



# 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, Litz, 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. Cyril Cassner, Newburg, requests a recipe for seafood salad that tastes like that served at Caesar's Palace in Atlantic City, N.J.

**QUESTION** - Edith S. Moore, Pennington, N. J., is very fond of pineapples and would like recipes using canned pineapple. Readers, please continue sending in pineapple recipes and we will feature them in a "Home on the Range" column in January.

**QUESTION** - Florence G. Nauman, Manheim, requests a recipe for homemade noodles made without egg yolks. She would also like a recipe for apple-cinnamon bread.

**QUESTION** - A reader from Dry Run would like to know what is wrong with an English Walnut tree that bears fruit but drops it prematurely?

**QUESTION** - Dianne Aiscott, Honey Brook, would like a recipe for glazed chocolate donuts that have a cake texture, if possible, similar to those of Farmer Brown's in Morgantown.

**QUESTION** - Mrs. Harvey Shoemaker, Mt. Joy, would like a recipe for bagels.

**QUESTION** - Anna Mae Harmon, Harrisonburg, Va., requests a recipe for onion jelly and one for garlic jelly. She said she bought some while vacationing which looked clear with flecks of tiny onion bits or parsley in it.

**QUESTION** - Madeline Cable, Grampion, lost the recipe to make sweetened condensed milk. The recipe appeared in Cook's Corner several months ago. Would someone please submit it for print again.

**QUESTION** - Marla Stauffer, Ephrata, would like a recipe for making angel food cake in the microwave.

**QUESTION** - Jean Mitchell, Lewisburg, requests a recipe for Chocolate Peanut Butter Pie, a custard pie.

**QUESTION** - Marie Sarver, Millerstown, requests a recipe for the red candy coating used for candy apples that are sold at fairs and carnivals.

**QUESTION** - Marie Sarver, Millerstown, requests a mincemeat recipe.

**QUESTION** - Edith M. Stauffer, Loveville, Md., would like some good candy recipes.

**QUESTION** - Mrs. G. Slocum, Towanda, requests a recipe for jelly filled doughnuts.

**QUESTION** - A recipe for chocolate shoo fly pie was printed in this paper on October 24. It did not list the amount needed for several ingredients. Does someone know the correct measurements and directions for chocolate shoo fly pie?

**QUESTION** - Mrs. Perma Kemmerer, Danielsville, would like a recipe for Monterey Pie. She said she bought one at a roadside stand near Ephrata.

**QUESTION** - Barbara Seneku, Harleysville, requests the recipe for Cinnamon Raisin Bread that Jeanne Kenna, Ottsville, had mailed to the column this past spring.

**ANSWER** - Mrs. Harvey Shoemaker, Lancaster, has a correction to make in her salsify casserole that appeared several weeks ago. Instead of cooking the salsify in 2-inches of water, cook it in water that is two-inches above the salsify. Do not use 1/4 teaspoon of pepper, use 2 sprinkles of pepper from a shaker.

**ANSWER** - Estella S. Fink, Allentown, requested a recipe for chicken corn soup made with crushed corn. Thanks Vernon C. Martin, Atmore, Al., for sharing yours.

### Chicken Corn Soup

- 4 chicken legs or thighs
- 2 medium onions, chopped
- 1 1/2 pounds frozen or crushed corn
- Salt and pepper to taste
- 4 quarts water
- 1/4 teaspoon cayenne pepper
- 1/2 cup alphabet noodles
- 1/2 stick butter

Cook chicken in water, salt and pepper until tender. Discard skin. Chop chicken into small pieces and put back into broth. Add remaining ingredients and cook slowly for 1-2 hours, stirring often.

### Just The Facts

Do you sometimes have the feeling that every thing you eat or drink could be a contributor to cancer? Newspaper, radio, and television feature almost weekly headlines on one more "scare." What do we know about carcinogens in food? Is it necessary to react to every media message? Although the evidence is still being gathered, here are some of the facts:

- A carcinogen is a substance or agent that is believed to cause

cancer. This definition is used by government regulatory agencies. However, there are more questions than answers. According to the American Council on Science and Health (ACSH), since most studies are done on animals, the evidence is scarce on potential human carcinogens.

- Some potential carcinogens occur naturally in food. These include nitrosamines, aflatoxins, and such well known components as alcohol and tannin.

- Bruce Ames, Ph.D., Universi-

ty of California at Berkeley sums it up by saying, "There are large numbers of ... carcinogens in every meal, all perfectly natural and traditional... it should be emphasized that no human diet can be entirely free of... carcinogens."

### The Great Holiday Plan

Every holiday you make that great plan! Included are such thoughts as not overeating, remembering to exercise, and getting enough rest. Come the end of December and there you are, five pounds heavier and exhausted.

This year, try to be more realistic in your planning. Studies have shown we are more apt to stay with a plan when the goals are attainable.

