

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-Mrs. Donna Steele, Vintondale, would like a recipe for a dessert called Havanna Banana. It has a tapioca base.

QUESTION-Carol Fantom, Delta, would like a recipe for soft and fluffy biscuits like those served at fast food restaurants.

QUESTION-R. Myer requests a recipe for Peach Marmalade.

QUESTION-Salina Peight, Belleville, would like a recipe for canning chili soup and vegetable soup without potatoes.

QUESTION-Mrs. Aaron B. Shirk, Lebanon, would like to know what are gooseberries and where can they be found?

QUESTION-Barbara S. King, Atglen, requests a recipe for tomato butter. She thinks the recipe requires long cinnamon sticks.

QUESTION-Barbara Reed, Punxsutawney, would like recipes for canning hot peppers with cauliflower and one for hot peppers with hot dogs.

QUESTION-Mrs. Paul Beyer, East Greenville, can not find clear-jell in local grocery stores. She asks if there is a substitute or another brand name for it.

QUESTION-Mrs. Karen Moyer of Portage requests recipes for both soft chocolate chip and molasses cookies like Archway makes.

ANSWER-Margaret Jones requested recipes using sugar substitutes for diabetics. Thanks Mrs. J. Newton Brewer Jr. of Chesapeake City, MD for sending the following recipe.

Deep Dish Apple Pie

- 2 teaspoons sugar substitute
- 1 tablespoon cornstarch
- ½ teaspoon grated lemon rind
- 2½ teaspoon lemon juice
- ¼ teaspoon nutmeg
- ½ teaspoon cinnamon
- 4 small apples, pared and sliced
- 1 cup flour, sifted
- 1 teaspoon salt
- ¼ cup reduced calorie margarine
- 3 tablespoons cold water

Combine sugar substitute, cornstarch, lemon rind, lemon juice, nutmeg, cinnamon and apple slices.

Place in 9-inch deep dish, pie plate or baking dish. Set aside.

Combine flour and salt; cut in margarine until mixture resembles cornmeal.

Blend in water with fork until all dry ingredients are moistened.

Shape dough into ball.

Roll out dough on a floured surface, place on top of apple filling.

Bake at 425 degrees for 35 minutes or until brown.

ANSWER-Mrs. Gene Jennings, Fallston, MD, requested a recipe titled "Nothing" which appeared in this column several years ago. Thanks Charlotte Smith, Mansfield, and Sharon Sensenig of Smyrna, DE for sending the following recipe.

Nothing

- 1½ cup sugar
- 2 cups flour
- 4 eggs
- 1 cup butter
- 1 teaspoon vanilla
- Pie filling of your choice

Beat all ingredients except pie filling with mixer for 3 minutes. Spread into 9X13-inch pan. Mark into 24 squares, drop a spoonful of pie filling on each square (or cover over all). Bake at 350 degrees for 40-60 minutes. Sprinkle with confectionary sugar.

4-H'ers Honored

At Montgomery 4-H Fair

Tricia McMahon of Green Lane and Henry Wojton of Trappe were named the 1987 Outstanding 4-H Boy and Girl for Montgomery County at special ceremonies held during the recent 4-H Fair in Creamery. The winners received a plaque from 4-H and a \$50 savings bond donated by Harleysville National Bank. Tricia and Henry will represent 4-H at numerous functions and will be available for speaking engagements.

Tricia is an 8 year member who is active in Furry Friends Rabbit and Cavy Club and the 4-H Toastmasters Junior Leadership Program. She had the honor of representing Pennsylvania at the "Profiles for Tomorrow" program in Washington, D.C. as one of a select group of teen leaders who had input into the future direction of the 4-H program. Tricia serves as a teen representative on the 4-H Cabinet Advisory Board. She has been a camp counselor, has attended Leadership Congress, Capital Days, State 4-H Achievement Days, PAFC and was a staff member at Pa. 4-H Week at Penn State this summer. Tricia graduated from Boyertown Area High School where she was active in music and drama. She plans on attending Widener University this fall to major in Hotel Management.

