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Orange Cream

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d cold medium-sized bowl until Sugar and half, orange juice and at the # diume d heavy saucepan over oubble se (about 180 degrees on to not a. Gradually add the warm

orange juice mixture to the egg mixture, whisking constantly. Pour the mixture back into the saucepan. Place over mediumlow heat and cook, stirring constantly, until the mixture begins to thicken. Do not boil. Remove the pan from the heat and add the butter, stirring until all the pieces have melted. Pour the mixture into a bowl and cover. Place inside a larger bowl that contains ice and water. Set in freezer to cool for about 45 minutes, stirring occasionally.

Combine the heavy cream, vanilla, and orange extract in a small bowl; whip until stiff peaks form. Fold into the cooled orange juice mixture and add the food colorings to make an orange color, if desired. Freeze the mixture in an ice cream maker according to the manufacturer's directions. When ice cream is frozen, transfer it to a bowl. Cover and freeze overnight. Let the ice cream soften in the refrigerator for about 30 minutes before serving.

Stuffed Cabbage Rolls

1 medium-size head cabbage

32-ounce jar spaghetti sauce

pound ground beef

3 cups cooked white rice

envelope dry onion-mushroom soup mix

1/2 teaspoon salt

1/4 teaspoon pepper

Preheat oven to 350 degrees. Remove core from cabbage, then remove the 20 largest leaves. Bring water to a boil in a large saucepan; add the cabbage leaves and cook for 3 minutes or until tender. Drain and set aside.

Pour the spaghetti sauce into a 13x9x2-inch baking dish and set aside. Brown the ground beef in a medium-sized skillet; drain off and discard the excess fat. Combine the ground beef, rice, soup mix, salt and pepper. Place 3 tablespoons of the beef mixture at one end of each cabbage leaf. Tuck the sides of the leaf over the filling and roll up. Secure the rolls with wooden toothpicks. Place the stuffed cabbage rolls in the prepared dish. Cover and bake for one hour. Remove the toothpicks before serving.

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Lancaster Farming, Saturday, February 18, 1995-B29

Scrambled Cabbage 3 tablespoons vegetable oil or bacon drippings

clove garlic, very finely chopped

3 cups finely shredded green cabbage

2 medium-sized tomatoes, peeled and cut into cubes medium-sized onion, thinly sliced

cup thinly sliced celery

1 cup frozen corn

1/2 cup chopped green pepper

1 teaspoon sugar

1 teaspoon salt

teaspoon dill weed, optional

1/2 teaspoon black pepper

Heat the oil in a large skillet over medium heat. Add the garlic and cook one minute. Stir in the cabbage, tomatoes. onion, celery, corn, and green pepper. Sprinkle with the seasonings. Cover and cook 5 to 8 minutes or until vegetables are crisp-tender, stirring once or twice during cooking.

Sausage And Cabbage

1 pound pork sausages

1 large cabbage, quartered

Boiling water

3 tablespoons butter

3 tablespoons flour

teaspoon salt

1/4 teaspoon pepper

2 cups milk

11/2 cups soft bread crumbs

3 tablespoons butter, melted

Heat oven to 350 degrees. Grease a glass baking dish. Put sausages in heavy skillet and add a little boiling water. Simmer until water evaporates, then fry sausages until well browned and cooked through. Cut each sausage in 3 pieces.

Put cabbage in a single layer in a large saucepan while sausages are cooking. Add enough boiling water to about half cover cabbage pieces. Cover pan and cook gently just until tender, about 20 minutes. Lift out cabbage pieces and chop the cabbage coarsely. Put a layer of cabbage in the prepared baking dish, top with the sausage pieces and the remaining

Melt 3 tablespoons butter in saucepan. Sprinkle in flour, salt and pepper and let bubble. Remove from heat and add milk all at once. Stir to blend and return to moderate heat and cook until boiling, thickened and smooth, stirring constantly.

Pour over cabbage-sausage mixture slowly so it runs all through the meat and vegetable. Combine bread crumbs and 3 tablespoons melted butter. Sprinkle over top. Bake 30 minutes or until crumbs are brown and sauce is bubbling well. Serve immediately.

Beef And Cabbage Turnovers

3 tablespoons butter

% cup finely chopped onion

11/2 pound lean ground beef

4 cups grated cabbage

% cup grated raw carrot

2 teaspoons salt

¼ teaspoon pepper

1/4 teaspoon mace

1/2 teaspoon Worcestershire sauce 2 tablespoons water

Pastry dough

1 egg yolk

1 tablespoon water

Heat butter in large saucepan. Add onion and cook gently until tender, about 5 minutes. Add meat and cook and stir until all redness disappears. Add cabbage, carrot, salt, pepper, mace. Worcestershire sauce, and water. Cover and simmer 15 minutes. Uncover and continue cooking until all excess liquid cooks away. Meat should be moist but not wet. Cool.

Heat oven to 425 degrees.

Roll pastry very thin into oblongs or squares, cut into 6-inch squares. Make 18 squares.

Lay the pastry squares on the counter, top each one with 1/4 cup meat mixture. Moisten 2 adjacent edges of the squares with water and fold pastry over to form a triangle, pressing together along edges with the tines of a fork to seal. Prick tops of turnovers in a few places with the tines of a fork. Put on large cookie sheets. Beat egg yolk and water together and brush over tops of turnovers. Bake 25 to 30 minutes until well browned. Serve hot.

Dutch Style Beef And Cabbage

1½ pounds beef round steak

2 tablespoons flour

1 teaspoon salt

¼ teaspoon pepper

2 tablespoons vegetable oil

3 cups sliced onions

% cup hot water

1 tablespoon vinegar

2 teaspoons instant beef bouillon

small head cabbage

Cut meat into cubes. Combine flour, salt and pepper. Toss meat cubes in flour mixture to coat. Fry quickly in vegetable oil in hot skillet, browning all sides. Drain fat. Put meat in crockpot, add onions. In skillet, combine water vinegar, and bouilion. Stir together, over low heat, scraping browned bits from skillet. Pour into crockpot. Cover and cook on low heat setting for 8 hours. About 15 minutes before serving, cut cabbage into 4 or 5 wedges. Cook in large amount of salted water to cover for 10 to 12 minutes or until tender. Drain. Serve beef mixture over hot cabbage wedges.