

**ANSWER** — Karen Adams of Hamburg requested ways to use homemade sauerkraut other than with hot dogs or pork. Suggestion: Cook sauerkraut with chicken, turkey or beef. Thanks for the overwhelming response from Mrs. John Becker, Paradise; Mary Jane Bittner, Sabillasville, Md.; J. Houtz of Port Matilda; Robert Querry, Mapleton Depot; Naomi Blank, Kinzers; Deb Talada, Chemung, N.Y.; and Mary Martin, Annville.

## Czechoslovakian Cabbage Soup

2 pounds beef soup bone  
1 cup chopped onions  
3 carrots, pared, chopped  
1 bay leaf  
2 cloves garlic finely chopped  
2 pounds beef short ribs  
1 teaspoon dried leaf thyme  
½ teaspoon paprika  
8 cups water  
8 cups coarsely chopped cabbage  
2 cans (1 pound) tomatoes  
2 teaspoons salt  
½ to ¾ teaspoon Tabasco sauce  
¼ cup chopped parsley  
3 tablespoons lemon juice  
3 tablespoons sugar  
1 can (1 pound) sauerkraut, rinse with cold water, drain.

Place beef bones, onions, carrots, garlic and bay leaf in roasting pan. Top with short ribs. Sprinkle with thyme and paprika. Roast uncovered, in 450 degree oven for 20 to 30 minutes or until meat is browned. Transfer meat and vegetables into large kettle. Using small amount of water, scrape browned meat bits from roasting pan into kettle. Add water, cabbage, tomatoes, salt and tabasco. Bring to a boil. Cover; simmer 1½ hours. Skim off fat. Add parsley, lemon juice, sugar and sauerkraut. Cook uncovered for 1 hour. Remove bones and short ribs from kettle. Cool slightly. Remove meat from bones. Cut meat into cubes. Return to kettle. Cook 5 minutes longer. Yield: 12 servings.

## Sauerkraut Salad

1 can sauerkraut, drained  
1 large pepper, chopped  
1 large onion chopped  
1 cup celery, chopped  
½ cup salad oil  
¼ cup vinegar  
1 cup sugar  
Mix together all ingredients. Refrigerate overnight before serving. Keeps well.

## Sauerkraut Casserole

1 quart sauerkraut  
1 quart tomatoes  
¾ cup uncooked rice  
1 pound sausage, bulk  
Fry sausage lightly. In a large casserole, mix together all ingredients. Bake in 325 degree oven for 1½ hours or until rice is tender. Stir several times during baking.

## Chocolate-Free Sauerkraut Cake

¾ cup margarine  
1½ cups sugar  
3 eggs  
1 teaspoon vanilla  
2¼ cups flour  
1 teaspoon soda  
1 teaspoon baking powder  
¼ teaspoon salt  
1 cup water  
¾ cup sauerkraut, drained and rinsed  
Cream margarine and sugar. Beat in eggs, one at a time. Stir in mixed dry ingredients alternately with water. Add vanilla; then sauerkraut. Pour into a greased 9x13-inch pan for 30 minutes or until baked.

## Surprise Fudge Cake

¼ cups sugar  
½ cup shortening  
2 eggs  
¼ teaspoon salt  
1 teaspoon vanilla  
¼ cup cocoa  
2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 cup water  
1 8-ounce can sauerkraut  
Cream shortening. Add sugar and eggs; beat well. Add salt and vanilla; beat until well-blended. Sift together cocoa flour, baking powder and baking soda. Add alternately to above mixture with water, blend well.

# Cooking Without Sugar

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## PUMPKIN PUDDING

1 package sugar-free instant vanilla pudding  
2 cups skim milk  
2 cups 100 percent natural pumpkin  
Pumpkin pie spice and cinnamon to taste

Mix pudding according to package directions. Add pumpkin and spices. Pour into individual serving dishes or into a 9-inch baked pie crust.

Denise McGarvey  
Reynoldsville

## CHOCOLATE PEANUT BUTTER PUDDING

1 package sugar-free instant chocolate pudding  
2 cups skim milk  
1 to 2 tablespoons peanut butter  
Mix pudding according to package directions. Add peanut butter. Mix well. Pour into individual dishes.

Denise McGarvey  
Reynoldsville

## GRANOLA

10 cups oatmeal  
2 cups wheat germ  
2 cups coconut  
1 cup chopped almonds  
Mix the following. Add to the above:

1½ cups honey  
½ cup oil or butter  
1 teaspoon salt  
2 teaspoon vanilla  
1 cup condensed milk (optional)  
Spread on cookie sheets and roast at 275 degrees for 30 to 40 minutes, stirring a few times. Remove from oven. Add chopped dates or raisens. Cool. Store in airtight container.

A reader from Coatesville

## STUFFED EGGS

15 egg yolks, mashed  
3 tablespoons prepared mustard  
¼ teaspoon salt  
¼ cup honey or maple syrup  
2 to 3 tablespoons vinegar  
1 tablespoon celery seed  
1 tablespoon mayonnaise  
Hard boil eggs. Slice eggs lengthwise. Remove yolks and combine with other ingredients. Fill egg white with the mixture. Refrigerate until ready to use.

Arlene Byers  
Mercersburg

## WHOLE WHEAT PANCAKES

2 cups whole wheat flour  
2 tablespoons honey  
1 teaspoon salt  
2 teaspoons soda  
2 cups sour milk  
2 eggs  
Combine ingredients and beat with spoon. Fry immediately.

