

Muffin Mix

- 8 cups flour
- 1 cup sugar
- ½ cup baking powder
- 1 tablespoon salt
- 1 cup shortening

Combine first four ingredients. Cut in shortening to coarse crumbs. Measure out 2½ cups for each batch of muffins.

To prepare:

- 2½ cups mix
- 1 egg
- 1 cup milk

Place mix in a bowl. Whisk egg and milk. Stir into dry ingredients until just moistened. Add any of the following and fold into batter:

½ cup raisins and ¼ teaspoon cinnamon.

Or, ¼ cup cheddar cheese and ¼ cup cooked, crumbled bacon.

Or ½ cup blueberries.

Fold in and fill greased muffin cups two-thirds full. Bake at 425 degrees for 15 minutes.

ANSWER — Martha Martin, Mount Joy, that to make different flavors of angel food cake, mix angel food cake as directed on your recipe, then swirl in a small package of dry Jell-O before baking. If a solid color is preferred, thoroughly mix in Jell-O.

Thanks to Esther Mae Burkholder, Mertztown, for sending this recipe.

Flop Proof Angel Food Cake

1½ cups plus 1 egg white

Beat egg whites until frothy. Add ½ teaspoon salt and ½ teaspoon cream of tartar. Beat to very stiff peaks. Slowly add 1 cup granulated sugar.

By hand, fold in the following mixture that has been sifted together:

- 1 cup flour
- 1½ cups confectioners' sugar

Add:

1 teaspoon almond flavoring

Pour mixture into tube pan, level with spatula. Bake 35 minutes. Allow to cool in pan at least one hour upside down.

To make a flavored cake, add 3 tablespoons of any flavored Jell-O combined with the cup of sugar that is added to the cake.

ANSWER — A Snyder County reader wanted a recipe for white chocolate mousse cake. Thanks to Eileen Greenaway, Somerville, N.J., for sending a recipe that she writes is not as complicated as it looks and is well worth the effort.

Chocolate Mousse Meringue Cake With Raspberry Sauce

- ¼ cup confectioner's sugar
- 1 tablespoon cornstarch
- 8 large egg whites
- ¼ teaspoon cream of tartar
- ¼ teaspoon salt
- 1 cup granulated sugar
- 5½ -ounces white chocolate
- 1½ sticks unsalted butter
- 3 large egg yolks
- 1 cup well-chilled heavy cream
- 4 large egg whites
- 2¼ teaspoons granulated sugar

Preheat oven to 200 degrees.

Line two baking sheets with parchment paper. Using bottom of a 10-inch spring form pan as a guide, trace a circle on each piece of parchment paper and turn paper over (circle will show through). Into a bowl, sift together confectioners' sugar and cornstarch.

In a large bowl with an electric mixer, beat egg whites with cream of tartar until they hold soft peaks. Gradually add granulated sugar, beating until meringue holds stiff peaks. Fold in confectioners' sugar gently.

Spread meringue in the circles on the parchment paper; bake in upper and lower thirds of oven, switching halfway through baking, two hours total. Leave meringue rounds in turned off oven, at least four hours.

Make chocolate mousse: Chop chocolate and cut butter into small pieces and melt over low heat, stirring until smooth. Transfer to a large chocolate mixture. Beat cream until it just holds stiff peaks and fold into chocolate mixture. With cleaned beaters (egg whites will not get stiff if any grease is on them) beat egg whites with sugar until they hold stiff peaks and fold in chocolate mixture.

Assemble the cake: Trim meringue rounds, if necessary, to fit in a spring form pan with bottom rolled edge down. Fit a meringue round in pan and spread evenly over mousse. Top with remaining round and spread the remaining mousse. Chill cake, loosely covered at least 4 hours or up to a day. Run a thin knife around edge of cake and remove side of pan.

Raspberry sauce: 2 cups raspberries

3 tablespoons sugar

½ teaspoon fresh lime juice

Puree ingredients until smooth and pour through a fine sieve, pressing out solids. Cover and chill.

