



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 - Fay Werner, Tivoli, N.Y., requests a recipe for Italian salad dressing that is not too salty or spicy.

QUESTION - Mrs. John Kobylski, Tunkhannock, requests an adult remedy for a head and chest cold that we printed in this column several months ago.

QUESTION - Mrs. Eldon R. Martin, Abbottstown, requests a recipe for yogurt that does not separate while it is being made.

QUESTION - Mary Delaney, Centre Hall, requests a recipe for Cajun Buttermilk Chicken that tastes like that served at Reflections in Leola.

QUESTION - Gail M. Crouse, Stevens, requests a recipe for dough ornaments or figurines. She said she used 1 cup flour, ½ cup salt and 6 tablespoons water. After she baked them at 275 degrees for 2½ hours, the figurines cracked. She asks, "Is there a limit to the thickness of figurines? Can food coloring or something else add color?"

QUESTION - Sondea Sanger, Lebanon, requests a recipe for drop sugar cookies like the Bud's cookies that are sold in stores in Lebanon.

QUESTION - Marie A. Cairns of Honeybrook would like to know ways to use vinegar other than in cooking. She said it has many good uses.

QUESTION - A subscriber requests a recipe for elderberry pie like the thickening of cherry pie served at the Newport Fair.

QUESTION - Bonnie Hampton, Catawissa, would like recipes for kolbase and other hot sausage recipes.

QUESTION - Priscilla Grube, Mohrsville, requests a recipe for homemade ring bologna.

QUESTION - Melinda Meyers, Centre Hall, would like a recipe for Monte Cristo sandwiches. They are a ham, turkey and cheese sandwich dipped in batter and deep fried.

ANSWER - Marla Stauffer, Ephrata, requested a recipe for making angel food cake in the microwave. Thanks Barb Downey, Street, Md., for sharing information that was gleaned from reading many cook books. She said, "Due to the short baking time and the absence of the dry heat in a conventional oven, angel food, chiffon and other cakes leavened entirely with egg whites will not bake with good results in a microwave oven."

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

Jelly Doughnuts

Makes about 50

- 1 cup warm milk
- ½ cup sugar
- 1 teaspoon salt
- ½ cup margarine
- ¼ cup warm water
- 1 package dry yeast
- 3 eggs, at room temperature
- 5½ to 6½ cups all-purpose flour
- Peanut oil
- Jelly

Granulated, confectioner's or cinnamon sugar
Combine warm milk, sugar, salt and margarine. Measure warm water into large warm bowl. Sprinkle in yeast; stir until dissolved. Add milk mixture, eggs and 3 cups flour, beat until smooth. Add additional flour to make a stiff dough. Turn out onto a lightly floured board. Knead until smooth and elastic, about 8 to 10 minutes. Divide dough into 3 equal pieces. Roll each piece into a circle, ¼ -inch thick. Cut into 3-inch rounds. Place on greased baking sheets. Cover; let rise in warm place free from draft until doubled in bulk, about 1 hour. Fry in deep hot (375 degrees) peanut oil until brown, turning once. Drain on paper towels.

When cool, cut small hole in doughnut side and insert jelly in center. Dip doughnuts in granulated, confectioner's or cinnamon sugar.

Patricia Potter
Stevens

ANSWER - Mrs. Wm. J. Livingston, Dover, requested a recipe for caramel cake that has a chocolate custard type of filling and icing made with brown sugar and butter. Thanks L. Z. of Millmont for sharing a your recipe.

Caramel Cake

Cream together:
2 cups brown sugar
½ cup shortening

Add:
2 eggs, unbeaten
2 cups flour
1 teaspoon vanilla

Place 1 teaspoon cocoa in a cup. Add 2 teaspoons hot water. Fill the cup with sour milk, then add 1 teaspoon soda. Stir mixture until cocoa is well-dissolved. The cup will run over so be sure to hold it over the mixing bowl while stirring. When cocoa is dissolved, pour in with other ingredients and mix. Bake in 350 degree oven.

Creamy Caramel Frosting

Melt 4 tablespoons margarine in saucepan. Blend in 1 cup firmly packed brown sugar and ¼ teaspoon salt. Cook over low heat stirring constantly for 2 minutes. Stir in ¼ cup whole milk; continue stirring until mixture comes to a boil. Remove from heat; blend in about 2½ cups powdered sugar. Add ½ teaspoon vanilla. Thin with a small amount of canned milk if necessary.

QUESTION - Fay Werner, Tivoli, N.Y., requested recipes for creamy fruit cheesecakes. Thanks L.Z. from Millmont for the following recipe.

Simple Cherry Cheese Cake

- 1 graham cracker crust
- 1 8-ounce package cream cheese
- 1 can cherry or blueberry pie filling
- 1 large container non-dairy topping
- 2½ cups powdered sugar

Blend cream cheese and sugar together. After it is blended, add non-dairy topping and beat until fluffy. Spoon into pie crust and cover with pie filling.

