



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

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

**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** — Hazee Few of Keymar, Md., would like a recipe for Feistata, a type of Mexican pizza.

**QUESTION** — Mrs. C. Zielinski of Strykersville, N.Y., would like to know how to prepare winter wheat that she has grown for bread.

**QUESTION** — George Spencer of Hopewell, NJ, would like to know how to make buttermilk. Can milk be store bought or must it be raw?

**QUESTION** — Mr. and Mrs. Alfonso Troina, East Hanover, NJ, would like a recipe for garlic pickles.

**QUESTION** — Roland G. Kamoda, Monongahela, would like to know what one uses to grate horseradish. He would also like to know where to mail order jalapeno hot peppers and how to make a good hot sauce.

**QUESTION** — A Millmont reader would like a recipe for vegetable lasagna.

**QUESTION** — Mrs. C.M. Haas, Monocacy Station, wants a recipe for sweet potato biscuits that tastes like those served at English's in Maryland.

**QUESTION** — Catherine Shearer of Greencastle would like a bread recipe that is baked in wide-mouth pint jars.

**QUESTION** — Betty Pierce of Ephrata is interested in a recipe for Hoppin' John, which she believes includes rice and peas.

**QUESTION** — Carla Hestand of Charlottesville, Va., would like a recipe for macaroni salad that tastes like that from Shady Maple Farm Market. She writes that the salad is a hit in her family. Since they moved to Virginia they can no longer purchase it.

**QUESTION** — Dorothea R. Coverdale, Harrington, Del., would like the recipe for Zucchini Rings that appeared in the paper last summer. She also would like the recipe for freezer corn that a woman by the name Delores who submitted last year.

**QUESTION** — Anne Fenley, Perkasio, would like a recipe for Philadelphia cheese steak hoagies.

**QUESTION** — A Lancaster reader would like someone to sell her home-canned peaches and home-frozen corn.

**QUESTION** — Esther Burkholder, New Providence, wants a recipe for pickled jalapeno peppers.

**QUESTION** — Barb Gayman, Chambersburg, would like a recipe for orangeade made from orange juice concentrate or fresh oranges.

**QUESTION** — The Home On The Range column will soon be featuring recipes for healthy eating. If you have a recipe or have methods you use to adapt regular recipes to make them healthier, please send them to us.

**QUESTION** — Loretta Baner would like an oatmeal raisin cookie recipe without sugar. Last year the recipe appeared in the recipe section. I made it and everyone loved it. Since then I have misplaced it.

**ANSWER** — Liquid whole eggs with no additives are now available at Willow Valley Market, Lancaster.

**ANSWER** — Tina Forry requested a recipe for salt dough pies. Thanks to Susan Brechbill, Lincoln University, for sending an answer.

### Salt Sculpture Dough

2 cups flour  
2 cups salt  
1 cup water

Combine flour and salt in a bowl. Mix well with a spoon. Add water a little at a time, mixing as you pour to form a ball. Knead 7 to 10 minutes until it is smooth and firm. Keep in a plastic bag to keep it from drying out. For each ¼ -inch thickness, bake at 325 to 350 degrees for 30 minutes or until golden brown.

**ANSWER** — James Coffey of Elkton, Md., wanted to know how to can sugar pod peas. Thanks to Mrs. Ann M. Kramer, Newmanstown, for sending a recipe that her family enjoys. Coffey would also like a recipe to can sweet and sour sugar pod peas, for which we did not get an answer.

### Canning Peas, Sugar Peas, Snap Peas

14 pounds fresh peas is needed per canner load of 7 quarts or 9 pounds for pints. A bushel weighs 30 pounds and yields 12 to 20 quarts, an average of 2 fresh pounds per quart.

Select filled but tender crisp pods. Discard diseased pods. Wash, snap off ends.

**Raw pack:** Pack raw pods tightly into clean jars to within 1 inch of top. Add 1 teaspoon of salt per quart, if desired. Add fresh boiling water, leaving 1-inch headspace. Adjust lids and process in pressure canner. Pints - 20 minutes at 10 pounds pressure. Quarts - 25 minutes at 10 pounds pressure.

**ANSWER** — Linda Beiler of Ronks requested a recipe for homemade energy bars using carob as the topping. Thanks to Laurie Donaldson, Stewartstown, for sending a recipe.

### Hi-Energy Bars

1 cup uncooked, old-fashioned rolled oats  
½ cup coconut shreds  
½ cup wheat germ  
½ cup sunflower seeds  
1 tablespoon sesame seeds  
½ cup honey  
1 tablespoon honey  
1 tablespoon oil  
1 tablespoon cold water  
½ cup almonds, slivered  
½ cup raisins

In large bowl, mix oats, coconut, wheat germ, sunflower seeds, and sesame seeds. Combine honey and oil and add to dry ingredients and mix well. Add water, a little at a time, until mixture is crumbly.

