

# Cookbook



## These two share the cooking

By CHARLOT M. DENMON  
Staff Correspondent

Leonard and Jean Groboski of Goss Manor, Dallas, share the cooking duties in their home. Leonard likes to hunt and fish and always prepares any game or fish that he brings home. He also enjoys barbecuing on the grill during the warm weather and has done steaks, chops, kielbasi, spareribs, chicken and also a 12-lb. stuffed turkey on the charcoal grills.

Jean prefers preparing special entrees for dinner such as breaded pork chops or pepper steak, whether for just the two of them or family and friends.

The Groboskis have two daughters, Sherri, married and living in Brunswick, GA, and Nancy, who recently moved to West Chester, where she is food service director at a large nursing home.

Leonard and Jean moved into their home in Dallas 25 years ago this past June. Both are members of the Daddow-Isaacs American Legion, Leonard on the board of directors, and Jean a member of the Auxiliary. Jean is also a member of the Back Mountain Mercy Center Auxiliary.

Leonard, who is an iron worker, enjoys hunting and fishing when he has the time. Jean does crewel embroidery and has won several prizes for her entries in the Luzerne County Fall Fair. She also collects miniature furniture and furnishes a large doll house with it. She also decorates the exterior of the house appropriately for the holidays.

At least once, and most times twice, each year they visit their daughter, and her husband in Brunswick, GA.

Leonard shares two of his favorite recipes with Post readers this week as does Jean. The BABA recipe given by Leonard was one given him by his mother and is just as delicious cold or hot. His fish recipe is a favorite with everyone, who has tasted it. Jean's Pepper Steak is a favorite of both family and friends and one she enjoys preparing. For those who eat pork, we recommend trying Jean's Breaded Pork Chops, a dish that can be prepared in advanced, if desired.

The Groboski's enjoy having friends in for dinner, then sitting around the bar in their family room talking about various vacations and their families.

### WHITE FISH FILLETS

(Blue Gill, Perch or other)  
1 1/2 c. all purpose flour  
1 T. baking powder  
1 t. salt  
2 eggs  
1 c. milk  
2 T. onion flakes  
1/4 t. sweet basil

Measure, mix and sift dry ingredients into a mixing bowl. Beat eggs and mix in milk. Make a well in the flour, pour in liquid and mix, working from middle till all flour is blended in and mixture is smooth. Dip fish in batter and deep fry until fish is brown.

**BABA**  
4 lg. or 6 med. potatoes  
1 lg. onion  
1 t. salt



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### Talking food

This week's chefs, Leonard and Jean Groboski, discuss trips to Canada with their friend, Andy Denmon, following a dinner of Pepper Steak and salad, prepared by Jean.

1/2 t. baking powder  
3 T. flour  
3 eggs, beaten  
1/4 c. bacon grease  
Grate potatoes and onion, beat eggs. Mix all ingredients together, put in loaf pan and bake at 350 degrees for one hour or until loaf is crispy. Slice and serve hot or if desired, may be sliced cold, fried and served with eggs.

**BREADED PORK CHOPS**  
6 center cut pork chops, 1/2 in. thick  
Nabisco cracker meal

2 eggs  
Dash salt & pepper  
2 T. milk  
Dip each chop into cracker meal, egg, then again in cracker meal. While doing this heat two cups of oil in large skillet. Fry pork chops in skillet until brown on both sides. Remove to paper toweling to drain. Reserve oil in which chops were fried. Put chops into baking pan to fit six chops and bake at 350 degrees for 45 minutes, turning them after 20 minutes. If desired chops may be prepared in advance but baked

before serving.  
**PEPPER STEAK**  
2 lbs. boneless beef round steak 1"-1 1/2" thick  
3 T. cornstarch  
1 t. monoglutamate  
1/4 c. soy sauce  
5 T. vegetable oil  
2 med. green peppers, cored, seeded and cut in 1/4" length strips  
2 med. onions  
1 1/2-2 c. hot beef broth  
Trim steak of excessive fat and place in freezer 15 minutes to make slicing easier. In medium mixing bowl, combine sugar, cornstarch, monoglutamate, soy sauce and 1 T. oil. Mix until smooth. Slice steak across grain diagonally in thin strips, add to soy sauce mixture and stir well to coat. Heat two tablespoons oil in skillet or wok, add peppers and onions and stir fry three minutes or till crisp and tender. Remove to warm platter. Add remaining oil, heat until hot and add meat. Stir fry quickly about three minutes or until meat loses its pink color. Gradually add broth and bring to boil, stirring till smooth and thickened. Add pepper and onions just to meat. Season with additional soy sauce, if desired. Serve over rice or with Chinese noodles. Serves six.

