



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 a recipe for red pepper soup, which is thick and cheesy with tiny bits of red pepper. If we do not receive an answer to this question within the next two weeks, we will drop the request.

QUESTION — Mrs. David Fisher, Lewistown, is looking for ways to obtain sugar products from sugar beets. If we do not receive an answer to this request within the next two weeks, we will drop it.

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 — 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 — 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 Chef Boyardee Raviola.

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

QUESTION — Connie Weaner of Gettysburg would like a recipe for Skippy Peanut Butter Calico Fudge. She said the recipe appeared on the Skippy peanut butter jar when she was a little girl.

QUESTION — Mrs. Martin from Hagerstown, Md., would like a recipe for pizza sauce to can that tastes like Pizza Hut's or Schwan's. She would also like a pizza crust recipe that tastes like Schwan's.

QUESTION — Mrs. Harvey Martin from Denver would like to know where she can buy sugar beet seeds.

QUESTION — Mrs. John Fox, Walnutport, asks if corn cob jelly is made from fresh or dried corn cobs.

QUESTION — Constance Copeland of Kirkwood, NY, would like the recipe for homemade root beer that had been published several weeks ago in this column.

ANSWER — Patricia Smith, Gore, Virginia, requested a recipe for beef stew. Thanks to Anna E. Zerr, Geigertown, who sent the recipe that she received from her daughter-in-law. Directions for canning are not included.

Alluring Dairy Recipes

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FLUFF DELIGHT

Mix together:

1 small container cottage cheese
1 small container whipped topping
1 small package Jell-O, dry
1 small can drained pineapple.
Mix together ingredients. Chill and enjoy.

Debbie Reinert
Alburtis

CARAMEL APPLE DIP

1 8-ounce package cream cheese, softened
1 jar butterscotch caramel ice cream topping
Mix one third of ice cream topping with cream cheese. Put this mixture in a shallow dish. Cover cream cheese mixture with half of remaining ice cream topping.
Cover caramel with chopped pecans or peanuts.
Dip sliced apples in caramel concoction and enjoy.

Donna B. Morrison
Dalmatia

CRACKER PUDDING

1 cup saltine crackers
½ cup sugar
3 egg yolks
¼ teaspoon salt
½ cup coconut
1 quart milk
1 tablespoon butter
3 egg whites, beaten
Crush crackers. Beat egg yolks and add to crackers. Add sugar, salt, and milk. Cook until spoon is coated. Remove from heat. Add butter and coconut. Cool. Fold in beaten egg whites before serving.

My husband Ed and I have a dairy farm in Tioga County, about two miles south of the New York state line. We have two children, a daughter Deborah who is married with two children and has a dairy farm with her husband Dave, and our son Eugene who goes to high school and helps on our farm.

We have 293 acres of our own and rent about 300 to 350 acres. We have about 140 head of milking cows and young stock.

We also raise 70 to 80 feeder pigs two or three times a year.

Ed is the major field worker and I am the milker while he does the field work. When the field work is slow, we both do the milking.

Sandy Hartman
Westfield

Helen Zerr's Easy Beef Stew

Arrange 2 pounds beef cubes in a single layer in a 13x9x2-inch baking dish. Do not brown meat first. Cut potatoes, carrots, celery and onions into chunky size pieces and layer on top of meat. Salt and pepper to taste. Mix an 8-ounce can tomato sauce with 1 can water, 1 teaspoon sugar, and 1 tablespoon tapioca and pour over vegetables. Do not stir. Seal tightly with aluminum foil and place in 325 degree oven for two hours. When foil is removed, meat will be nicely browned with gravy.

ANSWER — 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 and wanted to know what she is doing wrong? Thanks to T.W. from Muncy who writes that okra is supposed to be slimy. Gumbo is a style of soup which is thickened with the musilage (slime) of okra. Those who do not like the texture of okra may prefer to coat the okra with flour and fry in medium hot oil until the okra is brown and tender. Drain on paper towels then add it to the soup. If okra is fried then the soup must be thickened with flour or cornstarch, but it will no longer be true gumbo.

