

Cook's Question

Lancaster Farming, Saturday, December 19, 1998-B9

(Continued from Page B8)

Swiss Steak With Mushroom Sauce

Slice round steaks one-inch thick. Score lightly with sharp knife. Cut each steak into pieces to fit into jars. Brown in hot oil and pack immediately in jars to within one inch of top. Fill jars no more than two-thirds full of the following sauce:

- 6 tablespoons fat in which meat was browned
- 4 tablespoons flour
- 2 cups cold water
- 4 teaspoons salt
- 2 cups sliced mushrooms

Brown flour in fat. Add cold water gradually, stirring to keep smooth. Add salt and mushrooms. Bring to a boil. Pour over steak in jars filled two-thirds full. Put on cap and screw band firmly tight. Process pints 75 minutes at 10 pounds pressure or quarts for 90 minutes.

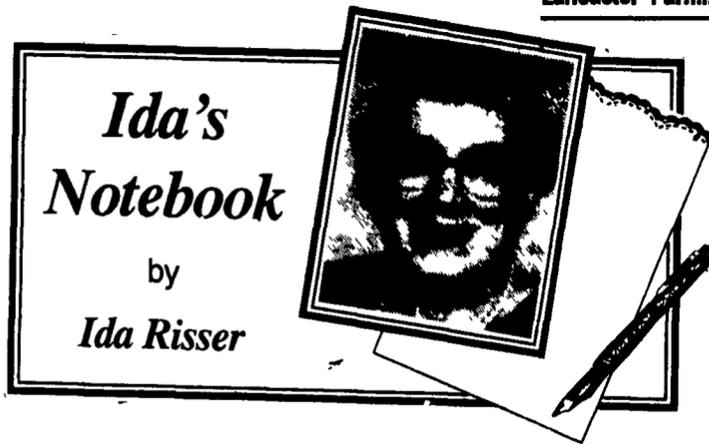
For canning meat stews, ham and beans or goulash: Cut meat in small pieces and brown slightly. Put into pan and add water to cover. Cook several minutes. Add vegetables and cook until heated through. Pack into jars, including some liquid to within one-inch of top. Add 1 teaspoon salt to each quart. Put cap on and screw bands firmly. Process pints 75 minutes or quarts for 90 minutes at 10 pounds pressure.

ANSWER — Thanks to Ann Chapman, Ulster, for sending a recipe for fruitcake, which had been requested by Violet Cassner, Newburg.

Dark Fruit Cake

- 1½ cups shortening
- 2 cups sugar
- 8 eggs
- 1 cup molasses
- 2 teaspoons vanilla
- 1 cup grape jelly or juice
- Juice of one lemon or 1 orange and grated peel
- ¾ cup sour milk
- 1½ teaspoons baking soda
- 2 pounds raisins
- 2 pounds candied fruit
- 1 cup nuts
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon allspice
- 1 teaspoon salt
- 7 cups flour

Combine ingredients and bake at 250 degrees for 2 hours.



The Christmas cards are sent, the cookies baked and stashed in the freezer, and now the final decorations must be put in place. Most of my decorations are simply made from our own evergreens.

If I did not have family visiting, I would probably do even less decorating. Some folks my age have

given up on buying a live tree and instead use an artificial one. Maybe someday I'll do the same.

When I was a child, my father would cut a small cedar tree from the same meadow in which we've built our log house. I remember that it was a prickly tree to decorate. But, my mother had some

very pretty balls to put on it and we children added colored paper chains that we made. As it stood in an unheated room, it lasted a long time. And often it stood there for weeks and weeks. Our long brown stockings were hung in the kitchen and we could expect an orange and some hard candy. The gifts that we got were given in brown store bags as my mother didn't believe in wrapping them.

As a break in our own Christmas preparations, my husband suggested a drive here in Lancaster County. I told him about a park that I had read about years before and so we drove to Narvon.

Money Rocks Park is in the Welsh Mountains and contains 342 acres. The path off the highway leads up to huge rocks from which you can see four counties on a clear day. It is said that during the Civil War farmers hid their money here in order that Confederate troops would not get it.

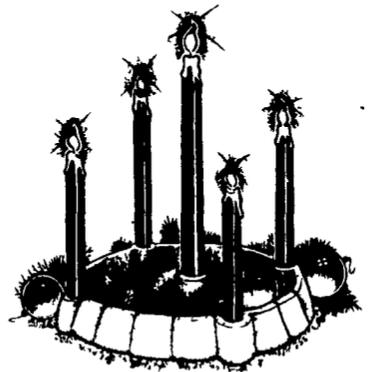
When we visited the paths were strewn with oak leaves. It was a quiet woodland in comparison to the busy highways that we drove on to get there.

ANSWER — Violet Cassner, Newburg, wanted a recipe for pickled heads of green cabbage in which the leaves are used to make stuffed cabbage. Thanks to Anna Joyce Martin, East Earl, for sending a recipe. However, I don't think this is what Violet had in mind. She wanted one using pickled green cabbage. If anyone has that recipe, please send it.

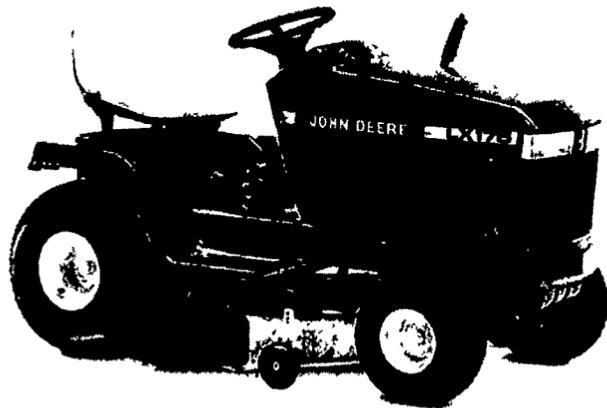
Stuffed Cabbage

- 1 head cabbage
- 1 pound ground beef
- 1 cup oat flakes or 40% bran cereal
- ½ cup chopped onions
- ¾ cup water
- 1 teaspoon garlic salt

11-ounce can condensed bisque of tomato soup
Parboil cabbage about 4 minutes, drain. Remove 10 leaves. Use remainder as a vegetable for another meal. Mix ground beef, cereal, onion, and garlic salt. Combine soup and water. Measure ½ cup and add to meat mixture. Evenly spoon meat mixture onto ends of cabbage leaves; fold in sides and roll up. Pour remaining soup mixture into a skillet. Add cabbage rolls, seam side down. Bring to a boil. Reduce heat, cover, and simmer 40 minutes. Makes 10 cabbage rolls.



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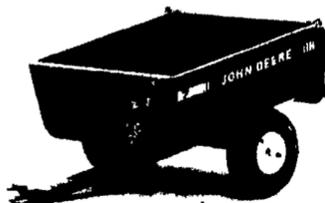
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