## Weis introduces program

Weis Markets, Inc., in a continuing effort to provide information for the customer, will be introducing

"Safetyup" messages on Weis Quality Half Gallon Homogenized Milk Cartons this week. The safety message program is Weis Markets third effort in joining the nationwide project to solve the problem of abducted children. It is hoped that the milk carton will provide a greater exposure to the messages and parents will take this opportunity to review the "Safetyup" messages with their children.

"Safetyup" says, "Report to your parents or a trusted adult at once, any stranger who tries to lure you away with gifts like money, toys or pets or anyone who asks you to keep a secret." This message along with 3 other similar ones will be appearing on approximately 80,000 half gallon cartons of Weis Quality Homogenized Milk distributed weekly in Pennsylvania, Maryland and West Virginia.

Earlier this year Weis Markets introduced the missing children program on its milk cartons. The second phase, in place now, features eight missing children pictures monthly on the Good Neighbor Message center found in Weis Markets throughout the chain.

## Painters schedule exhibit

The Cider Painters of America will exhibit approximately 260 miniature paintings at the College Misericordia Art Gallery through Friday, July 12. A reception will be held on the opening night from 7 to 9 p.m.

Founded in 1983 in Dallas, the Cider Painters of America were inspired by the Whiskey Painters of America and the Scotch and Watercolor Society. The Whiskey Painters of America originated from the Work Projects Administration of the Depression era which provided jobs for artists. During their free time, the artists would meet at bars and paint miniatures while enjoying the company of fellow painters and liquid refreshment. The group would continue to paint until the last member fell off the bar stool. However, today the Whiskey Painters are much more serious about their work.

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## Big Bird helps open ice cream parlor

By CHARLOT M. DENMON  
Staff Correspondent

Sesame Street's Big Bird was on hand to meet children and adults both at the Grand Opening of Hillside Farms Inc.'s Ice Cream Store, Saturday, June 29, from noon to 4 p.m.

Free helium balloons were given to the children and there were free carnations for Moms as Owners and Managers Will and Frank Conyngham and their staff served fresh, "homemade" ice cream, cones and sundaes, shakes, floats and ice cream sodas to the customers.

"We're unique in that we are the only ice cream parlor in this area, who raises the crops to feed the cows, who give the milk from which we make our ice cream," said Will Conyngham. "Our slogan could be 'From corn to cow to cone,' he said humorously.

The statement is true, however, for the Conynghams do exactly that - raise crops to feed their many heads of cattle which give the milk they use in making ice cream and their whipped cream used in topping.

The large, airy ice cream parlor with green tile matching the abundant green foliage and trees, customers can view through the ceiling to floor windows, has light oak furniture with butcher block tops on the tables. The floor is inlaid with color-coordinated tile-type covering. A large rare copper beech tree highlights the scenic rustic view from the window. No artist could paint a view more beautiful than the landscaped gardens of Hillside Farms bordered by the tall trees of surrounding hills.

Sitting at one of the tables, leisurely eating a sundae while watching ducks walking around or admiring the beauty of plants and flowers increases the pleasure of eating the delectable ice cream.

Customers have 34 flavors from which to choose for either cones or dishes, sundaes, shakes or floats. There are 19 different toppings and

the special for this week is "White Lemon Ice" with fresh strawberries and mint, a dish for a king or a queen.

Apple strudel, chocolate peanut butter, cherry cheesecake, orange chocolate, cherry chocolate, and Oreos are among a few of the most popular flavors of ice cream. Adults favorite toppings are hot fudge, walnut and strawberry. The kids favorites are sprinkles and chocolate candy. But there are many others to try and don't hesitate "try them, you'll like them".

Ice cream to go - try Will and Frank's handpacked pints or quarts, or the pre-packaged in French vanilla, Oreos, butter pecan, cherry vanilla, or chocolate, to name only a few. Or why not stop every day and try a different flavor? Surprise your palate!

The cafeteria-style service keeps everyone moving, eliminating long waits to be served.

Only a few minutes away from the Memorial Highway, along Hillside Road, half mile exactly; and from Wyoming Valley, just a short jaunt over the Cross Valley Expressway.

The hours are 8 a.m. to 9:30 p.m. daily, Monday through Sunday for the summer, a convenient time for everyone.

## Women meet

Alderson United Methodist Women held their June meeting on Thursday evening at the home of Arnold Garinger.

Present were Mabel Ackerman, Doris Anderson, Anna Austin, Marguerite Cauda, Ann Coulton, Amelia Davis, Mildred Garinger, Esther Grey, Alice Holdworth, Helen Hunsinger, Rev. Wm. Kennard, Sally Kennard, Hilde Leinthal, Lucy Manusky, Darla Marsh, Dorothy Marsh, Betty Mintzer, Eleanor Puterbaugh, Elsie Rauch, Ethel Roden, Bernice Stine, Peg Truska, Rev. and Mrs. Jacob Victor and Iva Wall.

Rev. Kennard closed the meeting with prayer.

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