



Home on the Range

Recipes Provide Nutty Appeal

HARVEST WALNUT PIE

3 eggs, lightly beaten
1 cup sugar
2 tablespoons all-purpose flour
1 cup dark corn syrup
2 tablespoons butter, melted
1 teaspoon vanilla
1 (9-inch) unbaked pastry pie shell
1 1/2 cups large pieces Diamond Walnuts

Heat oven to 400°F.

Combine eggs, sugar, flour, corn syrup, butter, and vanilla. Blend well. Pour into unbaked pie shell. Arrange walnuts on top. Bake in lower third of oven at 400°F for 15 minutes. Reduce oven temperature to 350°F. Bake an additional 35 to 45 minutes or until center appears set. Cool completely. Makes 8 servings.

CANTALOUPE BOATS

1/4 cup sliced almonds
1/4 cup honey
1 ripe medium cantaloupe, cut into quarters, with seeds removed
1 pint vanilla frozen yogurt
1/2 pint raspberries

In small nonstick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey. Set aside.

To serve, place cantaloupe quarters on dessert plates. Top with frozen yogurt, raspberries, and warm almond mixture.

Serves four.

PRUNE WALNUT BREAD

1 1/2 cup chopped prunes
1/3 cup strained honey
1 teaspoon vanilla
3/4 cup sugar
1 teaspoon salt
1 cup chopped walnuts
1 cup boiling water
1 egg, beaten
2 1/4 cup sifted flour
1 teaspoon baking soda
2 tablespoon melted butter

Combine prunes and boiling water. Cover and let stand 20 minutes. Add honey, egg, and vanilla. Sift together flour, sugar, soda, and salt. Add prune mixture, melted butter, and walnuts, mixing well. Pour into a greased 9" X 5" X 3" loaf pan. Bake in slow oven (325°) for one hour, or until bread tests done. Cool in pan 10 minutes; remove from pan and cool thoroughly on rack before slicing.

Melissa Olson

Indiana Co. Dairy Princess

HONEY NUT POPCORN

3 quarts popped corn
1/2 cup finely-chopped almonds
1/2 cup finely-chopped apricots
1 1/3 cup sugar
1/3 cup honey
1/4 cup water
1 teaspoon lemon or orange extract.

In a large, greased mixing bowl, combine popcorn, almonds, and apricots; mix well. In a saucepan over medium heat, combine sugar, honey, and water. Bring to a boil, stirring constantly for about 5-7 minutes. (Approximately 280° on a candy thermometer, the soft-crack stage.) Remove pan from heat. Immediately stir in extract. Quickly pour syrup over popcorn mixture. Stir thoroughly to make sure all pieces are coated. Serve immediately.

To make popcorn balls: grease hands with butter. Working fast, scoop up enough popcorn mixture to make a medium-sized ball. Shape firmly into ball and place on waxed paper. When balls are slightly cooled, re-grease hands and firmly press each popcorn ball again so shape will hold. Serve immediately or store in airtight container.

Serves 6 or 15-18 balls.

FAST AND EASY PEANUT BRITTLE

1 cup granulated sugar
1/2 cup light corn syrup
2 tablespoon water
1/8 teaspoon salt
1 1/2 cups Spanish peanuts
1 tablespoon butter
1 teaspoon baking soda
Oil a baking sheet and set aside

In a 2 1/2 quart microwave safe bowl, combine sugar, corn syrup, water, and salt. Stir well. Place in microwave, uncovered, and cook on high for 5 minutes. Add peanuts and continue to cook uncovered until syrup reaches hard crack stage, 3 to 5 minutes. (Hard crack stage is reached when syrup dropped into ice water separates into hard brittle threads and color of syrup is amber.)

Remove from microwave. Stir in butter and baking soda. Turn out on the oiled baking sheet and spread to 1/4" thickness. When cooled and hard, crack into desired sized pieces.

Yields approximately 1 pound.

BLACK WALNUT SHORTBREAD

1 cup butter, no substitute
3/4 cup granulated sugar
1 cup finely chopped black walnuts, not ground
2 cups all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 cup sugar
1/2 cup chopped black walnuts
1 cup semi-sweet chocolate chips
2 teaspoon solid shortening

Preheat oven to 375°.

In a mixing bowl, cream butter until fluffy. Beat in sugar until smooth. Stir in finely chopped black walnuts until well-combined.

Combine flour, baking powder, and salt. Beat into butter mixture until well-blended.

Roll on a lightly floured board to 1/2-inches thick. Mix together 1/4 the 1/4 cup sugar and 1/2 cup chopped nuts. Sprinkle over top of the dough and continue to roll to 1/4-inch thickness. Cut into desired size cutters. Place them 1" apart on ungreased baking sheet. Bake for 8 to 10 minutes or until starting to brown on the edges. Remove from baking sheet onto wire rack to cool.