Arlene Byers  
Mercersburg

## HEALTH MUFFINS

1 cup flour  
1 cup whole wheat flour  
1 cup oat bran  
1 tablespoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 cup grated carrot  
1 cup raisins  
2 large eggs, whites only  
1 cup skim milk  
½ cup frozen apple juice concentrate  
½ cup drained pineapples  
2 tablespoons vegetable oil  
Mix together. Spray muffin pans. Bake at 400 degrees for 15 to 20 minutes. Makes 12 muffins, 200 calories each.

Carlisle reader

Add washed, drained and finely chopped sauerkraut. Blend and pour into a greased and floured 9-inch square cake pan. Bake in a 350 degree oven for 30 to 40 minutes or until baked. Note: the sauerkraut tastes like coconut has been added.

## Sauerkraut Soup

½ cup chopped onion  
3 tablespoons bacon fat  
½ clove minced garlic  
½ pound diced lean pork  
2 cups sauerkraut, chopped  
6 cups stock, bouillon or consommé  
1½ tablespoon butter  
1½ tablespoon flour  
1 teaspoon sugar  
Diced ham or salami

Saute onion in fat until golden brown. Add garlic and pork. Cook over low heat about 20 minutes. Add sauerkraut and stock. Cook until kraut is tender, about 45 minutes. Melt butter and stir in flour to make a paste. Stir this paste into a little of the soup, stirring until smooth. Add mixture to soup. Add sugar and season to taste. Garnish with ham or salami. Serves 6.

For slow cooker: Saute onion, garlic and pork as directed. Place all ingredients except butter and flour into the slow cooker. Cook on low setting. When done, add butter and flour paste as directed to thicken and season to taste.

**ANSWER** — A Snyder County reader requested a recipe for soda biscuits. Thanks Anita Moyer, Bernville, for sending in a recipe dated 1940.

## Soda Biscuits

2 cups all-purpose flour  
½ teaspoon baking soda  
½ teaspoon salt  
4 tablespoons shortening  
¾ cup sour milk or buttermilk  
Sift and measure flour. Sift again with soda and salt. Rub or cut shortening into the dry ingredients until it is as fine as coarse cornmeal.

Add enough milk to make a soft dough. This may take 1 tablespoon more or less.

Turn onto floured board. Knead lightly. Roll ½ inch thick and cut with floured biscuit cutter. Prick with fork. Place biscuits on ungreased baking sheet. Bake at 475 degrees for 12-15 minutes. Yield: 12 biscuits.

## Beef Macaroni Skillet Dinner

Yield: 6 servings  
Exchanges per 1-cup serving:  
2 Medium-Fat Meat  
1 Vegetable  
1 Bread  
1 Fat  
Ingredients:  
1 cup uncooked macaroni  
1 8-ounce can tomato sauce  
1 pound ground beef  
½ cup grated cheddar cheese (about 2 ounces)  
½ cup whole kernel corn, canned or frozen  
1 Tablespoon dehydrated minced onion  
2 cups cut green beans, canned or frozen  
¼ teaspoon salt  
1 Tablespoon Worcestershire sauce  
Dash basil (optional)  
¼ cup water.

## Method:

1. Cook macaroni according to package directions. Drain; add tomato sauce.  
2. Brown beef in a large skillet. Drain well.  
3. Add macaroni to skillet; add remaining ingredients. Mix; cover and simmer over low heat until bubbly.  
4. Add more water if mixture becomes dry.

## Raisin Rice Pudding

Yield: 4 cups (8 servings)  
Exchanges per ½ cup serving: ½ Milk, ½ Bread, ½ Fat, 1 Fruit.  
Ingredients:  
2 eggs, slightly beaten  
2 cups cooked rice  
1½ cups skim milk  
2 tablespoons sugar  
½ cup raisins  
1 teaspoon vanilla  
½ teaspoon cinnamon or nutmeg  
½ teaspoon salt

## Method:

1. Preheat oven to 350 degrees F.  
2. Combine all ingredients.  
3. Set a 1½ -quart baking dish in shallow pan on oven rack. Pour pudding in baking dish.  
4. Bake for 45 minutes or until knife inserted in pudding comes out clean

## POTATO SALAD

Dressing:  
2 cups water  
½ to ½ cup vinegar  
Boil water and vinegar.  
Beat the following and add to boiling liquid:  
½ cup honey or maple syrup  
2 rounded tablespoons unbleached flour  
1½ tablespoons prepared mustard

1 teaspoon salt  
2 eggs, beaten  
Cook until thickened. Cool. Add the following and mix well:

1 cup mayonnaise  
1 tablespoon celery seed  
¼ cup chopped onion  
3 to 4 hard boiled eggs, diced  
Shredded carrots for color

Arlene Byers  
Mercersburg

## BRAN MUFFINS

¾ cup orange or grapefruit juice  
1 cup low fat buttermilk  
1 egg  
¼ cup molasses  
1 cup whole wheat flour  
¾ cup bran cereal  
¾ teaspoon baking soda  
¼ teaspoon ground nutmeg  
¼ teaspoon salt  
1½ teaspoon grated orange rind  
¼ cup grated unpeeled apple, optional

Combine juice, buttermilk, egg and molasses. Gradually stir in the remaining ingredients. Stir well. Bake at 350 degrees for 20 to 23 minutes or until wooden pick comes out clean. Makes 12 muffins, 81 calories each.

A reader