

Post Cookbook

Amish share spiced food recipes

BY JOAN KINGSBURY

Last week my family and I had the pleasure of spending four days vacationing in Lancaster County. Anyone who has never spent time in this region of Pennsylvania just doesn't know what they are missing. Delicious Pennsylvania Dutch food like home-cured hams, bacon, sausage and scrapple are served in all restaurants. The people are friendly and the interesting Amish culture awaits all who visit Lancaster County.

Enroute to our campground in Strasburg, we stopped at the Mount Hope Estate and Winery near Manheim. Built in 1800 by Henry Bates Grubb, a son of one of colonial America's wealthiest ironmasters, Mount Hope Estate features a Victorian mansion which is elegant with its 32 rooms, castle walls and turrets, winding walnut staircase, hand-painted 18-foot ceilings, Egyptian marble fireplaces, grand ballroom and greenhouse solarium. Antiques and furnishings of the Victorian period add to the original charm of the mansion. Following the mansion tour, guests are treated to a formal wine tasting in the billiard room where the hostess gives a short program in wine appreciation. Following the tour, we purchased a bottled spiced apple wine, a

spicy, slightly sweet wine, in the mansion's Vintage Wine Shop.

Following a short stop at the Candy Americana Museum at Wilbur Chocolate's Factory Candy Outlet in Lititz, we proceeded to our camp site at Mill Bridge Village. Mill Bridge Village is restored to look like it did in 1728 with a mill where corn is ground by a giant waterwheel. In the mill one can also see a broommaker constructing brooms from broom corn, and a woman hand dipping candles. A ride in a horse and buggy over the covered bridge, or a visit to the snack bar where music machines from early 1900's are restored also provided entertainment for guests of Mill Bridge Village. For a nickel, you can pick a tune on the player piano.

Not far from Mill Bridge Village on Route 772, we visited Jack and Mae Phillips Lancaster County Swiss Cheese Company. A large picture window in the cheese shop enables visitors to watch the actual cheese making process. We also visited the aging cellar where Swiss cheese is aged in 100 lb. blocks. Swiss cheese is made at the Lancaster County Cheese Factory in large copper kettles which hold 300 gal. of milk, enough to produce a 200 lb. block of Swiss cheese. Although stainless steel has replaced the

copper kettles in most areas, copper kettles are still used here because copper enhances the sweet, nutty metallic flavor of Swiss cheese. Of course we purchased some of the cheese made at the factory which was delicious.

One thing Lancaster County does not lack is fine restaurants. One we found particularly appealing was Miller's Smorgasbord on the Lincoln Highway East in Ronks. The breakfast smorgasbord features a variety of fresh fruits, scrapple, sausage, ham, bread pudding, French toast, pancakes, scrambled eggs, fried potatoes, donuts and pastries made daily at Miller's bakery. This breakfast is fabulous but don't plan to eat much for the remainder of the day if you decide to try it. Miller's also has a dinner smorgasbord with seven sweets and seven sours featuring all Pennsylvania Dutch specialties. We are looking forward to sampling the dinner on

our next visit.

Watching the Amish farmers is in itself a treat. These hardworking people keep their farms so clean. Their horses are well taken care of and very beautiful. Living without electricity and power machinery would seem like a terrible trial to most of us, but the Amish not only accept this religious mandate, but seem to thrive on it. The Amish women's handiwork is apparent everywhere with almost every yard displaying beautiful quilts and handmade items.

In choosing Pennsylvania Dutch recipes for this week's column I tried to pick those that call for crops that will soon be ripening. Chow-Chow, Corn Relish and Spiced Peaches or Pears appear on many Amish tables. Peach Kuchen is a tasty dessert. **CHOW-CHOW**
2 qt. small onions
1/2 doz. green tomatoes
1/2 doz. green, red and yellow peppers
1/4 peck yellow string

beans

3 qt. boxes lima beans
5 bunches celery, cut up
2 jars prepared mustard
50 miniature sweet pickles
2 qts. vinegar
2 qt. water
2 qt. sugar or to taste
Cook each vegetable separately, just until heated thoroughly. Add heated juices to vinegar, water; add sugar to taste. Put vegetables in and heat entire mixture to boiling point. Keep hot and place in jars. Seal. Yields 12-15 qts.

SPICED PEACHES OR PEARS

18-22 peaches or pears
4 c. vinegar
9 c. li. br. sugar
1 t. whole cloves
1-3 inch stick cinnamon
1 t. whole allspice
Scald and peel desired number of peaches or pears. Pears may be used whole if small or they may be halved. Make vinegar and sugar mixture. Tie whole cloves, cinnamon stick and allspice in a bag. Add to vinegar mixture, bring to a boil. Cook fruit a few at



