



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 - V. Martin of Springfield, Va., requests recipes for animal crackers and vanilla cookies.

QUESTION - A reader from Manheim requests a recipe for making pork roll without nitrates.

QUESTION - Brenda Sauder, New Holland, requests a recipe that her family refers to as Egg Cakes. She said they are similar to stacked pancakes with brown sugar spread between layers. They are served warm.

QUESTION - Linda Christman, Greencastle, requests the size of the pan used for making Unbaked Bar Cookies. The recipe appeared in the February 13 issue.

QUESTION - Mrs. Lester R. Crone, Dover, requests a recipe for Spice Custard pie.

QUESTION - Judi Spurling, Schwenksville, would like a recipe for butter cream Easter eggs that have a smooth, slightly soft center and are not overly sweet.

QUESTION - A reader from Rochester, N.Y. requests a recipe for making Kentucky Fried Chicken that had appeared in this column several months ago.

QUESTION - A. Arnold, Middlesex, N.Y., requests a recipe for making tiny coconut nests for Easter. She thinks it had appeared previously in this column.

QUESTION - Bertha Shaffer, Schellsburg, requests a recipe for homemade bread that uses a mashed potato. Bertha recalls that her mother kept 1 mashed potato with yeast in the refrigerator from one baking until the next.

QUESTION - Mrs. David Smith, Spring Mills, requests a recipe for Shoo-Fly pie that tastes like those made from Dutch Haven in Lancaster.

QUESTION - Readers are asked to submit their mother's favorite recipe for a special Mother's Day tribute. Include one or two sentences about your mother. Submissions will be printed in the May 7 issue of "Lancaster Farming."

QUESTION - Thomas Coombs, Bridgeton, N.J., requests a recipe for Fig Bars.

QUESTION - Ellen Hoover, New Holland, requests a recipe for homemade cheese that tastes similar to White American cheese.

QUESTION - Marcia Brady needs recipes for dressings and sauces to top fruit salad.

QUESTION - Martha Hohmeier, Lincroft, N.J., requests recipes for making turkey bologna and turkey ham. Her husband is on a restricted diet and finds the commercial products are too salty. Can anyone help her?

QUESTION - Cheryl Miller, Hellam, requests a recipe for cooked lemonade.

QUESTION - Helen Heckman, Hamburg, requests a recipe for Lep cookies.

QUESTION - A reader writes that she would like a recipe for an Angel Food Cake that is big and fluffy.

QUESTION - Grace Weaver, Annville, requests a recipe for peach marmalade that has crushed pineapple in it. She said she originally got the recipe from this paper, tried it several times and it was delicious. Unfortunately she lost it. Do any readers have a copy? We are unable to reprint recipes unless the date and page number on which the recipe appeared is given.

ANSWER - Joanne L. Erb, Mt. Joy, requested a recipe to make 1 day root beer. Thanks to numerous readers who submitted recipes. Below are two entirely different methods for processing from Mary Kopp, Middletown, and Mary Maxwell, State College.

Homemade One Day Root Beer

- 2 cups sugar
- 1 gallon lukewarm water
- 4 teaspoons root beer extract
- 1 teaspoon dry yeast

Put in gallon jar and set in sun for 4 hours. Chill. Ready to drink the next day.

One Day Root Beer

- ½ bottle extract
- 4½ cups sugar
- 10 quarts water

Mix water and sugar in large plastic pail (pail should be large enough so liquid doesn't bubble out after dry ice is added). Add extract, stir. Add about \$2.50-\$3.00 worth of dry ice wrapped in cheese cloth. The dry ice will create the carbonation as well as chill the beverage. Serve using a plastic ladle. Great for picnics!

ANSWER - Ethel Snavely, Purcellville, requested a recipe for cooking beef kidneys. Thanks Nina Leifesto, Colts Neck, N.J., and Freda Hall, York, for sharing yours.

Braised Kidney

- 1½ pounds beef or pork kidneys
- ½ cup unsifted flour
- 1 teaspoon salt (optional)
- ¼ teaspoon pepper
- 3 tablespoons butter
- ½ cup broth, water or tomato juice

Beef and pork kidneys should be washed in tepid water, then split and trimmed of fat and tubes. Halve kidneys lengthwise and slice crosswise ¼-inch thick. Dredge in a mixture of flour, salt and pepper, then brown in butter over medium heat in skillet. Turn heat down to low and simmer with liquid, covered for 20-25 minutes or until tender. Use pan drippings to make gravy and pour over kidneys.

Beef Kidneys

Cut and discard all hard fat from kidneys. Slice kidneys into small pieces. Place in saucepan, cover with water, and add ½ teaspoon salt and ¼ teaspoon celery salt. Cover pan and simmer slowly for 1 hour. Thicken broth with 2 rounded tablespoons flour to make a gravy. Good served over mashed potatoes or bread.

