



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 — D. Webber, Purcellville, Va., requests recipes and ideas for buffet foods for a wedding reception. She especially wants finger food ideas. Editor's Note: Watch for the feature on elegant buffet foods scheduled for the September 15 issue on the "Home On The Range" page.

QUESTION — Roseann Metz, Willow Hill, requests a recipe for peanut crumble, a dessert served at Buckhorn Inn near Staunton, Va.

QUESTION — Inez Ware, Waynesboro, Va., requests a recipe for making A-1 steak sauce.

QUESTION — Mildred Vorndran, Webster, NY, requests a recipe for dill relish.

QUESTION — Esther Herr would like the recipe for a Mexican sauce called Sensational Salsa, medium hot.

QUESTION — George Bernas of Cohecton, NY, requests a recipe for dry-cured sopressata.

QUESTION — Barbara Reed, Punxantawney, requests a recipe for marinated tomatoes.

QUESTION — Cindy Eshleman, Jonestown, requests a recipe for raspberry creme pie.

QUESTION — Terry Lerew, Gardners, requests a recipe similar to the instant breakfast cereal "Peaches & Cream."

QUESTION — Edwin Liebenow, Holmdel, NJ, would like to know how to prepare naked, edible pumpkin seeds.

QUESTION — Marlene Boose of Denver would like low-cholesterol recipes. She clipped those that ran in the July 22 issue, but wants some more.

QUESTION — Joanne Martin, Stevens, requests recipes for eggplant. A recipe is also needed for stewed tomatoes, using bread crumbs or croutons from home-canned tomatoes.

QUESTION — K.A. from Vineland, NJ, requests a recipe for raisin bran muffins made without salt and sugar, and that have no cholesterol.

QUESTION — Martha Lyons, Muncy, requests a recipe for using tomato juice in large quantities. One ran last year using 8 quarts and containing celery, carrots, etc., but she lost it. Patricia Shedleski also asks about a tomato juice recipe that ran last year. It was similar to V-8. These could be the same recipes.

ANSWER — June Berger, Annville, requested a recipe for Fig Newton Cookie Bars, using fresh figs. Thanks to Emma King, Gordonville, for submitting the following recipe.

Fig Bar Recipe

- 1 cup butter
- 2 cups brown sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 tablespoon lemon juice
- 4 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1½ cups ground figs
- 1 cup water
- ¾ cup sugar
- 3 tablespoons flour
- ¼ cup chopped walnuts
- 2 tablespoons orange juice

To make dough, cream butter and brown sugar. Beat in eggs and vanilla. Stir together flour, soda, salt and baking powder. Blend into creamed mixture. Chill.

Meanwhile prepared fig filling. Boil figs in water for 5 minutes. Blend sugar and flour. Stir into figs. Cook over low heat, stirring until mixture is thickened. Stir in nuts and orange juice. Cool.

Roll dough on floured board. Spoon fig filling into center of strips. Fold dough over filling. Custard put on sheets. Bake 375 degrees about 15 minutes.

ANSWER — Sandy Gutshall, Harrisburg, requested a recipe for mustard eggs. Thanks to Emma King, Gordonville, who contributed the following recipe.

Golden Eggs

- 8 to 10 eggs, hardboiled and peeled
- 3 tablespoons mustard
- ¾ cup granulated sugar
- ¼ teaspoon salt
- ½ cup vinegar
- 1 cup water

Combine and boil all ingredients except eggs in a saucepan. Pour liquid over eggs and refrigerate for 24 hours before using.

ANSWER — A reader requested a recipe for Bear Claws. Thanks to an avid reader from Danville for the following recipe.

Teddy Bear Paws

- ½ cup granulated sugar
- ¼ cup butter
- 2 tablespoons shortening
- 1 egg
- 1 teaspoon vanilla
- 1¼ cups flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 3 tablespoons raspberry jam
- 3 tablespoons chopped nuts
- 3 tablespoons confectioners' sugar

Beat granulated sugar, butter, shortening, egg and vanilla in a bowl. Stir in flour, baking powder and salt. Mix until smooth. Cover and refrigerate at least one hour.

Cover breadboard with pastry cloth, tucking ends underneath. Cover rolling pin with stockinet cover. For convenience, place some flour in a custard cup. Sprinkle the covered board and rolling pin lightly with the flour and rub until it disappears.

Grease cookie sheet with shortening.

When the dough has been refrigerated at least 1 hour, heat oven to 400 degrees.

Roll the dough into a 12-inch square on a covered board. Cut into 3-inch squares.

Spread about ½ teaspoon jam down the center of each squared. Sprinkle the jam on each squared with ½ teaspoon nuts.

Fold one edge of the dough over the jam and nuts, then fold the other edge over the top. Lift the unbaked cookies onto the greased cookie sheet with a pancake turner.