ANSWER — A reader from Greencastle requested a recipe for Bat Bow Fried Rice. Thanks to Eva Southard, Glen Rock, for sending a recipe.

Fried Rice

3 cups cooked rice, cool rice in refrigerator overnight
1 medium onion, chopped
2 eggs, scrambled
3 tablespoons oil
Soy sauce
2 scallions, chopped
1½ cups diced meat

Saute onion in oil in large skillet. Add rice. Separate large pieces by hand or spatula. Spread across skillet in even layer. Add soy sauce and turn rice to distribute soy sauce evenly. Continue to stir so it does not stick to skillet. Add eggs and continue stirring until eggs are cooked. Add scallions and meat. Cover. Cook 5 more minutes to heat meat thoroughly. Serves 4.

ANSWER — Verna Achenbach, Lebanon, requested recipes for mountain leeks. Thanks to Susanna Bicher of Bethel for writing that her sister-in-law cooks leeks with ham and potatoes.

ANSWER — Lucille Groff, Denver, requested recipes to make jam and jelly without sugar. Thanks to Vivian Plasterer of Newburg for writing that jam and jelly recipes can be made with reduced sugar by decreasing the amount of sugar in half and using an additional one half box of fruit pectin. She also sent two recipes.

Grape Jelly

2 tablespoons unflavored gelatine
1 24-ounce bottle unsweetened grape juice
2 tablespoons bottled lemon juice
2 tablespoons liquid artificial sweetner

In a saucepan, soften gelatine in the grape and lemon juices. Bring to a full rolling boil to dissolve the gelatine. Boil one minutes and remove from heat. Stir in sweetner. Fill quickly into hot sterile jars, leaving ¼ -inch headspace. Adjust lids. Do not process or freeze. Store in refrigerator and use within four weeks. Yields three half pints.

Low-Calorie Strawberry Jam

Use whatever fruit is in season such as peach, grape, or plum.

¾ to 1 cup fresh fruit, cubed
½ teaspoon lemon juice
¼ to ¼ cup apple juice
½ to 1 teaspoon fructose or sugar substitute

Mix together all ingredients. Cook 3 to 4 minutes on high heat (taste at this point and add more sugar substitute if mixture is too tart). Sprinkle 1 or 2 teaspoons unflavored gelatine over the mixture and stir until gelatin is dissolved to make the jam firm. Keeps several weeks in the refrigerator.

STRAWBERRY PARFAIT

1 box strawberry Jell-O
1 box instant strawberry pudding

Sliced strawberries
Whipped cream

Mix Jell-O according to package directions. Let set until slightly thickened. Add sliced berries and mix. Mix pudding according to package directions. Cool. Layer Jell-O, pudding, Jell-O, and pudding. Top with whipped cream. Garnish with a berry. Refrigerate.

I'm married to Larry. We have two sons, 31 and 25 years old, and a daughter, 29. I work in the produce department of a grocery store. Larry works for a hog farmer. We have a three-year-old grandson and a six-month-old granddaughter.

Sandy Schenandore
Dover

HOMEMADE ICE CREAM

3 or 4 eggs, beat until fluffy
Add 1½ cups granulated sugar
Stir in:

1 can condensed milk
1 can sweetened condensed milk

1 tablespoon vanilla
Add whole milk until it reaches 2-inches from the top of a 4-quart ice cream freezer. Churn according to ice cream freezer directions.

This recipe comes from my son-in-law who got it from his grandmother in Arkansas. It is the best ice cream I have ever made. It turns out real good every time.

I live on a farm in Northern Indiana County with my husband Clyde. All our children are grown and married. We have one grandson 2½ years old. We farm around 400 acres. We milk a small herd of registered Jersey cattle, raise registered Duroc and have a small flock of registered Suffolk sheep. We raise all our own hay and grain with part-time help. I am a livestock 4-H leader and have been for 14 years. My husband and I are both on the livestock sale committee. My hobbies are sewing and doing lawn work.

Lois McConoughey
Smicksburg

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