

Ham Balls

INGREDIENTS:

- 1 cup corn flakes
- ½ pound cooked ham, cubed
- ½ pound ground pork
- ½ cup milk
- 1 egg, beaten
- 1 tablespoon brown sugar
- ½ tablespoon ground mustard
- ¼ teaspoon salt

Sweet & Sour Sauce:

- ¾ cup packed brown sugar
- ½ cup apple cider vinegar
- 1 teaspoon dry mustard
- 1 cup water

Sweet & Tangy Sauce:

- 10 oz can tomato soup
- ½ cup apple cider vinegar
- 2½ cups brown sugar
- 2 tablespoons dry mustard

SUPPLIES:

- food processor
- medium bowl
- measuring cups
- measuring spoons
- baking dish
- saucepan
- spoon
- scoop

DIRECTIONS:

- Preheat oven to 350°F
- Pulse corn flakes in batches in a food processor until finely ground. Put in bowl. Repeat with ham cubes. Add to bowl and add ground pork, milk, egg, brown sugar, ground mustard, and salt
- Shape into 1" balls and place in a single layer into a greased baking pan
- To make the glazes: combine ingredients in a small saucepan and cook on medium heat until sugar is dissolved
- Spoon the glaze over the ham balls, and bake until they begin to brown (30-35 minutes) rotating the pan halfway through)

Sources: Visit Lancaster and Sandra B. Hoover

3.31.2022



Red Beet (Pickled) Eggs

INGREDIENTS:

- 1 dozen hard cooked eggs, peeled
- 2 15-ounce cans sliced red beets
- ½ cup white vinegar
- ½ cup white sugar
- ½ cup water, optional

SUPPLIES:

- measuring cups
- saucepan
- spoon
- large container

DIRECTIONS:

- Drain beet juice into a small saucepan and add vinegar, sugar, and water. Heat, stirring until sugar dissolves.
- Place eggs and beets into a large glass jar. Pour in liquid, covering eggs.
- Cover and refrigerate at least two days.
- Use within two weeks.

Source: Sandra B. Hoover 3.31.2022



Wilted Lettuce Salad

INGREDIENTS:

Salad:

- 2 cups torn fresh spinach
- 2 cups torn iceberg lettuce
- 1/4 cup chopped or thinly sliced red onion
- 4 bacon strips, diced
- 2 large eggs, hard cooked and sliced

Dressing:

- 1 large egg
- 2/3 cup water
- 1/3 cup cider vinegar
- 2 teaspoons sugar
- 2 teaspoons cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

SUPPLIES:

- knife
- cutting board
- skillet
- slotted spoon
- measuring spoon
- measuring cup
- serving bowl
- egg slicer

DIRECTIONS:

- In a salad bowl, toss spinach, lettuce, and onion; set aside.
- In a large skillet, cook bacon until crisp; remove with a slotted spoon to paper towels to drain. Discard all but 2 tablespoons drippings. Let cool.
- Make the dressing: in a small bowl, beat egg; add water and mix well. Add to the cooled drippings. Combine vinegar, sugar, cornstarch, salt and pepper; add to skillet. Bring to a boil over low heat; stirring constantly. Remove from the heat; pour over salad.
- Add bacon and sliced hard boiled eggs. Toss and serve immediately.

Source: PA Germans Recipes Customs Gardens and Lore



Shoofly Pie - Wet Bottom

INGREDIENTS:

Liquid Part:

- ¼ cup dark Karo syrup
- ¼ cup molasses
- 1 cup boiling water
- ½ teaspoon baking soda
- ½ cup brown sugar
- 1½ teaspoons flour
- 1 egg, beaten
- ½ teaspoon vanilla

Crumb Part:

- 1 cups flour
- ½ cup brown sugar
- ¼ cup shortening
- ½ teaspoon baking soda

SUPPLIES:

- bowls
- pie pan
- measuring cups
- measuring spoons
- pastry cutter

DIRECTIONS:

- Preheat oven to 400°F.
- Line baking pans with pie crust.
- Mix ingredients for wet portion in a medium bowl.
- Mix dry ingredients in a small bowl and use pastry cutter to cut in shortening to make crumbs. Reserve 1/3 of crumb mixture.
- Add remaining crumbs to wet mixture and pour into lined pie pan.
- Top with remaining crumbs.
- Bake at 350°F until golden brown and filling is set 35-45 minutes for 9" pie.
- For a wet bottom pie, don't add crumbs to filling, put all on top.

Source: DoraSue Housekeeper and Carol D. Huber (Sandy's mom)



Apple Butter – Instant Pot

INGREDIENTS:

- 5# apples, cored, peeled, and diced best if mixed varieties
- 2 tablespoons vanilla
- 1 cup brown sugar
- 1/2-1 cup sugar
- 4 teaspoons cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon nutmeg
- ½ 1 teaspoon cloves
- ½ cup water

DIRECTIONS:

- 1. Add all ingredients to Instant Pot. Mix well.
- 2. Cook on HIGH pressure 15 minutes. Natural release 20 minutes.
- 3. Manual release. Stir. Process with an immersion blender or food processor until smooth.
- 4. Return to instant pot. To thicken further, cook on SLOW with lid partially open for an additional 1-2 hours, depending on desired thickness, stirring frequently. Adjust sweetness and spices as desired.
- 5. Store refrigerated.

Source: Peter's Orchard 3.31.2022