



## 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** — Margaret Shaud, Columbia, would like to know how to make goatmilk candy that tastes like taffy in vanilla, chocolate, and strawberry flavors. If we do not receive an answer to this request within the next week, we will assume no one knows the answer.

**ANSWER** — Roland G. Kamoda, Monongahela, would like to know where to mail order jalapeno hot peppers and how to make a good hot sauce.

**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** — 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 of Delores submitted last year.

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

**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.*

**QUESTION** — Ruth Ann Gibble, Roaring Branch, would like a recipe for salsa that is similar to the flavor of Frito Lay, medium.

**QUESTION** — Hannah King would like a recipe to make lollipops.

**QUESTION** — Cindy Stahl, Lititz, would like recipes for quick-to-fix packed lunches that are not the same old sandwich and banana type. They must be nutritious, tasty enough for a preschooler and diet-minded as well. They may not be messy or require refrigeration.

**QUESTION** — Cindy Stahl, Lititz, would like an easy recipe to make duck that does not taste greasy.

**QUESTION** — Mrs. Spamer, Perry Hall, Md., would like to know where she can purchase fresh hominy.

**QUESTION** — Ginny Atkinson, Bridgeton, N.J. would like a recipe for making Italian Ice and sorbet.

**QUESTION** — Betty Stevenson, Tionesta, would like basic recipes that use items from the farm such as milk, eggs, meat, and vegetables. Submit recipes using basic staples for an upcoming Home On The Range column on Basic Recipes.

**QUESTION** — Florence Middleton, Charlotte Hall, Md., would like the recipe for the starter and ingredients for Friendship Cake.

**QUESTION** — Mrs. Roy Burkholder, Chambersburg, would like recipes for spaghetti squash.

**QUESTION** — Kelly Weaver, Fredericktown, desperately needs the recipe that was published several months ago for Russian Torte that had yeast in the dough and a layer of nuts and apricots.

**QUESTION** — Linda Murphy would like a recipe for Popeye's red beans and rice.

**QUESTION** — Sue Eshbach, Pequea, would like a recipe for cheesecake made with a low-fat cheese.

**ANSWER** — Roland Kanoda wanted to know how to grate horseradish. Thanks to an anonymous reader who wrote that she blends horseradish in a blender or food processor. You may also use a fine hand grater. Peel root with potato peeler. Place in blender or food

## Recipes

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### LEMON CHEESE TRIANGLES

Heat oven to 350 degrees. Line

8-inch square baking pan with aluminum foil with foil extending 2 inches on all four sides. Spray foil lining with non-stick spray and set aside.

Crust:

Sift together in a medium bowl:

processor with enough white vinegar to moisten. Chop until fine.

**ANSWER** — Beverly Fishel, Williamsport, requested a recipe for zucchini drop cookies. Thanks to Mrs. Roy Burkholder, Chambersburg, for sending a recipe that her family really likes.

### ZUCCHINI COOKIES

Mix well:

- 2 cups granulated sugar
- 1 cup margarine
- 2 teaspoons baking soda
- 2 eggs

Add:

- 2 cups grated zucchini

Sift together:

- 4 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 1 teaspoon salt

Add dry ingredients to first mixture, chill 2 hours or overnight. Add chopped nuts, dates, or raisins. Drop by teaspoonful on lightly greased cookie sheets. Bake at 375 degrees for 12 minutes. These are delicious iced also.

**ANSWER** — Mrs. Jonas Troyer, Wyoming, Del., requested recipes for both lemon filling and peanut butter filling used in doughnuts. Thanks to Anna Joyce Martin, East Earl, for sending a recipe.

### Lemon Filling

Combine  $\frac{3}{4}$  cup sugar, 2 tablespoons cornstarch and  $\frac{1}{2}$  teaspoon salt in a saucepan. Add  $\frac{3}{4}$  cup water, 2 slightly beaten egg yolks, and 3 tablespoons lemon juice. Cook and stir over medium heat until thick. Remove from heat; add 1 teaspoon grated lemon peel and 1 tablespoon butter.

**ANSWER** — Mr. and Mrs. Alfonso Troina, East Hanover, NJ, would like a recipe for garlic pickles. Thanks Anna Joyce Martin, East Earl, for sending a recipe.

### Garlic Dill Pickles

- 3 cups sugar
  - 2 cups vinegar
  - 2 cups water
  - 2 tablespoons salt
- Combine syrup and add to pickles. Slice pickles  $\frac{1}{4}$ -inch in quart jars. Add to each jar:
- $\frac{1}{2}$  teaspoon garlic powder or juice
  - $\frac{1}{2}$  teaspoon dill seed

Add syrup to pickles in jars and seal. Put in canner and bring to a full boil. Remove from canner. Best if let set 2 weeks before using.

**ANSWER** — A Millmont reader requested a recipe for vegetable lasagna. Thanks to Roberta Graham, Bolivar, for sending a recipe.