ANSWER - A subscriber requested a recipe for frankfurters. Thanks Mrs. Aaron Hoover, Ephrata, and several others who mailed recipes.

Frankfurters

- 20 pounds of beef
- 10 pounds fat pork
- 4 pounds water
- ½ or ¾ pounds salt
- 3 ounces black pepper
- 1½ ounces sage, mace or nutmeg finely ground
- garlic or onions if desired

Mix the salt, pepper and other seasonings together. Thoroughly mix with the cut meat and run through a meat grinder (use the fine plate). Grind the mixture 2 or 3 times to make sure the seasoning is evenly distributed and that the meat is ground very fine. Add water and mix thoroughly to make a pliable mass. Stuff into sheep or hog casing, depending on whether you want fat or thin franks. After the sausage is stuffed into the casings by means of the thumb and forefinger, press the casing together at about 4-inch intervals. Twist the first link 2 or 3 times. The next link made should be twisted in the opposite direction to keep the casing from unwinding. Hang the twisted links in the smokehouse and smoke for about 2 hours at a temperature that does not exceed 125 degrees or until they are a rich brown color. Cook in water to 155 degrees until they float. If the water is hotter the casings may burst. The time required for cooking depends upon the thickness of the franks. After cooking, rinse them in hot water, plunge them into cold water and hang in a cool place. Franks should be used soon after they are made. If they are kept longer, they should be canned or frozen.

German Franks

- 5 pounds veal, without bones
- 5 pounds pork, no fat
- 8 pounds lard
- 13 grams of salt per pound of meat
- 3 grams pepper per pound of meat
- ½ teaspoon nutmeg or more per pound meat used

Finely grind all meat together with lard and seasonings. Mix well after the grinding.

Put into clean intestines and make 6-inch pieces. Prick with fork and refrigerate.

ANSWER - Marilyn F. Baumert, Herndon, requests a recipe for vanilla and peanut butter fudge. Thanks L. Z. from Millmont for sharing one.

Snowy Fudge

- 1½ cup peanut butter
- 2 cups sugar
- ¾ cup milk
- 1 cup marshmallow cream
- 1 teaspoon vanilla

Cook sugar and milk to 234 degrees or until syrup forms a soft ball which flattens when removed from water. Add other ingredients. Mix well. Pour into buttered 8x6x2-inch pan and refrigerate.

Have You Heard?

By Doris Thomas

Lancaster Extension
Home Economist

The Great Grapefruit

Grapefruit offers year-round eating enjoyment. Since it is in plentiful supply at this time of year, now is a good time to give your family a taste treat. Grapefruit is coming to tables these days in colors ranging from white to rosy red. Grapefruit can add magic to your meals, color to your table, a lot of zing to faltering winter appetites, and is easy on your food budget.

Whether you buy them by the bag, box or one at a time, you get lots of low in calories and high in nutrition for your money. Grapefruit is a great source of Vitamin C. One-half of a large grapefruit (5 inches in diameter) supplies more than one-half of the recommended daily allowance of Vitamin C for the average adult. It contains only 68 calories. If you prefer the pink or red varieties, you get an added bonus of Vitamin A not present in the white varieties.

When buying grapefruit, look for firm and heavy fruit. The heavier the grapefruit, the more juice there will be inside. Select thin-skinned fruit that is free of soft spots. The thin skin usually indicates a juicier fruit. Some grapefruit have russet patches which many people believe indicate the best flavor.

Avoid grapefruit that are soft of that have discolored areas on the peel at the stem end of the fruit. Also avoid fruit that have lost their bright color or that have a soft peel that breaks easily with finger pressure. These are all symptoms of decay and will affect the flavor of the fruit.

You are the best judge of overall freshness and quality at the produce counter. Fresh fruit is perishable, so buy only as much as you need. Remember, if you throw it away, it is not a bargain.

Winter Menu Mainstay

The perfect accompaniment to main dishes in hearty, winter meals is the potato. Rich in Vitamin C and fiber, and only 100 calories for a medium-sized one, it is an excellent nutritional choice.

If you are planning to have baked potatoes, choose the large mealy ones and simply bake them in a 350 degree oven for an hour and a half, depending on size. Do not make the mistake of baking them in aluminum foil; that will cause the potatoes to steam rather than bake and yield a wilted crust instead of a delicious crisp one. Depending on how many calories your conscience will allow you, you can add cottage cheese, yogurt, or sour cream. Also, be sure to eat the skin as that is where most of the vitamins and fiber are located.

If you are watching your calorie intake, but like the crispness of French fries, try this substitute. Slice baking potatoes into 2 inch strips and place them on a greased cookie sheet in a single layer; bake for 45 minutes in a 350 degree oven. Toss with your favorite seasonings and a little melted butter or margarine. Each slice will develop a crisp crust and the calorie count is much less than that of French fries.