peaches

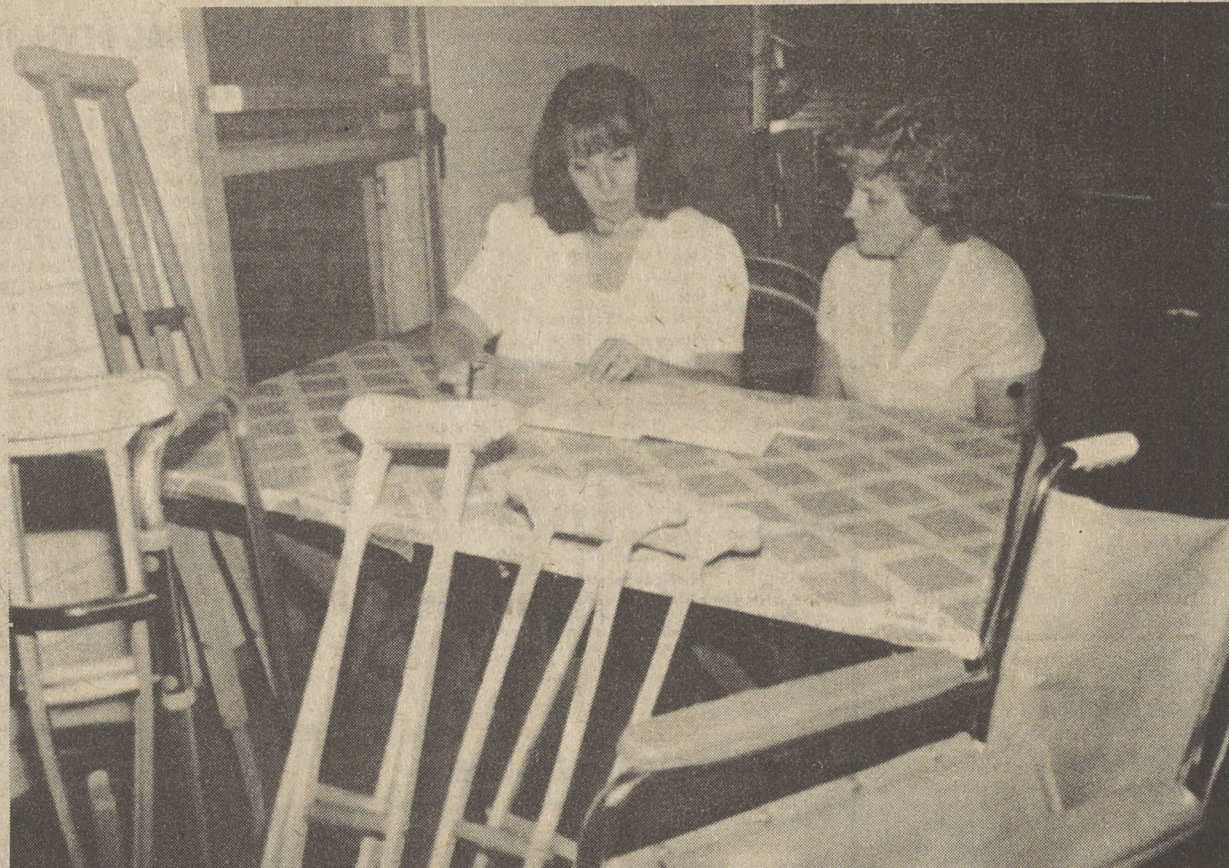
a time in boiling liquid until tender. Place in jars. Pour remaining hot vinegar mixture over fruit and seal. This amount of liquid will do for about 18-22 pieces of fruit or 4 pints.

CORN RELISH
1 doz. ears corn
1 pt. vinegar
1 c. sugar
1 T. dry mustard
1 shredded head cabbage
2 sm. onions, chopped
2 red peppers, chopped
1 green pepper, chopped
2 sm. sticks celery, chopped

Cut corn from ears of corn. Into a large pot put

3/4 c. sugar
1 t. cinnamon
2 beaten eggs
1 c. thick sour cream

Sift together flour, salt, baking powder, sugar. Cut in with pastry blender 1/2 cup butter until mixture looks like cornmeal. Press into the bottom and sides of an 8-inch square pan. Add peach halves. cover peach halves with a mixture of sugar and cinnamon. Bake for 30 minutes at 400 degrees, then pour a combination of beaten egg yolks and sour cream. Bake 30 minutes more. Serve warm. Serves 6.



HANDICAPPED EQUIPMENT-Dallas Rotary Anns Mary Ann Strom and Pat Baird discuss plans for

distribution of equipment for Back Mountain residents, who need wheel chairs, crutches, walkers and other aids. (Rob Kaye Photo)

N'Moreland Twp. plans Aug. 27 parade, bazaar

Northmoreland Township Volunteer Fire Company will hold a bazaar and parade on Friday, Aug. 27 in the evening, on the fire company grounds in Centermoreland. There will be live music with Roland Schoonover,

native of the township, and his band, "The Country Troubadours". There also will be fireworks, food and games.

An auction will be held Saturday, Aug. 28, starting at 10 a.m.

ARA services plan new foods for students

The Dallas School District's ARA Services has something new for elementary and intermediate students in the district. Beginning Sept. 1, the first day of school, all students will have a choice every day of two entrees, offered by the District's ARA lunch program. Mary Reistetter, registered dietician, believes that choices given to students at this level decreases food wastage and increases good nutrition. All meals fully met the Federal Government's Type A requirements, which are one-third of the child's daily nutrient requirements, and can be purchased singularly on a daily basis.

Reistetter describes the Rainbow Type A lunch as a way to offer students their favorite food items; serve quality nutrition, and decrease food waste. The menu items are grouped and color coded red, blue, yellow, green, and purple. The students simply choose one item from each color to create a Rainbow lunch. Red are the body-building foods; green and yellow are fruits and vegetables high in vitamin C and vitamin A; blue is milk which supplies calcium and vitamin D; purple is the bread group which supplies the necessary B vitamins.

The cost of an elementary and intermediate lunch is 85 cents, junior and senior is 90 cents. For more information, please call Mary Reistetter at 675-6928.

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WEDNESDAY--Ham-cheese sandwich, chips, cookies, milk.
THURSDAY--Chicken nuggets, potato puffs, corn, fruit, milk.
FRIDAY--Tuna sandwich, chips, cookies, fruit drink.

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