



# 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** - 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 Benscoter, 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** - Mrs. H, Kintuersville, requests a recipe for cinnamon bread.

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

**QUESTION** - R.G. Kamoda, Monongahela, requests recipes using a farm-dressed stewing hen for chicken noodle soup, chicken and biscuits and chicken and dumplings.

**ANSWER** - P. Bange of Hanover requested a recipe for pumpkin whoopie pies. Thanks D. Witmer, Ephrata; Bev Martin, Stevens; and Mrs. Elmer Renoll of Seven Valleys for the following recipe.

### Pumpkin Whoopie Pies

- 3 cups flour
- 1 1/4 cups salad oil
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups cooked, pureed, pumpkin
- 1 1/2 cups sugar
- 2 teaspoons cinnamon
- 2 teaspoons baking powder
- 4 eggs

Beat salad oil and sugar. Add eggs and beat well. Add flour, baking soda, salt, baking powder and cinnamon gradually. Blend in pumpkin. Drop on ungreased cookie sheets. Bake at 350 degrees for 5 to 6 minutes.

Filling:

- 2 egg whites
- 4 tablespoons milk
- 4 tablespoons flour
- 1/2 cup butter, softened
- 1 tablespoon vanilla
- 2 cups confectioners' sugar
- 1 cup shortening

Beat egg whites until fluffy. Add milk, vanilla, sugar, and flour gradually. Beat. Add shortening and butter. Beat until fluffy. Spread between two cookies.

**ANSWER** - Barb Gayman, Chambersburg, requested a recipe for cream of chicken and cream of celery soup to use in casseroles. Thanks Elaine Good, Lititz, who writes that virtually any cream soup can be made by using a medium-thick white sauce and adding the appropriate flavorings. She has successfully frozen cream soups and says that diluting is necessary only if the casserole recipe calls for it. The following recipe, which makes about the same amount of a 10-ounce can, has eliminated the need for canned soups in her kitchen

### Basic White Sauce

- Melt in heavy sauce pan:
- 3 tablespoons butter or margarine
- Stir in, cooking until bubbly
- 3 tablespoons white flour
  - 1/4 teaspoon salt

Using wire whisk to prevent lumps, stir in:

- 1 cup milk, stock or combination.
- Cook until smooth and thick.

For cream of chicken: use chicken broth or bouillon as half the liquid. Add 1/4 teaspoon poultry seasoning or sage and diced cooked chicken if available.

For cream of celery: Saute 1/2 cup chopped celery and 1 tablespoon finely chopped onion in the butter before adding flour.

**ANSWER** - Paul Ehrharder, Marshburg, requested a recipe for Springerle cookies. Thanks Dorothy Riesterer, New Providence, for sending this recipe taken from a 1957 cookbook put out by the Wisconsin Electric Power Company.

### Springerle Cookies

- 2 eggs
- 1 cup sugar
- 2 cups flour
- 1 teaspoon baking powder
- 1 or 2 tablespoons anise seeds
- 1/4 teaspoon salt
- 1 teaspoon anise extract

Beat eggs at high speed until thick and lemon colored. Add sugar gradually. Beat at lowest speed of mixer for 10 minutes. Sift flour with salt and baking soda. Stir into egg mixture. Add anise extract. Blend well.

Place a small portion of dough on a floured board. Coat dough with flour. Pat with palms of hands to 1/4-inch thickness.

Dust springerele rolling pin with flour. Press on dough to emboss design to get clear print.

Cut out the small squares. Anise seeds may be sprinkled on cookie sheets if desired.

Place dough squares on cookie sheets to dry for 4 to 6 hours. Bake at 325 degrees about 15 minutes or until delicately browned.

Store in covered container to mellow or soften.

**ANSWER** - Donna Appel, Paradise, requested recipes for freezing hash browns and other types of potatoes. Thanks Mary Delaney, Centre Hall, for replying. She said she freezes mashed potatoes in meal sized-bowls with lids. When ready to use, heat in microwave oven until steamy hot. Whip potatoes with a fork and "you can't tell them from freshly made."

Mary also freezes scalloped potatoes, which she said are good, but do not taste quite as good as freshly made ones after freezing. The scalloped potatoes must be pan-boiled for one-half of the cooking time required for eating.

**ANSWER** - Betty Roseberry of Washington, N.J. requested a recipe for bacon gravy and sausage gravy. Thanks Mary Delaney, Centre Hall, and May Ozimek of Flemington, N.J. for replying. For bacon or sausage gravy, fry bacon or sausage, drain off all the fat except 2 tablespoons. Sprinkle 2 tablespoons flour over the meat and stir until brown. Add milk (amount depends on the consistency desired) slowly and stir until thickened.

