

Home on the Range

Nutty Recipes

ALMOND CASSATA
 10-ounce pound cake
 8-ounces ricotta cheese
 2 tablespoons light cream
 ½ teaspoon orange extract
 ½ cup chopped almonds, toasted
 2 tablespoons mixed candied fruits, finely chopped
 6-ounces semi-sweet chocolate pieces
 2 tablespoons water
 ¼ cup butter

If top of pound cake is rounded, slice off top to level it. Using sharp knife, cut cake horizontally to make three equal layers. Combine ricotta cheese, sugar, cream, and orange extract in small bowl, beat with electric mixer until smooth.

Add ¼ cup almond, candied fruit, and 2 tablespoons chocolate pieces, finely chopped. Center bottom layer of cake on flat plate, spread with half ricotta mixture. Gently place and spread second and third layers. Refrigerate two hours or until ricotta mixture is firm. Melt remaining chocolate pieces with water in small heavy saucepan over low heat, stir until chocolate is completely melted.

Remove from heat, stir in butter, one tablespoons at a time, continue stirring until mixture is smooth. Refrigerate 30 minutes or until frost is of spreading consistency. With a spatula, spread frosting thinly on top and sides of cake, swirling to decorate. Garnish with remaining almonds. Chill at least 30 minutes before slicing.

Betty Biehl
Mertztown

BLACK WALNUT CAKE
 ½ cup butter
 ½ cup shortening
 2 cups sugar
 5 eggs, separated
 1 cup buttermilk
 2 cups flour
 1 teaspoon vanilla
 ½ teaspoon cream of tartar
 1 teaspoon baking soda
 1½ cups black walnuts, chopped

Cream butter and shortening, gradually add sugar and beat until fluffy. Add egg yolks and beat well. Combine buttermilk and baking soda. Add flour alternately with milk, begin and end with flour. Stir in vanilla and walnuts.

Beat egg whites until stiff with cream of tartar. Fold into batter.

Pour into greased and floured 9x12-inch pan or 3 9-inch pans. Bake at 350 degrees 30 minutes for 9-inch; 40 minutes for

9x12-inch.
BLACK WALNUT BUTTERCREAM FROSTING

6 egg whites
 12-ounces sugar
 1 pound butter, softened
 3-ounces walnuts
 Beat egg whites until frothy. Mix sugar and 1 cup water. Heat to 240 degrees. Slowly pour into egg whites. Whip until cool. Add butter and beat until blended. Fold in walnuts.

Debbie Reynolds
Wrightsville

GOOD DAY GRANOLA
 8 cups rolled oats (not instant)
 1-3 tablespoons brown sugar
 1½ cups natural wheat germ
 ¼ cup dried bananas
 1½ cups unprocessed bran
 ½ cup raw sunflower seeds
 ½ cup vegetable oil
 ¼ cup honey
 2 teaspoons vanilla
 2 cups raisins
 1 cup coconut
 2 tablespoons cinnamon

Stir together oats, sugar, bran, wheat germ, bananas, sunflower seeds, coconut, and cinnamon. Combine vegetable oil, honey, and vanilla in a saucepan, heat until bubbly. Pour liquid over dry ingredients to mix thoroughly. Put in roasting pan. Bake at 225 degrees for 30-40 minutes. Stir every 10 minutes. When cool, add raisins.

Jim Testerman
Mercersburg

HONEY APPLE NUT BREAD
 2 cups flour
 ½ cup shortening
 1 teaspoon baking soda
 1 cup applesauce
 2 eggs, slightly beaten
 1 cup honey
 ½ teaspoon salt
 1 cup chopped pecans
 Cream shortening, honey, and eggs together. Beat until light. Mix in dry ingredients alternately with applesauce. Add nuts. Pour into greased loaf pan and bake at 325 degrees for one hour. Delicious sliced thin and spread with 3-ounces softened cream cheese, beaten with 1 tablespoon maraschino juice.

Renee Blatt
American Honey Queen

HONEY NUT CRISP TOPPING FOR FRUIT
 ½ cup old-fashioned rolled oats (uncooked)
 3 tablespoons chopped walnuts
 ¼ cup honey
 1 egg white
 ¼ teaspoon cinnamon



The crunch of peanuts, sweet tang of chutney, and tropical papaya in this healthy salad will make a delightful dish for a luncheon or light supper.

