



Home on the Range

Summer Fruits To Savor

PEAR BUTTER

Cut and core pears. You may leave on skins, but remove the stem into the core. Cook until soft. Cook with pineapple juice instead of water for more flavor. Press through strainer like apple-sauce is made.

Measure pear sauce. Add the same amount of sugar or less if you don't want it so sweet. Cook and stir until it thickens, about one hour. Pear butter can also be done in the oven (but no temperature or time was stated. Imagine it could be 350 degrees until soft). Stir until thickened.

Leah Fisher
Gordonville

FRUIT COBBLER

½ cup butter, melted, put in bottom of pan

1 cup flour
1 cup milk
1 cup sugar
2 teaspoons baking powder
2 cups fresh fruit

Mix together flour, milk, sugar, and baking powder and pour over butter. Don't stir. Add fruit on top. Bake at 350 degrees for 40 minutes in 9x9-inch baking dish. May sprinkle with cinnamon.

Vanessa Greider
Lycoming County
Alternate Dairy Princess

QUICK FRUIT SALAD

2 (20-ounce cans) pineapple chunks

2 cans mandarin oranges
16-ounce package peaches
1 jar maraschino cherries
2 whole bananas
2 cored, peeled apples, chopped
1 small vanilla instant pudding
½ cup milk
¼ cup frozen orange juice
¼ cup sour cream

Drain all canned fruit mix in a large bowl and add sliced bananas and chopped apples. Mix pudding, milk, orange juice, and sour cream. Pour over fruit and mix well. Chill in refrigerator for one hour.

Vanessa Greider
Lycoming County
Alternate Dairy Princess

GRAPE JUICE BAVARIAN

3-ounce box orange or lemon-flavored Jell-O

¼ cup sugar
1 cup boiling water
1 cup grape juice
1 envelope Dream Whip topping
½ cup cold milk
½ teaspoon vanilla

Dissolve one package lemon or orange Jell-O in boiling water. Add grape juice and sugar. chill

until slightly thickened. Prepare Dream Whip topping. Fold into thickened gelatin. Chill until firm. Spoon into sherbet dishes. Serve with additional prepared Dream Whip. Serves 6.

Betty Biehl
Mertztown

HOOSIER APPLE SURPRISE SAMMIES

4 tablespoons butter, softened
8 slices cinnamon raisin bread
½ cup crunchy peanut butter
4 slices mozzarella cheese
1 golden delicious apple, thinly sliced

8 slices cheddar cheese
Spread butter evenly on one side of each slice of bread. On the unbuttered sides of four slices of bread, spread equal amounts of peanut butter and top with one slice of mozzarella cheese. Place apple slices over the cheese, and top each sandwich with two slices of cheddar cheese. Top with remaining slices of bread, buttered side out.

Preheat a large skillet or griddle over medium heat. Cook sandwiches in batches, if necessary, for 2 to 3 minutes per side, or until golden and the cheeses are melted. Serve immediately. Makes 4 servings.

Vanessa Greider
Lycoming County
Alternate Dairy Princess

MR. FOOD'S PACIFICA PEAR GRILLED CHEESE

2 tablespoons butter, softened
8 slices (½-inch thick) crusty French bread, cut from round loaf

4 slices Muenster cheese
1 Bartlett pear, cored and cut into thin slices
4 teaspoons raspberry preserves

8 ounces Brie cheese, cut into 12 thin slices, rind removed
Spread butter evenly on one side of each slice of bread. On the unbuttered sides of four slices of bread, layer one slice of Muenster cheese folded in half, and four pear slices; spread with equal amounts of raspberry preserves.

Top each with three slices of Brie cheese, and another slice of bread, buttered side out.

Preheat a large skillet or griddle over low heat. Cover and cook the sandwiches, in batches, if necessary, for 2 to 3 minutes per side, or until golden and the cheeses are melted. Serve immediately. Makes 4 servings.

