



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 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 — Raymond Stauffer, Stevens, wants recipes using licorice extract. If we do not receive a recipe for this request within the next week, we will drop it.

QUESTION — Violet Darty of Mercersburg lost her great-grandmother's recipe for an applesauce sponge cake. How about it readers, can you help her?

QUESTION — Marian Mosemann of Lehighton requests an egg cheese recipe using goat milk.

QUESTION — Jack Hohmeier of Lincroft, N.J., writes that many years ago his grandmother baked a cake that she called Nell's Coffee Cake. It was a dark cake with many raisins in it. She made it in a roasting pan that was lined with brown paper. The cake was only 2-inches high. After it was baked, she did not cut it for 4 to 5 days. When she did, it was moist and chewy for many days. It did not dry out. Does someone have the recipe?

QUESTION — Irene Bandi, Easton, would like a recipe for pretzels like those sold at the New Holland Hay Auction.

QUESTION — Laurie Woodrick, Belle Mead, N.J., would like a recipe for apple fritter pastry that is made from a raised dough and then fried, similar to those sold at Green Dragon Farmer's Market.

QUESTION — Rita Bradley, Chambersburg, would like an easy recipe for vanilla fudge.

QUESTION — Cynthia from New York would love a recipe for pumpkin whoopie pies.

QUESTION — A reader from Oakland, Md., would like a recipe for frozen yogurt that is soft and creamy like the commercial types.

QUESTION — R. Stoltzfus of Narvon would like a recipe for fruit dip.

QUESTION — Pat Whitacre, Ottsville, would like a recipe for thin, crisp molasses cookies like Pepperidge Farm Molasses Crisps.

QUESTION — A fan from New Jersey requests a recipe for apple toad pie. She writes, don't worry, there are no toads in it, but it does have milk. She would also like recipes for low fat and low cholesterol macaroni and cheese and for a steamed Christmas pudding with molasses.

QUESTION — A reader would like a recipe for seven grain cereal bread.

QUESTION — Kathy Keeny, Glen Rock, would like a good fruit cake recipe like the one she lost. She said it was baked in a tube pan that was put in a cold oven to start baking for 2 to 3 hours. The cake had rum extract but no liquor.

QUESTION — Helen Urban, Bronx, N.Y. would like a recipe for canning green beans without a steam pressure canner.

ANSWER — Marian Mosemann of Lehighton requested a fudge without sugar. Thanks to Betty Light, Lebanon, for sending one.

Sugar-Free Fudge

In a medium mixing bowl, cream until fluffy:

- 1/2 cup margarine
- 3 tablespoons evaporated skim milk
- Dash salt
- 1 teaspoon vanilla

Add and stir in the following:

- 1/4 cup cocoa
- Sugar substitute for 1/4 cup granulated white sugar
- 1/2 cup dry skim milk
- 1/2 cup cornstarch

Work dough with hands for 2 to 3 minutes after mixing. Divide dough in half. Form 2 8-inch logs. Wrap in plastic wrap. Refrigerate until firm before cutting into 1/4-inch slices. Makes 64 slices.

ANSWER — Myah Tielman, Lehighton, requested a recipe for a round loaf of rye bread similar to that which had been sold by Fritzingers Bakery, Walnutport. I'm not sure if this is the recipe that she wanted, but here is one for rye bread.

RYE BREAD

- 2 1/2 cups rye flour
- 2 1/2 cups white flour
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 tablespoon caraway seeds, optional
- 1 package dry yeast
- 1 cup milk
- 1/4 cup water
- 2 tablespoons honey
- 1 tablespoon margarine
- 1/4 cup corn meal
- 1 egg white
- 2 tablespoons water

Combine flours in a large bowl, thoroughly mix 1 1/2 cups flour mixture, sugar, salt, caraway seeds, and undissolved active dry yeast.

Combine milk, 1/4 cup water, honey, and margarine in a saucepan. Heat over low heat until liquids are warm. Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour mixture or enough flour mixture to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough flour mixture to make a soft dough. (If necessary, add additional white flour to obtain desired dough).

Turn dough out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down; turn out onto lightly floured board. Divide in half; form each piece into a smooth ball. Cover; let rest 10 minutes. Flatten each piece slightly. Roll lightly on board to form tapered ends. Sprinkle 2 greased baking sheets with corn meal. Place breads on baking sheets. Combine egg white and 2 tablespoons water; brush breads. Let rise, uncovered, in warm place, free from draft, 35 minutes.

Bake in 400 degree oven for 25 minutes or until done. Remove from baking sheets and cool on wire racks. Makes 2 loaves.

