

Cook's Question

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ANSWER — A faithful reader wanted really good recipes for rhubarb. Here are a few from Tabby Heindel, Ephrata. Thanks to others who also sent in recipes. Look for more rhubarb recipes in the May 3rd issue of this paper — "Home On The Range."

Rhubarb Tapioca

- 2 cups chopped rhubarb
- 24 stewed prunes
- ¼ cup prune juice
- ½ cup sugar
- ½ cup minute tapioca
- ¾ cup cold water

Soak tapioca in cold water for 30 minutes. To the chopped rhubarb, add stewed prunes, prune juice and sugar. Cook together for 5 minutes. Add tapioca and cook until mixture is transparent. Serve hot or cold. Top with whipped cream if desired.

Rhubarb Crunch

Mix until crumbly:

- 1 cup flour, sifted
- ¾ cup uncooked oatmeal
- 1 cup brown sugar, packed
- ½ cup melted butter
- 1 teaspoon cinnamon

Combine the following:

- 1 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 teaspoon vanilla

Press half of the crumbs into a greased 9-inch baking pan. Add 4 cups diced rhubarb. Combine second mixture and cook until thick and clear. Pour over rhubarb. Top with remaining crumbs. Bake at 350 degrees for 35 to 40 minutes. Cut into squares and serve while warm. May be served plain or with cream.

Rhubarb Pudding

- 1½ cups flour
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- ½ cup sugar
- ½ cup butter
- 4 cups diced rhubarb
- 1 cup brown sugar
- 1 tablespoon lemon juice

Sift flour; measure and add salt, sugar, and cinnamon. Sift again. Cut in shortening as for pastry. Mixture will be crumbly. Place half of the crumb mixture in the bottom of a greased 8-inch cake pan. Press down rather firmly. Combine rhubarb, brown sugar, and lemon juice. Spread over top of crumb mixture. Add remaining crumbs and press down with a spoon. Bake at 375 degrees for 40 to 45 minutes. Serve warm with rich milk or cream.

Rhubarb Pudding

- 3 slices white bread
- 1 cup diced rhubarb
- ½ cup brown sugar
- ¼ teaspoon nutmeg
- 1 tablespoon butter

For custard:

- 1 egg
- ¼ cup sugar
- 1 cup milk

Cut bread in small cubes. Place half of bread cubes in a greased baking dish. Add rhubarb and sprinkle with sugar and nutmeg. Top with remaining bread cubes and dot with butter. Beat egg, add sugar and milk. Pour mixture over contents of baking dish. Bake at 350 degrees for approximately 40 minutes or until a silver knife comes out clear when inserted in pudding. Serve warm or cold with rich milk or cream.

ANSWER — Thanks to Lynda Bell, Lincoln University, for answering a request for a simple, foolproof recipe for home-made soup.

Corn Chowder

- 2 slices bacon
- ½ cup chopped onion
- 1 can cream of chicken soup
- 1 cup milk
- ¾ cup water
- 1 cup diced cooked chicken
- ½ cup frozen corn

Place bacon in a medium saucepan and cook until crisp. Remove bacon, dry on paper towels. Reserve drippings (about 1 tablespoon) in saucepan. Crumble bacon, and set aside.

Saute onion in bacon drippings until transparent. Stir in remaining ingredients. Sprinkle in the bacon. Cook over low heat until thoroughly heated.

ANSWER — A reader wanted good recipes to make cheese and other recipes to use up excess milk. Here are several from Linda Martin, Lititz, which are suitable for either goat's or cow's milk.

Mild-Flavored Hard Cheese

Heat 2 gallons milk in a stainless steel kettle to 180 degrees or 190 degrees. If it boils, it will still work but cheese may be drier. Remove from heat and add vinegar until it separates (approximately ½ cup).

