



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 — Patricia Smith, Gore, Virginia, would like recipes for beef stew that includes a nice, thick, brown gravy, and can be canned; and for red pepper soup, which is thick and cheesy with tiny bits of red pepper. "It's delicious, but not too hot or bite-y," she writes.

QUESTION — Mrs. David Fisher, Lewistown, is looking for ways to obtain sugar products from sugar beets.

QUESTION — Laurie Woodrick of Belle Mead, NJ would like to know if apple fritters fry best in solid shortening or what is best since she thinks oil is too absorbent and heavy.

QUESTION — Tina Forry would like a recipe for salt dough pies.

QUESTION — Mrs. Jonas Troyer, Wyoming, Del., would like recipes for both lemon filling and peanut butter filling used in doughnuts.

QUESTION — Margaret Shaud, Columbia, would like to know how to make goatmilk candy that tastes like taffy in vanilla, chocolate, and strawberry flavors.

QUESTION — Verna Achenbach, Lebanon, would like recipes for mountain leeks.

QUESTION — Betty Light, Lebanon, would like to know where she can find dehydrated egg whites and a product that is called egg white substitute.

QUESTION — Rhonda A. Scanlon of Cherry Hill, N.J., would like a recipe for apple cider donuts.

QUESTION — Linda Beiler of Ronks would like a recipe for homemade energy bars using carob as the topping.

QUESTION — A reader from Greencastle would like a recipe for Bat Bow Fried Rice.

QUESTION — May Ozimek, Fleming, N.J. enjoys making Chicken Gumbo Soup, but the okra becomes very slimy. She has tried using both fresh and frozen okra. What is she doing wrong?

QUESTION — Lucille Groff, Denver, would like recipes to make jam and jelly without sugar. She writes that Smuckers have a jelly called "Simple Fruit" that is sweetened by using concentrated fruit juices. It tastes so good and not so sweet. Does anyone know how to make it or a similar jam or jelly?

QUESTION — Sherri Meily, Mt. Union, would like to know where to find a used candy melter or coating machine or a company that sells them.

QUESTION — Barb Minich of Shermansdale would like a recipe for tuna casserole that contains Monterey Jack cheese, pimento, and Bisquick.

QUESTION — James Coffey of Elkton, Md., would like to know how to can sugar pod peas. He would also like a recipe to can sweet and sour sugar pod peas.

QUESTION — Carol Grove of Somerville, Va., would like the recipe for Heavenly Jam that specifies the exact measurements of pineapple and whether or not the juice should be used. She writes that Lancaster Farming's food section is better than any other food magazine or cookbook. Thanks to our readers who make this possible.

QUESTION — Loretta Zimmerman of Manheim would like a recipe for tomato sauce that tastes like that used by Chef Boyardee Raviola.

QUESTION — R.G. Kamoda of Monongahela would like a recipe for chicken and dumplings and one for chicken and biscuits.

ANSWER — Pat McKnew of Annapolis, Md. writes that she tried the May 11th featured recipe for strawberry pie and that the pie filling did not thicken. She asked why. We checked with the Strawberry Lady who said the recipe is correct and will make a perfect pie every time if instant Clear-Jell is used. It must be instant, not the regular Clear-Jell that must be cooked when used.

ANSWER — Jessica Seifrit, Fivepointville, requested a recipe for banana whoopie pies. Thanks to Jean Ash of Bridgeport, W.Va., for sending her recipe.

Banana Whoopie Pies

- 2 cups brown sugar
- 1 cup shortening
- 2 eggs
- 2 cups mashed bananas
- 1 teaspoon vanilla
- 3 1/4 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1/2 teaspoon ginger

Cream shortening, sugar, and eggs. Add mashed bananas and vanilla. Stir together flour, baking powder, baking soda, and spices. Add to banana mixture and beat well. Drop mixture by teaspoonful onto greased cookie sheets. Bake at 350 degrees for 10 to 15 minutes. Cool.

Filling:

- 1 egg white
- 2 tablespoons flour
- 2 tablespoons milk
- 3/4 cup shortening
- 1 cup confectioners sugar

Cream egg whites, flour, vanilla and confectioners sugar. Add shortening and 1 cup additional confectioners sugar. Beat together until fluffy.

ANSWER — M. Martin requested a recipe for a white mousse. Thanks to Jan Sullivan of Dundee, NY, for sending in this recipe.

