



Home on the Range



Delicious Dairy Recipes To Get You 'Mooving'

Milk and dairy products have been a part of our culture since biblical times. And, with all of the nutrition, taste, and versatility, there's no question why.

One serving of dairy, which could be a glass of milk, two ounces of cheese, cup of yogurt, or a bowl of ice cream, provides our bodies with nine essential nutrients, including a complete serving of calcium. Calcium was named the supernutrient of 1998 because of all the functions it plays in our bodies.

Dairy also provides protein, vitamin A and D, and energy. Whether it's a glass of chocolate milk or a grilled cheese sandwich, dairy keeps us get mooving in our daily lives.

And who could forget about the wonderful taste of dairy products. No imitation could ever come close to the creamy and sensational flavor that dairy products add to whatever recipes you're making.

The following recipes were contributed by readers who share in the love of dairy. Along with their recipes are photos and stories about their families. These recipes, photos, and stories are a tribute to both the products and the people who help the dairy industry succeed.

Whether as a dairy farmer, an agribusiness person, or the family cook, all of these people help to keep the dairy industry vibrant. An industry that continues year after year to add dairy-delightful dishes to dinner tables everywhere.

HERMITS

1 cup butter
1½ cups brown sugar
3 eggs
2 tablespoons molasses
1 teaspoon cinnamon
½ teaspoon ground cloves
½ teaspoon nutmeg
1 teaspoon baking soda
2½ cups flour
1 cup raisins
1 cup chopped nuts (optional)
Cream butter, sugar, eggs, and molasses. Combine and stir in remaining ingredients.

Drop by teaspoonful on greased cookie sheets. Bake at 375 degrees for 7-10 minutes, and cool on pan one minute, before cooling on racks. Don't overbake as cookies should be soft.

My husband and I have a hay and grain farm in the beautiful Finger Lakes region of western New York.

We have two daughters, Linnell and Serita, and a naughty beagle puppy and three cats that think we live to serve them!

Our daughters play basson and percussion instruments, and we just returned from band competition at Hershey Park, representing Honloye Central School. The band students had a wonderful time at the park, and at the Harrisburg Hilton where we enjoyed the elegant atmosphere, the warm hospitality, and the indoor pool. It was fun for me to see some of the places we read about every week in Lancaster Farming. Thanks for a publication I always enjoy.

Barbara Randall
Bloomfield, N.Y.

HASH BROWN POTATO CASSEROLE

2 pounds frozen hash browns, thawed to room temperature
1 pint sour cream
2 cans cream of chicken soup (do not dilute)
2 cups sharp cheddar cheese, shredded
2 cups Ritz crackers, crumbled
1 stick butter
Mix together sour cream and soup in bowl; add potatoes.

Spread in 9x13-inch greased baking dish. Sprinkle cheese over top evenly. Sprinkle crackers on top, melt butter, and drizzle on top.

Bake at 350 degrees for 75 minutes.

Melanie Epting, 17-month-old daughter of Troy and Robin Epting, loves to go to the farm with her pop-pop Mark Epting.

She loves to see the animals and tractors. Her favorite calf is Cocoa.

Melanie's father, Troy, is the fourth generation to farm the family farm in Hamburg, Perry Township. Her father and grandfather raise beef cattle. They raise corn, oats, and alfalfa, and grind their own feed.

Shirlene Epting
Hamburg



Melanie Epting loves to look around the farm with Pop-Pop Mark Epting's farm.



Kenneth and Linda Musser with children Kathy, Michael, Richard, and Doug, live in Mount Joy.

POTATO CHEESE PUFF

2 cups mashed potatoes (leftovers)
2 tablespoons melted butter
1 cup cottage cheese
1 tablespoon grated onion
½ cup sour cream
3 eggs, separated
1 teaspoon salt
½ teaspoon pepper
Paprika

Stiffly beat egg whites. Combine butter, cottage cheese, onion, and sour cream to potatoes with mixer. Beat the egg yolks, salt, and pepper into the potato mixture. Fold in stiffly beaten egg whites. Turn into greased 1½-quart casserole and sprinkle with paprika. Bake at 350 degrees for 30 minutes or until puffy and golden. Serves 6.

This is a great way to use leftover mashed potatoes. It is a favorite potato dish of our three sons. We enjoy trying new recipes. Halfway through dinner, my husband will call for a vote. Ev-

eryone votes: thumbs up, thumbs down, or so-so. Majority rules and that will decide if that particular recipe is made again!

I enjoy making our house a home for my husband, Ken, and our four children; Kathy, 19; Michael, 17; Richard, 13; and Doug, 9.

We are active in church, school, and 4-H clubs. Our children are members of the 4-H Woolies Club and Michael is also in 4-H Dairy Beef Club. Kathy is finishing her first year of college at Word of Life Bible Institute, New York. Four children make for a busy home, but an exciting one!

Linda Musser
Mount Joy

CREAMED EGGS AND BACON

½ pound bacon
6 hard-boiled eggs, diced
4 or 5 cups milk
2 tablespoons corn starch
Cut bacon into small pieces and brown in frying pan.

Drain off all the grease. Add the milk to frying pan. Heat. Thicken with corn starch dissolved in milk. After thick and bubbling, add diced hard-boiled eggs. Serve over toast or hash-brown potatoes.

This is a quick dish to make for breakfast. Sometimes we have it for a light supper. My husband and I enjoy this dish.

Darlene Heisey
Mt. Pleasant Mills

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Serita, 10, and Linnell, 13, are the daughters of John and Barbara Randall, Bloomfield, N.Y.

JUNE  DAIRY MONTH