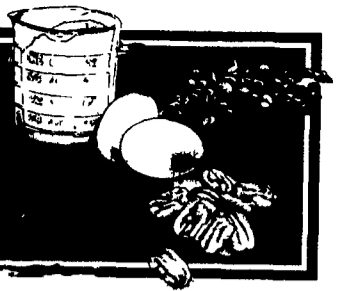


Home on the Range



(Continued from Page B2)

POTATO BURGERS

½ pound ground chuck
1 cup raw potatoes, grated
1 small onion, finely chopped
¼ teaspoon pepper
1 teaspoon salt
3 tablespoons vegetable shortening or oil
¼ teaspoon dry mustard
1 tablespoons snipped fresh parsley

Combine thoroughly: meat, potatoes, onion, pepper, and salt. Form into 8 patties. Heat oil or shortening in skillet. Saute patties until crisp and brown. Remove from skillet, keep warm. Add mustard and parsley to drippings in skillet, heat and pour over patties.

Serves 4.

POTATO BALLS

4 cups mashed potatoes
4 cups soft bread crumbs
2 beaten eggs
¼ cup onion, finely chopped
½ cup celery finely chopped
½ cup browned butter
1 teaspoon salt (optional)
½ teaspoon pepper (optional)

Mix all ingredients except butter and milk. Add enough milk to moisten so you can form balls. Using a tablespoon, form balls and arrange in a flat baking dish. Pour melted butter over each ball. Bake uncovered 20 minutes at 375 degrees.

Very simple and delicious.

Rebecca Beiler
Brogue

BACON BUTTERMILK POTATO TOPPER

½ cup raw broccoli flowerettes
½ cup buttermilk
2 tablespoons chopped green onion
1 teaspoon pepper
½ cup dairy sour cream
3 tablespoons chopped red pepper
2 slices bacon, cooked, drained, crumbled

Combine all ingredients. Spoon onto hot baked potato. Store covered in refrigerator up to 5 days. Yield: 2 cups.

Erica Davis
Berks Co. Dairy Princess

TATER TOT CASSEROLE

2 cans cream of chicken soup
8 ounces sour cream
¼ cup diced onion
1½ cups shredded sharp cheese
2 pounds frozen tater tots.
Heat oven to 350 degrees. Mix soup, sour cream, onion, and cheese. Mix in frozen tater tots. Put into a well-greased 9x13-inch pan. Bake for 1 to 1½ hours.

Jean Sarver
Millerstown

SPECIAL POTATOES

10 potatoes, peeled, cooked, mashed

To the mashed potatoes. Add:
8 ounces cream cheese

1 egg
½ cup chopped chives

Mix well and turn into a greased casserole dish. Bake at 350 degrees for 30 minutes.

This can be made the day before and refrigerated. In that case, bake a little longer.

Eileen Murphy
Pa. Alternate Princess

BAKED CHEESE POTATOES

6 large potatoes, peeled, quartered
¼ cup parmesan cheese
¼ teaspoon pepper
Parsley
¼ cup sifted flour
¼ teaspoon salt
½ cup butter, melted

Combine flour, cheese, salt and pepper, in a bag. Moisten potatoes with water and shake a few at a time into the cheese mixture. Place melted butter in a 9x13-inch baking dish. Place potatoes in a single layer and bake at 375 degrees for one hour, turning once during baking. When potatoes are golden brown, sprinkle with parsley and serve.

Erica Davis
Berks Co. Dairy Princess

Potatoes Spud Tasty Eating



Whether potatoes complement a roast, are chopped in soup or make up the main dish, the vegetable tuber is a favorite for company fare and everyday eating.

Soupy Secrets From The Expert

LOU ANN GOOD

Lancaster Farming Staff
LEBANON (Lebanon Co.) —

You'll having company—a crowd—and the easiest luncheon recipe you can think to make is your Chicken Cream of Vegetable Soup. To alleviate a last minute rush, you triple the recipe and make the soup the day before, and store it in the refrigerator so that all you need to do is warm up the soup when the company arrives.

The next day when you pour the soup into the kettle to reheat, the soup has an unpleasant smell, not the delicious aroma of freshly made soup. It tastes odd, not exactly spoiled but definitely not the yummy flavor that has made it one of your favorites for years.

Panic sets in. What could have gone wrong? You did everything right. In fact, when you first made it, you sampled it and it was wonderful. It couldn't be spoiled—you refrigerated it immediately. But according to Letie Schadler, home economist with the Penn State Extension office in Lebanon, the soup was spoiled. The culprit is the large plastic bucket it was stored in. Never place hot or warm food in

a large container before cooling because these hold the heat a long time.

"Soups and stews are at a high risk for two kinds of spoilage—one obvious and one hidden," Letie told participants at a workshop held recently.

Because soups are rich in protein and carbohydrates, the flavor of the soup will change to a sour taste or very flat unpleasant taste when the starch breaks down and ferments. This can happen in the refrigerator if the soup is stored in a large deep container and placed in the refrigerator while hot or warm.

It can also happen if the soup or stew is held at a very low heat on the stove or in a warming server kettle. Or while it is being transported after a soup sale or in a crockpot from one location to another.

Although this type of spoilage may not involve pathogenic bacteria that makes you sick, it does make the food inedible.

"Soup and stew should be chilled quickly by pouring it into a shallow container not more than two to three inches deep. The thicker the product, the shallower the container should be. Refrigerate immediately," Letie said.

Chill large pots of soup by placing them in an ice water bath and stirring until the temperature drops to below 60 degrees. Divide into smaller containers and refrigerate.

In addition to food safety tips, Letie gave several tips on soup making.

• For those who seek to make food more nutritious, keep in mind that red bell peppers have four times more vitamin A than a green one.

• The smaller the garlic clove, the more potent it is. You can drop a whole clove into soup or stews, but remember to retrieve it before serving.

• Thicken soup with Clear-Jel, a modified food starch that has the same thickening power as corn starch but without the clumping problem when you reheat. ClearJel is available in bulk-packaged sec-

tions in supermarkets. Do not buy the instant type for this purpose.

• A soup or stew is only as good as the stock on which it is built. You can take a short cut and use canned chicken or beef broth. Also, instant chicken and beef stock powders are available in the bulk food sections.

• For bean soups, there are 29

(Turn to Page B21)

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.

February	28-	Cooking for the Diabetic
March	7-	National Nutrition Week
	14-	Peanuts & Other Nuts
	21-	Fiber Foods



Letie Schadler, Lebanon Extension home economist, prepares soup during a soup workshop demonstration.