

Cookbook

Kurt Schneider just loves to cook

By CHARLOT M. DENMON
Staff Correspondent

Kurt Schneider of the Back Mountain first became interested in cooking and baking bread when he, his wife, Linda, and their three sons moved to the Back Mountain about three and a half years ago.

The Schneiders moved to Dallas from West Virginia where they had been living for 11 years. Kurt decided he would like a change of scenery and since his wife, the former Linda Hagenbaugh, was from this area, they decided to move closer to her family.

Kurt is originally from Florida and he and Linda met while both were attending college in Tennessee. Following college they were married and later moved to West Virginia. The Schneiders have three sons, all of whom are students at Wyoming Valley Church School, Kingston. Kurt II is in sixth grade, Jared is in second and Jack is in the first grade.

Kurt is self-employed in the automobile paint and body repair business. When they moved to this area and first went into business, he had a lot of leisure time. Linda was working every day so to pass away the time, Kurt began experimenting with bread-baking and preparing meals for the family. He discovered he enjoyed the culinary arts and has been preparing meals for the family ever since.

He likes trying new recipes and does all of the bread baking while Linda assists him in preparing some of the other foods for the family, all of whom are vegetarians. They eat a lot of meatless casserole dishes, salads and soups.

"There is nothing more delicious than a bowl of fresh, homemade soup and thick slices of freshly baked bread right from the oven," said Linda.

Kurt likes to prepare foods from 'scratch' and enjoys creating new dishes rather than cooking from a recipe. His reputation for baking delicious bread has spread and recently he was asked to demonstrate bread-baking at a cooking

school sponsored by a local organization and was held at the C.W. Schultz & Co. showroom in Wilkes-Barre.

In his leisure time, Kurt enjoys reading, swimming in the family pool during warm weather and also likes to travel with his family.

The recipes he shares with Dallas Post readers this week are easy-to-prepare, economical but delicious. The Quick Whole Wheat Bread and Multi-grain Bread are best made with cake yeast, in Kurt's opinion. The French Onion Soup and Scotch Cream Soup, one of Linda's favorites, are very tasty and take little time to prepare. Either of the soups and thick slices of fresh, home-baked bread make a nutritious and tasty lunch in both warm or cool weather.

QUICK WHOLE WHEAT BREAD

- 2 c. white flour
- 2 c. whole wheat flour
- 1 1/2 cakes yeast, or 1 1/2 pkgs. dry yeast++
- 3 T. lukewarm water
- 1 c. lukewarm water
- 2 T. honey
- 1 1/2 t. salt
- 3 T. oil

Mix flours together well in large bowl. Dissolve yeast in three tablespoons of warm water (checked at wrist temperature). Add remaining water mixed with honey, salt and oil. Stir in flours, knead until smooth. Shape into a ball, cover and let rise in warm place for 30 minutes. Knead for 10 minutes then shape into loaves and place in oiled pans. Cover and let rise for about an hour or until dough doubles in size. Bake at 375 degrees for 40-50 minutes. Yield-2 loaves.

++Schneider prefers using cake yeast.

MULTIGRAIN BREAD

- 1 c. white flour

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KURT SCHNEIDER

- 1 c. rye flour
- 2 c. whole wheat flour
- 1 1/2 cakes yeast
- 3 T. lukewarm water
- 1 c. lukewarm water
- 2 T. honey
- 1 1/2 t. salt
- 3 T. oil

Mix flours together well in large bowl, dissolve yeast in three tablespoons of warm water. Add remaining water mixed with honey, salt and oil, stir in flour and knead until smooth. Shape dough into a ball, cover and let rise in warm place for 30 minutes. Knead for 10 minutes, then shape into loaves and place in oiled loaf pans. Cover and let rise for about one hour or until dough doubles in size. Bake at 375 degrees for 40-50 minutes.

School menus

(Following are cafeteria menus for area school districts for the following week.)

DALLAS SCHOOLS

May 7-13

WEDNESDAY - Spaghetti in meat sauce w-homemade bread or Italian hoogie w-cold meat-lettuce-cheese, buttered green beans, orange gelatin w-mandarin oranges, choice of milk or juice.

THURSDAY - Mother's Day Dinner - Chilled fruit cup, sliced turkey, savory stuffing, whipped potatoes-gravy, creamy cole slaw, vanilla cake w-cherry topping & whipped cream, choice of milk or juice.

FRIDAY - Westmoreland 4th grade menu - Extra cheesy pizza, pierogies w-sauteed onions, tossed salad w-Italian dressing, juice grapes, choice of milk or juice.

MONDAY - Foil wrapped bunwich (hot ham-cheese) or peanut butter-marshmallow sandwich w-cheese cube, celery stix, sunshined fruit mix, choice of milk or juice. Bonus: Crisp cheese curls.

TUESDAY - Southern fried chicken or Sloppy Joe on soft roll, whipped potatoes w-gravy, garden green peas, choice of milk or juice. Bonus: Rice-raisin pudding.

WEST SIDE TECH

May 7-13

WEDNESDAY - Waffles-syrup or cereal, juice, pastry, milk.

THURSDAY - Cereal assortment, juice, pumpkin bars, milk.

