



Cook's Question Corner

QUESTION - Emma Sue Martin, New Holland, would like a recipe for a coffee cake that has a pie filling center and is made with yeast. She would also like a recipe for custard filling for doughnuts.

QUESTION - Louise Baer, Newville, would like a recipe for Swedish meatballs with a sauce or gravy.

QUESTION - Mrs. Roland Rader, Holmes, would like a recipe for rich pan pudding.

QUESTION - Mrs. Rose Martin, Ephrata, would like a recipe for peach tapioca using canned peaches. She would also like a recipe for whole wheat pancakes like you get at a pancake house.

CORRECTION - In last week's Cook's Question Corner we printed an Instant Hot Chocolate recipe from Mary Glick of Howard. Mary wrote this week to say she omitted an ingredient in her recipe. Below is the corrected recipe.

Instant Hot Chocolate

- 1 20-quart box powdered milk
 - 1 1/2 box Nestle's Quick
 - 1 1/2 pounds 10x sugar
 - 1 large jar creamoro
 - 1 tablespoon instant coffee
- Serve 1/3 cup mix in a mug of hot water

Candy

(Continued from Page B6)

OLD FASHIONED FUDGE

- 2 cups sugar
- 3/4 cup milk
- 2 ounces unsweetened chocolate or 1/2 cup cocoa
- 2 tablespoons corn syrup
- 1/4 teaspoon salt
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla
- 1/2 cup coarsely chopped nuts

Butter loaf pan, 9x5x3 inches. In 2-quart saucepan, mix sugar, milk, chocolate, corn syrup and salt. Cook over medium heat, stirring constantly, until chocolate is melted and sugar is dissolved.

Cook, stirring occasionally, to 234°F. on candy thermometer (or until small amount of mixture dropped into very cold water forms a soft ball which flattens when removed from water.)

Remove from heat; add butter. Cool mixture to 120°F. without stirring. (Bottom of pan will be lukewarm.) Add vanilla; beat vigorously 5 to 10 minutes with wooden spoon, until candy is thick and no longer glossy. (Mixture will hold its shape when dropped from a spoon.)

Quickly stir in nuts. Spread evenly in pan. Cool until firm. Cut into 1-inch squares. Makes 32 squares.

For Pecan Roll: Do not butter pan; substitute 1 cup brown sugar (packed) for 1 cup of the granulated sugar and omit chocolate. Shape candy into 12-inch roll; roll in 1/2 cup finely chopped pecans. Wrap; chill until firm. Cut into 1/4-inch slices. Makes 48 slices.

Cooking for two is not difficult

MEDIA - If you cook for only one or two, you have plenty of company. Statistics show that more than half the households in the United States now consist of one or two persons. But even though singles and twosomes now outnumber families with two parents and one or more children, most cookbooks and supermarkets still seem to be geared to the needs of larger households.

For many singles, the solution is to grab a burger at a local fast food restaurant, pop a TV dinner into the oven, or cook one big meal and eat leftovers the rest of the week.

QUEEN ANNE FUDGE

- Put in large bowl:
- 1 stick oleo
 - 1 1/2 cups peanut butter
 - 1/4 cup milk

Cook in microwave for 4 minutes on medium high. Remove from heat and stir in the following:

- 1 pound powdered sugar
- 2 teaspoons vanilla
- 1 cup chopped nuts

Put in a buttered 9x9x2-inch dish.

Cookie Rhodes
Elysburg

NO-FUSS FUDGE

- 4 1/2 cups (1 pound) confectioner's sugar
- 1/4 cup cocoa (unsweetened)
- 1 cup margarine, melted (1/2 pound)
- 1/4 cup peanut butter
- 1 teaspoon vanilla extract

Stir together confectioner's sugar and cocoa. Add remaining ingredients; mix well. Spread into a buttered 8 or 9-inch square pan. Refrigerate until set. Cut into small squares and enjoy.

Shirley Keeny
New Freedom

While these approaches are fine occasionally, a steady diet of such foods can be both expensive and boring to the palate.

Cooking for one or two is not difficult, and may offer some advantages not open to larger families. With only yourself and perhaps one other person to please, you have more freedom to experiment with new foods, flavors, and recipes. Eating schedules can be more flexible when you do not have to consider several other people in the household. In the supermarket, small cans and packages generally cost more per unit. However, a family-sized package is no bargain if it goes stale before it's used up. Singles and twosomes can use some family-sized food items to their advantage.

For instance, buy regular sizes of bread, rolls, and pastries and keep them in the freezer. Remove portions as needed. Buy frozen vegetables in plastic bags whenever possible. That way it's easier to remove the amount needed for a meal. Buy several cookbooks for one or two, and clip recipes that can be decreased successfully. Don't be afraid to speak up when packages of meat, cheese, and produce are in large sizes. Ask the grocer to repackage what you need into smaller portions. Most are happy to please their customers.



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