

Cookbook

Vegetable abundance has area cooks scurrying for new recipes

By CHARLOT M. DENMON
Staff Correspondent

Light frosts have tipped the area foliage with shades of gold, oranges and reds, and local gardeners are harvesting the last fruits of their gardens, eggplants, winter squash, corn and cauliflower.

With the children returning to another school year, housewives are busy freezing and canning the fall vegetables and searching for new ways to prepare the surplus for family meals or for company dinners.

Traveling through the Back Mountain area during the past week or 10 days and returning to fall and winter recreational activities, many of those I came in contact with were exchanging recipes — most of them economical, easy to prepare and just as tasty as they are nutritious.

The Curried Vegetable Dish is hearty enough for a main entree when accompanied by a green salad, crusty French bread and a fruit dessert and for a vegetarian dish just substitute chopped walnuts for the bacon. The soufflé-type Puffy Corn Pudding supplies necessary protein through the eggs and cheese and served with a marinated fresh vegetable salad, fresh rye bread and fresh fruit, it provides an adequate meal. The Lima Bean-Corn Pie provides a combination of favorite vegetables as an entree for an evening meal. It can stand alone with a tomato salad and dessert or is delicious served with lamb chops and tossed salad.

The Cauliflower Cheese Casserole, with some added cheese is an ideal vegetarian dish or is very tasty served with poultry, beef or pork. Butternut, acorn, Hubbard or any of the winter squashes is good served as a festive holiday meal with sparkling burgundy or a hearty red wine, and roast chicken, turkey or duck, and wild rice. Southern Baked Eggplant is a simple but elegant, meatless favorite with today's diners. It is usually served as the main dish but also makes an excellent vegetable to serve with meat, poultry or seafood. For a gourmet lunch or supper, add a fresh fruit salad with your favorite dressing, warm Italian bread and rose or chablis wine.

These are just a few of the creative recipes for corn, squash, cauliflower, eggplant or lima beans. Preparation is easy and takes very little time and within the limits of most budgets. The Dallas Post readers will find them favorites of their families if they try them.

CURRIED VEGETABLE CASSEROLE

- 2 c. lima beans, fresh or frozen
- 2 c. kernel corn, fresh or frozen
- 2 med. onions, diced
- 1 red or green pepper, diced
- 1 10½-oz. can cream mushroom soup
- ½ c. water
- 1 c. sour cream
- 1-1½ t. curry powder
- 1/3 c. seasoned bread crumbs
- 1 T. melted butter
- 2 strips bacon, cooked crisp, crumbled

Cook baby lima beans and corn until done, drain, saving liquid to add as part of the half cup water to the soup. Combine onion, pepper, soup and water in a saucepan and heat through. Remove from heat, blend sour cream and curry powder into soup mixture and stir in lima beans and corn. Turn mixture into a 6-cup casserole. Combine bread crumbs with the melted butter, stir in bacon bits and sprinkle over mixture. Bake uncovered at 350 degrees for 25 minutes or until heated through and topping is browned. If desired, omit the bacon bits and use chopped walnuts in the topping to serve as a vegetarian dish.

PUFFY CORN PUDDING

- 2 T. margarine or butter
- ¼ c. chopped green pepper
- 4 T. flour
- 1 c. milk or cream
- 1 t. dry mustard
- ½ t. salt, optional
- 1 c. shredded sharp cheese
- 10-12 oz. whole kernel corn
- 3 eggs, separated

In medium size pan, melt margarine; add green pepper and saute for one minute or until pepper is

- 3 eggs
- 1½ c. half-and-half cream
- 1 t. salad herbs
- ½ t. salt, optional
- 1 ready-made 9" pie shell

If using frozen vegetables let thaw. In a bowl combine lima beans, corn, cheese and onions mixing well. In a separate bowl, beat together the eggs, cream, salad herbs and salt, if used until well mixed. Pour over bean and corn mixture blending well. Spread evenly into prepared pie shell. Bake at 350 degrees for 30 to 35 minutes or until firm and lightly browned.

CAULIFLOWER CHEESE CASSEROLE

- 1 hd. cauliflower, approximately 1½ lb.
- 1 sm. red pepper, chopped
- 1 sm. green pepper, chopped
- 1 clove garlic, crushed
- 2 T. cornstarch
- 1½ c. milk
- 3 T. butter or margarine
- 1 t. salt
- ¼ t. pepper
- 1 c. shredded sharp cheese
- 2 T. fine dry bread crumbs
- 1 T. melted margarine or butter

Separate cauliflower into flowerettes. Drop into boiling water, cook five minutes or until tender crisp, drain. Arrange in a shallow 2-quart well buttered, baking dish. Heat tablespoon butter in frying pan, add red and green papper and garlic, saute for one and a half minutes and sprinkle over cauliflower. Mix cornstarch into milk, add two tablespoonsful butter to frying pan; stir in milk and cornstarch mixture, cook, stirring until thickened. Add salt, if desired, pepper and cheese, stir until cheese is blended in. Pour over vegetables. Bake at 350 degrees for 25 minutes or cover and refrigerate; bake for 35 minutes if chilled.

