

# Home on the Range

## Discover Sweet Potatoes' Goodness

When Columbus discovered America in 1492, he also discovered a yellow-brown vegetable, the sweet potato. When he returned home, his cargo included a load of the delicious, edible roots.

By 1648, sweet potatoes were a leading crop in the Virginia colony, and by 1900, more than 200 varieties were grown in the South.

Today, the sweet potato ranks number one in nutrition according to the Center for Science in the Public Interest (CSPI), a non-profit, independent organization seeking to improve the public's health by offering reliable nutrition information and by working to reform the nation's food and health policies.

CSPI gave foods points for content of dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron, and calcium. Points are deducted for fat content (especially saturated fat), sodium, cholesterol, added refined sugars, and caffeine. The higher the score, the more delicious the food.

### ALL AMERICAN SWEET POTATO PIE

8-ounces cream cheese, softened

2 eggs, beaten

3/4 cup sugar

2 prepared 9-inch graham crack-  
er pie crusts

2 small packages instant vanilla  
pudding mix

3/4 cup milk

2 cups peeled, cooked mashed  
sweet potatoes

Dash ground cinnamon

1 1/2 cups whipping cream

1/2 cup chopped nuts (optional)

Preheat oven to 350 degrees. In a medium sized bowl, mix together well the cream cheese and eggs. Add the sugar and beat until fluffy. Spread the mixture into the pie crusts and bake 20 minutes; let cool. Meanwhile, in a large bowl, stir together pudding mix and milk until smooth and thick. Add the sweet potato and cinnamon and mix well; fold in one cup whipped cream. Spread sweet potato mixture on cooled pies. Garnish with remaining half cup whipped cream and sprinkle with chopped nuts. Store in refrigerator. Always remember to use real dairy products.

Billie Jo Bird  
Centre Co. Dairy Princess

### AUNT CORA'S SWEET POTATOES

18-ounce can sweet potatoes, mashed

1/2 cup sugar

2 eggs

1/2 cup milk

1/2 teaspoon salt

1/2 cup butter, melted

1 teaspoon vanilla

Combine all ingredients. Mix well. Pour into buttered 2-quart casserole dish.

Topping:

1/2 cup flour

1/2 cup brown sugar

1/2 cup butter, melted

1/2 cup chopped pecans (optional)

Mix together topping ingredients. Spread on top of casserole. Bake at 350 degrees for 45 to 50 minutes or until browned.

Donna Morrison  
Dalmatia

### SOUTHERN SWEET POTATO BREAD

1/4 cup butter, softened

1/2 cup brown sugar

2 eggs, lightly beaten

1 cup mashed sweet potatoes

3 tablespoons milk

1 teaspoon grated orange peel

2 cups self-rising flour

1/4 teaspoon ground allspice

1/4 teaspoon ground nutmeg

1/4 cup chopped pecans

Orange cream spread:

3-ounces cream cheese, softened

1 teaspoon orange juice

1 teaspoon grated orange peel

In a mixing bowl, cream butter and sugar. Add eggs, mix well. Add sweet potatoes, milk, and orange peel; mix well. Combine flour, allspice, and nutmeg; add in creamed mixture. Mix just until combined. Fold in nuts. Pour into a greased loaf pan. Bake at 350 degrees for 40-45 minutes or until bread tests done. Cool in pan for 10 minutes before removing to a wire rack. Cool completely. In a mixing bowl, combine spread ingredients; beat until smooth. Serve with bread. Yield: 1 loaf. Editor's Note: 2 cups all-purpose flour, 1 tablespoon baking powder, and 1 teaspoon salt may be substituted for self-rising flour.

Ivamae Law  
East Waterford



Baked sweet potatoes are easy to prepare, nutrient-packed, and delicious.

### BAKED SWEET POTATO WITH CRUMBLED BLUE CHEESE

1 sweet potato

1 tablespoon butter

1/4 - to 1/2 -cup crumbled blue cheese

1/2 teaspoon chopped fresh herbs or a pinch of dried herbs

Parsley, fennel, marjoram, dill

Preheat oven to 425 degrees. Thoroughly scrub sweet potatoes and dry. Lightly prick potato skin with fork and bake until tender, 40-60 minutes. Cut slit in top of potato approximately three quarters the length of potato. Push in ends of potato gently and fluff with fork.

After sweet potato is cooked, split open and top with butter, crumbled blue cheese, and fresh herbs. Serve immediately.

Am. Dairy

### SWEET POTATO CAKES

3 cups baked, mashed sweet potatoes

1/2 cups brown sugar

1/4 cup all-purpose flour

1 extra-large egg

1/2 cup chopped pecans

1/2 cup butter for frying

Bake and mash sweet potatoes and place in small mixing bowl. Beat in sugar, flour, and egg. Stir in chopped pecans.

Melt butter in large frying pan. Make cakes by using a tablespoon heaping full and drop into melted butter and fry until brown over medium heat.

May be served with syrup. Makes 8 cakes.

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## Spicy Substitutions

As you might suspect, pumpkin pie spice is really just a combination of other spices, mixed together for your convenience. To make your own, just mix 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, 1/4 teaspoon ground allspice and 1/8 teaspoon ground nutmeg.

There are all sorts of spices, seasonings and other foods that you can make yourself if you don't have them in your cupboard. If you can't make exactly what you're looking for, you can find acceptable alternative in many cases. Many cookbooks and cooking guides have lists of substitutions. Here are a few:

- **Poultry seasoning.** Mix 3/4 teaspoon crushed dried sage, plus 1/4 teaspoon crushed dried thyme or dried marjoram.

- **Apple pie spice.** Mix 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/8 teaspoon ground allspice, and a dash ground cloves or ginger.

- **Chili powder.** Try using a dash of hot pepper sauce plus oregano and cumin. You can also add coriander, cloves and/or allspice — there's not "one" chili powder recipe out there.

- **Five spice powder.** Use equal parts cinnamon, cloves, fennel seed, star anise and black pepper.

- **Allspice.** Ironically, allspice is not a combination of different spices. It comes from allspice berries, which grow on the West Indian allspice trees. However, in a pinch, you can combine 1/2 teaspoon ground cinnamon plus 1/2 teaspoon ground cloves, and you'll have an acceptable substitute.

- **Shallots.** Use minced onions, flavored with half of a small clove or minced garlic.

- **Cumin.** Once source says acceptable substitutes for a teaspoon of cumin are 1/3 teaspoon of ground anise and 2/3 teaspoon of ground caraway seeds, or 1 teaspoon ground fennel. (These might very well do the trick, but if you have anise, ground caraway seeds and fennel, why in the world don't you have cumin?)

- **Dried ginger.** Combine 1/3 teaspoon mace and 2/3 teaspoon fine-chopped lemon peel. (Again, you're probably more likely to have ginger than mace and lemon peel.)

To keep your spices fresher and more flavorful, store them in the freezer. Both the cold and the lack of light will keep them fresh.

Chow line is a service of the Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or filipic.3@osu.edu.

## 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 listed below.

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