



Cook's Question Corner

If you are looking for a recipe but can't find it, send your recipe request to Cook's Question Corner, in care of Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. There's no need to send an 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 — Grace Barley, Conestoga, would like a recipe for rock salt cabbage. She heard about the recipe from a nephew who lives in Oregon.

QUESTION — David Akins, Blairsville, is looking for a recipe for kolbassi that uses sheep meat or combines sheep and pork.

QUESTION — Mrs. Hugh Hovermale, Whitacre, Va., writes that she needs to be careful of her sugar intake; however, she loves chocolate candy. She would like recipes for making dietetic chocolate candies.

QUESTION — A Lebanon County reader would like a recipe for crab salad.

QUESTION — Carrie Sponellen, Gettysburg, would like low cholesterol recipes.

QUESTION — E.S. of Hamburg would like to know how to make cheese.

QUESTION — J. Burkholder, Quarryville, requested recipes for using smoked sausage.

QUESTION — Ruth Quade, Medford, N.J., would like to know how to soften 5 pound bags of sugar that hardened. She would also like to know where she can purchase ceramic buttons, bracelets and pins on which a decal is placed and baked.

QUESTION — D. Love wants a recipe beef burgundy.

QUESTION — Harry Drick, Allenwood, would like a recipe for an Easter egg that was printed in this paper several weeks before Easter. She said it takes crushed pineapple, maraschino cherries, and other ingredients.

QUESTION — Shirley Grove, Cheyney, would like recipes for chocolate whoopie pies and pumpkin whoopie pies.

QUESTION — Mary Wood, New Market, Md., is looking for an old-time recipe for molasses sauce that was served over apple dumplings.

QUESTION — M. Bartholomew, Orangeville, requests a recipe called PAP. It was a main dish that her husband's mother had made many years ago.

QUESTION — Carolyn Gutshall, Carlisle, would like a recipe for peanut butter eggs or balls that are not dry inside.

ANSWER — Debra Hoffheins of York requested a recipe for broasted chicken. Thanks to Edna Rudisill, Dover, for answering.

Broasted Chicken

10 chicken halves
Heat together:
½ pint water
1 pint vinegar
½ pound butter
1 ounce salt

Use a spray bottle or vegetable brush to apply liquid mixture to chicken. Apply often while grilling.

ANSWER — Carolyn Ryman, Nescopeck, wanted a recipe for pita bread. Thanks to Naomi Becker, Paxinos, for sending a recipe.

Pita Bread

2 cups very warm water
1 tablespoon yeast
1-1½ teaspoons honey
2 teaspoons salt
5-6 cups whole wheat flour
Dissolve yeast in ½ cup of the water. Add honey. Let set 5 minutes. Add the balance of the water. Stir in 2 cups flour until well blended. Add salt and another ¾ cup flour; beat well. Stir in enough flour to make a soft dough. Beat well. Turn onto a floured board and knead until smooth and elastic, about 10 minutes. Let rise in a covered bowl about 1 hour, until doubled. Punch down and let rest 30 minutes, covered with a damp cloth. Divide into 12 to 16 balls. On a floured board, roll out each ball to a 5 to 6-inch circle from the middle outward. Let set for

30 minutes, covered with a damp cloth. Place on bottom rack (lowest position in oven) in preheated oven two circles at a time. Bake about 2 minutes until puffed, flip over and bake another 1½ minutes. Remove from heat, let cool and put in plastic bags and freeze or refrigerate. Continue until all are baked.

ANSWER — D. Love wanted recipes for chicken fried steak, hot bacon dressing for dandelion, and Montgomery pie. Thanks to about 50 readers for answering these requests. Unfortunately we can not print all of them. The ones printed are chosen at random. For these, thanks to Frances Westfall, Spring Grove; C.M. Haas, Monocay Station; Ruth Getz; and Loretta Baver, Pennsburg.

Chicken-Fried Steak

1½ pounds round steak, cut into 4 portions
1 teaspoon baking powder
¾ cup flour
½ cup milk
2 eggs
Vegetable shortening
Gravy:
¼ cup flour
¼ cup oil
1½ cups milk
¾ teaspoon salt
¼ teaspoon nutmeg, optional
¼ teaspoon black pepper (increase to 2 teaspoons Texas style)

Pound steaks with a mallet until about one-third-inch thick. Mix baking powder and flour in one bowl, milk and eggs in another. Place enough oil or shortening in a heavy skillet to come about halfway up the sides of the meat, but not so much that it will slosh over top of it. Heat to 375 degrees. Dip steaks in milk mixture, then dredge in flour, then repeat the process.

