



Home on the Range

Savor The Flavor Of Vine-Ripened Tomatoes

Pennsylvania ranks fifth nationally in production of processing tomatoes and ninth in the production of fresh market tomatoes. The state's fresh market tomato crop is grown on more than 4,000 acres. Another 1,400 acres are used to grow tomatoes for food processors for use in several brands of tomato products. In addition, about 40 acres of greenhouses produce tomatoes during the spring and fall months when they cannot be grown in the field.

Without question, a tomato ripened to a red color on the vine will have a superior taste.

If tomatoes are picked before they are fully ripe, they can develop an appetizing flavor and texture if two basic conditions are met. First, the tomatoes must not be refrigerated. They should be kept at room temperature or at least above 55 degrees.

Never refrigerate tomatoes until they are red and fully ripened.

Here are some ideas for making good use of flavorful tomatoes.

HARVEST MINESTRONE WITH POTATO DUMPLINGS

Soup:
 1 small onion, diced
 1 rib celery, diced
 2 cloves garlic, chopped
 6 cups canned vegetable broth
 1 large carrot, diced
 ½ cup green beans, cut into ½-inch pieces
 ½ cup fresh corn kernels
 2 large tomatoes, peeled, seeded, and chopped
 1 small yellow summer squash, diced
 1 small zucchini, diced
 ½ cup cooked kidney beans

Dumplings:
 2 large potatoes, peeled, boiled, hot (about 2 cups)
 ½ cup unbleached white flour
 1 teaspoon baking powder
 ½ teaspoon salt
 2 tablespoons fresh dill, chopped
 2 egg whites

In large pot over medium heat, cook onion, celery, and garlic in ¼ cup stock until vegetables are wilted about 4 minutes. Add carrots, green beans, and corn, cooked 5 minutes, covered.

Add remaining stock, tomatoes, squash, zucchini, and kidney beans. Bring to a boil, reduce heat and simmer, partially covered for 10 minutes. Now you're ready to make dumplings:

Pass potatoes through ricer into a large bowl, or lightly mash with a fork. Sift flour and baking powder over potatoes, add salt and dill, and mix together gently. Mixture will be crumbly.

Beat egg whites until soft peaks form. Mix into potato mixture, folding and stirring. Don't overmix.

Drop heaping tablespoonfuls of dumpling dough onto gently simmering soup. Cook for 10 minutes with the lid off; then cover and cook 10 minutes more. Makes 6 servings.

Veggie Life

HERB MARINATED TOMATOES

2 large tomatoes, cut into ½-inch slices
 2 tablespoons chopped fresh basil
 1 tablespoon chopped fresh parsley
 1 tablespoon chopped fresh oregano
 1 tablespoon fresh lemon juice
 1 teaspoon balsamic vinegar
 ¼ teaspoon salt
 ¼ teaspoon pepper

Arrange tomato on a platter, slightly overlapping slices. Sprinkle with basil, parsley, and oregano.

Combine lemon juice and vinegar; drizzle over tomatoes. Cover and chill two hours. Sprinkle with salt and pepper. Yield: 4 servings.

Louise Graybeal
 Renick, W.V.

SCALLOPED TOMATOES

4 cups stewed tomatoes
 Few drops onion juice if onions are not used in stewed tomatoes
 1 cup dry bread crumbs, divided
 2 tablespoons butter

Season stewed tomatoes with a few drops of onion juice.

Place ½ cup bread crumbs on bottom of casserole dish; add the stewed tomatoes cover with the remaining crumbs. Dot the top with butter and bake in 400 degrees about 20 minutes or until browned. Serves 8.

Betty Light



If used as a garnish, vine-ripened tomatoes adds flavor plus color to almost every dish.

BROILED TOMATOES

6 tomatoes, firm ripe
 Salt and pepper
 ¼ cup butter, melted

Cut firm round tomatoes in half, place on broiler pan. Broil under medium heat for 10 minutes or until tender. Place on serving plate and pour butter over the tomatoes, garnish with parsley, and serve at once.

Serves 6.

With bacon: Omit butter and salt. Wrap each in two strips bacon placed at right angles to each other fastening on top with a pick.

Broil in preheated broiler until bacon is crisp. Garnish with green onions before serving.

Betty Light
 Lebanon

SCRAMBLED EGGS WITH TOMATOES

2 eggs
 2 tablespoons milk or cream
 Dash salt and pepper
 1 tablespoon butter
 4 tablespoons cut up tomatoes

Beat eggs, add cream, salt, and pepper, beat again until uniform in color.

Saute tomatoes in butter lightly, add eggs, stir to incorporate tomatoes. Reduce heat to low, cook slowly, turning gently as mixture sets and continue to cook until set but still moist. Remove and serve at once. Garnish with parsley or fruit slices. Serves 1.

Betty Light
 Lebanon

Featured Recipe

Pennsylvania Beef Council has released a new recipe booklet. All of the 10 recipes are easy-to-follow, and most can be prepared in 30 minutes or less.

With most recipes, you'll find a money-saving coupon for one of America's leading brands. Plus, an exciting sweepstakes contest offers an opportunity for you to win a trip to a dude ranch a GE refrigerator, or a gas grill.

Cook's tips and information on selecting and storing beef and veal are also included.

If you would like free beef recipes, request recipe brochures from the Pennsylvania Beef Council, 1500 Fulling Mill Road, Middletown, PA 17057.

Here is a recipe that sounds a bit unusual, but is delicious according to Tammy Weaver of the Beef Council.

SATAY STYLE BEEF

4 sheets (12x18-inches each) heavy duty aluminum foil
 16-ounce top sirloin steak, ½-inch thick, fat trimmed
 3 cups fresh snow peas
 ½ cup reduced-sodium teriyaki sauce
 2¼ tablespoons creamy peanut butter
 ¼ teaspoon cornstarch
 Angel hair pasta, cooked, drained
 2 plum tomatoes, chopped
 4 green onions, sliced

Preheat oven to 450 degrees or preheat grill to high.

Slice steak across the grain into thin strips. Center ¼ of beef strips on each foil sheet. Top with snow peas.

Combine teriyaki sauce, peanut butter, and cornstarch; mix until smooth and well blended. Pour teriyaki mixture evenly over meat and vegetables.

Wrap and seal foil to form four packets. Bake 14 to 18 minutes on a cookie sheet in oven OR grill 10 to 14-minutes on high in covered grill.

Serve over angel hair pasta. Sprinkle each serving with tomatoes and green onions. Makes 4 servings.

Beef Council

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.

August-	30-	Labor Day Cookout
September-	6-	Packed Lunch Ideas
	13-	National Rice Month
	20-	National Honey Month