

Lancaster Extension Reviews Accomplishments



Cook's Question Corner

(Continued from Page B8)

ANSWER — Ralph Johnson, Sewell, N.J., wanted recipes for potato and for potato leek soups. Thanks to several readers who sent recipes. One is published here from Charlene Bennett, Clearville. Others will be printed in the Feb. 22 issue of this paper in the "Home On The Range," section.

Potato-Leek Soup

- 1½ cups sliced leeks or green onions
- ½ cup butter, divided
- 5 cups cubed, peeled potatoes
- ¾ cup chopped celery
- 1½ cups cubed carrots
- 2 teaspoons salt, divided
- 2 cups water
- 4 tablespoons all-purpose flour
- ¼ teaspoon pepper
- 4 cups milk
- 2 chicken bouillon cubes

In a large Dutch oven, saute leeks in ¼ cup butter until tender. Add potatoes, celery, carrots, 1 teaspoon salt and water; cover and simmer for 20-25 minutes or until vegetables are tender. Meanwhile, in a medium saucepan, melt remaining butter. Add flour, pepper, and remaining salt; cook until smooth and bubbly. Gradually add milk and bouillon; cook and stir until mixture thickens. Stir into vegetables. Simmer, stirring occasionally, until heated through. Yield: 6-8 servings (about 2 quarts).

ANSWER — A New York reader wanted a recipe for English muffins, with a rather dry, very coarse texture. Thanks to Janet Grove, Airville, who sent her favorite recipe for English Muffin Bread, which is great to slice and toast for breakfast in place of the muffins.

English Muffin Bread

- 5-6 cups all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons salt
- ¼ teaspoon baking soda
- 2 packages Rapid Rise yeast
- 2 cups milk
- ½ cup water
- Cornmeal

In large bowl, combine 4 cups of flour, sugar, salt, baking soda, and yeast. Heat liquids until very warm (125-130 degrees). Add to dry mixture, beat well. Stir in as much of remaining flour as you can to make stiff batter. Spoon into 2 loaf pans that have been greased and sprinkled with cornmeal. Also sprinkle cornmeal over top of dough. Cover; let rise in warm place 30-45 minutes. Bake at 400 degrees for 25 minutes. Remove from pans immediately and cool.



At left Betty Conner, Groundwater Foundation manager, congratulates Ellen Dewey, League of Women Voters, and Leon Ressler, Lancaster County extension agent, for enabling the county to win the Groundwater Guardian Award.

ANSWER — Judy Kroplecky, Lancaster, wanted a recipe for candy that is made with saltine crackers, walnuts, brown sugar, and chocolate chips. Thanks to a reader for sending a recipe.

Soda Cracker Candy

- 35-40 soda crackers
- 1 cup butter
- 1 cup brown sugar
- 1½ cups chocolate chips
- 1½ cups chopped nuts (opt.)

Line 15x10-inch baking pan with foil. Spray foil with vegetable spray. Place soda crackers in rows on foil. In saucepan, melt butter, add brown sugar, and bring to a boil. Boil for 3 minutes. Pour over crackers and spread until covered. Bake at 350 degrees for 5 minutes.

Remove from oven and turn off oven. Sprinkle with chocolate chips and nuts. Return to oven until chocolate chips are melted (3-5 minutes). Cut into squares while warm.

ANSWER — Jean Heisey of Mount Joy wanted a recipe for baked oatmeal. Thanks to Judith Zimmerman, Lebanon, for sending a recipe.

Baked Oatmeal

- ½ cup butter, melted
- 2 eggs
- ½ cup brown sugar
- 3 cups oatmeal
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 cup milk
- Raisins or coconut (optional)

Mix together butter, eggs, and brown sugar; add remaining ingredients. Can be mixed the night before. Use 9-inch square pan or baking dish. Bake at 350 degrees for 45 minutes. Delicious for breakfast or used as shortcake. Strawberries (fresh or frozen) may be used when serving.

Can be baked in microwave in a covered casserole at high for 15 minutes. Turn dish halfway through cooking. Remove cover after cooking.

LOU ANN GOOD
Lancaster Farming Staff
LANCASTER (Lancaster Co.)
— Tastes from county commodity groups offered a festive opening to the hundreds who attended the 84th annual meeting of the Lancaster County Cooperative Extension Association at the Farm and Home Center recently.

Commodities offered the best of their bounty. Included were such specialties as emu soup, lamb stew, roast beef sandwiches, omelets, sliced apples, apple butter, chips, ice cream sundaes, milk punch, apple cider, and freshly sliced vegetables with dip.

Dr. John Schwartz, county extension director, reported that in 1996, 3,998 youth enrolled in 4-H clubs, 68 master gardeners provided horticultural assistance, and 5,134 meetings were held by the extension staff.

The annual meeting was also the time to recognize extension agents for their achievements during the past year.

Former extension farm management agent Alan Strock, who is now an ag banking officer, was recognized for receiving a national achievement award. Livestock extension agent Chester Hughes was lauded for his national recognition in reducing fat in beef and hogs.

Leon Ressler, county environmental extension agent, Ellen Dewey of the League of Women Voters, and Mary Frey of the Lancaster County Planning Commission, were presented a plaque for their work with the Lancaster County Groundwater Education Coalition.

Betty Conner representing the National Groundwater Foundation said that the county was one of 84 communities in the U.S., Canada and Mexico that were designated Groundwater Guardian Communities at the Groundwater Foundation Conference in Ill.

The coalition established a resource center for groundwater educational materials at the Shuts Environmental Library of the Lancaster County Library System. Materials include water curricula for teachers and water information

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