



## Cook's Question Corner

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-** Rhoda Sauder, York, would like a recipe for canning dill pickles with garlic or garlic salt.

**QUESTION -** Estella Fink, Allentown, would like some no-bake cheese recipes.

**QUESTION -** Phyllis Grantham, Kearneysville, W Va., would like a recipe for cream of tomato soup using fresh or home-canned tomatoes.

**QUESTION -** Fay Werner, Tivoli, N.Y., would like recipes for a white or yellow cake that has a light texture.

**QUESTION -** Nancy Zuck, Elizabethtown, would like recipes for stewed tomatoes to can and for canning red beets.

**QUESTION -** N.E. Hartman, State College, would like a recipe for venison bologna.

**QUESTION -** Bonnie Hershey, Manheim, would like a recipe to prepare soft and creamy creamed corn using dried corn.

**QUESTION -** Ronnie Czebotar, Wading River, N.Y., would like to know how to roast a pig outdoors on a spit.

**QUESTION -** Mrs. Ronald Eshbach, Bechtelsville, would like a recipe for oatmeal cookies that taste like the ones made at Kitchen Kettle Bakery in Intercourse, Pa.

**QUESTION -** Tammy Kiebach, Bernville, would like a recipe for onion bagels and for pot pie dough that does not use eggs.

**QUESTION -** A reader from Manheim would like a recipe for crispy animal crackers.

**QUESTION -** Jeanne Kenna, Attsville, would like a recipe for spinach bread, a non-yeast bread preferably made without cheese.

**QUESTION -** A reader from Ephrata would like a recipe for ketchup that tastes like the store-bought variety.

**ANSWER-** C.K. Harnish, Lancaster, requested a recipe for pumpernickel bread. Thanks go to Marie Martin, Ephrata, for sharing the following recipe.

### Dark Pumpernickel Bread

½ cup plus ½ teaspoon sugar (this will color, not sweeten)

½ cup boiling water

2 cups warm (110° F.) water

2 packages dry yeast

1 tablespoon plus 2 teaspoons salt

2 cups Rye Sourdough Starter (recipe below), measured after stirring down, room temperature

1 cup pumpernickel flour (rye meal)

1 cup medium rye flour

1 cup gluten flour (available at health food stores)

3 tablespoons unsweetened cocoa

4 cups all-purpose flour, or as needed

Cornmeal, for sprinkling the baking sheets

**Glaze:**

1 egg white beaten with 2 tablespoons water

In a small saucepan, stir the half cup sugar over moderate heat until it reaches a medium dark brown color; when it is seething and frothing, pour in the boiling water (avert face); Stir to dissolve, cool.

Mix half cup of the warm water with ½ teaspoon sugar and yeast. Let stand about 10 minutes until very foamy. In mixing bowl, stir salt and remaining 1½ cups warm water. Add yeast mix, caramel liquid, and sour bread starter, mix. Beat in pumpernickel flour, rye and gluten flours and cocoa. Blend thoroughly. Gradually stir in about 3 cups all-purpose flour, enough to make a dough that leaves the sides of the bowl.

Spread 1 cup all-purpose flour on a kneading surface and knead dough until somewhat elastic but still rather soft; do not make a stiff dough.

Put in large, ungreased bowl; cover with plastic and let rise until doubled in bulk; about 1½ hours. Punch dough down, put on lightly floured surface and let rest 10 to 15 minutes. Sprinkle 2 baking sheets with cornmeal. Cut dough in half and pat each into a rough rectangle 1 inch thick. Fold crosswise in thirds, pat out again and fold crosswise again. Form into a neat rectangular or oval loaf, with the seam side down and ends pinched tightly. Place on cookie sheets, cover, let rise until almost doubled in bulk. Preheat oven to 425° F., put in a large pan containing 2 inches of boiling water on bottom (or lowest shelf in electric oven). Brush lightly and quickly with glaze, being careful not to drip on sheet. Cut 3 diagonal slashes on top of each loaf, almost parallel to the surface.

Put bread in oven and set temperature to 400° F. Bake for 30 minutes, remove from oven, brush with glaze, return to oven, switching shelf positions. Remove pan of water. Bake for 20 minutes longer or until the loaf sounds hollow when rapped with knuckles. Cool on rack, wrap and let mellow for a day or so before serving.

### Rye Sourdough Starter

1 package dry yeast

3 cups tepid (80° F.) water

3½ cups medium rye flour

1 small onion, peeled and halved

Dissolve yeast in 2 cups water. Beat in 2 cups flour, beat until no lumps remain. Add onion. Cover loosely with cloth and let sit at room temperature for 24 hours.

Remove onion. Beat in 1 cup water and 1½ cups flour. Cover again and let sit for 24 hours. The starter should be pleasantly sour smelling and bubbly. Temperature may result in longer or shorter period of fermentation.

The starter is now ready to use and can be refrigerated for 24 hours without feeding. If it must be held longer, the night before using add ½ cup tepid water and ¾ cup rye flour and leave sit at room temperature overnight. May be frozen and thawed and fed.

### Light Pumpernickel

1⅓ cups bark beer

¼ cup yellow cornmeal, plus additional for sprinkling pan

1 tablespoon lard

1½ teaspoons salt

1 tablespoon molasses

¼ cup (110° F.) water

1 package dry yeast

½ teaspoon sugar

1 cup whole wheat flour

¾ cup rye flour, or as needed

⅔ cup gluten flour

**Glaze:**

1 teaspoon cornstarch boiled with ⅔ cup water until clear and cooled.

Heat beer to simmer and stir in cornmeal. Add lard; remove from heat. Stir in salt and molasses and cool to 110° F.

