

# Salute Dairy Farmers By Trying These Recipes

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Mark, Irene, Aaron and Jarod Harris raise replacement heifers in Middleburg.

## CHICKEN SUPREME

2 fresh chicken breasts, boned and skinned  
4 ounces seasoned pork sausage  
Broccoli spears  
Salt and pepper  
3- to 4-ounces white sauce and marinara sauce  
4 slices American cheese  
Butter

Cook chicken in butter in pan for 2 minutes each side at 325 degrees. Cook sausage in separate pan for 2 to 3 minutes. Place sausage over chicken. Cook broccoli spears for 1 to 2 minutes and drain water. Add salt and pepper. Place broccoli over sausage and chicken. Thin white sauce with some marinara sauce added to it. Top the broccoli-sausage-chicken with this sauce. Place American cheese on top of the sauce-broccoli-sausage-chicken entree and melt cheese. This makes a complete meal when topped with a salad.

### White Sauce:

1 tablespoon butter  
1 tablespoon all-purpose flour  
1/2 teaspoon salt  
Dash pepper  
1/2 cup milk

In a saucepan, melt butter. Stir in flour, salt, and pepper. Add milk all at once. Cook and stir over medium heat until thickened and bubbly. Cook and stir one minute more.

*My husband and I and two sons, Aaron, 6, and Jared, 4, live on a farm in R.D.#3 Middleburg. We raise dairy replacement heifers and crops.*

Irene Harris  
Middleburg



## RASBERRY SWIRL

### Crust:

1 cup graham cracker crumbs  
1/2 cup butter  
3 tablespoons sugar

### Top part:

3 eggs, separated  
8-ounces cream cheese  
1 cup sugar  
1/2 teaspoon salt  
8-ounces whipped cream topping

1 1/2 cups fresh or frozen raspberries

Combine crumb mixture for crust. Press into 9x13-inch pan. Bake for 8 minutes. Cool. Beat egg yolks, add softened cream cheese, sugar, and salt. Beat until light and smooth. Beat egg whites stiff, fold into whipped cream, add cream cheese mixture. Crush raspberries into pulp. Gently swirl a little into cream mixture. Spread into pan, swirl remaining berries on top with knife. Freeze! A very good summer treat.

Mrs. Allen Fisher  
Gratz

## CHICKEN ETTIE

3 cups cooked, chopped chicken  
2 cups dry macaroni  
2 cups frozen peas, thawed  
1/2 cup diced carrots, if desired  
Make a white sauce using:  
4 cups milk  
2 heaping tablespoons flour

1/2 cup butter  
2 teaspoons salt  
Pepper and seasonings to taste  
1 cup Velveeta-style cheese  
Add cheese to white sauce and stir until melted. In a large bowl, mix all ingredients together. Pour in a large casserole dish. Add more milk if desired. Top with bread crumbs. Bake at 350 degrees for one hour.

*My husband John and I along with our two children, Lisa, 4, and LeAlan, 2, live on a 27-acre farm in Lancaster County. We love the great outdoors and spend lots of time in it.*

*We all enjoy dairy products even though we do not milk cows.*  
Dorcas Reiff  
Leola

## SWISS-STYLE LASAGNE

1 pound lasagne noodles  
1/2 cup butter  
1/2 cup chopped onion  
1/2 cup flour  
Salt and white pepper  
2 cans chicken broth  
1 cup milk  
1/2 cup plus 2 tablespoons grated parmesan cheese  
1/4 pound chicken roll slices  
3 cups shredded mozzarella cheese  
8 ounces ham  
8-ounces mushroom pieces  
2 tablespoons grated parmesan cheese

Cook lasagne according to package directions. Drain well. In saucepan, combine broth and milk; warm over very low heat. In medium saucepan, melt butter; saute onion until tender. Add flour, salt, and pepper to taste; blend well until smooth. Slowly add warm broth and milk, stirring until thick. Stir in 1/2 cup plus 2 tablespoons parmesan cheese and simmer 5 minutes. In greased 9x13-inch baking pan, layer as follows:

1/2 noodles  
Chicken slices  
1 1/2 cups mozzarella cheese  
1 cup sauce  
1/2 of noodles  
Ham slices  
Drained mushrooms  
Remaining mozzarella cheese  
1 cup sauce  
1/2 of noodles  
Remaining sauce  
2 tablespoons parmesan cheese  
Bake at 350 degrees for 45 minutes. Can be made ahead, covered and refrigerated for several hours.

*I live on a dairy farm in Adams County, south of Gettysburg near the Mason Dixon Line. We have registered Holsteins. Our farm is a century farm.*

*My responsibilities include being a relief milker, taking care of the calves, running errands, doing the bookkeeping, and preparing meals for family and farm worker. Meals are an important part of farm life, and I love to cook, can, and freeze.*

*I am an active member of the Gettysburg Presbyterian Church and presently am serving as a deacon. The Pa. Farm Bureau Advisory Group and Adams County Extension Homemakers are other groups I participate in. Flowers and gardening are also interests of mine.*

Carolyn Durboraw  
Gettysburg



Jennifer Zimmerman feeds the calves on the family's Fleetwood farm.



AMERICAN DAIRY ASSOCIATION®



Lottie Kuhlman is always busy in the kitchen devising new and old favorites to feed the children, grandchildren, and great grandchildren who congregate on the family farm every Sunday.

## ICE CREAM SOUP

Prepare 2 packages vanilla pudding (not instant) with 4 1/2 cups milk. Set aside.

### Mix together:

2 1/2 cups flour  
1/2 teaspoon salt  
1 teaspoon baking powder  
2 tablespoons sugar  
Set aside. Cut very fine:  
2 cups tart apple  
Set aside. Beat together:  
3 eggs  
1 1/2 cups milk

Mix together flour, eggs, and milk. Mix well and add apples. This mixture should be firm.

Using a 4-quart pot, bring to boil 2 quarts water. Drop batter by teaspoonful into the water, lowering the heat. When dumplings are done, put into colander to drain.

In a frying pan, melt and brown: 1/2 cup butter

Using a pretty glass 4-quart bowl, layer dumplings, vanilla pudding, a sprinkling of cinnamon and sugar, browned butter, repeat until all ingredients are used.

Can be enjoyed hot or cold, keeps well refrigerated for several days.

*I was born in East Prussia, Germany, and entered the USA in 1932 at the age of seven. Married in 1944, had five children, now 15 grandchildren, and 2 great grandchildren, a happy lot.*

*Our entire life was spent on a dairy farm, and are still living where we first begun. Our youngest son is now carrying on.*

*Come Sundays, our home is filled with laughter and fun with the families. I try to think of something special to feed the gang and preserve some of the recipes prepared by my mom, some make a hit and some OK. This ice cream soup named by the grandchildren has made a lasting impression. My girls tell me, "Mom, accurate measurements, not a pinch of this or that." I have tried my best and have come very close.*

Lottie Kuhlman  
Owego, NY

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