

Home on the Range

Asparagus, Rhubarb Herald Spring's Bounty

RHUBARB COBBLER

5 cups rhubarb, cut up
1 tablespoon minute tapioca
1 tablespoon flour
½ cup sugar
2 cups flour
2 tablespoons sugar
1 teaspoon salt
3 teaspoons baking powder
6 tablespoons shortening
1 egg
¾ cup milk

Place cut-up rhubarb in large casserole dish. Stir in tapioca, flour, and sugar.

Mix together flour, sugar, salt, baking powder, shortening, egg, and milk. Pour over rhubarb mixture and bake at 400 degrees about 30 minutes.

Serve warm with milk and sugar.

Mabel Harnish
Willow Street

EASY CREAM OF ASPARAGUS SOUP

2 (10½-ounce) cans condensed cream of asparagus soup
2 cups half and half
10-ounce package frozen asparagus OR 2 cups fresh asparagus tips, cooked until soft
½ teaspoon salt
Dash ground pepper
½ teaspoon sugar

Combine all ingredients in food processor and whirl until completely smooth. Pour into saucepan and heat just until it comes to a boil. Season with additional salt and pepper if needed. Serve hot.

"Enjoy! Easy and Wonderful!"

Julie Hoover
Douglassville

RHUBARB CAKE

Rhubarb mixture:
3-4 cups rhubarb
1 cup sugar
3-ounces strawberry Jell-O

Batter:

½ cups flour
2 teaspoons baking powder
½ teaspoon salt
½ cup butter, softened
1 cup sugar, scant
1 egg, beaten
¾ cup milk
1 teaspoon vanilla
1 teaspoon cinnamon
1 tablespoon sugar

In a bowl, combine rhubarb, sugar, and Jell-O, set aside. Sift together flour, baking powder, and salt. In another bowl, cream butter, sugar, and egg. Add dry ingredients with milk and vanilla. Blend until batter is smooth.

Layer rhubarb mixture on bottom of buttered 9x13-inch pan. Spread batter over top. Mix cinnamon and sugar together and sprinkle over top.

Bake at 350 degrees for 35-40 minutes.

Jennifer Cassel
Ephrata

ASPARAGUS PUFF RING

¾ cup water
6 tablespoons butter
¾ cup all-purpose flour
½ teaspoon salt
3 eggs
¼ cup Parmesan cheese, divided

Filling:

1 pound fresh asparagus, cut into 1-inch pieces
¼ cup diced onion
2 tablespoons butter
2 tablespoons all-purpose flour
½ teaspoon salt
¼ teaspoon pepper
1½ cups milk
½ cup shredded Swiss cheese
2 tablespoons grated Parmesan cheese

2 cups diced fully cooked ham

In a saucepan over medium heat, bring water and butter to a boil. Add flour and salt all at once; stir until a smooth ball forms. Let stand 5 minutes. Add eggs, one at a time, beating well after each; beat until smooth. Stir in 3 tablespoons Parmesan cheese. Using ¼ cupfuls of dough, form a ring around the sides of a greased 10-inch quiche pan or pie plate (mounds should touch). Top with remaining cheese. Bake at 400 degrees for 35 minutes. Meanwhile, cook asparagus until crisp-tender, 3-4 minutes; drain. In a saucepan, saute onion in butter until tender. Stir in flour, salt and pepper. Gradually add milk; bring to a boil over medium heat, stirring constantly. Reduce heat; stir in cheeses until melted. Stir in ham and asparagus; spoon into ring. Serve immediately. Yield: 6 servings.

Charlene Bennett

RHUBARB PIE

Crust:

10-inch double pie crust unbaked

Filling:

1½ cups sugar, divided
4 tablespoons cornstarch, divided
2 tablespoons quick-cooking tapioca, divided
2 cups freshly cut strawberry rhubarb or frozen
1 teaspoon fresh lemon juice
½ teaspoon almond extract
1 cup red tart cherries, divided
1 cup freshly cut green rhubarb

Glaze:

Milk
Granulated sugar
Heat oven to 450 degrees. For filling, combine ½ cup sugar, 3 tablespoons cornstarch, and 1 ta-



Turkey Asparagus Roll-Ups not only looks impressive but offers a whole gamut of vitamins, minerals, and protein.

blespoon tapioca. Sprinkle evenly over bottom of pan of unbaked pie shell. Combine strawberry rhubarb, lemon juice, and almond extract in bowl. Set aside.

