



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

QUESTION - Ruth Etta Nolt, Fleetwood, requests recipes for canning cream of mushroom soup that doesn't get tough or gummy.

QUESTION - Mrs. J. C. Ollinger, Lancaster, requests a recipe for Salisbury Steak with Bordelaise Sauce.

QUESTION - Mrs. J. C. Ollinger, Lancaster, requests recipes for chocolate, banana, cherry and powdered drink ice cream pops.

QUESTION - Stephanie Sudal, Pine Island, N.Y., requests a recipe for onion bread that is made without yeast.

QUESTION - Sue Fair, Millers, Md., would like to see more recipes that use basic ingredients such as eggs, flour, milk and sugar instead of recipes using ingredients that the average cook does not stock.

QUESTION - Ida Keeny, New Freedom, would like a recipe for making apple butter without sugar.

QUESTION - I.R. Luttrell, Holtwood, requests a recipe for a good Italian salad dressing similar to the Good Season Salad dressing mix.

QUESTION - Renee Hankins, Norristown, requests recipes for Tunnel of Fudge Cake, Chow Chow with lima and kidney beans, and creamy rice pudding.

QUESTION - Mrs. Donald Retterburg of Woodbury would like a recipe for cheese soup similar to that served at restaurant salad bars. She also would like some jello salad recipes.

QUESTION - Ralph Baer, Temple, requests a recipe for Hungarian Goulash.

QUESTION - Edith Moore, Pennington, N. J., requests a recipe for Hawaiian cheesecake.

QUESTION - Estella Fink, Allentown, requests a recipe for chicken pie.

ANSWER - Helen Kofron, Claymont, De., requested a recipe for a good sourdough starter. Thanks to Bob Downey of Street, Md., for sending his recipe and to Suetta High for her starter recipe and recipes in which to use the starter.

Sourdough Starter

- 1/2 package active dry yeast
- 2 cups sifted all-purpose flour
- 2 tablespoons sugar
- 2 1/2 cups water

Combine ingredients in a stone crock or glass bowl, never use metal. Beat well. Cover with a cheese cloth and let stand two days in a warm place.

Add equal amounts of water and flour to the remaining starter, let stand uncovered at room temperature until it bubbles. Cover and store in the refrigerator. Starter should keep about two weeks. When using the starter, Bob advises reserving some for your next recipe.

Commercial dehydrated sourdough starters can be found in some health food and specialty shops.

Sourdough Starter

- 1 package yeast
- 1/4 cup water
- 1 cup milk
- 1 cup flour
- 1/4 cup sugar

Soften yeast in water. Feed it with milk, flour, and sugar. Let ferment for several hours. Feed again when it bubbles the second time place in refrigerator until ready to use.

General directions: don't use metal when working with sourdough starter and it is fermenting for a long period of time. Feed it at least every seven days or more often if you are using it. Feed it with 1 cup milk, 1 cup flour, and 1/4 cup sugar. Don't use starter on the same

day that you feed it. Always use baking soda with the starter—it sweetens it. Sourdough can be used instead of sour cream, buttermilk, or sour milk in most recipes. Thin it with milk to replace buttermilk. If recipe doesn't call for soda, add about 3/4 teaspoon per cup of sourdough.

Sourdough Softies

- 3 cups flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 cup sourdough starter thinned with 2 tablespoons water
- 1/2 cup butter
- 1 1/2 cup sugar
- 2 eggs
- 1 teaspoon vanilla

Cream butter, sugar, eggs, and vanilla. Add dry ingredients alternately with sourdough. Drop onto greased cookie sheet, and sprinkle with a mixture of sugar and cinnamon. Bake at 375 degrees for 12 minutes.

Sourdough Pancakes

- 2 cups sourdough starter
- 1 or 2 eggs
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons oil

Mix together and bake on hot griddle. These are a moist pancake. For thicker ones, add flour, wheat germ, etc.

Sourdough Waffles

Use the above recipe, but double the oil and sugar. Bake in waffle iron.

Sourdough Biscuits or Sticky Buns

- 1 cup sourdough starter
- 1/4 cup oil
- 1 cup flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda

Add oil to sourdough. Add dry ingredients. Roll or drop for biscuits. May be rolled and spread with butter, brown sugar, cinnamon, and raisins. Roll as for jelly roll and slice.

