



# 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 TYPICAL FALL DINNER**  
**Browned Creamed Dried Beef**  
**Sweet Potatoe Tails or Potatoes in the Jackets**  
**Pickled Cauliflower Mustard Pickles**  
**Watermelon or Honeydew Melon**

This was a typical dinner for us, because smoked dried beef is a specialty of our part of the country and we always had some in the smokehouse. Smoked dried beef has a lot of flavor, but if you can't get it you could substitute chipped beef or corned beef, though they won't be quite as tasty.

The brown flour paste, which is like the French brown roux, is very important in our cooking, just about as important as browned butter. It's a must for brown potato soup, for tomato sauce, and for the creamy gravy that goes with the dried beef; it's a no-fail method. If you put uncooked flour in with the beef and brown it, often it goes lumpy. When I was young and went to other people's houses, I had a hard time learning to like chipped beef on toast because for me it should have had a brown flour sauce.

Sweet potato tails are the tiny potatoes you find when you dig sweet potatoes in late September, before the frost. They are no bigger than your little finger and so sweet and good. They won't store; so, rather than throw them away, we boil and eat them. White potatoes, boiled in their jackets, would also be fine with the beef, or you could serve it on toast or over pancakes.

**Browned Creamed Dried Beef**

- 1/2 cup butter
- 1/2 cup flour
- 4 cups milk
- 2 cups cream
- 1/2 pound smoked dried beef, very thinly sliced
- Salt, freshly ground pepper

**Brown Flour Method**

Melt the butter in a heavy skillet (an iron one if good for this) and stir in the flour with a wooden spoon. Cook over medium-low heat, stirring constantly, until it turns golden brown. Experiment with the degree of brownness you like. Some like it light, some medium, some dark.

When the flour is browned, gradually add the milk and cream and stir until smooth and creamy. Add the dried beef and simmer on low heat for 5 minutes. Taste for seasoning. The amount of salt you need depends on the saltiness of the beef.

**Pickled Cauliflower**

- 4 medium heads cauliflower
- 4 cups sugar
- 2 cups cider vinegar
- 1 cup water
- 1 teaspoon mustard seed
- 1/2 teaspoon turmeric
- 1/2 teaspoon celery seed

Clean the cauliflower and break the heads into buds. Cook in salted water to cover until just tender, approximately 7 minutes. Drain.

Put the sugar, vinegar, water, mustard seed, turmeric, and celery seed in an enameled or stainless steel pan and bring to a boil, stirring until the sugar dissolves. Add the drained cauliflower and boil 2 minutes. Pack into hot sterilized jars and seal. Makes 6 pints or 3 quarts.

**Note:** If this is not packed in jars, it will keep in a covered container in the refrigerator for 4 weeks.

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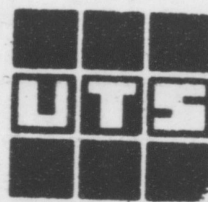
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