Vanessa Greider
Lycoming County
Alternate Dairy Princess

Featured Recipe

More Than One Way To Eat Cantaloupe

The fruits Americans call cantaloupes should more correctly be called muskmelons. True cantaloupes originated in Europe and have a rough, warty surface while muskmelons have a netted rind. Muskmelons originated in the Near East and were enjoyed by the ancient Egyptians and Romans. The Romans introduced them to Europe and the Spanish brought them to America. Watermelons are thought to have originated in Africa.

Although some consumers have their own standards for choosing cantaloupes, there's no disputing some basic ripeness indicators. A good cantaloupe will have no trace of a stem and a pronounced cavity where the melon was pulled from the vine. These two characteristics indicate that the cantaloupe was harvested when it was fully mature, which is important because melons do not increase their sugar content after they have been harvested.

When buying cantaloupes, select melons that have a thick netting and a rich golden color underneath. They should also have a delicate aroma. A cantaloupe that is still firm can be stored uncut at room temperature to let the flesh become softer and juicier but, as mentioned above, it will not become sweeter.

Watermelons should have neither a very shiny or very dull rind but rather a waxy "bloom". They should be yellowish on the underside not greenish-white. If they have stem, it should be brown and dry, not green. The traditional "thump" test, besides almost being an art, is not particularly accurate.

Melons can be enjoyed in variety of ways at any time of the day. Sliced, cantaloupe makes a delicious breakfast feature. Diced or balled, either cantaloupe or watermelon make a cool and nutritious addition to lunch or dinner as an appetizer or dessert. Cantaloupe and watermelon mixed with honeydew, blueberries, peaches and other fruits makes an absolutely wonderful summer fruit salad. Generally, cantaloupe should be served at room temperature or only slightly chilled to enjoy the full flavor while watermelon should be icy cold to get the best flavor.

The United States Department of Agriculture, in its Food Pyramid, recommends two to four servings a day of fruit. Each serving of cantaloupe contains only 35 calories and is a good source of vitamins A and C plus potassium. Watermelon has only 32 calories and is also a source of vitamins A and C.

William Scepansky, corporate chef for Kegel's Produce in Lancaster, has created these tasty recipes for "Simply Delicious" Pennsylvania cantaloupes:



One of the best tasting and most nutritional of summer fruits is cantaloupe. Eat it raw or try the unique featured recipe.

CANTALOUPE COOLER

Looking for a fast, refreshing way to cool off? Try this cool combination that is as tasty as it is nutritious. This drink would be an excellent way to start the day as well!

5½ cup cantaloupe, peeled, seeded and cubed
1 cup yogurt, vanilla flavored

1 cup orange juice
1 each lime, juice of
10 each ice cubes
pinch of salt (to bring out flavors)

Blend all ingredients well till completely smooth and frothy. Serve in a chilled glass garnished with a slice of cantaloupe and lime. Enjoy. Makes about 4 servings.

CANTALOUPE WITH PROSCIUTTO AND PORT WINE

With 3 ingredients and about 2 minutes worth of work, you can prepare this truly elegant yet simple starter for your next meal. It's all about having the best ingredients to start with. Look for

melons that exude great fragrance and have lots of scarring. They are the sweet ones.

4 each cantaloupe, pieces, cut 1x1x6-inch
12 each prosciutto, slices, paper thin
2 ounce Port Wine, Tawny or Ruby, good quality
½ cup basil or mint, fresh for garnish and aroma

Lay prosciutto in 4 groups of 3, side by side, slightly overlapping, to form four 6x6-inch sheets. Place one piece of melon across the center of each of the sheets and draw up top and then bottom to wrap the cantaloupe completely in prosciutto. Slice each serving into 6 slices each and arrange decoratively on serving plates. Fill 4 shot glasses half full with port wine and place next to cantaloupe on each plate. Garnish plates with basil and serve. Makes 4 servings.

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.

September

13 — End-Of-Summer Produce
20 — Make It With Rice
27 — National Honey Month

October

4 — National Pork Month

