



Home on the Range

Hot Potato Recipes

Potatoes are a good buy. They cost just pennies per serving and provide good nutrition for the money.

Potatoes are one of our most economical sources of thiamin, vitamin C, iron, and a supplementary source of high quality vegetable protein.

Another great plus for the potato is its versatility. You can boil, bake, mash, roast, steam, French fry, microwave, and grill a potato. Eat them plain or douse them with anything from butter to broccoli and ground beef.

In the past, the potato has been criticized for being just a starch. There's a lot more to potatoes, but the carbohydrates potatoes provide are important to a good diet. Carbohydrates are the body's primary source of fuel for energy. The brain, for example, uses about 20 to 25 percent of the daily intake of fuel (measured in calories) and this fuel should be in the form of carbohydrates. Furthermore, carbohydrates are not especially fattening, as was commonly thought. A medium potato has only 110 calories and is virtually fat-free.

CHEESY POTATO SOUP

6 medium potatoes, peeled and quartered
3 medium onions, cleaned and cut in quarters
½ pound Velveeta cheese
Salt and pepper to taste
Cover potatoes and onions with water. Add salt and cook until soft. Put in blender with slices of cheese and process until creamy. Serve and enjoy.

Bertha Mae Kauffman
Allensville

POTATO SOUP

5 cups peeled, cubed potatoes
3 stalks celery, chopped small
1 medium onion, chopped small
3-3½ cups water
1 teaspoon salt
Cook ingredients until tender in large Dutch oven. Mash mixture with hand potato masher a few times, leaving some of the potatoes, celery, and onion chunky. Stir in:
3 tablespoons butter
¼ to 1 cup half and half milk
Pepper to taste
Simmer on low. Garnish with chopped chives or fresh green onion tops if desired.

Patty Ashton
Schellsburg

IDAHO POTATO CAKE

1 cup butter, softened
2 cups sugar
2 eggs
1 cup cold mashed potatoes
1 teaspoon vanilla extract
2 cups all-purpose flour
¼ cup baking cocoa
1 teaspoon baking soda
1 cup milk
1 cup chopped nuts
In a mixing bowl, cream butter and sugar until fluffy. Add eggs, one at a time, beating well after each addition. Blend in potatoes and vanilla. Combine flour, cocoa, and baking soda; add alternately with milk, blending well after each addition. Stir in nuts. Pour into a greased 13x9x2-inch baking pan. Bake at 350 degrees for 40 to 45 minutes or until cake tests done. Cool on a wire rack.

Bertha M. Kauffman
Allensville

Recipe Topics

Enthusiastic cooks from across the U.S. and Canada headed for their kitchens and let their creativity go wild — wild rice, that is. The recipes poured in for the International Wild Rice Cooking Contest. In the final tally, the winning recipes showed the current trends in cuisine — quick and healthy soups, salads, and fusion cooking.

Warm Wild Rice and Roasted Vegetable Salad brought home the grand prize for Priscilla Yee of Concord, California. She received more than \$2,800 in cash and prizes.

Here is the winning recipe. To receive a free recipe brochure containing all seven of the winning recipes, send a self-addressed stamped envelope to International Wild Rice Association, Winning Recipes, 1306 W.Co. Rd. F, #109, St. Paul, MN 55112.

WARM WILD RICE & ROASTED VEGETABLE SALAD

Vinaigrette:
2 tablespoons white wine vinegar
¼ cup orange juice
¼ cup olive oil
1 tablespoon Dijon mustard
2 teaspoons minced fresh rosemary
1 teaspoon ground cumin
½ teaspoon salt
¼ teaspoon cayenne pepper

Salad:
4 firm plum tomatoes, quartered
2 small zucchini, sliced ¼-inch thick
2 medium red or yellow peppers, cut in 1-inch squares
1 teaspoon minced fresh rosemary
1 tablespoon olive oil
2 cups warm cooked wild rice
½ cup chopped prosciutto ham or other mild ham

Whisk together vinaigrette ingredients; set aside. Heat oven to 450 degrees. Spray a 15x10-inch jelly-roll pan with nonstick cooking spray. In large bowl, combine tomatoes, zucchini, bell pepper, and rosemary. Drizzle with olive oil; toss to coat. Spread in single layer in pan. Roast 15 to 20 minutes, or until crisp-tender and lightly browned.

In large bowl, toss roasted vegetables with wild rice, ham, and vinaigrette. Arrange on serving platter lined with lettuce. Garnish with rosemary sprigs, if desired. Makes 4 main dishes or 6 side dishes.



For a quick meal, microwave a potato and top with leftover chili and grated cheese.

HEARTY POTATO SOUP

6 medium potatoes, peeled and sliced
2 carrots, diced
6 celery stalks, diced
2 quarts water
1 onion, chopped
6 tablespoons butter
6 tablespoons all-purpose flour
1½ cups milk
Salt and pepper to taste

In a large kettle, cook potatoes, carrots and celery in water until tender, about 20 minutes. Drain, reserving liquid and setting vegetables aside. In the same kettle, saute onion in butter until soft. Stir in flour, salt and pepper; gradually add milk, stirring constantly until thickened. Gently stir in cooked vegetables. Add 1 cup or more of reserved cooking liquid until soup is desired consistency. Yield: 8-10 servings (about 2½ quarts).

Bertha Mae Kauffman
Allensville

SCALLOPED POTATOES FOR A CROWD

2 pounds frozen diced hash brown potatoes
½ cup diced onions
½ cup diced green and red sweet pepper, fresh or frozen
1 10¼-ounce can cream of mushroom soup
1 soup can water
1 cup shredded cheddar cheese
1 cup cheese cracker crumbs or croutons

Let hash browns thaw one hour. Combine all ingredients except cracker crumbs. Pour into buttered 13x9-inch casserole dish. Bake at 350 degrees for one hour. At end, sprinkle crumbs on top and bake another 10 minutes. Serves 12 to 15.

Gerry Seipt
Easton

AU GRATIN POTATOES

8 cups cubed, peeled potatoes
¼ cup butter
2 tablespoons all-purpose flour
¼ teaspoon salt
½ teaspoon pepper
1½ cups milk
1 pound real American cheese, cubed

Minced fresh parsley
In a large saucepan, cook potatoes in boiling water until done. Drain and place in a greased 2½-quart baking dish. In a saucepan, melt butter. Add the flour, salt, and pepper; stir to form a smooth paste. Gradually add milk, stirring constantly. Bring to a boil; boil and stir for one minute. Add cheese; stir just until melted. Pour over potatoes. Cover and bake at 350 degrees for 45 to 50 minutes or until bubbly. Sprinkle with parsley. Makes 12 servings.

Lebanon Co. Dairy Princess
Stacy Krall

JANSSEN'S TEMPTATION

¼ pound butter
2 tins flat anchovy fillets
4 yellow onions
8 large potatoes, cut as for French fries
1 quart half and half
Pepper to taste

Melt butter in 6-quart Dutch oven. Chop the anchovies and onions. Cook gently until onions are soft but not browned. Add potatoes and cover with half and half, sprinkle with ½ teaspoon pepper. (Add no salt, the anchovies are salty). Stir and cover and place in 350 degree oven. Stir and cover in 350 degree oven. Stir every half hour. After 1½ hours, remove lid and continue to cook one more hour until potatoes are soft and top is browned.

Excellent buffet dish to serve with ham.

Anne Wiegler
Pottstown

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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.

March
4- Crock-Pot Recipes
11- Muffin Favorites
18- Barley & Other Grains
25- Lentils, Dried Beans