Fry the meat until golden brown on one side, about 7 minutes, then turn and fry an additional 3 to 4 minutes; the steaks will float on top of the oil when they're done. Remove from pan and drain on paper towels; keep warm in a 200-degree oven.

To make the gravy, drain oil from skillet, reserving ¼ cup. Heat oil in the same skillet, stirring to loosen any browned bits. Sprinkle flour over oil and cook, stirring constantly, over medium-high heat for 1 minute, until flour just begins to color. Slowly drizzle in milk, stirring to keep gravy smooth, add seasonings and cook until gravy is thick. Serve over steaks. Serves 4.

Bacon Dressing

6 slices bacon
1 cup sugar
1 tablespoon flour
1 teaspoon salt
1 egg
½ cup vinegar
¾ cup water
Dice and brown bacon. Pour off a little fat. Mix ingredients together. Pour in skillet with bacon fat and bring to a rolling boil, stirring constantly.

Hot Bacon Dressing

3 slices bacon
1 egg, beaten
1½ tablespoons flour
1 cup milk
¼ cup vinegar
¼ cup sugar
½ teaspoon salt
1 quart salad greens
Chop bacon and fry until crisp. Remove bacon and add to greens. Add other ingredients to beaten egg and pour into hot bacon fat. Cook until thickened. Pour at once over 1 quart crisp dandelion. A little chopped onion may be added to the greens if desired. Serves 4 to 6.

Montgomery Pie

1 cup brown sugar
¼ cup butter, melted
2 eggs, beaten
½ cup milk
1½ cups sifted flour
1 teaspoon baking powder
¼ teaspoon salt
1 lemon, juice and grated rind
Combine all the ingredients and pour into crust.
Mix the following ingredients and pour on top:
½ cup molasses
½ cup sugar
¾ cup water
Bake for 45 minutes at 350 degrees.

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On The Grill

(Continued from Page B8)

GRILLED BEEF 'N GREENS SALAD

1-pound boneless beef chuck shoulder steak, cut ¾-inch thick
½ cup prepared red wine and vinegar salad dressing
4 cups torn salad greens
¾ cup thin red bell pepper strips, halved
½ cup cooked corn
½ cup thinly sliced red onion, separated into rings

Place boneless beef chuck shoulder steak and dressing in plastic bag, turning to coat. Close bag securely and marinate in refrigerator 40 minutes. Arrange salad greens, red pepper, corn and onion on large platter; refrigerate. Remove steak from marinade; reserve marinade. Place steak on grid over coals. Grill 14 to 20 minutes for rare to medium, turning once. Carve steak into thin slices; arrange on top of salad. Place reserved marinade in small saucepan. Bring to a boil; cool slightly and serve with salad. Serves 4.

Beef Council

GRILLED ZUCCHINI AND POTATO GRATIN

1 pound small new potatoes, scrubbed
1 pound small zucchini, trimmed, cut lengthwise into ¼-inch thick slices
2 to 3 tablespoons olive oil
2 cups grated Provolone cheese
¼ cup chopped mixed fresh parsley and basil

Prepare charcoal for grilling. Meanwhile, steam potatoes in basket or on rack over boiling water until tender, 10 to 12 minutes. Let cool, then slice ¼-inch thick.

When coals are covered with gray ash, coat potatoes and zucchini generously with oil. Grill, turning as needed until potatoes are browned, about 10 minutes, and zucchini are tender, about 5 minutes.

Heat oven to 375 degrees. Layer half the potatoes in 10x8-inch gratin dish. Sprinkle with ½ cup cheese, 1 chopped tomato, and 1 tablespoon herbs. Layer half the zucchini on top and sprinkle on another one-half cup cheese, 1 chopped tomato, and 1 tablespoon herbs. Repeat layers. Bake gratin until heated thoroughly for 15 to 20 minutes. Serve hot.

GRILLED ROSEMARY CHICKEN BREASTS

2 boneless whole chicken breasts, split
4 large cloves garlic, coarsely chopped
2 tablespoons chopped fresh rosemary leaves
2 tablespoons olive oil
2 teaspoons red wine vinegar
Salt and freshly ground pepper to taste

Prepare charcoal for grilling or pan grill using heavy cast-iron skillet.

Place chicken breasts in wide shallow dish. Sprinkle with garlic and rosemary, then drizzle with oil and vinegar. Season lightly with salt and pepper. Turn breasts to coat and combine. Let marinate, turning once or twice, at room temperature 15 to 30 minutes.

When coals are covered with gray ash, arrange chicken on grill. Or heat heavy skillet over medium-high heat until hot and add chicken. Grill, turning once, until golden brown on outside and just cooked through, 3 to 4 minutes each side. Serve hot.