

# Cook's Question

(Continued from Page B8)

## Hot Dog Relish

3 carrots, peeled  
3 sweet red peppers, cored and seeded  
2 quarts cucumbers  
2 quarts green tomatoes, peeled  
2 quarts onion, peeled  
½ cup salt  
1½ pounds sugar  
1½ cup vinegar  
½ teaspoon cayenne pepper  
2 tablespoons mixed pickling spices  
Chop or grind vegetables; place in a bowl; sprinkle with salt and allow to stand overnight.

Drain; add sugar, vinegar, and cayenne pepper. Add spices (tied loosely in cheesecloth bag). Simmer 45 minutes pour at once into hot sterilized jars. Seal. Makes about 6 pints.

**R.A. Weaver  
Mohnton**

## Poor Man's Rice Pudding

1 gallon whole sweet milk  
2 cups raw rice  
1 cup sugar  
Dash of salt  
Put all ingredients in a large roasting pan. Stir well to dissolve sugar. Bake uncovered in 250 degree oven for 2 hours and 15 minutes.

**Helen Love  
Watson**

## Dark Pumpnickel Bread

3 packages yeast  
½ cup warm water  
1 cup milk, scalded  
½ cup dark molasses  
1 tablespoon salt, heaping  
2 tablespoons caraway seed  
2 tablespoons shortening  
2¾ cups rye flour  
¼ cup cocoa  
2½ cups flour, more if needed  
Cornmeal  
Dissolve yeast in warm water. Stir in molasses, salt, caraway seed, shortening, rye flour, and cocoa. Beat until smooth. Stir in enough flour to make dough easy to handle. Turn dough into lightly floured surface. Cover,



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Stretch Food Dollars With Beans

Beans belong in today's diet. They are among the lowest-cost sources of protein and contain iron, B vitamins, fiber and very little fat.

Americans rely heavily on meats to plan meals. But beans can be a cost saving and healthy alternative.

Vegetable sources of protein like dry beans, peas, and lentils have an advantage over animal sources of protein because they are very low in fat.

Too much fat in the diet has been linked to health problems like obesity and heart disease.

Overall fat consumption has risen 24 percent since the beginning of the century and now approximately 40 percent of our total calories come from fat.

Some people may think that beans are a poorer source of protein than meat. Beans don't have sufficient amounts of the essential amino acids which make up proteins. But combining beans with grains can make their protein value equal to meat.

Creative use of beans not only stretches the food dollar without sacrificing protein, but also opens up a wide range of new eating experiences. Some powerful pairs include split pea soup and corn-

bread sticks, pickled corn and kidney bean salad, baked beans and steamed brown bread, and navy bean soup with bran muffins.

Canned kidney beans, garbanzo beans, Great Northern beans and other legumes are convenient to use. Preparing dishes using dried beans, however, doesn't require a lot of time or skill and it can be less expensive.

Dried beans must be soaked to replace the water lost in drying. Allow 4 cups of water for each cup of beans. Cover and let the beans soak overnight or bring the water and beans to a boil, cook 2 minutes, cover, remove from heat, and let stand 1 hour.

Most beans require 1-1/2 to 2 hours of gentle boiling to soften. A pressure cooker can cut the cooking time to 3 to 10 minutes. Avoid filling the cooker more than one-third full of beans and water because the beans will expand and foam could clog the vent.

One cup of dried beans equals two cups of cooked beans. Many bean recipes make several servings, so if you're cooking for one or two people, cut the recipe in half or plan to freeze some of the excess.

### Chuckwagon Beans

2 lbs. any colored bean soaked, drained and cooked  
3 or 4 medium onions, chopped  
1 clove garlic, minced  
¼ cube butter or margarine or ¼ cup of vegetable oil  
2 tbsps. chili powder  
½ tsp. cumin  
2-½ cups tomato sauce  
2 tbsps. sugar  
¼ cup vinegar  
1 tbsps. water  
1 tbsps. dry mustard

Saute onions and garlic in margarine or oil until clear, not browned; stir in chili powder, mustard and cumin; add tomato sauce, sugar, vinegar and water; add slowly to cooked, drained beans. Cook slowly for 15 minutes, or until flavors are blended.

let rise 10 to 15 minutes. Knead until smooth. Place in greased bowl. Turn greased side up. Cover, let rise in warm place until double, about 1 hour. Dough is ready if indentation remains when touched. Punch down dough. Round up and let rise until double, about 40 minutes. Grease baking sheet. Sprinkle with cornmeal. Punch down dough. Divide in half. Shape each half into a round, slightly flat loaf. Place loaves in opposite corners of baking sheet. Let rise 1 hour. Bake at 375 degrees until loaves sound hollow when tapped, approximately 30 to 35 minutes. Cool on wire rack.

A Reading Reader

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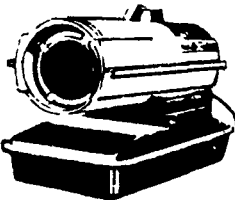
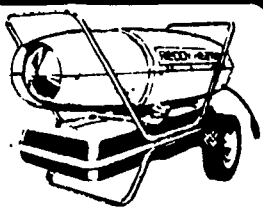
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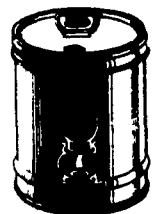
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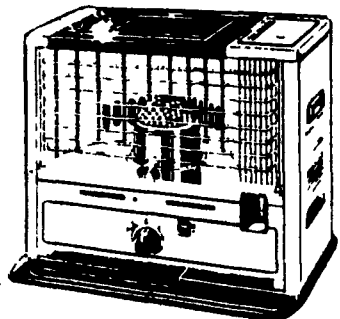


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