



Home on the Range



Build A Better Breakfast

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CRUNCH CEREAL

12 cups quick or rolled oats
6 cups coconut or less
6 cups wheat germ or bran
3 cups brown sugar
3 teaspoons salt
1 pint oil
1 pint cream or milk
3 tablespoons vanilla
Mix together dry ingredients.
Mix liquids and add to the dry. Stir well.

Bake in flat pans at 300 degrees until lightly browned, stirring occasionally, approximately one hour or more. Store in airtight container.

Sesame seeds, raisins, etc., can be added. May add more oats in place of coconut or bran.

This is delicious and does not last long at our house. It is a special treat since it takes so long to bake I usually triple the recipe.

Alverna Martin
Wellsboro

FRENCH TOAST HAM SANDWICHES

12 slices bread
6 slices cooked ham
Mustard, if desired
2 eggs, slightly beaten
¼ cup milk
¼ teaspoon salt
Remove bread crusts. Place ham slices on bread, spread slightly with mustard and cover with remaining slices of bread. Blend eggs, milk, and salt. Dip sandwiches quickly into egg mixture. Saute sandwich in butter in a skillet, turning to brown both sides. Serve hot with real maple syrup. Serves 6.

Eileen Murphy
Pa. Alternate Dairy Princess

SOUR CREAM COFFEE CAKE

1½ cups sugar
¾ cup butter, softened
1½ teaspoon vanilla
3 eggs
3 cups flour
1½ teaspoons baking powder
1½ teaspoon baking soda
¼ teaspoon salt
1½ cups dairy sour cream
Cream sugar, butter, vanilla, and eggs in large bowl. Beat 2 minutes. Add flour, baking powder, baking soda, and salt alternately with sour cream. Spread ½ batter in bundt pan. Add ½ filling. Repeat twice. Bake until toothpick comes out clean, about one hour at 325 degrees. Cool 20 minutes and then remove from pan. Drizzle with glaze.

Apple Nut Filling:

Cook over medium heat and stir until apples are tender:
1½ cups chopped apples
1 tablespoon flour
¼ teaspoon nutmeg
½ cup brown sugar, packed
2 tablespoons butter
¼ teaspoon salt
When cooked, add ½ cup finely chopped nuts.

Eileen Murphy
Pa. Alternate Dairy Princess

WAFFLES WITH VARIATIONS

2 cups sifted flour
3 teaspoons baking powder
¼ teaspoon salt
3 eggs, separated
1½ cups milk
5 tablespoons melted shortening
Mix and sift dry ingredients. Beat egg whites. Beat egg yolks and gradually add milk and shortening to egg yolks. Pour into dry ingredients and mix until smooth. Fold in egg whites, pour into waffle iron and bake until browned. Makes 6 waffles.

Variations:

• Apple — Add 1½ cup chopped uncooked apples, ¼ teaspoon cinnamon, and 1 tablespoon sugar to batter before folding in egg whites.

• Bacon — Sprinkle crumbled bacon over batter after it has been poured on the iron.

• Bananas — Add 1 tablespoon sugar and 1 cup thinly sliced bananas to batter before folding in egg whites.

• Cheese — Add 1 cup grated cheddar cheese to batter before folding in egg whites.

• Coconut — Add 1 cup shredded coconut and 1 tablespoon sugar to batter before folding in egg whites.

• Ham — Add ½ cup finely chopped ham to batter before folding in egg whites.

Lemon or orange — Add 2 teaspoons zest to batter before folding in egg whites.

• Nut — Add ¼ cup chopped nuts, any flavor, before folding in egg whites.

B. Light
Lebanon

BRUNCH CASSEROLE

Butter a large baking dish, layer in the following order:
5-ounces dried beef, shredded
8 slices bread, cubed with no crust

½-pound shredded sharp cheese

Slightly beat together:

8 eggs
3 cups milk

Pour egg mixture over the mixture in the baking dish. Refrigerate for 24 hours.

Mix together and sprinkle on top of casserole:

½ cup butter, melted
2 cups crushed corn flakes

Bake at 325 degrees for one hour.

Eileen Murphy
Pa. Alternate Dairy Princess

COUNTRY BREAKFAST CEREAL

3 cups cooked brown rice
2 cups milk
¼ cup raisins, dates, or prunes
1 tablespoon butter (optional)
¼ teaspoon salt

Combine ingredients in pan, bring to a boil, stir once or twice. Reduce heat to medium low, cover, and simmer 8-10 minutes until thickened. Serves 6.

Helene Hertzler
Morgantown

SHRIMP OMELET

5 large eggs
1 tablespoon soy sauce
2 tablespoons melted butter
½ cup chopped onion
½ cup minced cooked shrimp
Butter or oil for frying pan
Beat eggs well, add soy sauce, and butter, stir in onions.

Heat pan over low heat, pour half of egg mixture into pan. Sprinkle minced shrimp over the egg then add the remaining egg mixture.

Cook over low heat until set. Serves 4 or 5.

B. Light
Lebanon

CREAM OF WHEAT ALTERNATIVE

For an inexpensive alternative to cream of wheat, look for fine wheat germ in the bulk food aisle. To make approximately 4-5 servings, combine 2 cups milk, 2 cups water, several dashes salt. Heat to scalding, add 1 cup fine wheat germ. Continue cooking a few more hours until thickened. Serve with sweetener and more milk.

