



## 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.

**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** — 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** — Ruth Ann Gible, 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** — 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, a bottom layer of nuts and apricots and beaten egg whites on top.

**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** — Connie Weaner of Gettysburg requested a recipe for Skippy Peanut Butter Calico Fudge. Thanks to Diane Stackhouse, Muncy, for sending the recipe her mother copied many years ago.

### Peanut Butter Calico Fudge

- 12 marshmallows
  - 1½ cups granulated sugar
  - ¾ cup brown sugar
  - ¾ cup milk
  - 2 tablespoons butter
  - ¼ cup peanut butter
- Quarter marshmallows and put in bottom of 8-inch greased square pan.  
Boil sugars and milk together until soft ball stage, 234 degrees, stir occasionally.  
Remove from heat, stir in butter and peanut butter. Beat until thick and creamy. Pour over marshmallows.

**ANSWER** — Hazel Spamer, Perry Hall, Md., wanted to know where she can purchase fresh hominy. Hazel sent another letter and said that on a recent trip she found dry hominy at Beylers Store in Dover, Del. She plans to can hominy in pint jars without adding salt as she is on a salt-restricted diet.

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

### Peanut Butter Filling

- 3 cups confectioners sugar
- ½ cup creamy peanut butter
- ½ cup milk
- 1 tablespoon hot water
- ½ teaspoon salt

**ANSWER** — Cindy Stahl, Lititz, requested an easy recipe to make duck that does not taste greasy. Thanks to Colleen Shoemaker of New Woodstock, N.Y. for sending a recipe for grease-less duck. The recipe calls for homemade five spice powder, which appears with the recipe.

### Honey & Spice Duckling

- 2 teaspoons salt
- 2 teaspoons coarsely ground black pepper
- 1 teaspoon ground ginger
- ½ teaspoon homemade five-spice powder
- 1 4- to 5-pound duck
- ¼ cup honey
- 2 tablespoons soy sauce

Combine salt, pepper, ginger and homemade five-spice powder in small bowl. Sprinkle cavity of duck with ¼ of the salt mixture; rub remaining mixture on skin of duck.

Skewer neck skin to back; tie legs to tail. Twist wing tips under back. Prick skin all over with a fork. Place duckling, breast-side up, on a rack in a shallow roasting pan. Roast in a 375 degree oven for 1¼ hours. Spoon off fat occasionally. Mix honey and soy sauce; baste duckling with honey mixture. Roast 15 to 20 minutes more or until drumstick moves easily in socket, basting often with honey mixture. Makes 3 to 4 servings. Calories 298 per serving.

### Homemade Five-Spice Powder

- 1 teaspoon ground cinnamon
- 1 teaspoon crushed aniseed
- ¼ teaspoon crushed fennel seed
- ¼ teaspoon ground pepper
- ¼ teaspoon ground cloves

In small bowl, combine all of the above. Store in a covered container.

**ANSWER** — A Millmont reader requested a recipe for vegetable lasagna. Thanks to a reader for sending a different recipe than the one printed last week.

### 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
- ½ teaspoon dried rosemary
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ 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
- ¾ cup shredded Mozzarella cheese
- 2 tablespoons freshly grated Parmesan cheese

**ANSWER** — Loretta Baner requested an oatmeal raisin cookie recipe without sugar. Thanks to Josephine Matenus, Dallas, who sent a recipe.

### Untraditional Oatmeal Cookies

#### Low-Fat Recipe

- 2 very ripe bananas
  - 3 teaspoons vanilla
  - 1 container egg substitute equal to 2 eggs
  - 1 cup whole-wheat flour
  - 1 cup all-purpose flour
  - 1½ cups quick oatmeal
  - 1 teaspoon baking powder
  - ½ teaspoon baking soda
  - ½ cup evaporated skim milk
- Options: ½ cup chopped nuts, ½ cup raisins, 2 cups chopped apples
- Mash the bananas. Place in a large bowl and mix vanilla and egg substitute with bananas. Mix together flour mixture, nuts, oatmeal, baking powder and baking soda. Stir in milk.  
Place dough by teaspoonful on greased cooking sheet. Bake in 375-degree preheated oven for 10 minutes or until cookies are barely brown around edges.

# Summer Recipes

(Continued from Page B6)

## SUMMER RATATOUILLE

- 1½ pounds cubed Pa. lamb shoulder
- 5 cups cubed eggplant
- 2 large onions, thickly sliced
- 1 large green pepper, cut into strips
- 1 large red pepper, cut into strips
- 3 large garlic cloves, minced
- 4 cups coarsely chopped tomatoes, peeled, seeded
- 5 cups sliced zucchini
- ½ teaspoon fresh thyme
- 1 teaspoon fresh oregano
- 1 teaspoon fresh basil
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon red pepper
- ¼ cup olive oil

Place half of oil in skillet over medium high heat and brown half of lamb cubes. Drain on paper towels to remove any excess fat. Repeat with remaining oil and lamb. Mix together lamb and remaining ingredients. Place in a large casserole dish. Bake, uncovered in a 350 degree oven for one hour. Uncover and bake an additional hour. Can be served garnished with chopped parsley or grated parmesan cheese. Serves 6 to 8.

Mary Conrad  
Millerstown

## TOMATO & CHEESE FILLED FOCACCIA

- 1 package active dry yeast
- ¾ cup warm water
- 2 cups all-purpose flour
- ½ teaspoon salt
- 6 tablespoons olive oil, divided
- 1 cup shredded Provolone cheese
- 5 tablespoons grated Parmesan cheese, divided
- 1½ teaspoons Italian seasoning, divided
- ½ teaspoon pepper

1 large tomato, thinly sliced  
Dissolve yeast in warm water; let stand 5 minutes. Combine flour and salt in work bowl of food processor fitted with metal blade. Stir in yeast mixture and 3 tablespoons olive oil. Process until ingredients form a ball. Process 1 minute longer. Turn out onto lightly floured surface. Knead until smooth and elastic, about 2 minutes.

Place dough in oiled bowl. Turn dough over to oil top. Cover and let rise in warm place until double in bulk, about 30 minutes. Punch dough down. Let rest 5 minutes. Fit dough into oiled 10-inch cake pan, deep dish pizza pan or spring-form pan. Brush with 1 tablespoon olive oil. Cover and let rise 15 minutes. Preheat oven to 425 degrees. Bake 20 to 25 minutes or until golden. Cool completely in pan or wire rack.

Preheat oven to 350 degrees. Combine provolone, ¼ cup Parmesan, 1 teaspoon Italian seasoning and pepper. Cut baked focaccia horizontally in half. Place bottom on cookie sheet. Cover with sliced tomatoes. Sprinkle with cheese mixture. Cover with top of focaccia. Brush with remaining tablespoon olive oil; sprinkle with remaining 1 tablespoon of Parmesan cheese and ½ teaspoon Italian seasoning. Bake 10 minutes or until cheese inside is melted. Cut into wedges and serve immediately.

UDIA