When cool, melt chocolate chips with solid shortening. Using a fork, drizzle the chocolate over the baked and cool cookies. Let chocolate stand and store in an airtight container.

Yields 3 to 4 dozen.

HONEY NUT CRISP TOPPING FOR FRUIT

1/3 cup old-fashioned rolled oats (uncooked)
3 tablespoon chopped walnuts, about
3/4 ounces
1/4 cup honey
1 egg white
1/4 teaspoon cinnamon
1/4 teaspoon vanilla
Dash of salt

Preheat oven to 325°F. In medium bowl, combine oats and walnuts; set aside. In small bowl, mix together honey, egg white, cinnamon, vanilla, and salt until blended. Add honey mixture to oats, stir to mix well.

To make clean-up easier, line 11X17-inch baking sheet with foil and spray with non-stick cooking spray. Spread oat mixture into even layer. Bake about 15-17 minutes until golden brown, tossing mixture 3-4 times during cooking. Remove from oven and cool until crisp and crunchy. Makes 1 cup.

GOOD NUTTY CHEWY CANDY

1 cup white Karo
2 cups pure cream
3 cups sugar
2 cups pecan
2 cups Brazil nuts
2 cups walnuts

Mix all together and cook over medium heat, stirring all the time, until the syrup forms a medium hard ball when dropped in cold water. Cool in pan and stir until mixture begins to thicken. Then put in a greased pan (not glass) and store in a refrigerator. Keeps well.

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A harmonious blend of texture and flavor in Baked Almond Sole is achieved in this dish by coating the fish in lightly spiced almonds and bran flakes. A salad of wilted spinach, apples, and wild rice adds a spark of color and rounds out the dish.

Featured Recipe

Almonds and other nuts, seeds, and legumes are great natural sources for essential minerals, fiber, and protein. They are low in saturated fat and contain no cholesterol.

One ounce of almonds provides 35 percent of the Daily Value for vitamin E, an important antioxidant, and contains as much calcium as 1/4 cup milk.

Try these tasty ways to reach your 4-5 weekly servings of nuts, seeds, and legumes:

- Add nutty flavor to rice, couscous, barley or pasta with chopped or slivered almonds. If your tastes run sweet, toss in some plump raisins and apple pieces.

- Sprinkle chopped almonds on fresh, frozen or canned fruit salad.

- Try chopped almonds on any salad you can think of.

- Make a crispy topping for chicken or fish by mixing almonds, lemon juice, garlic, parsley, pepper, and a couple of tablespoons water in a blender or food processor until blended and spread on chicken or fish before baking. Give both hot and cold cereal a satisfying crunch by adding slivered or chopped almonds.

- Toss whole almonds in a vegetable stir-fry or add slivered almonds to steamed vegetables.

Here is a recipe adapted from Chef Brad Albers of Cafe Pacific, Dallas, Texas.

BAKED ALMOND SOLE WITH WARM WILD RICE SALAD

3/4 cup wild rice
1 1/2 cups water
1/2 cup sliced almonds
1/2 cup bran flakes
1/2 cup flour
1/2 teaspoon salt, divided
1/2 pepper, divided
4 (3-ounce) fillets of sole
2 egg whites, lightly beaten
1 tablespoon rice vinegar
1 tablespoons olive oil
4 cups lightly packed spinach leaves
2 apples, cored and thinly sliced into wedges
1 carrot shredded

Heat oven to 350 degrees. Coat baking sheet with vegetable oil cooking spray. In medium saucepan over medium-high heat, bring rice and water to boil. Reduce heat to low, cover and simmer about 40 minutes until rice is tender and water is absorbed.

Meanwhile in resealable plastic bag, crush almonds and bran into coarse crumbs. In shallow bowl, mix flour, 1/4 teaspoon salt, 1/4 and 1/4 teaspoon pepper. Evenly coat each fillet with flour mixture. Dip into egg, then coat with almond mixture.

Lay each fillet on baking sheet; bake 10 to 12 minutes, until cooked through. Meanwhile to make vinaigrette, in bowl, whisk vinegar, oil, and remaining salt and pepper. In nonstick skillet over medium heat, combine half the spinach, apples, carrot and rice with 1 tablespoon vinaigrette. Cook and toss until spinach is slightly wilted and salad is warm. Remove to bowl and repeat with remaining salad ingredients. Divide salad and sole among four plates. Serves 4.

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.

March	18 - Scones, Biscuits & Specialty Breads
	25 - Citrus Uses
April	1 - Asparagus
	8 - Easter Candy