White Mousse

- 1/2 cup milk
- 1 cup ready-to-spread vanilla frosting
- 1 envelope unflavored gelatin
- 1/4 cup milk
- 1 12-ounce container soft cream cheese
- 2 teaspoons vanilla
- 2 egg whites, room temperature
- 1/4 teaspoon salt
- 1/2 cup whipping cream

Mix together 1/2 cup milk and frosting in medium saucepan, stirring constantly. Remove from heat. Soften gelatin in 1/4 cup milk in small saucepan; stir over low heat until dissolved. Add to frosting mixture. Cool. Beat cream cheese and vanilla in large mixing bowl at medium speed with electric mixer until well blended. Blend in frosting mixture.

At high speed, beat egg whites and salt until soft peaks form in small mixing bowl. In separate bowl, beat whipping cream at high speed until soft peaks form.

Fold egg whites and whipped cream into cream cheese mixture. Pour into lightly oiled 1 1/2 - to 2-quart mold; chill until firm. Unmold. Good served with raspberry sauce.

ANSWER — Marian Mosemann, Lehighton, requested recipes that feed 100 or more people and also recipes for canning in quantity. Thanks to Sandy Hartman who sent a cookie recipe that yields 112-125 cookies. Thanks to Mary Lehman, Pine Grove, for sending a bean salad recipe and bran muffin recipe. Thanks to Donna Reilly of Fredericksburg for sending a recipe for sandwiches, and to Hal Lehman for sending one for peach cobbler, and to Colleen Inga of Pine Grove for sending one for baked macaroni and cheese.

Cheese Spread For Sandwiches

- 4 pounds Velveeta cheese
- 1 pound sharp cheese
- 16 ounces cream cheese
- 8 hard-boiled eggs
- 4 jars pimento peppers
- 1 medium onion
- 8 eggs, beaten
- 1/2 cup sugar
- 1/2 cup flour
- 1/2 cup vinegar
- 1/2 cup prepared mustard
- 2 teaspoons salt

Grind Velveeta cheese, sharp cheese, cream cheese, boiled eggs, peppers and onions. Cook, stirring until smooth, the remaining ingredients. Mix these two mixtures together well, using your hands. Serves approximately 100 people. This freezes well. Family-sized portions of this recipe can be made easily by dividing the above portion into 8.

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Recipes

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FIESTA TURKEY BURGERS

- 2 1/2 cups finely chopped or ground turkey
 - 1 cup quick oats, uncooked
 - 1 cup plain low-fat yogurt
 - 1/4 cup finely chopped onion
 - 2 egg whites, slightly beaten
 - 5 teaspoons lime or lemon juice
 - 4 teaspoons fresh snipped cilantro or parsley
 - 1/2 teaspoon chili powder
 - 1/4 teaspoon red or black pepper
- Line broiler rack with foil; spray with vegetable spray.

Combine turkey, oats, 1/2 cup yogurt, onions, egg whites, 3 teaspoons lemon or lime juice, 2 teaspoons parsley, and chili powder. Mix well. Shape into 6 burgers. Place burgers on rack and broil 6 inches from heat for 5 to 6 minutes on each side or until golden brown. Sauce:

Combine remaining 1/2 cup yogurt, 2 teaspoons parsley and black pepper; mix well. Serve topped with lettuce and sauce on whole wheat bread, sandwich buns, flour tortillas or pita bread.

My name is Connie Merryman. I am a 28-year-old single mom. I live with my parents on a 45-acre farm. We raise beef cows, hay and corn. I help feed our 13 animals, clean barns, fix fence, and water the animals. Also, I hope unload and stack 2,000 to 3,000 bales of hay each summer. There's never a dull moment on the farm.

My recipe, incidently, won first prize in a recipe contest held in Baltimore. Happy cooking!

Connie Merryman



Connie Merryman

WEST INDIAN CHOCOLATE FROST

- 2 cups milk
- 1/2 cup heavy cream
- 1 cup chocolate sauce or topping
- 4 teaspoons sugar
- 1 teaspoon vanilla extract
- 1 tablespoon instant coffee
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 pint vanilla ice cream

Combine all ingredients in blender and blend. Chill thoroughly. Beat slightly before pouring into tall glasses. Garnish with chocolate curls.

My husband and I and daughter, Lorah, 10, and son, Vinson, 16 1/2, live on a 125-acre farm just outside of Newville. We farm our own plus some adjoining properties with mostly corn, soybeans, and barley. We have no cattle. We have two cats and three fish.

I enjoy doing crafts of all kinds and cooking almost everything — especially desserts!

The enclosed recipe using three dairy products, milk, cream, and ice cream, is a nutritious and refreshing drink to serve anytime and is even fancy enough for parties when garnished. Of course, with the chocolate and coffee in it, it adds a very tasty all-America

Patricia Wax
Newville

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