



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 609, Ephrata, PA 17522. 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 - Margie Robbins of Alloway, N.J. writes that while visiting Idaho State Fair this summer, she had potato ice cream which came in all flavors and used real Idaho potatoes. Does anyone have the recipe for Potato Ice Cream? If we do not receive an answer to this request with one week, we will assume no one knows the answer and will drop this request.

QUESTION - Sadie Stoltzfus, Manheim, would like to know if anything else can be substituted for the red food coloring requested when making red velvet cake.

QUESTION - A Fleetwood reader would like a recipe for toaster breakfast pastries.

QUESTION - A reader from Fulton County requests a recipe for city cured bacon.

QUESTION - Mary Bencotter, Berwick, requests a recipe for making the brine for curing hams and bacon. Please list the ingredient amounts and how long it should remain in the brine. How long is it smoked and what kind of wood is used?

QUESTION - Edith Moore, Pennington, N.J. said that a recipe called Wheat Germ Brownies appeared in the November 5 issue. She said it does not list flour as an ingredient and asked if that is correct. Answer: According to the recipe mailed to us, the recipe does not list flour as an ingredient.

QUESTION - Betty Roseberry of Washington, N.J. requests a recipe for bacon gravy and sausage gravy. She said that both are served with biscuits in Tennessee and Virginia.

QUESTION - Barb Gayman, Chambersburg, requests a recipe for cream of chicken and cream of celery soup to use in casseroles. Does it need to be diluted for casserole use and can it be frozen?

QUESTION - R.C. Lichty would like a recipe for making dancing moth balls in a bowl of water.

QUESTION - Mrs. H, Kintuersville, requests a recipe for cinnamon bread.

QUESTION - Mary Winters, Elizabethtown, requests a recipe for pumpkin cake or cupcakes.

QUESTION - Patricia Wax, Carlisle, requests a recipe for homemade bagels that taste similar to the frozen Lender's Bagels.

QUESTION - Lois Delp, Dimock, requests recipes for rocky road candy and peanut brittle, which previously appeared in the microwave column about two years ago. She writes that she lost her recipe. "They were easy and excellent and I'd like to make them for holiday gift giving."

QUESTION - Sandra Tabor of North East, Md., would like recipes using buttermilk.

QUESTION - Jane Musser, Lebanon, requests a recipe for red velvet cake and for the frosting. She'd also like one for a moist carrot cake with raisins and nuts.

QUESTION - R. Musser from Ephrata requests a recipe for oat bran muffins and other oat bran recipes.

QUESTION - Ruth Shrawder, Marshalls Creek, requests a recipe for Springerle cookies, which are sprinkled with Anise seed on the cookie sheet.

QUESTION - Donna Appel, Paradise, requests recipes using potatoes. Also, she'd like one for freezing hash browns. She asks if anyone has had success in freezing small and mashed potatoes.

QUESTION - P. Bange of Hanover requests a recipe for pumpkin whoopie pies.

ANSWER - Alta Wise, Millerstown, requested a recipe for homemade pancake syrup. Thanks J. Markuleis, Nazareth, Diana Stephens, Selingsgrove, and Dorothy Witmer, Ephrata, for answering this request.

Homemade Maple Syrup

- 1 cup sugar
- 1 cup firmly packed brown sugar
- 1 cup water
- 1 tablespoon margarine or butter
- ½ teaspoon maple flavoring

Combine sugars and water. Boil 5 minutes. Remove from heat. Add margarine or butter and flavoring. Blend thoroughly until butter melts. Serve hot.

Pancake Syrup

- 1½ cups brown sugar
- ⅓ cup molasses or light corn syrup
- 1 cup water
- ¾ cup white sugar
- 1 teaspoon vanilla or maple flavoring

Mix sugars, molasses and water. Bring to a boil, stirring constantly. Simmer for 5 minutes over low heat. Remove from heat and add vanilla or maple flavoring.

ANSWER - Barbara Conrad, Montrose, requested a recipe for Jewish Rye Bread that is light. Thanks Thelma White of Muncy for the following recipe.

Light Rye Bread

- 1 package dry yeast
- ¼ cup warm water
- 1 cup water
- 2 tablespoons honey
- 2 tablespoons shortening
- 2 teaspoons salt
- 2 or 3 teaspoons caraway seeds, optional
- 1½ cups light rye flour
- 2¼ cups all-purpose flour

Soften yeast in ¼ cup warm water. Combine 1 cup water, honey, shortening, salt, caraway seed, rye flour, ½ cup white flour and softened yeast. Beat or stir 2 minutes until well mixed. Add remaining flour and stir well. Place in greased bowl and let rise until double.

Punch batter down and form into regular loaf or round loaf on cookie sheet. Cover, let rise until double.

