



If you are looking for a recipe but can't seem to find it anywhere, send your recipe request to Cook's Question Corner, care of Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543. There's no need to send a SASE. If we receive an answer to your question, we will publish it as soon as possible.

Answers to recipe requests should be sent to the same address.

QUESTION - Mrs J Robert Moore Pennington NJ would like recipes for cole slaw and peanut butter pie like those served at the Harvest House Restaurant

QUESTION - Ruth G Jones Shirmansdale would like recipes for deer bologna, including the amount of time for curing and smoking

QUESTION - Lana Neupert, Cabot, would like tried and true recipes using herbs in jelly

QUESTION - Mrs Betty Biehl, Mertztown, would like recipes that use farina hot wheat cereal.

QUESTION - Mrs Cyril Cassner, Newburg, would like a recipe to make and can V-8 juice

QUESTION - Mrs. Grant Hill, Lisbon, Md, would like a recipe for pork roll.

QUESTION - Lewis W. Caple, Franklinville, NJ, would like a recipe for Old Fashioned Washington Cake - a brown cake with white icing made in a square pan

ANSWER - D.F. Koons, Lebanon, asked for ways to improve commercial cake mixes. Below are two suggestions from Donna Lencoski, Latrobe.

Cake Mix Muffins

- 1 9-ounce (jiffy) box yellow cake mix
- 1 egg
- 1/4 cup water
- 1 tablespoon sour cream

Mix wet ingredients, then add to dry mix until smooth. Divide between 12 paper lined muffin wells. Bake at 400° F for 15 to 18 minutes

Village Inn Red Cake

- 1 large box yellow cake mix - not pudding type
- 1 1/2 teaspoon vinegar
- 2 eggs
- 1 1/3 cups water
- 1 tablespoon cocoa
- 1 tablespoon red food coloring
- 1/2 teaspoon soda

Mix and bake at 350° F as directed on box
ANSWER - Mrs Harold Wise, Lebanon, asked for a recipe for stewed tomatoes containing celery but no bread cubes. Thanks go to Mrs Arthur Keichu, Cowlesville, NY, for sharing the following recipe

Spicy Stewed Tomatoes

- 18 firm ripe medium size tomatoes
- 3 large stalks of celery, chopped
- 1 large green pepper, chopped
- 1 medium-size onion, chopped
- 1 small clove of garlic, minced
- 1/4 cup sugar
- 1 1/2 tablespoons salt
- 3 tablespoons vinegar

Wash tomatoes, scald 1/2 minute in boiling water, dip in cold water, peel, cut out stem ends and quarter

Combine remaining ingredients in medium size bowl. Fill jars with alternate layers of tomatoes and celery mixture, using 3 tablespoons celery mixture in each pint jar. Fill jars to 1/2 inch of top, pressing tomatoes down with a spoon to extract just enough juice to cover top

VEGETABLE SALAD

- 1 medium head cabbage, thinly sliced
 - 3 tablespoons coarse or Kosher salt
 - 1/2 pound carrots, sliced across to form thin circles
 - 2 green peppers, diced in 1/4-inch cubes
 - 1 bunch radishes, thinly sliced
 - 2 cucumbers, thinly sliced
 - 1/2 cup oil
 - 1/2 cup vinegar
 - 1/4 cup sugar
 - 1 teaspoon garlic powder
 - 1 teaspoon pepper
 - 1 teaspoon paprika
- Slice cabbage, put into a large bowl and sprinkle with coarse salt. Add other ingredients and stir. Let stand about 15 minutes. Add oil, vinegar, sugar, pepper, garlic powder and paprika. Cover and refrigerate. This will keep for several weeks in the refrigerator. Makes about 15 servings

PANNED BROCCOLI

- 1 pound fresh broccoli
 - 2 tablespoons oil
 - 1 tablespoon minced onion
 - 1 clove garlic, minced
 - 1/8 teaspoon freshly ground pepper
 - 1/4 teaspoon salt
 - 1 tablespoon lemon juice
- Wash broccoli and trim. Peel stems and cut into 2-inch lengths. Separate florets by cutting into halves or quarters so they are of uniform size. Blanch (parboil about 10 minutes for stems, less for florets). Plunge into cold water for about 3 minutes to set the color and texture. Saute onion and garlic in oil. Add drained broccoli and cook gently until it is tender-crisp. This will take only a few minutes. Season with salt and pepper and lemon juice. Serve at once.

Healthy heart recipes

(Continued from Page B6)

HEARTY COD AND GRAPEFRUIT SALAD

- One pound frozen cod fillets (sole, haddock or flounder may be substituted)
 - 2 grapefruit, peeled and cut in sections
 - 1 avocado, peeled and sliced
 - 1 carrot, grated
 - Leaf lettuce
 - Lemon yogurt
- Do not thaw frozen fish. Brush fish lightly with margarine or oil;

bake in non-stick or lightly greased shallow pan in center of oven for 20 minutes. (For fresh fish, lay fillet flat and measure at thickest part. Bake at 450° F. for 10 minutes per inch of thickness.) Chill fish and break into chunks. Arrange grapefruit, avocado, and carrot on leaf lettuce. Top with fish. Serve with lemon yogurt.

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