ANSWER — Linda Smith, Walpole, N.H., wanted the complete recipe for Special Bean Soup Mix for Gift Giving. Thanks to a reader for sending the recipe.

Special Bean Soup

Mix together 1 pound each:

- Northern beans
- Pinto beans
- Large lima beans
- Black-eyed peas
- Garbanzo beans
- Small white beans
- Baby lima beans
- Split green peas
- Pearl barley
- Kidney beans
- White kidney beans
- Cranberry beans
- Pink beans
- Small red beans
- Black beans
- Yellow split peas
- Lentils
- Navy beans

Pack 2 cups of the mixture into a bag or jar to give as a gift.

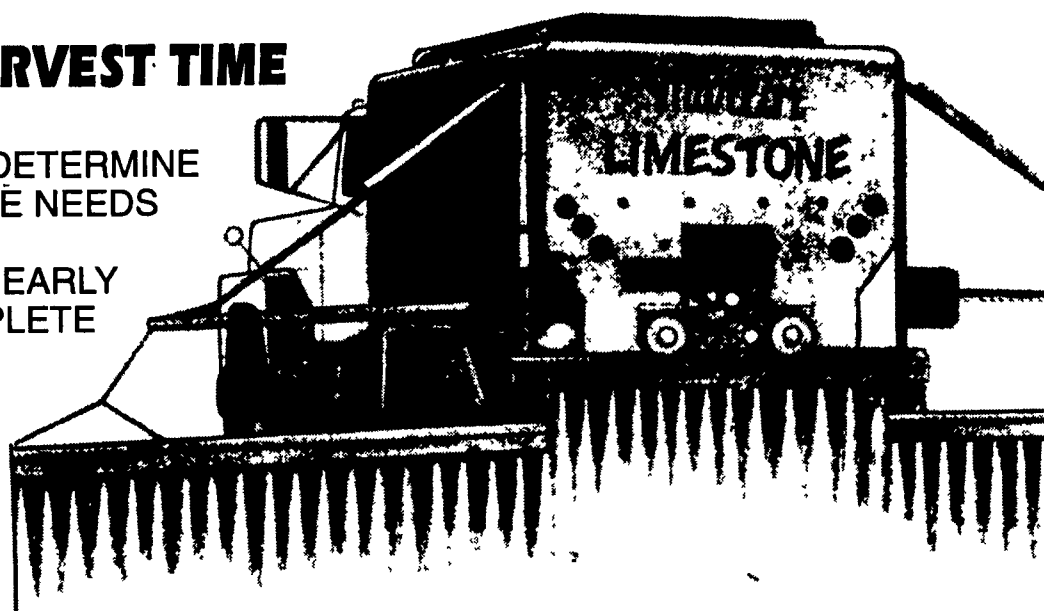
Include the following directions for making the soup: Combine 2 cups assorted dried beans in a pot with 2-quarts water, and 2 tablespoons salt, and soak overnight. Next day, drain. Add 2 quarts fresh water, 1 or 2 ham hocks. Simmer until soft. Remove meat. Add a 21½ -ounce can of tomatoes, 2 tablespoons lemon juice, 1 large chopped onion, 1 teaspoon chili powder, 1 clove garlic, and black pepper. Simmer until hot. Enjoy!

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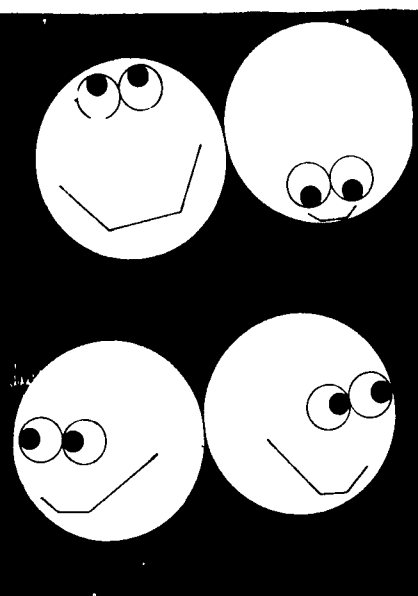
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