Bake in moderate oven 375 degrees for 30 to 40 minutes. Cover top half way through baking if it browns too fast. May double recipe except salt to make 2 loaves.

ANSWER - Sandra Tabor, North East, Md., requested recipes for easy, beginning bread-making recipes. Thanks Mary Watkins, Clarksburg, Md., who wrote that she's been using her recipe for 45 years; Dorothy Witmer, Ephrata, and Mrs. George Zerr, Geigertown, for the following recipes.

No Kneading Bread

- 1 cup scalded milk
- 6 tablespoons shortening
- 1 tablespoon salt
- 3 tablespoons sugar
- 1 cup water
- 2 packages dry granular yeast
- 6 cups sifted enriched flour
- 2 eggs, unbeaten

Pour hot milk over shortening, salt and sugar. Blend these until shortening is melted and sugar is dissolved. Cool to lukewarm by adding water. Add yeast and mix well. Stir in eggs. Add 3 cups flour and beat dough well with rotary beater. Add remaining flour, mix well with spoon. Divide dough into halves and put into 2 greased bread pans. Cover with towel. Let rise in warm place until dough doubles in bulk, about 1 to 2 hours. Bake in a moderate oven 375 degrees for 1 hour. Makes 2 loaves or 12 rolls. Has good keeping qualities. Altogether takes about 2½ hours to make.

If desired this dough may be chilled in refrigerator for 2 or more hours, then shaped and allowed to rise before baking.

Quick Yeast Bread

- 1 cup lukewarm water
- 2 packages dry yeast
- 1 teaspoon sugar
- 1 cup milk, scalded
- 2½ teaspoons salt
- ½ cup sugar
- 2 eggs, well beaten
- ⅓ cup shortening melted, half butter
- 6½ to 7 cups sifted all purpose flour

Soften yeast in the lukewarm water with the 1 teaspoon sugar. Scald the milk, stir in the salt and the ⅓ cup sugar. Cool until lukewarm. When cooled, stir in the yeast mixture, combine with beaten eggs. Add about 4 cups to the flour and beat until smooth. Add cooled melted shortening and again beat smooth. Stir and knead in enough flour to make a smooth elastic, but not too stiff dough. Place in a lightly greased bowl, turn dough over. Cover, let rise in a warm place about one

(Turn to Page B9)

Crock Pot Cooking

(Continued from Page B6)

INDIAN PUDDING

- 3 cups milk
- ¼ cup cornmeal
- ½ teaspoon salt
- 3 eggs
- ¼ cup sugar
- ¼ cup molasses
- ¼ teaspoon ginger
- ½ teaspoon cinnamon

Lightly grease crock pot. Pre-heat on high setting for 20 minutes. Meanwhile bring milk, cornmeal and salt to a boil. Boil, stirring constantly, 5 minutes; cover and simmer an additional 10 minutes. In large bowl, combine remaining ingredients, then gradually beat in hot cornmeal mixture with an electric mixer or whisk until smooth. Pour into crock pot. Cover and cook on high setting for 2 to 3 hours (on low setting 6 to 8 hours).

Spoon into serving dishes and serve warm, topped with ice cream, if desired. Serves 6 to 8.

Laura Kauffman
Bainbridge

CHUCKWAGON BEEF

1 pound extra-lean ground beef
1 can (16-ounces) whole tomatoes

1 green pepper, seeded and finely chopped

1 onion, finely chopped

½ cup raw long-grain rice

1 teaspoon salt

½ teaspoon leaf basil

Dash pepper

4 slices American cheese, cut into triangles

Place all ingredients except cheese triangles in crock pot. Stir thoroughly to mix ground beef with other ingredients. Place 4 cheese triangles on top. Cover and cook on low setting for 7 to 10 hours. Before serving, top with remaining 4 cheese triangles on top. Serves 4. Chuckwagon venison: substitute ground venison for beef.

Laura Kauffman
Bainbridge

Olive Oil Reduces High Blood Pressure

Studies indicate that olive oil helps reduce cholesterol in the bloodstream. Scientists now report more good news: olive oil may also reduce high blood pressure.

Research on using a high quality olive oil such as Bertolli to reduce blood pressure was published recently in the *Journal of the American Medical Association* by Dr. Stephen Fortmann of the Center for Research in Disease Prevention at the Stanford University School of Medicine. The article reported, "... that the low incidence of coronary heart disease and the low blood pressures in the Mediterranean relative to central and northern Europe may be due in part to the greater use of olive oil and monounsaturated fats in general."

According to Dr. Fortmann, the original study requires an expanded program of research, but the preliminary results suggest a strong link between lower blood pressure and monounsaturated fats as found in olive oil.

Americans can take advantage of the health benefits of olive oil by using it on salads and in any recipe calling for vegetable oil.