

# Cook's Question

(Continued from Page B8)

**ANSWER** — Robert Stola, Berwick, requested a recipe for Lebanon bologna made with molasses. Thanks to Sušarj Shirk of Shippensburg for sending one.

## Bologna

- 100 pounds beef
- 3 pounds salt
- Mix. Let set one week. Grind and add:
- 2 tablespoons salt petre
- 10 tablespoons pepper
- 4 tablespoons cloves
- 2 pounds brown sugar
- 8 quarts molasses

Grind again and stuff in bags.

**ANSWER** — Carole Nace, Mifflintown, requested a recipe for mincemeat cookies. Thanks to Doris George, Kutztown, and to Susan Shirk, Shippensburg, for sending recipes.

## Mincemeat Cookies

Cream together:

- 1 cup shortening
- 1 cup brown sugar
- 1 cup white sugar

Add and beat until fluffy:

- 3 eggs

Sift and measure:

- 3 cups flour

Add:

- 1 teaspoons soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg

Sift again. Add dry ingredients to the creamed mixture. Mix thoroughly. Add:

- 1 cup mincemeat
- 1 cup nuts

Drop by teaspoon on greased baking sheet. Bake at 350 degrees for 10 minutes or until lightly browned.

**ANSWER** — Glyn Geis, Frostburg, Md., requested a recipe for sweet and sour sauce similar to McDonald's sauce, which they serve with their chicken nuggets. Thanks to Nancy Nolt, Ickesburg, for sending a recipe.

## Sweet & Sour Dressing

- 2 cups mayonnaise
- 2 cups sugar
- 1/2 cup catsup
- 2 teaspoons mustard
- 1/2 teaspoon salt
- 1/2 cup oil
- 1 teaspoon paprika
- 1/4 cup vinegar
- 4 tablespoons water

Blend all ingredients in a blend until smooth.

**ANSWER** — Mrs. J. Roy Wise, requested a recipe for coconut muffins. Thanks to Mrs. Lewis Kofron of Claymont, Del., for answering.

## Coconut Muffins

- 1 cup sugar
- 4 tablespoons butter
- 2 eggs
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 1/2 cups flour
- 1 cup coconut
- 1/2 teaspoon coconut extract
- 1/2 cup milk

Cream sugar, butter and eggs. Blend in other ingredients. Bake in 12 muffin cups at 350 degrees for 20 to 25 minutes.

**ANSWER** — Ann Miller of Fairhope requested a recipe for making a milk custard pie. Thanks to Josephine Matenus, Dallas, for sending one.

## Egg Custard Pie

- 3 cups milk
- 4 eggs, beaten
- 2 tablespoons flour
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 unbaked pie shell

Scald milk in sauce pan. Stir a small amount of hot milk into eggs. Stir eggs into hot milk. Add dry ingredients; mix well. Prick pie shell with fork. Pour custard into shell. Bake at 325 degrees for 45 minutes to 1 hour or until knife inserted in center comes out clean. Cool. Chill until serving time.

**ANSWER** — Thanks to Luella Horning, Leola, and to several others for answering a Terre Hill reader's request for oven barbecued chicken.

## Oven Bar-B-Q Chicken

- 4 frying-chicken halves
- Salt and pepper to taste

Sauce:

- 1 cup vinegar
- 1/2 cup catsup
- 1/2 cup oil
- 3/4 cup margarine, melted
- 1 tablespoon mustard
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce

Season chicken and place in pan. Mix sauce ingredients and baste chicken well. Place in 350 degree oven. Baste every 15 minutes for 1 1/2 hours or until chicken is tender. Refrigerate leftover sauce.

# Pork Gains Dietitians' Approval

CHICAGO, IL — More than two-thirds of dietitians recommend pork to their clients, thanks in part to the messages delivered through checkoff programs, an independent research study concludes.

The 1989 Dietitians Tracking Study, conducted by MARTELL Research, showed that dietitians' attitudes about pork continue to improve. The study consisted of phone interviews with 500 dietitians from across the U.S.

Almost 25 percent of the dietitians surveyed said their attitude about pork is more positive than just two years ago because of leaner animals and products. Today's leaner pork is the cornerstone of the Pork Industry Group's dietitian advertising and public relations campaigns.

Sixty-eight percent of dietitians are familiar with the Pork Industry Group's advertising placed in their trade journals and 95 percent find the materials they receive when they respond to the ads useful.

"We are very pleased with the results. But we certainly did not do this study to pat ourselves on the back. We did it to evaluate programs, improve existing programs and guide the development of new programs," according to Gerald Turner, a pork producer from Van Buren, Ind., and chairman of the Pork Industry Group Information Committee.

"Because of this study, we found that dietitians like receiving educational materials through direct mail offers. We put this information to work this fall when we developed a direct mail campaign that resulted in a 28 percent response rate - almost unheard of in the direct mail industry," Turner said.

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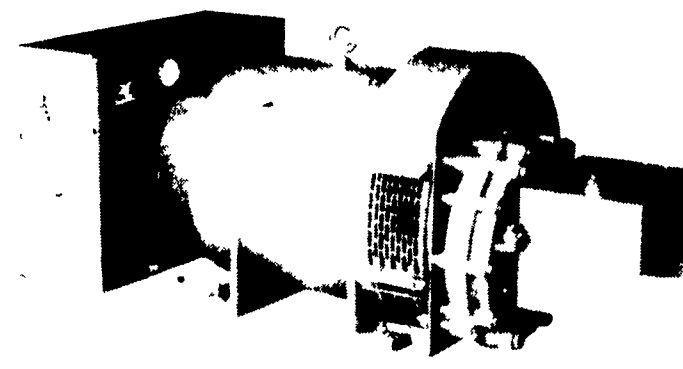
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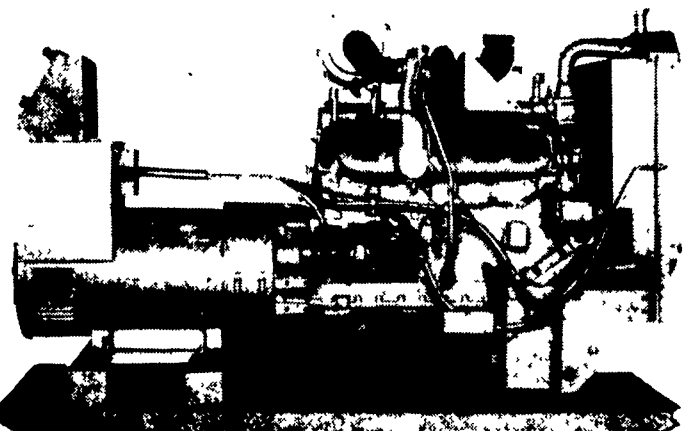
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