

Home on the Range

The Many Tastes Of Tomatoes

Fads in food come and go. Salsa, a seldom-heard-of dish in this area a decade ago, is hot on the market now. But fried tomatoes aren't as popular now as they were in grandma's era — although people still love them if they aren't against fried food for dietary reasons.

One thing that hasn't changed is the popularity and versatility of tomatoes. Tomatoes are great in fresh, cooked, baked, grilled, broiled, and canned recipes. The variety available by combining tomatoes with other foods continues to amaze cooks who enjoy trying new recipes.

Here are some favorite old recipes with some fresh recipes that are appealing for both traditional and modern cooks.

TOMATO ZUCCHINI SAUTE

1 pound sliced zucchini
4 tablespoons instant minced onion

2 tablespoons butter
2 medium tomatoes, chopped
½ teaspoon garlic salt
¼ teaspoon oregano
¼ teaspoon black pepper

Saute zucchini and minced onion in 2 tablespoons butter. Add 2 tomatoes, garlic salt, oregano, and black pepper. Saute 5 minutes.

Susan Creveling
Bainbridge

TOMATO BUTTER

5 quarts ground ripe tomatoes
3 medium onions, ground
1 pint vinegar
3 cups brown sugar
2 cups granulated sugar
1 teaspoon cinnamon
1 teaspoon ground cloves
1 teaspoon allspice
1 tablespoons salt

Peel and grind tomatoes and onions. Combine vinegar, sugar, spices, and salt in heavy saucepan; bring to a boil. Add vegetables and simmer over low heat until thick, stirring frequently to prevent sticking. Ladle hot mixture into hot jars and seal at once. About 5 pints.

Sarah Clark
Breezewood

V-8 TOMATO JUICE

6 quarts tomato juice
½ cup sugar
2 teaspoons celery salt
2 teaspoons onion salt
2 teaspoons garlic salt
Bring mixture to a boil. Pour into hot jars and seal.

Alice Yoder
Lewistown

BEEF AND CHEESE BAKE

1 pound ground beef
½ cup green pepper, chopped
½ cup onion, chopped
1 pound canned tomatoes
6 ounces tomato paste
½ cup water
½ teaspoon salt
1 bay leaf
2 cups elbow macaroni, cooked
10 ounces shredded cheddar cheese

Parmesan cheese
Saute onion and pepper in oil. Brown ground beef, drain. Stir in tomatoes, tomato paste, water, salt, bay leaf, and cook 20 minutes.

In 2-quart casserole, alternate layers of macaroni, meat mixture, and cheese.

Top with parmesan cheese. Bake at 350 degrees for 30 minutes.

Susan Creveling
Bainbridge

TOMATILLO SALSA

5½ cups chopped, cored, husked tomatillos* (about 2 pounds)

1 cup chopped onion
1 cup chopped green chili peppers

4 cloves garlic, minced
2 tablespoons minced cilantro
2 teaspoons cumin
½ teaspoon salt
½ teaspoon red pepper
1 cup vinegar
¼ cup lime juice

*Tomatillos are also known as Mexican husk tomatoes. They do not need to be peeled or seeded, but the dry outer husk must be removed.

Combine all ingredients in a large saucepan. Bring mixture to a boil. Reduce heat and simmer 10 minutes. Ladle hot salsa into hot jars, leaving ¼ -inch head space. Adjust two-piece caps. Process 15 minutes in a boiling-water canner.

Yield: about 2 pints.

Penn State Extension

OPEN-FACED SANDWICHES

Toast
Cheese
Tomatoes

For each sandwich, place one slice of cheese on toast, a slice of tomato, and another slice of cheese. Season with salt and pepper. Broil or warm in oven until cheese is melted and bubbly.

Regina High
Reinholds



For casual weeknight entertaining, serve Italian Polenta Cheese Casserole.

TOMATO SANDWICHES

1 large ripe tomato, peeled
1 large onion, peeled
16 slices sandwich bread
1 tablespoon mustard
3 tablespoons mayonnaise
Salt and pepper

Cut tomatoes and onions into eight (¼ -inch thick) slices each; layer tomato and onion slices in a shallow dish. Cover and refrigerate eight hours.

Cut bread slices into circles the size of tomato slices. Combine mustard and mayonnaise. Spread on one side of each bread round. Discard onion slices. Place tomato slice on eight bread rounds. Sprinkle lightly with salt and pepper. Top with remaining bread rounds. Cover; chill up to two days. Yields 8 sandwiches.

Louise Graybeal
Renick, W.V.

DANISH GREEN TOMATO RELISH

30 green tomatoes
5 large onions
3 sweet red peppers
3 sweet green peppers
4 tablespoons salt
4 tablespoons dry mustard
1 tablespoon celery seeds
4 cups sugar
5 cups vinegar

Grind tomatoes, onions and seeded peppers in food chopper. Add salt and let stand overnight. Drain, discard liquid and add remaining ingredients to vegetables.

Bring to a boil and simmer 30 minutes. Ladle into hot, sterilized jars; seal at once. Process in hot water bath for 5 minutes. Adjust lids. Makes 6 pints.

Sarah Clark
Breezewood

Featured Recipe

Sipping a cool and creamy milk shake has always been a moo-st delicious way for kids to get the calcium they need every day. And now, kids ages 10 to 16 can "shake it up" in the "Shake Yourself A Winner" Recipe Contest sponsored by America's Dairy Farmers. Five lucky finalists will win an all-expense-paid trip to the Disney-MGM Studios Theme Park.

The rules are simple! The milk shake recipe must be the contestant's original creation and use at least one half (½) cup of milk per serving. Recipes will be judged on taste, visual appeal and originality.

Kids are encouraged to go a little wild when shaking up their shakes. Ice cream, frozen yogurt, fruit, syrups and sauces, cookies, even candy can be blended with the milk. Last year's second prize winner "shook up" the judges with her *Butter Cup Shake*, a nutty blend of milk, peanut butter, honey and butter pecan ice cream.

Following a preliminary judging, five finalists will advance to the final judging and "Shake-Off" at the Disney-MGM Studios in Orlando, Fla. on October 7. In addition to the all-expense paid trip to Orlando, all five finalists will win a year's supply of ice cream. The top three winner also will receive cast prizes.

Send recipes to: Shake Yourself A Winner, P.O. Box 1370, Barrington, IL 60011 or e-mail them to MooShake@aol.com. Entries must be received either by U.S. mail or e-mail by 11:59 p.m. (CT) on September 2, 1995. For complete rules, send a self-addressed, stamped business-size envelope to Shake It Up Rules, P.O. Box 930, Barrington, IL 60011. Contest rules are also available in The Cooking on American Online.

Butter Cup Shake

1 cup milk
½ cup honey
½ cup peanut butter
2 cups butter pecan ice cream
Whipped cream
Butterscotch chips
Toasted coconut

In blender container, place milk, honey and peanut butter; blend until combined. Add ice cream; blend until smooth. Pour into two tall glasses. Top with whipped cream, butterscotch chips and toasted coconut.

Yield: 2 servings.

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.

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