Pour mixture into shallow baking pan lightly brushed with oil. Spread evenly to edges. Bake in oven, stirring every 15 minutes about 1 hour. Add almonds and bake until mixture is light brown and dry. Cool, add raisins. (At this point, mixture can be used as cereal).

In mixing bowl, combine 2 cups of above with 2 eggs. Spread on cookie sheet into 6x8-inch shape that is ¼ -inch thick. Press firmly. With sharp knife, cut into bars.

Bake 20 minutes in 300 degree preheated oven. Cool and break apart. Wrap individually and store in covered container.

**ANSWER** — Grace Ikeler, Bloomsburg, requested instructions to make beef jerky. Thanks to Barb Gayman, Chambersburg, for sending a recipe.

### Beef Jerky

3 pounds lean beef, round, sirloin, etc.  
1 teaspoon onion powder  
1 teaspoon garlic powder  
½ teaspoon pepper  
½ cup Worcestershire sauce  
¼ cup soy sauce  
4 tablespoons catsup  
½ teaspoon hickory smoke salt

Blend seasonings and pour over raw meat that has been sliced into strips about ¼ -inch thick. Marinate in a tightly-covered container in the refrigerator for 1 to 2 hours, stirring several times to make sure all meat is marinated. Place meat single layer on trays of food dryer. Dry on high (140 degrees) for approximately 10 to 12 hours. (Dry means no moisture in meat and it cracks without breaking when folded).

*I then freeze it to prevent spoilage, and it's ready to eat right from the freezer.*

*I have not tried oven drying, but understand that it can be done by placing meat on racks single layer in a 150 degree oven for 10-12 hours. Keep oven door open a small crack. Place foil on bottom of oven to catch drippings.*

## Canning For The Diabetic

HARRINGTON, DE — Canning fruit without sugar — All fruit and fruit juices can be successfully canned without sugar writes Dorothea R. Coverdale of Harrington, Delaware, for sending instructions and recipes.

**Canning for sugar free diet:**  
**Hot-pack:** Preheat fruits over low heat in small amount of water. Pack hot fruits and cover with juice from precooking kettle. Process according to time table.  
**Raw pack:** Pack fruit raw. Add fruit juice to within 1½ inches of top of jar. To obtain fruit juice, crush thoroughly ripe fruit and bring to boil over low heat. Strain through clean cloth. Process jars with water of fruit juice same time as fruits packed with syrup.

**Artificial Sweeteners:** Some artificial sweeteners may be used in canning and freezing. Check manufacturer's recommendations before using and follow recommendations as to use and quantity.

Write to American Diabetics Association, Inc., 18 E. 48th St., New York, New York 10017 for further information for the diabetic.

### Sugar-Free Freezing Of Fruits

**Preparing fruits:** Work with a small amount of fruit at a time to allow for quick handling and prompt freezing. Wash the fruit in cold water, and if necessary, wash a second time, but always handle it gently. Never allow fruit to stand in water. Lift from the water and drain. When fruit is drained well, remove stems from berries; pits from cherries, plums, apricots, peaches and prunes, and peel from apples, peaches and pears. Peaches and apples can be sliced or cut into halves or quarters. Strawberries are sometimes sliced or crushed. To prevent discoloration after peeling, place apples, apricots, peaches and pears in cold water and lemon juice — 1 gallon water and 3 tablespoons lemon juice or use Ascorbic Acid mixture following manufacturers directions. Do not allow them to stand in the solution any longer than necessary. Drain well before packing. Sprinkle dry ascorbic acid over peaches, pears, pineapple, apples and apricots. Pack all fruits in jars to within 1 inch of top. Put on cap, screw band tight. Freeze immediately.

### Peach Jam

1 quart peeled peaches  
3 to 4 teaspoons artificial sweetener  
2 tablespoons lemon juice  
1 box powdered pectin

Crush peaches in saucepan. Stir in lemon juice, powdered pectin and artificial sweetener. Bring to boil and boil 1 minute stirring constantly. Remove from heat. Continue to stir 2 minutes. Pour into sterilized half-pint jars to within ¼ inch of top. Put on cap, screw band tight. When cool, store in refrigerator. Yield: 2½ half pints.

### Strawberry Jam

1 quart cleaned strawberries  
3 to 4 teaspoons artificial sweetener  
1 box powdered pectin  
1 tablespoon lemon juice

Crush strawberries in saucepan. Stir in lemon juice, powdered pectin and artificial sweetener. Bring to boil and boil 1 minute stirring constantly. Remove from heat. Continue to stir 2 minutes. Pour into sterilized half-pint jars to within ¼ inch of top. Put on cap, screw-band tight. When cool, store in refrigerator. Yield: 2½ half pints.