Helene Hertzler
Morgantown

OVEN FRENCH TOAST

2 beaten eggs
¼ teaspoon salt
½ cup milk
Dip bread in mixture. Arrange on well-greased cookie sheet. Bake 5 minutes at 500 degrees. Turn over and bake 5 minutes. Serve immediately.

Eileen Murphy
Pa. Alternate Dairy Princess

Featured Recipe

For a wildly delicious brunch, try the Wild Rice Asparagus Quiche. This traditional quiche gets a unique twist—its wild rice crust takes the place of a fatty pastry crust creating a more healthful quiche.

Wild and delicious egg recipes highlighting the ease of preparation and versatility of eggs and wild rice are free when sending a self-addressed, stamped envelope to Wild and Delicious Egg Recipes, 1306 West County Road F, #109, St. Paul, MN 55112.

WILD RICE ASPARAGUS QUICHE

6 eggs, divided
1½ cups cooked wild rice
10-ounces frozen chopped asparagus, thawed
½ cup skim milk
½ cup reduced-fat mayonnaise
2 tablespoon lemon juice
¼ teaspoon dill weed

In medium bowl, beat one egg. Stir in wild rice until well blended. To form crust, press rice mixture onto bottom and up sides of lightly greased 9-inch quiche dish or pie plate. Spoon asparagus onto bottom of crust. Beat together remaining eggs, milk, mayonnaise, lemon juice, and dill weed until well blended. Pour into prepared crust. Bake in pre-heated 350 degree oven until puffed in center and knife inserted near center comes out clean, about 35 to 40 minutes. Let stand 5 minutes before serving. 6 servings.

BAKED EGGS

In a 13x9-inch baking pan, layer:

10 slices bread, cubed
¼ pound sharp cheese, grated
6-8 slices bacon cooked, drained, crumbled

In a bowl, mix together:

6 eggs
2½ cups milk

Pour egg mixture over bread mixture. Refrigerate overnight. Bake at 350 degrees for 45 minutes.

Our student council serves this casserole to the faculty every year for teacher appreciation week. We have substituted chopped ham for bacon with good results.

Eileen Murphy
Pa. Alternate Dairy Princess

EGGSTRATA

12 slices day-old bread
8 well-beaten eggs
1 cup chopped onion
4 cups milk
2 cups cubed ham
1 cup shredded Swiss cheese
1 cup shredded cheddar cheese
1 teaspoon salt
¼ teaspoon pepper

Butter a 9x13-inch baking dish and place the bread cubes evenly over the bottom. On top of bread, layer the ham, onions, and cheese.

Beat eggs, milk, salt, and pepper together and pour over the ingredients in the baking dish. Let stand for 15 minutes and then bake at 350 degrees for 45-50 minutes.

Kristina Pardoe
Sullivan Co. Dairy Princess

Farm Show Stirs Special Memories

DENVER (Lancaster Co.) — Remember the state police rodeos held at the Pennsylvania Farm Show? Again and again people recall that it was one of their favorite parts of the farm show.

"It was the highlight of the day," said Anna Martin who remembers

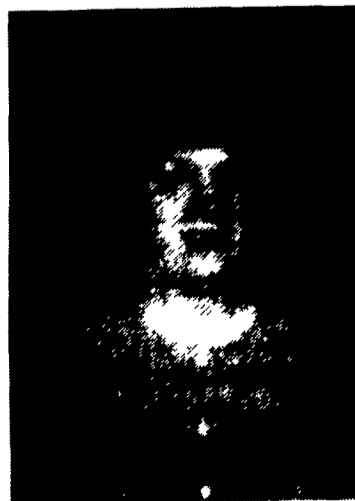
sitting in the large arena waiting for the rodeo to begin.

The police rodeo is no longer held.

Anna has been attending the state farm show since she was 12 years old. Looking back over the 40 years she has attended, Anna said that her fondest memory was when her son Dale received the Keystone Farmer Degree in 1984. At that time, the degrees were bestowed in the state forum. A shuttle

bus transported parents from the Farm Show Arena to the forum. "It was a real honor," Anna said of watching her son receive the state award.

Anna plans to attend the Farm Show this year in a different capacity. She will assist in taking students from the Ephrata Middle School multi-disability class to the show. Anna works as a full-time aide with the multi-disability class.



Anna Martin's fondest farm show memories are of police rodeos and her son's acceptance of the Keystone Farmer Degree.

Cooking Tips

Q. Is there a difference in cooking with aluminum foil using the shiny side or the dull sign?

A. When aluminum foil is used in cooking, the dull side absorbs slightly more heat than the shiny side. If you want optimum browning of a food product, have the dull side facing out.

• Use a hot oven temperature (425°) for the first 15 minutes of baking.

• A glass or dull aluminum pan cooks the bottom crust better than a shiny metal pan.

• Chill pastry for an hour before adding filling.

• Avoid cracks or holes in pastry which allows filling to seep into or under crust.

• Bake on the shelf nearest the bottom of the oven.