Meanwhile, combine water, yeast and sugar in small bowl and let sit until foamy, about 10 minutes. Add yeast mix to cornmeal mix. Beat in the flours. Mix well, turning out onto board sprinkled with rye flour, knead until elastic.

Put in a greased bowl, cover with plastic, let stand until doubled in bulk -- 1½ hours or more. Punch down and let rest 10 minutes. Form in 7-inch ball with flat base. Sprinkle cornmeal in 9-inch layer cake pan. Cover and let double. Preheat oven to 375° F. Brush with glaze, cut a tic-tac toe design on top with a sharp knife. Bake in center of oven for 50 to 60 minutes. Brush with glaze after 20 minutes. Cool on rack and store in refrigerator or freezer.

**ANSWER -** Rose Martin, Ephrata, requested a recipe for caramel ice cream topping. Thanks go to Dorothy Witmer, Ephrata, and to Fran Pierman, Stockton, N.J., for sharing the following recipes.

### Caramel Ice Cream Topping

1 cup brown sugar

2 tablespoons light corn syrup

¼ cup rich milk

3 tablespoons butter

Combine all ingredients. Stir until boiling. Simmer for 3 minutes. Serve hot or cold.

### Butterscotch Caramel Sauce

Combine:

1½ cups brown sugar, packed

½ cup light corn syrup

¼ cup butter, melted

Heat over low heat to boiling, stirring constantly

Remove from heat and stir in

½ cup whipping cream

1 teaspoon vanilla

Spoon over ice cream

**ANSWER -** Nancy Zuck, Elizabethtown, requested a recipe for apple pie filling. Thanks go to Sandra Hartman, Westfield, for sharing the following recipe

### Apple Pie Filling

4½ cups sugar

1 cup cornstarch

2 teaspoons cinnamon

¼ teaspoon nutmeg

3 tablespoons lemon juice

2 or 3 drops yellow food coloring

5½ to 6 pounds tart apples, peeled, cored and sliced

In large saucepan, blend first four ingredients and 1 teaspoon salt. Stir in 10 cups water; cook and stir until thickened and bubbly. Add lemon juice and food coloring. Pack apples into hot jars, leaving 1-inch headspace; fill with hot syrup. Adjust lids and process in boiling water bath. Pints: 15 minutes. Quarts: 20 minutes. Makes 6 quarts.

Before serving: Prepare 8 or 9-inch pie crust. Line pie plate, add 1 quart apple filling. Adjust top crust. Cut slits for steam to escape. Bake at 375° F for 45 to 50 minutes.

**ANSWER -** Mrs. Dennis Foltz, Edinburg, Va., requested a recipe for chewy granola bars. Thanks go to Arlene Patches, Lebanon, who sent the following recipe

### Chewy Granola Bars

1½ cups granola cereal

## Natural Sweeteners

(Continued from Page B6)

### HONEY APPLE BETTY

2 tablespoons butter or margarine

1 cup soft bread crumbs

1 tablespoon lemon juice

½ teaspoon lemon rind

¼ cup warm water

2 cups pared and sliced apples

¼ cup liquid honey

¼ teaspoon cinnamon

¼ teaspoon nutmeg

Melt butter or margarine and stir into bread crumbs. Add lemon juice and rind to apples. (Omit lemon if apples are very tart.) Mix honey and water. Place a layer of crumbs in a greased baking dish and cover with a layer of apples. Moisten with honey mixture and sprinkle with part of the seasonings. Repeat layers, ending with bread crumbs as top layer. Bake at 350° F. for 30 to 45 minutes until crumbs are well browned. Cover baking dish for the first 15 minutes. Makes 4 servings, about half cup each.

## Herb Society

### Slates Sale May 2

LANCASTER — The Susquehanna Unit of the Herb Society of America will hold its seventh annual Herb and Geranium Sale Saturday, May 2 from 10 a.m. to 4 p.m. in the barn at Rock Ford Plantation. Culinary, fragrant, dye, insecticidal, and specialty herb plants will be available, as well as geraniums, herb books, and gardening items.

Of great interest will be an educational exhibit, "Experimentation with Color from Nature," which explores the use of herbs in dyeing and is the result of research done by Unit member Genevieve Libhart.

The "cookbooklet" "Summer Fare," a collection of recipes and menus from members' kitchens and gardens, will make its Lancaster County debut.

Milton Friedly, an art instructor at Elizabethtown College, will be on hand with his potter's wheel demonstrating his craft. His pots will be available for purchase.

Bring box or basket and plan to fill it with herbs and geraniums! Unit members will be available to answer questions about the plants, and volunteers will help carry purchases to the car.

Proceeds from this event will enable the Unit to continue its commitment to furthering the goals of the Herb Society of America by contributing to the National Herb Garden and the H.S.A. Scholarship Fund, increasing local knowledge of herbs, and maintaining and expanding herb gardens at Rock Ford.

## Adams Co. 4-H'ers

### Study Cultures

GETTYSBURG — Adams County 4-H club presidents, vice presidents, secretaries, treasurer's, newsmen, song and game leaders will be learning their duties and responsibilities at the 1987 4-H Officers Training Session planned for Thursday, April 30, at 7 p.m. at the United Methodist Church, Gettysburg.

Larry Feeser, Jr., Dave Smith, and Karl Tyson, New Oxford; Kathy Reeve and Kathy Grim, East Berlin; and Janet Ludwig, York Springs, are the teens who have contacted individuals to help the officers to become better informed of their particular office responsibilities.

The Gettysburg 4-H Horse Club will be in charge of registration and the Abbotstown 4-H Horse Club will serve refreshments.

Those officers attending will receive a special 4-H gift and the clubs with all officers in attendance will choose a special item for the club.