A Slice Of The Good Life

HARRISBURG — Spring is right around the corner and nearly everyone knows that all that holiday eating and drinking isn't going to look good on the beach this summer.

In fact, some sinners have put on so much weight that their friends can hear them coming around the corner before they can see them!

One way to shed those unwanted pounds is to begin a plan of exercise and a sensible diet that includes plenty of delicious Pennsylvania Apples.

Pennsylvania Apples are the perfect snack food: They're portable, great tasting and good for you.

Apples are also a great way to perk up between meals. Snacking on doughnuts and coffee produces high doses of sugar, fat and caffeine that may supply a brief 20 minutes lift. Apples, on the other hand, contain complex carbohydrates that increase energy and sustain it over a longer period of time. They're rich in fiber and help curb appetites until the next meal.

The apple's reputation for keeping the doctor away is well deserved. Each apple contains only 80 calories and no fat or cholesterol. In fact, the pectin in apples actually works to lower cholesterol by trapping fat molecules and moving them through the digestive system before they are absorbed into the bloodstream.

Studies have also shown that eating one to three apples daily significantly reduces the possibility of colds and respiratory illnesses and lowers the incidence of head-

aches. In addition, apples offer an extra source of potassium, which has been proven to reduce the risk of stroke.

Apples are also well-known for improving dental hygiene. While there is no substitute for brushing teeth, eating a fresh apple helps to clean teeth and massage gums, reducing the chance of cavities and gum disease. Their non-adherent consistency and high juice content combine to naturally cleanse the mouth of adherent foods and leave a clean, fresh feeling.

With the warm weather fast approaching, a smart diet survival kit includes lots of Pennsylvania Apples. They're easy to carry, store well and come in their own wrapper. And best of all, they look good on you!

Trade Your Recipe For A Shopping Spree

GUTHRIESVILLE — Seven prizes, including a \$200 shopping spree at Croppers Market, Guthriesville, will be awarded to winners of Chester County's First Ever Low-Calorie Dairy Recipe Contest.

The prices will be given at the June 4 cook-off held at Brandywine Hospital Strawberry Festival in Caln Township. The contest is sponsored by Brandywine Hospital and its Weight Control Program and the county and state Dairy Promotion Programs, according to Chairman Karen Gallagher.

Recipes received by May 15 will be initially judged by a team of nutritionists with final judging by

Hard-Cooked Eggs

(Continued from Page B6)

TURN-OVER-A-NEW-LEAF ROLL-UPS

- 8 large cabbage leaves
- 2 tablespoons butter
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 cup cooked brown rice
- 1 jar (15 ounces) prepared spaghetti sauce, divided
- 3 tablespoons Parmesan cheese, divided
- 1 teaspoon garlic salt
- 8 hard-boiled eggs, chopped

In large saucepan, bring about 1 inch of water to boiling. Add 4 cabbage leaves, cover and cook until cabbage is tender, 6 to 8 minutes. Remove cabbage from water, drain well and set aside. Repeat with remaining cabbage.

In 10-inch omelet pan or skillet over medium heat, cook onion, green pepper and rice in butter until vegetables are tender but not brown, about 4 minutes. Remove from heat. Stir in ¼ cup of the spaghetti sauce, 2 tablespoons of the cheese and garlic salt until well-blended. Add eggs and toss until well combined. Cut away heavy stem section from each cabbage leaf. Place about ½ cup egg mixture into center of each leaf. Fold insides of leaf around egg mixture and fasten with wooden pick. Place rolls seam-side down in 12x7½ x2-inch baking dish. Top with remaining spaghetti sauce and cheese. Cover and bake in preheated 350 degree oven until bubbly, about 30 minutes.

SPAMBURGERS

- 1 small can processed ham
- ½ pound white American cheese
- 1 tablespoon chopped onion
- 3 hard boiled eggs, mashed
- 3 tablespoons catsup
- 2 tablespoons salad dressing
- 3 tablespoons milk
- 4 tablespoons chopped sweet pickles (optional)

Grind processed ham, cheese, and eggs. Add rest of ingredients. Mix and spread on rolls. Wrap in foil. Bake 20 minutes at 350 degrees.

V. LeAnne Musser
Manheim

persons involved in the dairy industry. By the end of May seven finalists and seven alternates will be chosen to compete at the cook-off.

Effective use of low-fat dairy products, tastes and visual appeal will be given the greatest weight in judging. Originality and creativity are next in importance, followed by ease of preparation and nutritional quality.

Send recipes to Brandywine Weight Control Program, 213 Reccerville Road, Suite 37, Caln Township, PA 19320. For more information, contact Karen Gallagher at 593-5819.