

Betty Groff

LANCASTER COUNTY

Recipes

Betty Groff, who serves the best of traditional Pennsylvania Dutch cooking to thousands of people each year at Groff's Farm in Mount Joy, is co-author of "Good Earth & Country Cooking" in which the following recipes are printed. To purchase the book, mail \$8.00 to Groff's Farm, R.D. #1, Mount Joy, PA 17552



A SPECIAL FALL DINNER

- Pork Pot Roast**
- Turnips & Potatoes**
- Buttered Spinach**
- Apple Pie with Ice Cream**

Although everyone knows beef pot roast, not everyone knows how good a pork pot roast can be. We take the rich broth from the cooked meat and boil turnips and potatoes in it.

When I do spinach, I barely cook it, just bring it to a boil with only the water clinging to the leaves and then take it off the heat. Most of my vegetables are seasoned with salt and sugar; the sugar seems to bring out the true, earthy flavor. With browned butter poured over them, who could ask for anything more?

Pork Pot Roast

Rub a 3-pound pork loin, the large end with the bone in, with 1 1/2 teaspoons salt and 1/2 teaspoon freshly ground pepper. Put in a heavy 3-quart kettle or Dutch oven with 4 cups water, or just enough to cover. Bring to a boil, reduce heat to a simmer, cover, and cook over low heat for 2 hours.

Before serving, remove the pork and put it under the broiler just long enough to brown the fat. Measure 2 cups of the broth and reserve for the turnips and potatoes.

Turnips & Potatoes

- 1 1/2 pounds turnips
- 1 1/2 pounds potatoes
- 2 cups pork broth
- 1 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 teaspoons chopped chives

Peel turnips and potatoes and slice 1/3 inch thick. Put in a pan with the broth and seasonings and bring to a boil. Boil 20 minutes. Serve in the broth, which can be mashed into the vegetables.

Buttered Spinach

- 1 1/2 pounds fresh spinach
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 2 tablespoons Browned Butter

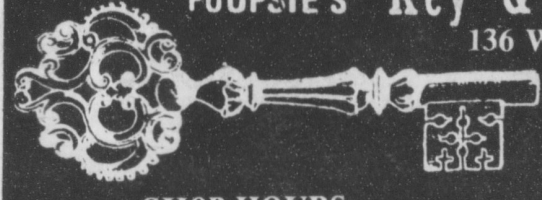
Clean the spinach, remove tough stalks, and wash thoroughly. Shake lightly so there is still some water clinging to the leaves. Put spinach, salt, and sugar in a saucepan, cover, and bring to a boil. Stir once; then remove from heat and let stand until ready to serve. Drain well and toss with Browned Butter.

Apple Pie

- 1 unbaked 9-inch pie shell and enough pie dough for top crust
- 3 1/2 cups peeled, cored, and sliced tart apples
- 3/4 cup sugar
- 1/4 teaspoon cinnamon
- Dash of nutmeg
- 1/4 teaspoon salt
- 2 teaspoons lemon juice
- A little grated lemon rind
- 1 tablespoon butter

Fill the pie shell with apples. Mix the sugar, spices, salt, lemon juice and rind and sprinkle over apples. Dot with the butter. Moisten edges of the pie shell with water, cover with the top crust, and seal. Make cuts in the top for the steam to escape. Bake in a 375 degree oven for 50 minutes. Serve warm or cold.

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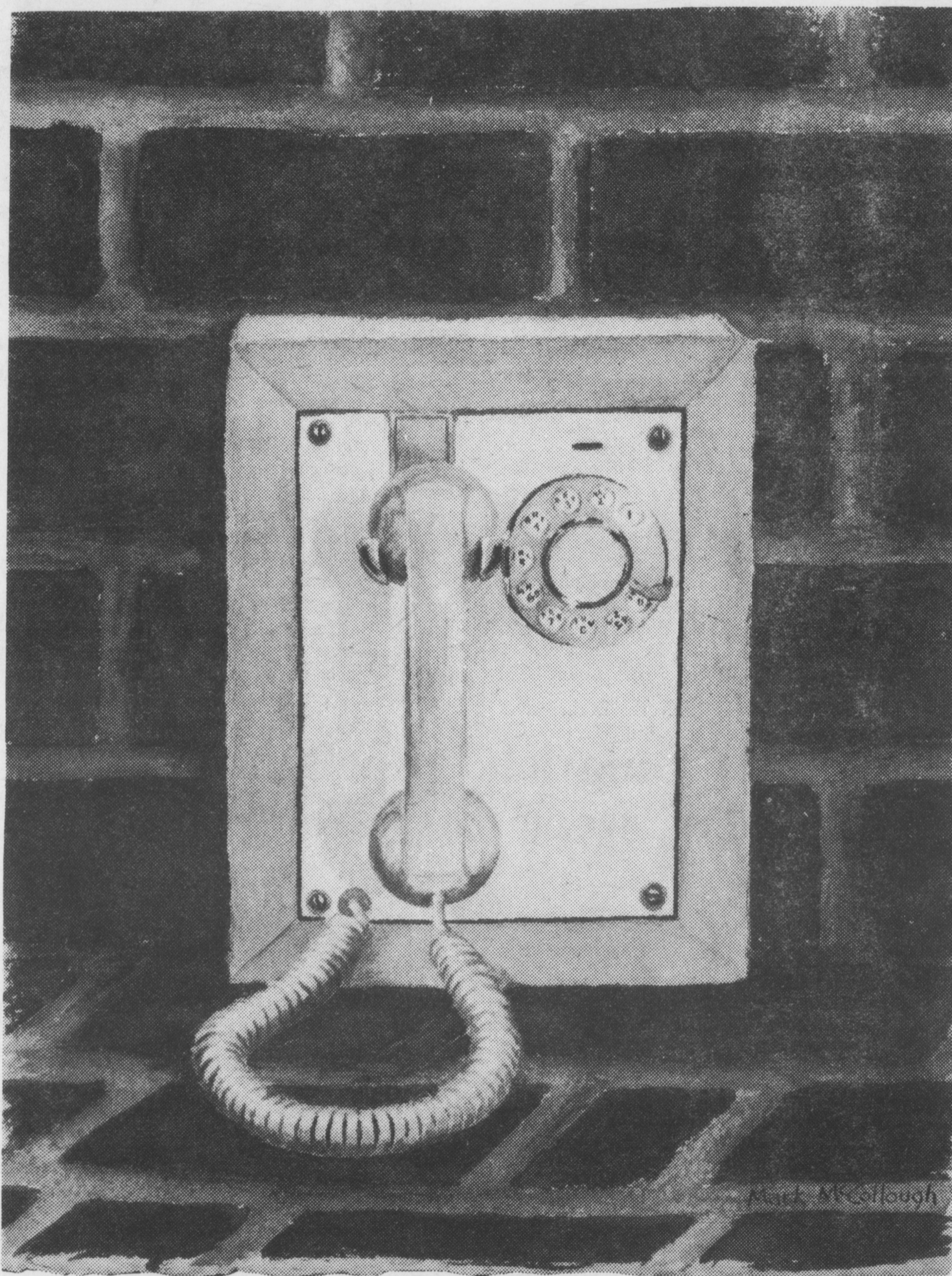
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And John A. Glenn, Jr., in his Mercury space craft nicknamed "Friendship Seven", becomes the first American to orbit earth. The danger of nuclear war is averted when the Soviets dismantle weapons in Cuba following President Kennedy's protests, and the United States Supreme Court rules that prayers and Bible reading may not be practiced in public schools.

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