

(Continued from Page B8)

ANSWER - Julianne Medaglia, Birdsboro, wanted recipes for quick and easy (30 minute type) dinner ideas that can be made in the morning and cooked for supper or slow cooker ideas. Thanks to Lisa Sparr, Upper Falls, Md., for sending numerous recipes.

Herbed Mushroom Round Steak

- 2 pounds beef round steak, cut 3/4 -inch thick
- tablespoon cooking oil
- 1 medium onion, sliced
- 2 cups sliced fresh mushrooms or 2 4-ounce jars canned mushrooms
 - 10% -ounce can condensed cream of mushroom soup
 - ½ teaspoon dried oregano, crushed
 - 1/4 teaspoon dried thyrne, crushed
 - ¼ teaspoon pepper
 - 3 cups hot cooked noodles

Trim fat from meat. Cut meat into serving size portions. In a large skillet brown beef on both sides in hot oil.

in a 31/2 -4-quart crockery cooker, place onion slices and mushrooms. Place beef on top of vegetables.

In a small bowl, combine soup, oregano, thyme, and pep-

per; pour over meat. Cover; cook on low-heat setting for 8-10 hours or on high

for 4-5 hours. Serve over hot cooked noodles.

Herbed Pork Roast

- 4-7 pounds fresh ham or pork leg
- 2 cups water
- 1 teaspoon salt
- 1 teaspoon thyme, crushed
- teaspoon ground sage
- teaspoon grated lemon peel
- tablespoon lemon juice
- 1 clove garlic

Remove skin and excess fat from pork. Place in large bowl. Pour water over; add remaining ingredients. Cover and refrigerate several hours or overnight. Turn meat two or three times if possible. Transfer meat and marinade to slow cooking pot. Cover and cook on low for 10-12 hours or until meat is done. If possible, turn meat in pot once during cooking. Drain and slice. Makes 8 servings.

Minestrone Soup

- pound beef shank or stew meat
- 6 cups water
- 1 onion, chopped
- 1 teaspoon salt
- 1 teaspoon powdered thyme
- 2 tablespoons minced parsley
- 1/4 teaspoon pepper
- 16-ounce can tomatoes, cut up
- 1 zucchini, thinly sliced
- 16-ounce can garbanzo beans
- 2 cups chopped cabbage, drained
- 1 cup small elbow macaroni, uncooked
- 1/4 cup grated Parmesan cheese

In slow-cooking pot, combine beef with water, onion, salt, thyme, parsley, pepper, and tomatoes. Cover and cook on low for 7-9 hours. Remove beef bones; cut up meat and return to pot. Turn control on high. Add zucchini, beans, cabbage, and macaroni. Cover and cook on high for 30-45 minutes or until vegetables are tender. Sprinkle with cheese. Makes 8-10 servings.

Chicken Cacciatora

21/2 - 3-pound broiler-fryer chicken, cut up

- 1/4 cup salad oil
- 1 onion, chopped
- 2 8-ounce cans tomato sauce
- 1 teaspoon dried oregano leaves, crushed
- 1/2 teaspoon dried thyme leaves, crushed
- 1 teaspoon sait
- ¼ teaspoon pepper
- 1 clove garlic, minced
- 2-ounce can sliced mushrooms, drained
- Cooked spaghetti

In large skillet or slow cooking pot with browning unit, brown chicken in hot oil. Drain. In slow-cooking pot, combine chicken with onion, tomato sauce, oregano, thyme, salt, pepper, and garlic. Cover and cook on low for 4 to 5 hours. Stir in drained mushrooms. Spoon over hot cooked spaghetti. Makes 4-5 servings.

Sweet And Sour Chicken With Almonds

1 pound skinless, boneless chicken breast halves 241/2 -ounce jar sweet and sour cooking sauce for chicken 16-ounce package loose-pack frozen broccoli, carrots, water chestnuts, and red sweet peppers

2 cups hot cooked rice

1/4 cup toasted, chopped almonds

Rinse chicken; pat dry. Cut chicken into 1-inch pieces. In a 3% -4-quart crockery cooker, combine chicken cooking sauce and frozen vegetables.

Cover and cook on low heat setting for 5-6 hours or on high heat setting for 21/2 -3 hours. Serve with hot cooked rice. Sprinkle with almonds. Makes 4 servings.

ANSWER - Norma Stoltzfus, Morgantown, wanted a recipe for English muffins made from scratch. Thanks to a Dover reader for sending a recipe. She writes that the muffins are easy to make and kids love them. Store in the refrigerator, split and toast when ready to eat.

Commeal English Muffins Makes 20 muffins

1½ cups milk

- 2 tablespoons butter
- 1/2 cup warm water
- 1 cup commeal
- 1 package dry yeast
- 1/4 teaspoon sugar
- 3½ -4 cups flour

1 egg

Heat milk in small saucepan until bubbles form. Add butter. Set aside to cool until warm.

In small bowl, mix water, yeast, and sugar. Stir. Let stand until foamy (approximately 5 minutes).

In large mixer bowl, mix 2 cups flour and salt. Make well in center. Add milk mixture, yeast mixture, and egg. Beat (dough hook or by hand) until smooth. Add 11/2 cups flour and the cornmeal. Mix until soft dough forms. Knead several times, adding ½ cup flour as needed.

Place dough in oiled bowl, turning to coat. Cover and let rise one hour.

Punch down dough. Roll den to with 3-inch round cutter. minutes.

Lightly oil skillet and heat on ediul 1 side of rounds for 3 minute r un cook for 2-3 minutes more until browned.

ANSWER - Naomi Stoltz on using chestnuts in cooking or bat Donaldson, for sending installions degrees. Prick the shins of changes them in oven 15-20 minute r the Laurie wrote that the chestre exp

she covered them with foil. She Ligge

ANSWER - Tammy wald a doughnuts and for chocolate per ing. Here is a recipe for com fill Dought Fill

1 cup milk

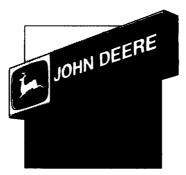
5 tablespoons flour

Cook milk and flour until went 1/2 cup shortening

1/2 cup butter

Add flour-milk mixture slow Bea





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