¼ teaspoon vanilla
 Dash salt
 Preheat oven to 325 degrees. 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 or until golden brown, tossing mixture 3-4 times during cooking. Remove from oven and cool until crisp and crunchy. Makes 1 cup.

Renee Blatt
American Honey Queen

PEANUT BRITTLE
 2 cups sugar
 1 tablespoon butter
 1½ cups nuts of your choice
 1 teaspoon baking soda
 1 cup light Karo syrup
 Butter a 15x10-inch jelly roll pan or cookie sheet. In large skillet, cook sugar, Karo syrup, and butter until mixture comes to a rolling boil. Add nuts and continue cooking until mixture turns a golden brown. Color changes according to nuts being used. Stir constantly.

Remove from heat and stir in baking soda. Return to low heat and continue cooking until mixture turns a darker golden brown (deep dark brown for walnuts), stirring constantly. Pour into prepared pan. When cool, crack into pieces. Makes 1¼ pounds.

I have made this recipe with walnuts, pecans, peanuts, and cashews. All taste very good.
 Kathy Barrick
Marysville

NUTTY CHEESE TEA CAKE
 Crust:
 1½ cups finely chopped walnuts
 2 tablespoons sugar
 2 tablespoons butter

Batter:
 1 cup butter
 1½ cups sugar
 2 cups flour
 2 teaspoons baking powder
 ½ teaspoon salt
 8-ounces cream cheese
 1 teaspoon grated lemon rind
 5 eggs
 ¾ cup chopped walnuts
 Blend crust ingredients and

press on bottom and sides of a bundt pan. Bake at 400 degrees 6-8 minutes, until nuts are brown. Cool.

Cream butter and cheese, add sugar and lemon rind. Beat in eggs, one at a time, beating well after each addition. Stir baking powder and salt into flour and gradually add flour mixture to cheese mixture. Fold in nuts. Pour batter into prepared pan and bake at 300 degrees, one hour, or until cake tests done. Cool slightly and invert on serving plate. Serves 12.

Elizabeth Young
Lancaster Co. Dairy Princess

MISSISSIPPI MUD CAKE

1 cup butter
 2 cups sugar
 4 eggs
 ½ cup cocoa

1½ cups flour
 3 teaspoons vanilla
 Walnuts, if desired

Grease and flour 9x13-inch pan. Mix ingredients together. Bake at 350 degrees for 30-35 minutes. Remove from oven. Cover with mini-marshmallows. Bake 10 minutes more. Remove from oven.

Frosting:
 1 cup butter
 ¼ cup cocoa
 4 cups confectioners' sugar
 6 tablespoons milk
 Melt butter. Beat in cocoa; add confectioners' sugar. Add milk (more if needed until pourable). Pour on cake.
 Elaine Fyock

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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Featured Recipe

The truth about nuts is finally out of its shell. Despite the fact that adding nuts to a diet low in saturated fat and cholesterol can help lower levels LDL cholesterol (or "bad" cholesterol) when substituted for foods high in saturated fat, a recent survey that 61 percent of Americans think nuts are high in cholesterol.

In the past decade, people have avoided fat in foods in pursuit of weight loss, better nutrition, and healthier living. But foods, such as nuts, which contain fat, can be a positive addition to a healthy diet and beneficial to the body.

Planters has developed a helpful nutrition brochure including simple steps to follow for better health and recipes that are easy to prepare.

For a free brochure on how to incorporate nuts into a healthy diet, call toll free 1-877-Mr. Peanut (677-3268) weekdays.

More information on nuts and nutrition, plus quick recipes can be found at the Website www.planters.com.

Enjoy this recipe from Planters.
CARIBBEAN CHICKEN SALAD WITH PEANUTS

Chutney dressing (see recipe below)
 1 head romaine lettuce, torn in pieces
 ½ cup sliced green onions
 1 cup shredded grilled chicken
 1 papaya, halved, seeded, peeled, sliced
 1 cup raspberries
 ½ cup peanuts

Prepare chutney dressing and set aside. Toss lettuce with green onions and divide among four serving plates. Top with chicken, papaya slices, and raspberries; sprinkle with peanuts. Serve with chutney dressing.

Yield: 4 servings.

CHUTNEY DRESSING
 In blender or food processor, combine:
 ½ cup peanuts
 ½ cup mayonnaise
 ¼ cup chutney
 2 tablespoons sugar
 2 tablespoons raspberry vinegar
 1 teaspoon curry powder
 Blend until smooth. Makes about 1½ cups dressing.