lucille Hoover
Patton



Marcus is the son of Marty and Mary Ann Hoover. Marcus is Lucille Hoover's 13th grandchild who is learning to eat healthy foods such as Tuna Lasagna.

CHOCOLATE CHIP PUDDING

2 cups milk
1 pound small marshmallows
2 cups whipped cream
1 teaspoon salt
¼ square chocolate, chipped
Heat milk. Dissolve marshmallows in hot milk. Add salt and set aside until mixture begins to jell. Add cream to cooled mixture. Fold in chocolate chips or put on top.

I live on a dairy farm near Anville. Our farm is 84 acres and we rent some more. We raise corn, hay, and soybeans. Right now we are milking 68 cows.

My parents are Leon and Edna Horning. My brothers and sisters are Keith, 18; me, 16; Currin, 14; Steve, 12; Dwayne, 6; and Marilyn, 3. We all love dairy products!

Linda Horning
Lebanon



Shelly Taylor with Luke, 7 months, and Rebekah, 2.

CHOCOLATE CHIP ICE CREAM

4-quart freezer
2½ cups milk
2½ cups sugar
1 teaspoon salt
2½ cups half and half
1½ teaspoons vanilla
6 cups whipping cream
12 ounces chocolate chips
4 cups milk
3½ cups sugar
1½ teaspoon salt
4 cups half and half
2 teaspoons vanilla
9 cups whipping cream
18 ounces chocolate chips
Scald milk until bubbles form around edges. Remove from heat. Add sugar and salt. Stir until dissolved. Stir in half and half, vanilla, and whipping cream. Cover and refrigerate 30 minutes. Freeze as directed by your ice cream freezer instructions.

Immediately after removing dasher, stir in chocolate chips.

Cookies 'N' Cream: Substitute crushed chocolate sandwich cookies for chocolate chips.

My husband Cliff and I, along with our two children, Rebekah, 2, and Luke, 1, rent a house on Moyer Brothers Farm. We raise vegetables for our own use and sell any extras that we might have.

Cliff is a sawyer for Wickizer Wood Products. I stay at home with our two children. We attend Overcomers Holiness Church in New Ringgold.

Shelly Taylor
Andreas

BAKED MACARONI AND CHEESE

For a crowd
5 pounds macaroni
17 quarts water
6 tablespoons salt
1½ cups butter
10 tablespoons flour
15 cups milk
6½ pound cheese
Cook macaroni in salt water and drain. Make a white sauce by melting butter. Add flour and stir until well blended and bubbly. Slowly add milk, stirring constantly until smooth paste is formed. Add pepper if desired. Place alternate layers of macaroni, sliced or grated cheese, and white sauce in greased electric roast pan until full. Bake at 350 degrees for one to two hours or until hot. Serves 60.

Mrs. Martin
Shippensburg

FAT-FREE MUFFINS

1 cup all-purpose flour
½ cup wheat cereal nuggets
½ cup sugar
½ teaspoon baking powder
¼ teaspoon salt
2 medium-sized ripe bananas, mashed

½ cup plain non-fat yogurt
¼ cup egg substitute
½ teaspoon vanilla extract
Preheat oven to 350 degrees. Place muffin cups in muffin pans. Mix flour, cereal nuggets, sugar, baking powder, and salt. In a large bowl, mix bananas, yogurt, egg substitute, and vanilla. Stir flour mixture into banana mixture. Stir until flour mixture is moist. Spoon into muffin pans. Bake 20 minutes.

I am a registered dietitian. I married Richard L. Byers, a veterinarian. We have a 1½ year-old daughter. I have been the secretary for the Beaver-Lawrence Dairy Promotion Committee for three years.

Michelle Byers
Enon Valley

CHEESE CRISPS

2 cups cheddar cheese, grated
½ cup grated parmesan cheese
½ cup butter, room temperature
¼ cup water
¼ cup whole-wheat pastry flour
½ cup all-purpose flour
1 tablespoon toasted wheat germ

¼ teaspoon salt
Dash cayenne
1 cup rolled oats
Dash paprika
Thoroughly blend cheeses, butter, and water. Add flours, wheat germ, salt, and cayenne; mix well. Stir in rolled oats.

Divide dough in half. Form into 2 rolls, each about 1½ inches in diameter. Wrap tightly. Refrigerate until well chilled, about 4 hours or up to one week.

After it is well chilled, slice in ¼ -inch slices. Sprinkle with paprika. Bake on greased baking sheet at 400 degrees for 8 to 10 minutes. Cool on rack. Yields 4 dozen.

I am married to Charles Kulinski. We have two sons. My husband and I are both dairy farmers. I also work for PaDHIA. I am serving my first year on the Beaver-Lawrence Dairy Promotion Committee.

Lisa Kulinski
Ellwood City

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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.

July

- 9- Peach Recipes
- 16- Garden Vegetables
- 23- Preserving Fruits & Vegetables
- 30- Tomato