Make 4 or 5 cuts in one long side of each cookie and spread the cuts apart slightly. Sprinkle each cookie with ½ teaspoon confectioners' sugar.

Bake in preheated 400 degree oven for six minutes or until light brown. Lift to rack with pancake turner. Serves 16.

ANSWER — Catherine Shearer, Greencastle, requested recipes using sausage. Thanks to Joanne Martin, Stevens, for sending her favorite sausage recipe.

Favorite Sausage Casserole

- 1½ pounds sausage
- ¼ cup chopped onion
- 2 tablespoons flour
- ½ teaspoon salt
- 1 cup milk
- ½ pound Velveta cheese, cubed
- 4 cups cooked sliced potatoes
- 1 10-ounce package peas, thawed

Brown the sausage and add onion. Cook until tender. Blend in flour, salt and milk. Add cheese; stir until melted. Add potatoes and peas. Put in a casserole dish and bake at 350 degrees for 30 to 45 minutes. Variation: can add cooked carrots. Serves 6 to 8.

ANSWER Josephine Rudy of Hummelstown requested recipes using zucchini. Thanks to Melba Sheffer, Glen Rock, and to Catherine Shearer, Greencastle, for the following.

Pineapple Zucchini

- 12 cups zucchini, cut in small chunks
 - 1 46-ounce can pineapple juice
 - ½ cup lemon juice
 - 1½ cups sugar
- Combine and cook 20 minutes. Can in hot jars. Yields 6 pints.

Zucchini Casserole

- 2 cups unpeeled or peeled shredded zucchini
 - ¼ to ½ cup grated Long Horn cheese
 - ¼ teaspoon salt
 - 2 teaspoons melted margarine
 - ¾ cup biscuit mix
 - ½ teaspoon pepper
 - 2 eggs, slightly beaten
- Mix and bake 1 hour at 300 degrees. Contributor writes, "Delicious, tastes like macaroni and cheese."

(Turn to Page B9)

Nutrition

(Continued from Page B6)

MINI CORNED BEEF SANDWICHES

- 6 ounces thinly sliced cooked corned beef
 - 4 small hard rolls, split
 - 4 teaspoons spicy brown mustard
 - 4 green pepper rings
 - 1 cup German potato salad
- Spread an equal amount of mustard on bottom half of each roll. Place a green pepper ring, ¼ cup potato salad and an equal amount of corned beef on each. Close sandwiches with roll tops. Yield: 4 mini sandwiches.

PEANUTTY BANANA SQUARES

- 1 cup mashed ripe banana
 - ¼ cup peanut butter
 - ½ cup honey
 - ½ cup butter
 - 1 slightly beaten egg
 - 2 cups graham cracker crumbs
 - ¼ cup toasted wheat germ
- Mix first five ingredients. Stir in crumbs and wheat germ. Mix well. Spread into greased 13x9x2-inch baking pan. Bake 350 degree oven for 30 to 35 minutes. Don't over-bake. Cool. Cut into squares.

These bar cookies are easy to make, nutritious and very tasty."

Black & White Cookbook II

TMR COOKIES

(TOTAL MIXED RATION)

- 2½ cup oatmeal flakes
- 1 cup butter, softened
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 cups flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda

Optional:

- 12 ounces chocolate bits
- 1½ cups nuts
- 1½ cup coconut
- 1 cup raisins

Blend 2½ cups oat meal to a fine powder. Cream butter, brown sugar, sugar and eggs until smooth. Add vanilla. Add flour, oats, salt, baking powder and baking soda. If desired, add one or more of the optional ingredients. Use large spoon to make a large mound of dough. Bake on ungreased cookie sheet at 375 degrees for 16 minutes.

BETTY'S MEAT LOAF

- 1½ pound ground beef
 - 1 medium onion
 - 1 egg, beaten
 - Salt and pepper to taste
 - 1 cup fresh bread crumbs
 - ½ can tomato sauce
- Lightly mix ingredients. Form into loaf, place in shallow pan. Combine the following:
- ½ can tomato sauce
 - 2 tablespoons prepared mustard
 - 2 tablespoons brown sugar or molasses

1 cup water
2 tablespoons vinegar
Pour over meat loaf. Bake at 350 degrees until done. Baste a few times while baking.

When cold, slice and use as sandwich meat.

Betty Biehl
Mertztown

SANDWICH IDEAS FROM BETTY BIEHL

- Peanut butter & jelly with banana sandwich — Top bread slices with peanut butter, jelly and sliced bananas.
- Peanut butter and marshmallow cream sandwich.
- Cottage cheese and jelly sandwich
- Peanut butter with chopped pickle sandwich
- Hard-cooked egg sandwich
- Cooked meat spread with mustard or chili sauce sandwich