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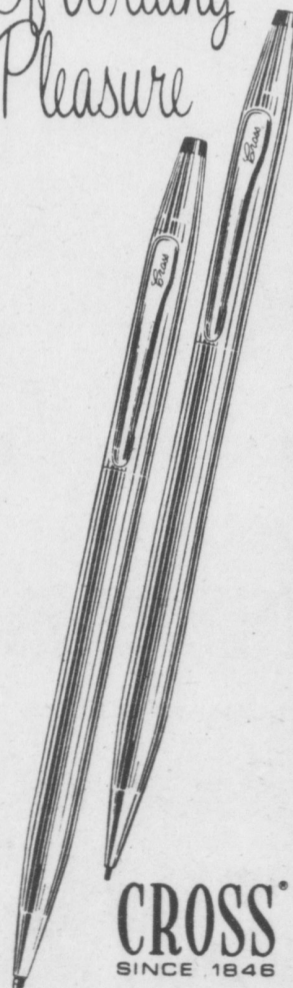
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Betty Groff

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



A WINTER SUPPER

- Fried Sausage
- Raw Fried Potatoes
- Dill Pickles
- Chocolate Pudding with Apple Snow
- Hot Milk Sponge Cake with Home-Canned Fruit

So many people don't know what good country sausage is any more, but we are lucky. We always have plenty of fresh pork sausage or smoked sausage and it makes the best of all possible eating. Our sausage is made with nothing but ground pork, salt, and quite a lot of pepper, no other spices.

Raw fried potatoes with sliced raw onion on top are traditional in my family, and if you haven't tried this combination, you don't know what you're missing. We didn't use onion much in cooking, because Daddy always felt that a strong onion flavor could ruin a good dish.

The apple snow is something my mother makes to top tapioca or caramel pudding, or molded cranberry salad at Thanksgiving or Christmas. It's very low in calories and a great substitute for whipped cream if you are watching your weight. It could fool you; it looks like whipped cream. Apple snow should be made just before you serve the pudding, and it doesn't keep overnight. The hot milk sponge cake recipe comes from my good friend Kitty Brown, one of the best cooks I know.

RAW FRIED POTATOES

Wash and peel 2½ pounds of potatoes. Slice thinly and fry in 3 tablespoons shortening in a heavy skillet until golden brown, sprinkling with 2 teaspoons of salt. Turn often. When fried, cover with the lid and steam about 5 minutes. Serve with peeled raw onions, white or red, one for each two persons, to be slid right on top of the potatoes.

CHOCOLATE PUDDING

- 4 tablespoons butter
- 3 cups milk
- 7 tablespoons cocoa
- ½ cup boiling water
- 1 cup granulated sugar
- ¼ cup cornstarch
- ¼ teaspoon salt
- 1 egg, beaten
- 1 teaspoon vanilla

Melt the butter. In a separate pan, warm the milk. Stir the cocoa and boiling water together to a paste; then mix in 3 tablespoons of the melted butter. Mix the sugar, cornstarch, and salt and mix into the milk. Add the cocoa-butter mixture, and the beaten egg. Cook over medium-low heat, stirring until thick. Do not allow to boil. Remove from stove and mix in remaining 1 tablespoon melted butter and vanilla.

Cool. Serve topped with apple snow or whipped cream.

APPLE SNOW

- 2 egg whites
- ½ cup superfine sugar
- ½ apple, peeled and cored

Beat egg whites until fluffy; then gradually beat in sugar. Grate in the apple. Beat until mixture holds stiff peaks, like whipped cream.

HOT MILK SPONGE CAKE

- 4 eggs
- 1 ½ cups sugar
- 1 ½ cups flour
- 1 teaspoon baking powder
- Pinch of salt
- ⅔ cup hot milk
- 1 heaping tablespoon butter
- 1 teaspoon vanilla

Cream the eggs and sugar. Sift together the flour, baking powder and salt. Beat into the creamed mixture alternately with the hot milk, in which you have dissolved the butter, and the vanilla. Pour into a greased and floured 9 X 13" cake pan and bake in 350 degree oven for 45 minutes.