Place cherries on top of sugar mixture in pie shell. Add, in layers, strawberry rhubarb mixture, remaining 1 cup sugar; remaining half-cup berries, green rhubarb, remaining 1 tablespoon cornstarch, and remaining 1 tablespoon quick-cooking tapioca.

Cover with top crust. Fold top edge under bottom crust. Flute with fingers or fork. Cut slits or design in top crust. For glaze, brush top crust with milk. Sprinkle with sugar. Cover with foil. Bake at 450 degrees for 10 minutes. Reduce oven temperature to 350 degrees. Bake 40-50 minutes, recovering with foil, if necessary, to prevent over browning. Cool until barely warm or to room temperature before serving.

Yield: 10-inch pie.

Fran Westfall
New Oxford

RHUBARB JELLY

4½-5 pounds rhubarb
4½-5 quarts cut into 1-inch pieces
7 cups sugar
1-2 drops red coloring (optional)

2 pouches liquid fruit pectin

Grind the rhubarb in a food processor or in grinder. Strain off juice in a jelly bag, reserving 3½ cups juice. Pour juice into a large kettle. Add sugar and coloring. Bring to a boil over high heat, stirring constantly. Add pectin, bring to a full rolling boil. Boil one minute, stirring constantly. Remove from heat. Let stand a few minutes and skim off foam. Pour hot into warm jars. Leave ¼-inch headspace. Adjust lids. Process 10 minutes in boiling water bath. Yield: 4 pints.

K. Martin
Quarryville

Featured Recipe

Asparagus seems to be one of those foods that people either love or hate. For the people who love it, asparagus is available now through June.

Although consumers often think that "younger and thinner" equals tenderness, the opposite is true for asparagus. Spears that are thicker are more tender.

According to research, a young asparagus plants puts more energy into producing spears that will stand upright, so most of the plant material in the spears of younger asparagus plants is crude fiber.

Crude fiber is the cellulose-based material found in outer layers of celery and other vegetables. As the asparagus plant matures, less growth is dedicated to producing crude fiber and the spears thicken with soft, soluble fiber and other nutrients making it easier to chew.

Whether thin or fat, asparagus is a nutritional bonanza, serving as a significant source of vitamins A and C. It is also high in folate and potassium.

Asparagus loses moisture very quickly after harvesting and the sugars within the spears begin to turn to starch, and the spear develops woody tissue if left at room temperature so eat within a few days of harvesting.

Overcooked asparagus is another reason the vegetable may taste woody. You know you've overcooked asparagus if it becomes dull green in color. To cook it properly, stand the spears upright in a deep pan filled two-thirds with water and steam or boil them for 5-10 minutes, depending on the thickness of the spears.

There are many other cooking options. The following is a recipe that is guaranteed to please asparagus lovers and even those who aren't.

TURKEY ASPARAGUS ROLL-UPS

4 (8 to 12 oz.) turkey breast fillets
2 teaspoons Dijon-style mustard
12 to 16 small asparagus spears, cleaned and trimmed
½ cup shredded lowfat mozzarella cheese
2 tablespoons each minced parsley and shallots
Seasoned salt
Ground pepper
1 tablespoon vegetable oil
¼ cup dry white wine

Gently pound turkey to length of asparagus spears; spread each slice with ½ teaspoon mustard. Place 3 to 4 asparagus toward one end of long side of turkey fillet. Sprinkle each with 2 tablespoons cheese and 1-½ teaspoons each parsley and shallots; sprinkle with seasoned salt and pepper. Roll up turkey to enclose asparagus. Fasten with skewers or toothpicks. Brown turkey rolls in oil in oven-proof skillet; pour wine over turkey and sprinkle with seasoned salt and pepper. Bake at 350F 15 to 20 minutes or until turkey is cooked but not dry. If desired, add 2 tablespoons water to pan drippings, heat and serve over turkey rolls. Makes 4 servings.

Serving Tip: Serve with cooked rice or pasta.

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.

April

20 — Cooking With Lamb
27 — Grilled Cheese Favorites

May

4 — Cooking With Seafood
11 — Mother's, Grandmother's Favorite Recipes

(Turn to Page B7)