### Vegetable Lasagna

- 1 10-ounce package frozen leaf spinach
  - 1 head broccoli or use frozen
  - $\frac{1}{2}$  large carrot, grated
  - 1 large carton ricotta cheese
  - Mozzarella cheese
  - 4 eggs, beaten in ricotta
  - $\frac{1}{2}$  pound lasagna noodles, cooked and drained
- Add cooked spinach, broccoli, and carrot to ricotta cheese and beaten eggs; mix well.

Line baking dish with vegetable mixture, a layer of noodles, and thinly sliced Mozzarella cheese. Continue layers until ingredients are used, end with ricotta cheese mixture and cover with Mozzarella cheese. Bake at 350 degrees for about 40 minutes, covered. Uncover and bake until top is browned. When serving, sprinkle McCormick garlic-bread mix over top or use Romano cheese, garlic, and parsley salt.

*Contributor writes that she prefers to add the mozzarella cheese after the the casserole has been in the oven about 15 minutes; otherwise it becomes too brown. The garlic-bread mix sprinkled over the top really makes it tasty.*

**ANSWER** — A Virginia reader requested the recipe for Lo-Cal chicken gravy sent in by Betty Light.

### Lo Cal Chicken Gravy

- 1 packet Weight Watchers broth
  - 1 cup water
  - 1 tablespoon cornstarch
- Put  $\frac{1}{4}$  cup water and broth powder in small sauce pan; bring to a boil. Dissolve cornstarch in  $\frac{1}{4}$  cup water, add to broth and bring to a boil until thickened and serve.

*Contributor writes that she prefers a light gravy. If you prefer a thicker gravey, add 1 teaspoon more cornstarch.*

- $\frac{1}{4}$  cups all-purpose flour
- 2 tablespoons white granulated sugar

Sugar substitute for 2 tablespoons white granulated sugar

- $\frac{1}{4}$  teaspoon salt

Add and combine with pastry blender:

- $\frac{1}{2}$  cup reduced calorie margarine
- $\frac{1}{2}$  teaspoon lemon zest, fresh

Add and work with hands until dough holds together:

- 1 tablespoon lemon juice, fresh

Press into bottom of prepared pan. Bake for 20 minutes.

**Topping:**  
In a medium mixing bowl, combine and beat until well blended:

- $\frac{1}{2}$  cup white granulated sugar
- Sugar substitute for  $\frac{1}{2}$  cup white granulated sugar
- 1 large egg
- 2 large egg whites
- 2 8-ounces light cream cheese, softened

$\frac{1}{2}$  teaspoon fresh lemon zest

2 tablespoons fresh lemon juice

Pour over baked crust. Return to oven and bake 30 to 35 minutes more until set. Cool completely in pan before cutting. Cut into 2-inch squares, then cut each square in half diagonally. Makes 32 triangles. 1 triangle has 75 calories, 1 gram protein, 8 grams carbohydrates, 4 grams fat, 91 mg. sodium, and 16 mg cholesterol.

*These are fantastic!*  
Betty Light  
Lebanon

### CHOCOLATE APPLESAUCE CAKE

- $\frac{1}{4}$  to  $\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  cup butter or margarine
- 2 eggs
- 2 cups applesauce
- 2 cups whole wheat flour
- 2 to 3 tablespoons cocoa
- $\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoons baking soda  
Cream sugar, butter, and eggs. Add remaining ingredients and blend well. Place in greased 8x10-baking pan and sprinkle the following mixture on top:

- 4 ounces chocolate chips
- 2 tablespoons sugar
- $\frac{1}{2}$  cup nuts, optional

Bake at 350 degrees for 35 to 40 minutes. Variation: omit topping. After removing cake from oven, sprinkle with  $\frac{1}{2}$  cup chocolate chips and place dabs of peanut butter on warm cake. When chocolate chips are melted, spread evenly.

*I don't think this recipe is lowfat or low sugar, but since it uses whole wheat flour, it may be a bit healthier.*

Rose Ann Martin  
Ephrata

### ZUCCHINI-RAISIN COOKIES

- 1 cup butter softened
  - $\frac{3}{4}$  cup honey, warmed
  - 2 eggs
  - $\frac{1}{2}$  cup sour cream
  - 1 teaspoon cinnamon
  - 1 teaspoon ground cloves
  - 2 cups whole wheat flour
  - 1 teaspoon baking soda
  - 2 cups rolled oats
  - 2 cups raisins
  - $\frac{1}{2}$  cups shredded zucchini
- Preheat oven to 350 degrees. In large bowl, beat butter, honey, eggs, sour cream, cinnamon, and cloves.

Mix together flour, baking soda, and mix with liquid ingredients. Fold in oats, raisin, and zucchini. Drop by teaspoonful on cookie sheet. Bake until golden brown about 10 to 12 minutes. Makes 4 dozen.

*Recipe is low-sugar, not low fat, but delicious.*

Janet Oberholtzer  
Morgantown