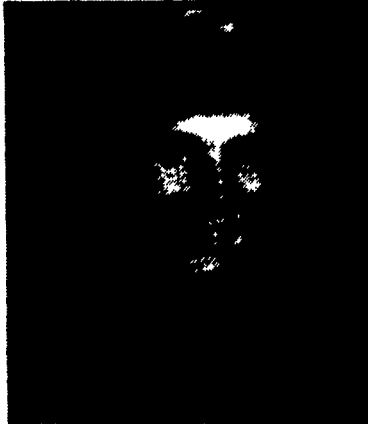
Henry Wojton has been in the Trappe Club for eight years. Henry was just named the state winner in the Forestry category of the National 4-H Awards program and will attend the National 4-H Con-

gress in Chicago. He has been a teen leader teaching bike safety and archery. As a camp counselor he served as an archery and ropes course instructor. He attended Leadership Congress and was an advisor for the Pa. 4-H Week. Henry also attended 4-H Capital Days, Teen Ambassador Weekend, been named a 4-H Teen Ambassador, taken the Toastmasters Junior Leadership Course and traveled to Colorado this summer with the Exchange Club. Henry will be a Junior at St. Pius X School in Pottstown where he is active in baseball and football. Henry plans a career in horticulture and helps with the family nursery business.

Six other members were also named as finalists. They included

Dan Cochran of Trappe, Andy Kumpf of Norristown, Judy Park and Sheryl Hunter of North Wales, Cindy Bauman of Lansdale and Leslie Bartholomew of Royersford.

According to Nancy Kadwill, 4-H Coordinator, just being among the finalists is quite an honor. "These eight teens represent the outstanding individuals among the nearly 3,000 4-H members in the county. We are proud of all of them and what they have accomplished." Kadwill noted the members were originally selected on the basis of a detailed record known as Blue Form. The finalists were then interviewed by a panel of judges to select the top two individuals.



Stacey Goss



Sallie Gregory

Three Countians Attend Citizenship Washington Focus

LANCASTER — Three Lancaster County 4-H'ers participated in a week-long stay in Washington, D.C., attending Citizenship

Washington Focus at the National 4-H Center.

Stacey Goss, Pequea; Sallie Gregory, Lititz; and Amy Jo Strausbaugh, Manheim, joined 4-H'ers from 45 other states to participate in the summer program designed as a citizenship and leadership training program. Stacey is the daughter of Mr. and Mrs. Albert Goss; Sallie is the daughter of Mr. and Mrs. Robert Gregory; and Amy Jo is the daughter of Mr. and Mrs. Paul Strausbaugh.

The young people had the opportunity to examine the United States Constitution, increase their understanding of American Government, their rights and responsibilities as American citizens and their American heritage.

Throughout the week, the 4-H'ers participated in field trips to historical and cultural sights such as Mount Vernon, Arlington National Cemetery, and the JFK Center for Performing Arts.

A highlight for the young people was meeting with Congressman Robert Walker, and spending a day on Capitol Hill, getting a close-up view of the political process.

ANSWER-Mildred Laughman, Wellsville, requested a recipe for Red Cinnamon Cucumber Rings. Thanks to many readers who mailed recipes. Unfortunately, there is not space for all of them. Below is the recipe submitted by Mrs. Ada Krone, Glen Rock.

Red Cinnamon Cucumber Rings

To 2 gallons of large peeled, cored, and sliced cucumbers, add:

- 2 cups lime
- 2 gallons cold water.
- Let stand 24 hours. Drain. Wash and let stand in clear water for 1 hour. Drain again. Add:
- 2 cups white vinegar
- 1 tablespoon powdered alum
- 1 ounce red food coloring.

Add enough water to cover cucumbers. Simmer for 2 hours. Drain. Make syrup of the following ingredients-

- 10 cups sugar
- 2 cups water
- 2 cups vinegar
- 8 sticks cinnamon
- 1 (8 ounce) package red hot cinnamon candies.

Pour boiling syrup over cucumbers. Each day for 3 days heat syrup and pour over cucumbers. On the third day, pack in jars and pour boiling syrup over cucumbers in jars. Seal.

ANSWER-Margaret Jones, Timontum, MD requested recipes that use sugar substitutes for diabetics. Thanks Mrs. L. Shirk of Ephrata for the following cooking recipe.

Diabetic Peanut Butter Cookies

- ¼ cup butter
- ½ cup peanut butter
- 2 tablespoons liquid sweetner
- ¾ cup skim milk
- 1 egg
- 1 teaspoon vanilla
- 1 cup sifted flour
- 1 teaspoon baking powder
- ¼ teaspoon salt

Preheat oven to 375 degrees. Combine butter, peanut butter and sweetner. Blend well. Add milk combined with egg and vanilla. Sift flour, baking powder and salt together and add to mixture. Drop by rounded teaspoonfuls onto greased cookie sheets. Flatten with fork dipped in water. Bake 10 minutes. Makes 48 cookies. One cookie=34 calories.



Amy Jo Strausbaugh