

# An Orange Blueberry Bread that keeps well but won't last long

Esther Godfrey of Benton Harbor wrote to say she likes to try new recipes and likes the ones she found in the Cook of the Week column because they were usually made with local fruits and vegetables and used ingredients most people already have in their cupboard.

The recipe she sent used blueberries, which, at the time, she and her husband, Ken, grew on their property.

"Though we do not raise blueberries anymore, my son keeps me supplied from a grower in Paw Paw," she says, adding the recipe for Orange Blueberry Bread, which she found in a special section on blueberries in the August 1960 edition of Woman's Day magazine, was a favorite with her co-workers before she retired.

"It never lasted long," she says, noting the bread also keeps well.

Again thanks to everyone

who has sent me the Cook of the Week recipes they've been saving over the years. I love reading them and my plan is to ultimately run all of the recipes in my column over the next few months.



Jane Ammeson

## Esther Godfrey's Orange Blueberry Bread

2 tablespoons butter or margarine  
1/4 cup water, boiling  
1/2 cup plus 2 tablespoons orange juice  
4 tablespoons orange rind, grated  
1 egg  
1 cup sugar  
2 cups flour, sifted  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1 cup blueberries, fresh or thawed from frozen  
2 teaspoons honey

Melt butter in water in small bowl. In mixing bowl, beat egg with sugar until light and fluffy. Add 1/2 cup orange juice and 3 tablespoons grated orange rind.

Add sifted dry ingredients alternately with orange

liquid. Beat until smooth. Fold in blueberries.

Bake in a 9-by-5-by-3-inch pan at 325 degrees about 70 minutes. Turn out on racks or tray.

Mix two tablespoons orange juice, 1 teaspoon rind and honey. Spoon over hot loaf and let stand until cold.

Betty Timmreck of Eau Claire also sent in two recipes that she had submitted to Cook of the Week back when the column was running regularly. She says she has more and will be sending them soon.

## Baked Round Steak

### For the steak:

1 1/2 pounds beef round steak, 1/2- to 3/4-inch thick

### For the sauce:

3 tablespoons flour  
1/4 teaspoon mustard  
1 cup canned tomatoes  
1 cup water  
3 tablespoons dried onions  
1 tablespoon vinegar  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 teaspoon paprika

Cut steak into cubes, drench in flour and brown in oil.

Mix all sauce ingredients together in bowl or sauce pan.

Put browned meat in casserole dish. Cover with sauce.

Bake at 350 degrees for 1 1/2 hours, or longer if desired.

## Mom's Vegetable Soup

2 quarts water  
1 pound stewing beef, cut into 1-inch squares  
1 medium onion, quartered  
2 cups carrots, fresh or frozen and sliced  
2 cups green beans, fresh or frozen and sliced  
3 medium potatoes, quartered  
1 cup noodles  
2 stalks celery, thinly sliced  
1 cup instant barley  
2 beef bouillon cubes  
Salt and pepper, to taste  
Any additional seasoning, to taste

In a large kettle, gently boil water, beef and onion for two hours.

Then add carrots, green beans, potatoes, noodles and celery and boil for an-

other 45 minutes.

Add remaining ingredients, cooking for 15-25 minutes more.

Add more water if needed. Serve with crackers or fresh rolls or breads.

## LMC Wine and Viticulture Technology Program

Lake Michigan College is hosting an open house for its Wine and Viticulture Technology Program from 4:30-6:30 p.m. June 16 at The Mendel Center. Designed for potential students, attendees can tour the teaching winery, sample student-made wines, meet instructors and current students, and talk with financial aid and advising specialists.

Applicants also can learn about applying for scholarships donated by Round Barn Winery and St. Julian Winery.

According to Candice Elders, director of marketing at LMC, the program is the area's only comprehensive program offering hands-on training in enology (winemaking) and viticulture

(grape growing).

Students gain year-round experience in the college-managed vineyards as well as in Lake Michigan Vintners (originally named Great Lakes Wine Institute), the Midwest's first commercial teaching winery, which is located within LMC's Mendel Center.

For open house registration and program information, visit [www.lakemichigancollege.edu/wine](http://www.lakemichigancollege.edu/wine). Guests who register will be eligible to win two tickets to the Lake Michigan Shore Wine Fest in Bridgman on June 18.

For more information, call 927-8617 or email [mmoyer@lakemichigancollege.edu](mailto:mmoyer@lakemichigancollege.edu).

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