

# Question Corner

(Continued from Page B8)

**ANSWER** — Edith Moyer, Souderton, requested a recipe for chocolate eclairs. Thanks to Marian Martin, Lebanon, and Belinda Myers, Dallastown, for theirs.

## Chocolate Eclairs

- ½ cup butter
- 1 cup water
- ¼ teaspoon salt
- 1 cup flour
- 4 eggs
- ¾ cup sugar
- ¼ cup flour
- ¼ teaspoon salt
- 1½ cups milk
- 6 egg yolks
- 1½ teaspoons vanilla
- 2 squares semi sweet chocolate
- 2 tablespoons butter
- 1 cup confectioners' sugar
- 3 tablespoons milk

Grease two large cookie sheets. Beat butter, water, and ¼ teaspoon salt in 4-quart saucepan. Remove from heat. Add 1 cup flour and form ball. Add eggs, one at a time, beating after each addition. Cool mix slightly. Spoon onto cookie sheets. Mound into rectangles. Bake at 375 degrees for 40 minutes. Cut slit in sides. Bake 10 minutes longer. Turn off oven and let remain inside for 10 minutes. Remove from oven.

In a saucepan, mix sugar, flour, and salt. Stir in milk. Over medium heat cook until thickens and boils. Boil 1 minute. In bowl beat egg yolks. Beat in a small amount of the cooked mixture into the yolks. Add to mixture. Cook over heat until mixture thickens and coats spoon, about 8 minutes longer. Don't allow to boil rapidly. Remove from heat. Add vanilla. Chill about 2 hours.

Cut top off pastry. Fill with cream mix and replace top. Spread glaze with made of melted chocolate, butter, milk, and confectioners' sugar.

If desired, vanilla pudding mixed with 1½ cups milk and whipped cream can be substituted for above pudding.

**ANSWER** — Mary Hammond, Wellsboro, requested a recipe for oat bran bread. Thanks to an anonymous reader who sent one in from "The 8-Week Cholesterol Cure" by Robert E. Kowalski.

## Oatmeal Bread

- ¾ cup boiling water
- ½ cup old-fashioned rolled oats
- 3 tablespoons margarine
- ¼ cup honey
- 1 teaspoon salt
- 1 envelope active dry yeast
- ¼ cup very warm water
- ½ container egg substitute or 1 egg
- ½ teaspoon sugar
- 2 cups all-purpose flour
- ¾ cup oat bran cereal, milled to flour in blender

Stir together the first five ingredients in a large bowl until well mixed. Let cool to warm. Sprinkle the yeast over the very warm water; add the ½ teaspoon sugar and stir to dissolve the yeast. Let it stand for about 10 minutes or until it bubbles. Next add the yeast mixture, egg substitute, 1½ cups flour, and oat bran to the oatmeal mixture. Beat with an electric mixer at low speed for 2 minutes while gradually adding the rest of the flour. Put the dough into a 9x5x3-inch loaf pan sprayed with non-stick spray. Cover with waxed paper and a towel and put the pan in a warm draft-free place. Let dough double in bulk, about 45 minutes. Bake in preheated oven at 375 degrees for about 1 hour.

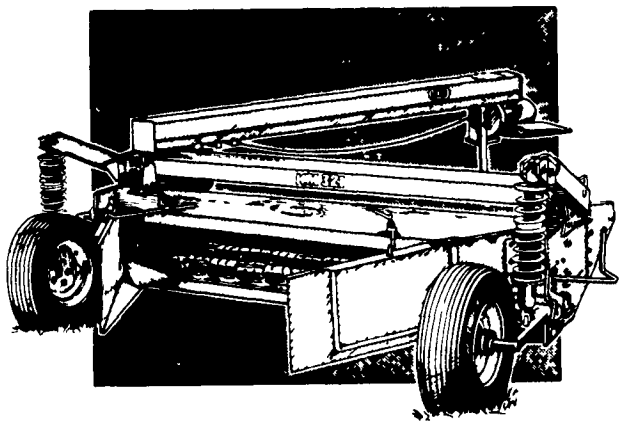
# Youth Conservation School

LANCASTER — The Federated Sportsmen of Lancaster County and the Lancaster County Conservation District are sponsoring the 11th Annual Lancaster County Youth Conservation School from July 23-29. The week-long resident school is geared for boys and girls 14 to 16 years of age who have an interest in the environment. The school is held at the Northern Lancaster County Game and Fish Protective Association in West Cocalico Township. Students sleep in tents for the week and assist in the preparation of the food.

Natural resource professionals from government agencies and other knowledgeable outdoorsmen conduct classes on the various conservation fields. Forestry, soil and water conservation, fish and game management, orienteering and survival are a few of the subjects covered. Students should be sponsored by a sportsmen's club, environmental group or other civic organization. The cost is \$75.

The goal of the school is to stimulate interest in natural resource conservation. Youth interested in learning more about the environment or pursuing a conservation career would benefit from the school. For additional information, contact Liz Shaffer at the Conservation District Office at 299-5361.

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