### Sausage Gravy And Biscuits

- 1 tube sage sausage meat
- 1 small onion, diced
- 2 1/2 cups warm milk
- 3 tablespoons flour
- Salt and pepper
- 1 tube refrigerator biscuits

Saute sausage and onion in large frying pan until lightly browned. Sprinkle and stir in flour. Slowly add milk, salt and pepper. Cook a few minutes over medium heat. Serve over baked and split biscuits.

**ANSWER** - Sadie Stoltzfus, Manheim, wanted to know if anything else can be substituted for the red food coloring requested when making red velvet cake. Thanks to May Ozimek of Flemington, N.J. and to Mrs. John Becker, Intercourse, who suggest substituting red beet juice.

**QUESTION** - Sandra Tabor of North East, Md., requested recipes using buttermilk. Thanks Elaine Good, Lititz, for two of yours.

### Buttermilk Pancakes

- Beat together:
- 1 cup buttermilk
  - 2 tablespoons vegetable oil
  - 1 egg

- Add and mix only until moistened:
- 1/2 cup whole wheat flour
  - 1/2 cup unbleached white flour
  - 1 teaspoon baking powder
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon salt
- Fry on hot griddle.

### Grape-Nuts Cake

- Stir together:
- 3 1/2 cups whole wheat flour
  - 1 cup or less brown sugar
  - 1 teaspoon baking soda
  - 1 teaspoon salt

- Add, stirring until smooth:
- 2 cups buttermilk or sour milk

Pour into greased 9x13x2-inch pan. Bake at 375 degrees for 20 minutes. Serve warm with fruit and milk. Refrigerate leftovers and eat as cold cereal.

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# Desserts

(Continued from Page B6)

- ### ROCKY ROAD BUTTERSCOTCH BARS
- 3 cups zweiback crumbs
  - 2 cups miniature marshmallows
  - 1 cup coarsely chopped pecans
  - 1/2 cup firmly packed brown sugar
  - 1 cup evaporated milk
  - 1 package (12 ounces) butter scotch pieces
  - 1/2 teaspoon vanilla extract

Combine crumbs, marshmallows, nuts and sugar in a large mixing bowl. Place evaporated milk and butterscotch pieces in medium-sized heavy saucepan. Cook over low heat, stirring constantly, until butterscotch pieces are melted and mixture is smooth. Reserve 1/2 cup butterscotch mixture for glaze. Combine remainder with dry ingredients; mix well. Spread in buttered 8-inch square baking pan. Drizzle reserved butterscotch mixture over top. Refrigerate several hours or overnight before cutting and serving. Store in covered container in refrigerator. (Can be frozen in covered container up to 1 month. Thaw and store in refrigerator).

### Dairy Association

- ### STRAWBERRY PARFAIT
- 1/4 cups boiling water
  - 3-ounces strawberry flavored gelatin
  - 2 cups vanilla ice cream
- Dissolve gelatin in boiling water. Add ice cream gradually and stir until melted. If desired, 1 1/2 cups strawberries may be folded in and used for garnishing. Chill. "Simply delicious!"

Laurie Sterner  
Montgomery Co. Dairy Princess

# Strategies For Sleepless People

**DON'T** worry if you can't sleep. The pressure to fall asleep only makes it more difficult to do so.

**DON'T** eat anything rich in protein just before bed. It's an energizer.

**DO** try a glass of warm milk or a cup of herbal tea as a nice, sleep-inducing nightcap.

**DO** try telling yourself: "I'm getting sleepy. I'm getting sleepy. I'm getting sleepy." This sort of self-hypnosis works for many.

If you're tired of not sleeping, these don'ts and do's from the head of the Somna Mattress company, Angie Echevarria, may be the news that helps you snooze.

**DO** down a bedtime snack that's high in carbohydrates. English muffins and bananas are good choices, one study found. Avoid meat and other protein-rich foods.

**DON'T** drink alcoholic beverages just before bedtime. Milk or herbal tea are considered better nightcaps.

**DO** try to relax your muscles, a few at a time.

**DON'T** worry about not sleeping. Just lying in bed can be nearly as good for you and once you take the pressure to sleep off yourself, you may find it easier to achieve.

**DO** breathe deeply. Take five deep slow breaths and tell yourself you're getting more relaxed and sleepy with each one.

If none of this works, you can always try reading this article over...and over...and over...and over...and...