For sticky part, put 3/4 cup water, 1/3 cup brown sugar, and 1/4 stick butter cut in small pieces in bottom of pan. Place slices in liquid and bake at 425 degrees for 15 minutes or until nicely brown.

Sourdough Dinner Rolls

- 1 cup sourdough starter
- 1/4 cup sugar
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 egg
- 5 cups flour
- 1 cup water
- 1/2 cup oil

Mix all ingredients together thoroughly. Shape and let rise, this will take a long time, 5 hours or more. Bake at 375 degrees until nicely browned. Whole wheat could be substituted for half the flour.

ANSWER - M. Laughman, Wellsville, requested a recipe for making apple butter in a copper kettle. Thanks to Phoebe F. Heim of Reinholds for sending one.

Apple Butter

- 15 gallons apple cider
- 3 1/2 bushels apples, peeled
- 15 pounds sugar
- 1/2 pound butter
- cloves and cinnamon to taste

Put spices in cider. Cook cider down by half. Add apples a few at a time. Cook until almost done. Add sugar. Stir continuously until done. Takes about 6 to 8 hours. When done, separation stays when a knife is scraped through it.

QUESTION - E. Zimmerman, Manheim, requested a recipe for Rhubarb Punch. Thanks D. Witmer, Ephrata, for your recipe.

Rhubarb Punch

- 2 cups rhubarb, diced
- 4 cups water
- 1/2 cup orange juice
- 1 1/4 cup sugar
- Juice of 1 lemon
- 1/2 cup ginger ale

Cook rhubarb, water and sugar for 2 minutes. Strain and cool. Add lemon juice, orange juice and ginger ale. Stir well; add ice and serve.

Recipes

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MOLDED STRAWBERRIES AND CREAM

- 3 cups fresh strawberries, halved
- 1/2 cup sugar
- 1 1/2 cup whipping cream
- 3/4 cup sour cream
- 1/2 teaspoons vanilla extract
- 2 envelopes unflavored gelatin
- 1/2 cup cold water
- Sweetened whipped cream (optional)

Place strawberries and sugar in a blender container. Cover and blend at medium speed until pureed and sugar is dissolved, scraping sides of container. Place 1 1/2 cups of the puree in a large bowl. Add whipping cream, sour cream and vanilla. Stir until well-blended. Set remaining puree aside for sauce.

In a small sauce pan, mix gelatin and water, let stand for 1 minute. Cook and stir over low heat until gelatin dissolves. Stir into cream mixture until blended. Pour into a 4-cup mold. Refrigerate for 2 hours or until set. Unmold onto a serving plate. Spoon part of the reserved berry puree over mold. Top with whipped cream. Serve remaining puree separately.

Nancy Suzanne Dutterer
Thurmont, Md.

DOUBLE-DECKER FINGER JELLO

- 4 envelopes plain gelatin
- 2 large boxes flavored gelatin (any flavor)
- 4 cups hot water
- 1/2 pint cream

Dissolve gelatins in hot water. Add cream. Pour into two 10 1/2 x 7-inch pans or one 13x9-inch pan. Refrigerate until firm and ready to serve for snacks or meals.

Rebecca Ann Sonnen
Pa. Dairy Princess

BROCCOLI AND CHEESE CASSEROLE

- 1/2 cup butter
- 1 1/2 cups water
- 1 package (10-ounces frozen broccoli)
- 1/2 cups quick-cooking rice
- 1 can (10 1/2 -ounces) cream of mushroom soup
- 1 jar (8-ounce) cheddar cheese spread

Combine water and butter; bring to a boil. Add broccoli and simmer 5 minutes. Add uncooked rice; cover pan and set aside 5 minutes. Stir in undiluted soup and cheese. Bake at 325 degrees for 40 minutes.

Linda Miller
New Smithville

MOCK ICE CREAM

- 2 cups frozen berries
- 1 cup light cream (or heavy cream and milk)

Sweeten to taste with either sugar or a sugar substitute. Blend together in a food processor until berries are crushed. Serve immediately. Makes about 4 servings.

Rita Turner
Alloway, N.J.