FRIDAY - Variety of cereal, orange slices, cup cake, milk.

MONDAY - Assorted cereal, banana, raisin bread-butter, milk.

TUESDAY - Variety of cereal, juice, muffin, milk.

Lunch

WEDNESDAY - Pork bar-b-q w-rel Ph on seeded bun, French fries, chocolate cake, milk.

THURSDAY - Spaghetti w-meat sauce, grated cheese, tossed salad - choice of dressing, Italian rolls-butter, Tech Squares, milk.

FRIDAY - Fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, raisin bars, milk.

MONDAY - Hamburg on bun, chopped onion-relish, vegetarian beans, hash browns, chocolate chip cookies, milk.

TUESDAY - Taco-lettuce-tomato, buttered corn, Spanish rice, brownies, milk.

LAKE-LEHMAN SCHOOLS

May 7-9

Senior High School

WEDNESDAY - Steak hoogie or hot dog w-peppers-onions, French fries, applesauce, donut, milk.

THURSDAY - Taco's or hamburger w-trimmings, buttered corn, ice cream, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fruit cup, milk.

Junior High & Elementary

WEDNESDAY - Turkey bar-b-q on bun w-relish, potato puffs, but-

tered corn, cherry crisp, milk.

THURSDAY - Salisbury steak, mashed potatoes w-gravy, yellow waxed beans, Parker House roll-butter, ice cream, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fruited jello, milk.

FRIDAY - Fish-cheese nuggets, green beans, fruit cocktail, pudding pops, milk.

MONDAY - Gator burger, potato rounds, pears, milk.

TUESDAY - Pork bar-b-que w-bun, pickles, chips, corn, peaches, milk.

GATE OF HEAVEN SCHOOL

May 7-13

WEDNESDAY - Meat loaf, buttered macaroni, corn, fruit, ice jules, milk.

THURSDAY - Baked chicken w-bar-b-que sauce, French fries, wax beans, pears, milk.

Harris named director

Domestic Violence Service Center (D.V.S.C.) is pleased to announce the appointment of Ellen Moyle Harris of Noxen as Executive Director. Ms. Harris was formerly affiliated with Community Counseling Services as a Diagnostic-Assessment Clinician. A member of the National Association of Social Workers, she earned her Master's Degree from Marywood College Graduate School of Social Work.

For many years, Ms. Harris has been active in civic organizations. From 1980-1984, she served as secretary to the Noxen Community Federal Credit Union. Notably, she is instrumental in establishing the Noxen Library and developing the Children's Summer Library Program. For seven years, she served as an ambulance volunteer in that community. She currently resides with her husband David, Elementary Computer Science Coordinator

at Lake-Lehman School District and their two daughters, Heather and Amy.

In her new position as Director of D.V.S.C., Ms. Harris intends to further develop public education

efforts so as to broaden the community's awareness of this pervasive problem. Her goals include expansion of Systems Advocacy with the

criminal justice system and other agencies to further sensitize them to the needs of battered women and children.

Domestic Violence Service Center, a United Way member agency and member of the Pennsylvania Coalition Against Domestic Violence, is a private, non-profit agency. D.V.S.C. provides emergency shelter to battered women and their dependent children.

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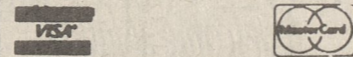
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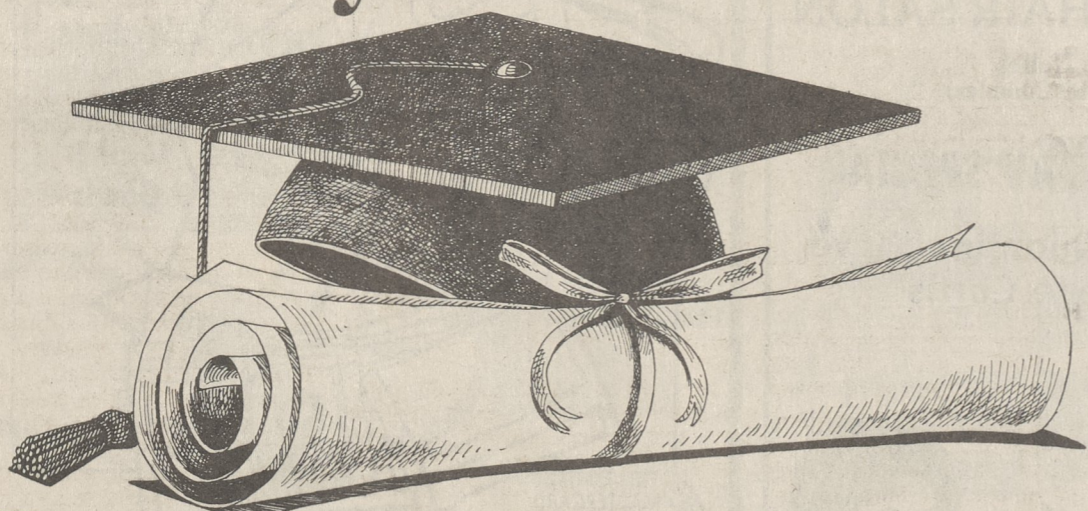
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