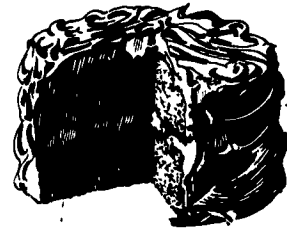


# Home On The Range



## Bread, Muffins, Biscuits

Fragrant homemade breads, muffins, and biscuits are increasing in popularity. Enjoy them with a cup of flavored coffee or as a complement to a full meal.

Fragrant and delicious, fresh baked bread is impossible to resist. They can be easy to make, too. If you are in a hurry, try biscuits or muffins. There seems to be a muffin recipe for every fruit, vegetable, nut, and candy imaginable.

Look over these recipes. You're certain to find one that will make a sweet ending to your meal or for a homemade gift or to celebrate a special occasion.

### BERRY MUFFINS

2 cups flour  
 1/2 cup sugar  
 3 teaspoons baking powder  
 1/2 teaspoon salt  
 1 egg  
 3/4 cup milk  
 1/4 cup butter, melted  
 1 cup berries (blueberries, raspberries or your favorite)

Mix and sift dry ingredients, reserving 2 tablespoons flour for dredging the berries. Beat egg slightly, add milk and gradually the dry ingredients. Add butter. Fold in berries, well coated with flour. Fill greased muffin tins 3/4 full. Bake 30 minutes in preheated 400-degree oven.

Sara Jane Fulmer  
 West Newton

### BAGELS

1 package dry yeast  
 1 cup warm water  
 4 cups all-purpose flour  
 2 tablespoons sugar  
 2 tablespoons vegetable oil  
 1 1/2 teaspoon salt  
 2 eggs  
 2 quarts water  
 2 tablespoons sugar  
 1 egg yolk  
 1 tablespoon water

Dissolve yeast in warm water in a 2 1/2 -quart bowl. Stir in 1 1/4 cups flour, 2 tablespoons sugar, the oil, salt, and eggs. Beat until smooth. Stir in remaining flour. Turn dough onto floured surface; knead until smooth and elastic, 5 minutes. Place in greased bowl, turn to coat. Cover and let rise in warm place until doubled about 45 minutes.

Punch down dough and divide into 16 equal parts. Shape each piece into smooth ball; punch hole in center and pull gently to enlarge hole and make uniform shape. Let rise 20 minutes.

Heat oven to 375 degrees. Heat 2 quarts water and 2 tablespoons sugar to boiling in Dutch oven; reduce heat. Add 4 bagels, 4 at a time. Simmer uncovered, turning once, 4 minutes; drain on towel. Repeat with remaining bagels, 4 at a time. Beat egg yolk and 1 tablespoon water slightly; brush over bagels. Bake on greased cookie sheet until gold brown, 30 to 35 minutes; cool.

Lisa Lewis  
 Mt. Airy, Md.



In a hurry? Mix up a batch of biscuits to complement a meal or to enjoy with a cup of coffee or glass of milk.

## Featured Recipe

*Fast, Fabulous Dairy Favorites*, a new recipe leaflet from American Dairy Association, offers 11 tantalizing main dish recipes that can be prepared and served in less than an hour, many in just 30 minutes. They're perfect for the pre-holiday season that leaves little time for meal preparation.

What's more, recipes like tamale pie, pasta with three cheeses, baked potatoes with savory toppers, shrimp chowder and tacos with veggies and two cheeses—are all guaranteed to please the family. Below is a recipe from the leaflet.

To order, send a self-addressed, stamped business-size envelope to:  
 Fast, Fabulous Dairy Favorites (0065)  
 American Dairy Association  
 3592 Corporate Drive, Suite 114  
 Columbus OH 43231-4978

### SHRIMP CHOWDER

8 servings

1 cup EACH: peeled and diced potatoes, chopped celery  
 1/2 cup EACH: chopped green bell pepper, chopped leek, chopped carrot  
 1 cup EACH: clam juice, condensed chicken broth  
 2 tablespoons tomato paste  
 1/2 teaspoon dried basil leaves, crushed  
 1/4 teaspoon EACH: dried thyme leaves, pepper  
 1 1/2 cups plain yogurt, at room temperature  
 2 tablespoons flour

1 package (10 ounces) frozen large cooked, peeled and deveined shrimp, thawed; Oyster crackers, if desired.

In 4-quart Dutch oven, combine vegetables, clam juice and chicken broth. Bring to a boil over medium-high heat. Reduce heat; cover and simmer about 15 minutes or until vegetables are tender. Place half of vegetable-broth mixture in work bowl of food processor or blender. Cover; process until pureed. Blend in tomato paste and seasonings. Combine yogurt and flour. Stir small amount of pureed mixture into yogurt. Transfer to Dutch oven with vegetable-broth mixture; stir to combine. Stir in remaining pureed mixture and shrimp. Heat through, but do not boil. Serve with oyster crackers.

Serving size 1 cup  
 Calories per serving 113  
 Protein 12 g, fat 2 g, carbohydrate 12 g  
 Calcium 117 mg, riboflavin (B2) 16 mg

### BREAD STICKS

1 envelope active dry yeast  
 1/4 cup warm water  
 1 1/2 tablespoons sugar  
 1 cup milk  
 1/4 teaspoon salt  
 1/4 cup butter  
 1 egg white  
 3 1/2 cups all-purpose flour, sifted

In a small bowl, stir together the yeast and water. Add one teaspoon sugar. Set aside for about 5 minutes. In a mixing bowl blend the milk, sugar, salt, and butter. Add the yeast mixture, egg white, and half the sifted flour. Add more flour to make a soft dough.

Place the remaining flour on a board. Turn the dough onto the floured surface and knead until smooth and elastic. Place in a greased bowl, turning so the greased side is on top. Cover with cloth and let the dough rise until it has doubled in bulk. Punch down and let the dough rise again. Shape into thin sticks and place on a greased baking sheet. Let the dough rise again. Bake at 400 degrees for about 10 minutes. Reduce the heat to 325 degrees and continue baking until the sticks become dry and crisp.

Makes 18 sticks.

B.J. Light  
 Lebanon

### JANE'S WHOLE WHEAT BREAD

1 package dry yeast  
 1/2 cup firmly packed brown sugar  
 3 teaspoons salt  
 1/4 cup shortening  
 3 cups whole wheat flour  
 5 cups white bread flour

Soften yeast in 1/4-cup warm water. Combine 2 1/2 cups hot water, sugar, salt, and shortening. Cool to lukewarm. Stir in whole wheat flour and 1 cup white flour, beat well. Stir in yeast. Add enough remaining flour to make a soft dough. Turn onto lightly

floured surface. Knead for 10 to 12 minutes or until smooth and satiny. Shape into ball. Place in lightly floured bowl, cover. Let rise about one hour and 30 minutes or until doubled in bulk. Punch down. Cut in two portions. Shape each into a smooth ball, cover. Let stand 10 minutes. Shape into two loaves. Place in greased 4x8-inch baking pans. Let rise about one hour and 15 minutes or until doubled in bulk. Bake at 375 degrees about 45 minutes. Cover with foil last 20 minutes, if necessary.

Jane Treichler  
 Kutztown

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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.

- November 12- What can you do with sweet potatoes?
- 19- Thanksgiving Dinner
- 26- Using Leftovers
- December 3- Holiday Baking