SPICED WINTER SQUASH

- 4 c. cooked, pureed winter squash
- ½ t. salt
- ¼ t. gr. coriander
- ¼ t. gr. mace
- ¼ t. gr. ginger
- 2 T. flour
- 2 T. melted margarine or butter
- ½ c. brown sugar, well packed
- ¼ c. fine bread crumbs
- 3 T. melted margarine or butter

Mix squash with seasonings and flour. Turn into a buttered shallow casserole. Drizzle with two tablespoonsful melted butter, sprinkle evenly with brown sugar. Mix the bread crumbs with three tablespoonsful melted butter and sprinkle over squash. Bake at 325 degrees for 30 minutes or until crumbs are golden brown and sugar melted.

SOUTHERN BAKED EGGPLANT

- 1-1½ lb. eggplant
- 1/3 c. margarine or butter
- 1 c. milk or cream
- ¼ t. salt
- ½ t. pepper
- ¼ c. pecan halves
- Paprika

+Walnuts may be substituted for pecans
Wash eggplant, do not peel. Remove stem cap and cut a thin slice off each end. Cut into quarter inch cross wise slices. Brown lightly on both sides in a little butter. Add butter as needed. Place in shallow baking dish which will hold slices in single layer. Cover with milk or cream, sprinkle with salt, if desired, pepper, nuts and paprika. Bake at 300 degrees for one hour.

tender. Stir in flour, then slowly add milk or cream whisking and cooking until mixture is thick. Stir in mustard, salt if used and cheese. Add corn and egg yolks, stir to blend and set aside. Whisk egg whites until stiff but not dry. Fold in corn-cheese mixture until almost completely blended. Pour into buttered casserole or soufflé dish. Bake at 350 degrees for 40 minutes or until golden brown and puffy. Serve immediately.

LIMA BEAN-CORN PIE

- 1½ c. kernel corn, fresh or frozen
- 1½ c. lima beans, fresh or frozen
- 1 c. grated sharp cheddar cheese
- 3 green onions, diced



Dallas Post/Charlot M. Denmon

In abundance

Fresh local corn and cauliflower are now in abundance in the market and housewives are eagerly looking for different ways to prepare these fall vegetables.

Farm tour is slated

Luzerne County Conservation District will sponsor its annual Farm Tour on Saturday, Oct. 4 from 9 a.m. to 3:30 p.m.

The tour will visit a variety of local "farms" in the northeastern section of Luzerne County including Centermoreland, Chase, Dallas and Orange. The program includes stops at Spencer's Orchard; Manzoni's dairy operation; Perry's Apiary; Gay's Christmas Tree Farm and Dymond's Farm Market.

An old-fashioned homemade lunch will be served at Centermoreland United Methodist Church. Dr. Gerald Reisinger, a naturopath and owner of Fundito Natural Life Styles, will speak about his experiences and "family farming".

The Farm Tour is planned yearly to introduce the community to the county's farming enterprises. It is co-sponsored by County Extension Services and the U.S.D.A. Agricultural Stabilization and Conservation Service.

Busess will leave from the Ag-Service Center at 71 North Market Street, Nanticoke. Cost of the tour, which includes lunch is \$6.00.

For further information, please call Luzerne County Conservation District at 825-1703 or 735-8700.

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Chorus seeks members

Wyoming Valley Oratorio Society, the region's longest-established organization for the performance of classical choral works, began its new season with rehearsals starting September 23.

Under the direction of the Oratorio Society's newly appointed music director, Russell Meyer, the chorus meets each Tuesday at 8 p.m. in the chorus room of St. Stephen's Episcopal Church, 35 S. Franklin St., Wilkes-Barre.

The chorus will be rehearsing for the Sunday, Dec. 7 performance of two works never performed in the region: the "Harmoniemesse" (1802), the last major work written by the great Classical Era composer Franz Josef Haydn, and the "Slavonic Mass" (1926), of Slovak composer Leos Janacek, known for his operas "The Cunning Little Vixen" and "Jenufa." The 75-member chorus will be performing with the 50-piece Wyoming Valley Oratorio Society Orchestra.

New members are invited to join Oratorio Society for its 1986-87 season, which in addition to December's performance will include, on April 5, the "Requiem" of Gius-

seppe Verdi. Although no audition is required, members must possess the ability to read music; previous choral singing experience is also advantageous. There is no membership fee and choral music is provided by the Society.

Meyer was named music director of the Oratorio Society after serving as interim director for last year's critically acclaimed performance of George Frederick Handel's "Samson." A resident of Wilkes-Barre, he is also music director and conductor of the Wilkes-Barre Ballet Theater Orchestra and the Bridgeton Symphony in New Jersey.

For information on the chorus or the Oratorio Society's activities, phone 825-5986.

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