Plan to exercise at least 3 times a week for at least 20 continuous minutes. Walking briskly around the mall before the shopping will do it! Just don't stop at the cookies for a rest break.

Bank your calories. Deciding you will not eat any sweets is unrealistic. When you know some high calorie eating is on the horizon, watch what you eat prior to the temptation. Save of "bank" some calories.

Learn to say no to the tendency to "graze." Extra calories add up even when the pieces of food are small!

Enjoy the holidays.. now and later!

### Labels:

#### Translation Please!

Food labeling is designed to assist us in making decisions. However, a whole new language has evolved including *lite*, *imitation*, and *extra lean*. Here is quick course in translating some of the more common terms.

In reference to meat products, the following terms are defined by the U.S. Department of Agriculture:

Extra Lean - 5% or less fat than comparable product

Lean/Low Fat - 10% or less than comparable product.

Light/Lite/Leaner/Lower Fat - 25% less fat than comparable product.

For most foods, the terms "light" or "lite" may refer to color, flavor, or texture, not necessarily the calorie content. These terms are defined by the Food and Drug Administration:

Low calorie - 40 calories or less per serving; or no more than 4 calories per gram. Food naturally low in calories cannot be labeled low calorie.

Reduced calorie, dietetic - 1/3 less calories than the food it replaces (A comparison must be on label)

Low sodium - 140 milligrams or less per serving.

Unsalted, salt-free - No salt was added during processing, but could contain significant amounts of sodium naturally or from other ingredients.

Low fat - 0.5 to 2% milk fat in dairy products, less than 10% by weight for meat.

Low cholesterol - 20 milligrams or less per serving.

Reduced cholesterol - 1/4 the cholesterol of the food it replaces.

Sugar-free or sugarless - no sucrose (table sugar), other sweeteners may be present including honey, corn syrup, fructose or sorbitol.

Imitation - Not "the real thing," nutritionally inferior to the food it is imitating.

Substitute - Not "the real thing," nutritionally equivalent in the leader nutrients to the food it is imitating.

Sources: FDA, USDA, Land O'Lakes.

# Nutrition And Fitness Break

**ANSWER** - Mrs. Linda Claar, Woodward, requested a recipe for Peach Pot Pie. Thanks Nancy Kramer, New-manstown, for the following recipe.

### Peach Pot Pie

- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons butter
- 1 egg
- 1/3 cup milk
- 1/4 cup brown sugar
- 1 tablespoon butter

Combine flour and baking powder, cut butter into mixture. Stir in beaten egg and milk. On floured pastry board, roll as thin as possible. Cut into 2-inch squares. Pare 6 peaches, cut into quarters. Into kettle containing 1 cup water, put a layer of peaches and sprinkle with 1/4 cup brown sugar and 1 tablespoon butter. Cover with pot pie squares. Repeat until all peaches and dough are used. Cover tightly and steam for 20 minutes. Serve with cream.

**ANSWER** - E. Burkholder, Ephrata, requested a recipe for three layer cheese cake. Thanks Mrs. Joseph Harman, Halifax, and Betty Biehl, Mertztown, for sharing the following cake recipes.

### Banana Split Cake

- First layer:  
2 cups graham cracker crumbs  
1/2 cup butter  
Mix together and put in 9x13-inch cake pan.
- Second layer:  
2 cups powdered sugar  
2 sticks butter  
2 eggs  
1 1/2 teaspoon vanilla  
Beat 5 minutes and layer atop first mixture.
- Third layer:  
2 cups crushed pineapple, drained
- Fourth layer:  
4 bananas, sliced
- Fifth layer:  
8-ounces non-dairy topping or whipped cream
- Sixth layer:  
1/2 cup chopped peanuts
- Seventh layer:  
1 can cherry pie filling  
Place in refrigerator for at least two hours before serving. The cake is colorful and tasty for Christmas. Leftovers must be refrigerated.

### Holiday Cake

- 2 cups sugar
- 1 cup shortening
- 4 eggs
- 1 1/2 cups buttermilk
- 3 cups flour
- 1 teaspoon baking powder
- 1 teaspoon soda
- 1 cup raisins
- 1/4 cup coconut
- 1 cup chopped nuts

Cream shortening, sugar and eggs. Sift flour and baking powder together and add alternately with buttermilk in which the soda has been dissolved. Fold in raisins, coconut and nuts.

Bake in 9x12x2-inch-pan or in 3 round 9-inch pans. Bake at 350 degrees, oblong pan for 50 minutes; layer pans for 35 minutes. Frosting:

- 2 cups sugar
- 1 cup milk
- 1/2 cup ground or chopped nuts
- 1/2 cup raisins
- 1/2 cup coconut

Stir all ingredients together and boil until a teaspoon of the mixture forms a soft ball when placed in a glass of cold water. Beat on high speed for 2 minutes or until frosting starts to stiffen. Spread on cake.