ANSWER — Beatrice Bay, who writes that she uses oodles of good recipes from this column, sent a recipe for vegetable lasagna that was requested by Jean Mitchell, Lewisburg, and Bernice Keller.

Vegetable Lasagna

- 8 ounces whole wheat or regular lasagna noodles
- 3 medium tomatoes, chopped
- 8 ounces salt-free tomato sauce
- 6 ounces salt-free tomato paste
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 8 ounces fresh mushrooms, sliced
- 1 medium bunch broccoli flowerets
- 1 medium red or green pepper, chopped
- 1 medium onion, chopped
- 1 large zucchini, sliced
- 4 teaspoons Italian seasoning
- 3/4 cup shredded Mozzarella cheese
- 3/4 cup crumbled Feta cheese
- 2 tablespoons freshly grated Parmesan cheese

Cook noodles according to package directions. Rinse, drain, and set aside. Meanwhile, combine noodles, tomatoes, sauce, paste, green pepper, onion, and dried herbs in heavy saucepan. Bring to boiling. Stir frequently. Simmer, covered, 10 minutes. Preheat oven 375 degrees

For filling, combine vegetables and Italian seasoning, mix well.

Place small amount of sauce on bottom of a 13x9-inch baking pan. Layer half the noodles, vegetables, sauce and cheeses; repeat once. Bake 20 to 25 minutes or until cheese is melted and sauce is bubbly. Let rest 5 minutes before serving. Makes 12 servings, 160 calories each. Nutrient information: protein 8 grams, fat 4 grams, carbohydrates 25 grams, calcium 143 mg; riboflavin (B2) 33 mg.

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Potatoes

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CHEESE POTATO PUFF

- 12 medium potatoes
- 6 tablespoons butter
- 2 1/4 cups grated cheese
- 1 1/4 cups milk
- 1/4 teaspoon salt
- 2 eggs, beaten

Peel potatoes and cook in salted water until tender. Drain and mash. Add butter, cheese, milk, and salt. Beat over low heat until butter and cheese are melted. Fold in eggs and pour into a greased 9x13-inch dish. Bake at 350 degrees for 30 to 45 minutes until puffy and golden brown.

Debbie Glenn
Beaver/Lawrence Alt. Dairy
Princess

MASHED POTATO CASSEROLE

- 4 cups mashed potatoes
- 1/4 cup melted butter
- 1/2 cup milk
- 1 teaspoon salt
- 1 dash pepper
- 1/2 cup sour cream
- 1/2 cup shredded cheddar cheese
- 1 teaspoon parsley flakes
- Cheddar cheese as garnish

Combine all ingredients except garnish. Place in casserole. Garnish with cheddar cheese. Bake at 400 degrees for 20 minutes. Serves 5.

Note: either fresh or instant potatoes may be used.

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QUICK POTATO TIPS

Chop Sticks: Microwave baking potatoes just until tender. Cut into thin lengthwise wedges. Arrange on greased baking sheet. Brush with mixture of melted butter, soy sauce, minced garlic, and hot pepper sauce. Bake in hot oven until lightly browned, 15 to 20 minutes.

Half-Baked Spuds: Halve medium potatoes lengthwise, brush cut surfaces with butter and lemon juice, then dip into a mixture of grated Parmesan cheese and pepper. Place cut sides down on well-greased baking sheet. Bake in 375 degree oven 25 to 30 minutes until potatoes are tender and bottoms are crusty.

Potatoes Ole: Mix leftover or instant mashed potatoes with canned diced green chiles, sliced green onions and shredded Cheddar cheese. Form into patties and coat with cornmeal. Saute until crusty in a small amount of oil in a non-stick skillet.

Potatoes Romanoff: Microwave baking potatoes just until tender. Split and squeeze gently to fluff. Top with steamed broccoli flowerets and dollop with a mixture of sour cream and onion soup mix.

Tomato Potatoes: Microwave baking potatoes just until tender, cool slightly. Slice three-fourths of the way through at half-inch intervals. Insert small, thin tomato slices between potato slices. Drizzle with prepared vinaigrette and sprinkle with sliced green onions. Serve warm.

Potato Florentine: Combine 6 ounces spinach and 4 ounces white sauce in sauce pan. Heat thoroughly. Spread over hot, baked potato, and shape gently to form a flat surface. Put butter in potato. Add creamed spinach. Top with 2 ounces grated Swiss cheese. Serves 1.

Potato Italiano: Use your favorite pizza sauce recipe. Layer the pepperoni, sliced mushrooms and black olives on potato. Top with mozzarella cheese.