Pour the cheese into a colander to drain the whey. Once it's drained, add 2½ teaspoon salt to the curds using a fork to stir. While still hot, put the curds into some kind of mold with holes at the bottom and sides so that it can drain. (I use the top part of a vegetable blancher). Cut a plastic lid to fit and punch holes for the top. For weight, fill a 5-quart plastic ice cream pail with water. Or you can put a cheesecloth into the colander and gather the curds tightly in the cloth and let set. Let it drip and harden in a cold place overnight. Remove from mold and enjoy.

For variety, add dried, ground jalapeno peppers or cheddar cheese powder, etc., when adding the salt.

For cottage cheese, cool curds in whey. Drain through cloth, allowing curds to drip until dry. Place them in a bowl and add salt, enough milk to moisten the curds.

Variation: add parsley flakes and all-purpose seasoning.

Yogurt

Heat 2 quarts milk to 185 degrees. Cool to 110 degrees. Add yogurt starter, which is available from New England Cheese Making Supply Co., Box 85, Main St., Ashfield, MA 01330-0085 or call (413) 628-3808 or Fax (413) 628-4061.

Cool to 110 degrees. Let set for 6-12 hours or longer, keeping temperature at 110 degrees.

When thick, add ¾ cup flavored gelatine dissolved in 2 cups hot water, beat well and cool.

Or, add vanilla and sugar or thickened and sweetened fruit juice with Clear Jel and chop the fruit and add to plain yogurt.

To help it become thicker, add 1 tablespoon unflavored gelatine, which has been soaked in a bit of cold milk before adding to the hot milk before cooling to 110 degrees.

Book Report

Barns, Sheds and Outbuildings by Byron Halstead is in its second printing. Although it dates from a time before power tools, electricity, and gasoline, this book abounds in simple ideas that rural householders and farmers find useful today. Barns, poultry houses, piggeries, corn cribs, ice houses, spring houses, granaries, smoke houses,

root cellars, and even kennels and birdhouses are included in this fascinating compendium from days gone by.

5-1/2" x 8 1/2"; 240 pages; 257 illustrations; paperback; \$12.95 plus \$2.50 shipping and handling. Alan C. Hood & Company, Inc. Box 775, Chambersburg, PA 17201.

Spending Effects

RUTGERS, N.J. — According to the San Diego-based National Center for Financial Education (NCFE), today's spending decisions can greatly affect tomorrow's future financial security. Money that is saved in your 20s and 30s can multiply handsomely, given both time and a decent rate of interest.

To illustrate the relationship between spending and asset accumulation, the NCFE estimates that the "real" difference in price between a full-sized car and a compact car is not around \$10,000 (as most of us would guess) but, rather, a cool million dollars. Say what? Cars are expensive but not that bad, you say. Read on.

The NCFE does the math as follows: Borrowing \$25,000 for a new full-size car over 4 years will cost about \$634 a month. Borrowing just \$15,000 for a compact car will cost only \$381 a month. At age 30, begin saving the difference — \$253 a month — for 35 years.

Earning an 8 percent average rate of return, the \$253 a month will grow to \$580,352. If one were to get monthly payments of \$4,000 from that sum from ages 65 to 90, the total from that sum would be over \$1 million. That's the magic of compound interest. But it isn't retroactive.

If the \$253 car loan difference in the example above were saved for only 25 years, it would grow to just \$240,000. Paid out at \$1,857 a month, the total would be \$557,000. It's amazing that the difference in saving an additional ten years is about half a million dollars.

The monthly difference in payments of \$4,000 vs. \$1,857 a month shows how today's lifestyle decisions can be worth a million dollars in future years. If ten years could mean a difference of \$2,143 a month in retirement income, can you imagine what 15 or 20 additional years of savings can do?

In addition, if the choice between cars can impact retirement income, imagine the possibilities when applied to other spending decisions such as a house, vacation, meals out, entertainment, clothing, and so on.

Try to develop the art of saving today. Contact Rutgers Cooperative Extension to become a Money 2000 household. This will encourage you to save. Your future is in your hands.

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