

# Cookbook Showcases Chester County Bounty

(Continued from Page B2)

6-ounce can tomato paste  
 1 cup wine vinegar  
 2 tablespoons mustard  
 1 tablespoon Worcestershire sauce  
 ½ cup packed brown sugar  
 Onion salt to taste  
 Several drops Tabasco sauce  
 Dissolve the bouillon cubes in boiling water in a saucepan. Add the ketchup, tomato paste, wine vinegar, mustard, Worcestershire sauce, brown sugar, onion salt, and Tabasco sauce, and mix well. Bring to a boil and reduce the heat. Simmer until smooth. Yield: 1½ quarts sauce.

### Dutch Goose

5 carrots, sliced  
 4 potatoes, cut into pieces  
 1 large onion, cut into pieces  
 2 large ribs celery, sliced  
 2 tablespoons butter  
 7-8 bread slices, torn  
 1 pound sausage  
 1 pint oysters and liquor  
 ½ cup raisins  
 1 pig stomach  
 1 tablespoon butter  
 Saffron to taste  
 Parboil the carrots and potatoes in a small amount of water in a saucepan. Sauté the onion and celery in 2 tablespoon butter in a skillet. Add the bread. Brown the sausage in a skillet, stirring until crumbly and drain. Combine the carrots, potatoes, onion mixture, sausage, oysters, and raisins in a large bowl and mix well. Stuff into pig stomach. Rub with 1 tablespoon butter and saffron. Place in a baking pan. Place any leftover stuffing around the stomach. Bake at 350 degrees for two hours. Yield: 4 servings.

**Linguine With White Clam Sauce**  
 2 (8-ounce) minced clams  
 1 large onion, chopped  
 1 garlic clove, minced  
 3 tablespoons chopped fresh parsley  
 ¼ cup olive oil  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 ¼ cup dry white wine (optional)

1 pound linguine, cooked, drained  
 Sprigs fresh parsley  
 Grated Parmesan cheese  
 Drain the clams, reserving the liquid. Sauté the onion, garlic, and 3 tablespoons parsley in the olive oil in a saucepan until the onion is transparent. Season with salt and pepper. Add the wine and reserved clam liquid. Simmer

for 5 minutes. Add the clams. Cook until heated through. Do not boil or the clams will become tough. Arrange the pasta on a warm serving platter. Pour the clam sauce over the pasta. Garnish with sprigs of fresh parsley. Serve with Parmesan cheese. Yield: 6 servings.



Joyce Hershey holds a copy of the 224-page hardcover cookbook she edited to showcase the rich heritage of agriculture in Chester County. The recipes are divided into chapters featuring Chester County commodities, and includes historical photographs and narrative.

## Pumpkin Rates A High Score

LEESPORT (Berks Co.) — Beta-carotene, the precursor to Vitamin A, and a substance efficiently converted by the body to Vitamin A, has been evaluated in many health studies.

Beta-carotene is important for good vision, healthy skin, a strong immune system, and bone and tooth development.

Although most dark, leafy green vegetables; red, yellow, and orange vegetables and fruits; and citrus fruits contain beta-carotene, the richest fruit-vegetable source is pumpkin.

Cook your own pumpkin or use canned solid pack pumpkin. The amount of beta-carotene in ½ cup of pumpkin far exceeds the U.S. Recommended Daily Allowance (RDA) and also offers 10 percent of the RDA of potassium as well as some Vitamin C, iron, riboflavin, calcium, protein, phosphorus, and magnesium. One-half cup of freshly cooked pumpkin is only 25 calories; for solid pack pumpkin, 40 calories. Both contain very little sodium but are a source of dietary fiber. One-half cup of cooked pumpkin has 1.3 grams of fiber; solid pack pumpkin has 5 grams of fiber.

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