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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



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THANKSGIVING DINNER

- Mushroom Soup
- Roast Turkey with Bread Filling
- Mashed Potatoes
- Giblet Gravy
- Garden Peas
- Dried Corn in Cream
- Cranberry Slush
- Pumpkin Chiffon Pie

In my family, we would never think of roasting any kind of bird without stuffing it with bread filling and having an extra casserole of it. Bread filling, which is second only to potatoes for those of us who love our starchy, buttery foods, is typical of Lancaster County. In Berks County they make their filling with potatoes as well as bread; so it is almost a meal in itself. The secret of a good bread filling is to keep it very rich and moist. Don't be skimpy with the eggs, milk, and butter. When Erma bakes it for the restaurant, she uses butter like it's going out of style— butter on the bottom of the pan, butter dotted all over the top— but I always tell her to be generous; a little is good and a little more can't hurt.

Dried corn is one of the oldest of our traditional foods. We used to dry our own; now we buy it. My mother soaked the dried corn in milk, not water. None of the directions tell you this, but it makes all the difference. It becomes very mild and creamy, not chewy.

I never cared much for pumpkin pie, because it was too heavy and spicy for my taste, but everyone in the restaurant expected pumpkin pie in the fall; so I had to figure out a different filling. I combined two or three recipes and came up with this one, light and subtle, with a custardy bottom and a fluffy top.

MUSHROOM SOUP

- 1 pound mushrooms, very thinly sliced
- 6 tablespoons butter
- Salt, freshly ground pepper
- 6 cups light cream

Mushrooms are best if you don't peel them; just wipe off any dirt with a damp cloth. Melt the butter in a heavy pan and lightly saute the mushrooms until they are just golden brown. Season with salt and pepper to taste, pour on the light cream, and simmer gently for 10 minutes. Taste for seasoning. Serve very hot.

ROAST TURKEY

- 9-pound oven-ready turkey
- Salt, freshly ground pepper

Rinse turkey, removing giblets. Lightly salt and pepper the inside of the bird. Put giblets in a pan with water to cover, salt, and pepper. Bring to boil and simmer until soft.

Bread filling

- 8 cups bread cubes
- 3 eggs, beaten
- 2/3 cup milk
- Salt and pepper

Place bread cubes in a bowl; add beaten eggs, milk, and seasonings to taste (about 2 teaspoons salt and 3/4 teaspoon pepper). Toss very lightly, as for a salad. Filling should be light, fluffy, slightly moistened, and well mixed, but not pressed together. Stuff turkey with about 4 cups of the filling. Generously salt and pepper the outside of the bird, truss, and place in roaster pan, breast down. Add 1 cup water and tent with heavy foil. Cook in a 375 degree oven for 4 1/2 hours, removing foil and turning bird breast up for the last 30 minutes to brown the skin.

For gravy, remove and cut up giblets. Add 1 cup stock to pan juices, stirring with a wooden spoon to dissolve brown glaze on pan. Pour into a saucepan, stir in cornstarch and water paste (about 4 tablespoons cornstarch and 1/2 cup water), and cook, stirring, until smooth and thickened. Add cup-up giblets. Taste for seasoning.

While the turkey is cooking, bake the remaining filling. Generously butter a 1-quart baking dish and spoon in the filling, not packing it. Dot top lavishly with butter and bake in a 350 degree oven for 25 minutes, or until golden brown on top. Cover with foil and keep warm in turned-off oven until ready to serve.

DRIED CORN IN CREAM

- 1 cup dried corn
- 2 cups milk
- 1 1/2 teaspoons salt
- 2 teaspoons sugar
- 2 tablespoons butter
- 1 cup heavy cream

Soak the dried corn in the milk overnight in the refrigerator. Thirty minutes before serving time, put it in a pan with the remaining ingredients and bring to a boil. Reduce heat to low and simmer 30 minutes, stirring occasionally so it does not stick to the pan.

CRANBERRY SLUSH

- 1 pound fresh cranberries
- 1/2 cup water
- 1 1/2 cups sugar
- 1 tablespoon lemon juice
- 2 cups grapefruit soda

Wash cranberries and put in a pan with the water. Bring to a boil. Cook until soft; then rub through a sieve. While the berries are still hot, add the sugar and lemon juice and stir until well blended. Cool; then add grapefruit soda and blend.

Pour into ice-cube trays or a cake pan and freeze until mushy. Serve with turkey, instead of a salad; the tartness makes a good contrast.

PUMPKIN CHIFFON PIE

- 1 1/4 cups strained cooked pumpkin
- 3 eggs, separated
- 1 cup brown sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1/8 teaspoon ginger
- 1/8 teaspoon cloves
- 1/4 teaspoon nutmeg
- 3/4 teaspoon cinnamon
- 1 1/4 cups scalded milk
- 10-inch unbaked pie shell

Put pumpkin in a bowl. Beat in egg yolks, sugar, cornstarch, salt, and spices. Gradually beat in scalded milk, mixing thoroughly. Beat egg whites until stiff and fold into the mixture. Pour into pie shell and bake for 10 minutes at 400 degree; then reduce heat to 350 degree and continue baking for 40 minutes. Serve with whipped cream or ice cream.

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Candlelight tour at Donegal Mills

Colonial Donegal Mills Plantation will feature a special Christmas Candlelight Tour on November 27 and 28, 3 to 8 p.m. All Christmas decorations will be in keeping with the period rooms. Children will dot the scene, bread and mince pies will be baking

in the squirrel tail oven in the Bake Kitchen, craftsmen at work and special Christmas music will lend a festive air to the Tour.

Colonial Donegal Mills Plantation is South of Mount Joy on Route 141 to Musser Road, follow signs.