



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

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

**QUESTION** — Nancy VanCott, New Milford, is looking for a craft recipe called Mexican bread dough that uses seven ingredients. It is used to sculpture delicate-looking flowers, which harden.

**QUESTION** — C.L. Wilson of Silver Spring, Md., would like the recipe for whole wheat bread that appeared on Pillsbury's whole wheat flour bag about 25 to 30 years ago.

**QUESTION** — Frances Keith, Oxford, would like a recipe for barbecue sauce, often used by organizations, that is sprayed on rather than brushed on.

**QUESTION** — Fay Leslie, Woodstown, N.J., would like a recipe for old-fashioned horehound candies made from the herb.

**QUESTION** — Melanie Jones, Annville, would like a recipe for fluffy, buttery 3-inch Southern biscuits. She has tried many recipes and nothing comes close.

**QUESTION** — Melanie Jones, Annville, would like a recipe for a creamy, white rice pudding similar to Lauder milk Foods rice pudding.

**QUESTION** — Melanie Jones, Annville, would like recipes for low sugar jams, butters, applesauce, and other items to can.

**QUESTION** — Barbara Gaugler, Mansfield, would like a recipe for canning garden salad mix like Hetty Fair brand. It has cauliflower, carrots, onions, olives, celery, and peppers. It is on the hot side.

**QUESTION** — C.L. Wilson, Silver Spring, Md., can no longer find Bird's Eye frozen Spanish rice. She would like a recipe for it.

**QUESTION** — Ruth Ann Zeiset, Manheim, said that she tried the recipe for sweet potato biscuits from Iris Givens. Although they were delicious, they only raised to a ¼-inch thickness. Is this the way they should be or should the baking powder be 3 tablespoons instead of 3 teaspoons?

**QUESTION** — Regina Bauer would like a recipe to can catsup that has the consistency of store-bought catsup. Her recipe doesn't stick to French fries.

**QUESTION** — Regina Bauer would like a recipe for hoagie spread, a hot pepper relish used on deli subs.

**QUESTION** — A Greencastle reader wants a recipe for bean salad that uses all kinds of beans such as green beans, wax beans, butter beans, sliced onion and green pepper.

**QUESTION** — A Greencastle reader wants a recipe for boiled apple dumplings that has a piece of dough wrapped around the apple and then boiled.

**QUESTION** — Nancy Kramer, Newmanstown, would like low cholesterol and low sodium recipes for restricted diets.

**QUESTION** — Karen Boyd, Mertztown, would like recipes to can sweet potatoes in quart jars.

**QUESTION** — A Silver Spring, Md., reader would like to know how to plant and grow citron. Does it grow in Pa.? Does the Lancaster Farmer's Market sell fresh citron?

**QUESTION** — Laura Bean, Hollywood, Md., would like a recipe for cinnamon cookies. She said the recipe appeared on the back of a McCormick cinnamon can sometime between 1955 to 1960. It contained only a few ingredients. It had nuts and the cookie balls were rolled in cinnamon and sugar before they were baked.

**ANSWER** — Mrs. A. Sherman, Horse Valley, requested a recipe for sawdust pudding. Thanks to Silver Spring, Md. reader, who writes that what some people call sawdust pudding is just plain good old American corn meal mush eaten by us down home folks. Natives of Corsica, Northern Italy and some in France call this dish pudding, Polenta, and it differs from corn meal mush because of different flavoring. It can be eaten cold. Also thanks to a Maryland Montgomery Co. reader for sending a recipe that she adjusted to use purchased products rather than making it from scratch as she said the directions would take a whole newspaper page to write.

### Polenta With Tomato Sauce

2 cups water  
¼ cup small diced salt pork  
1 garlic clove  
2 tablespoons olive oil  
½ can tomato paste  
1 quart can tomatoes with juice  
Pinch sugar  
Pepper  
Salt  
½ teaspoon dry oregano  
2 leaves fresh basil  
1 cup corn meal  
1 quart boiling water  
1 teaspoon salt

In small saucepan, place diced salt pork in 2 cups water, bring to a boil and boil 5 minutes. Drain the salt pork, discarding the liquid. Slice large garlic clove in half, add salt pork, put in skillet containing 2 tablespoons hot olive oil. Cook mixture until garlic is lightly browned, add tomato paste, fry 2 minutes constantly stirring; add tomatoes with juice, sugar, salt, and pepper to your liking. Barely simmer about an hour. Remove garlic pieces and strain sauce. Put strained sauce into non-reactive saucepan, add oregano and fresh basil, continue cooking sauce on a low simmer until cornmeal is finished. Do not cook dry — add more water if needed.

Stir cornmeal into saucepan with 1 quart boiling water; add 1 teaspoon salt and cook until cornmeal is a thick mush, about 30 minutes. Divide the polenta into four soup bowls and top with tomato sauce.

### Sawdust and Woodchip Pudding

Bake 1 box yellow cake mix as directed on package. Set aside and cool completely. Break cake into small pieces (wood chips).

Place ½ to 1 cup pignolia nuts (pine nuts) in ungreased skillet and toast lightly. Remove from skillet and cool. Take one-half of the cold pignolia nuts and finely grind them (sawdust).

Make your favorite chocolate, strawberry, lemon and butterscotch pudding. When made, use a few whole pignolia nuts and stir into pudding.

Layer the bottom of your serving bowl with some warm pudding mixture. Quickly add a layer of wood chips (cake pieces) and top with remaining pudding (may make more layers but top with pudding layer). Cover top with whipped cream or topping. Sprinkle top with some finely ground sawdust (pignolia nuts). If not using whipped topping, make little sawdust pieces (grate pignolia nuts) on each serving.

**ANSWER** — Florence Middleton, Charlotte, Hall, Md., requested a recipe for Hellmann's mayonnaise banana cake. Thanks to a reader for sending the following recipe.

### Banana Cake

2 cups sifted flour  
1 cup granulated sugar  
½ teaspoon salt  
1 teaspoon baking soda  
¼ cup water  
1½ teaspoons vanilla  
1 cup ripe, mashed bananas  
¾ cup mayonnaise

Sift together dry ingredients. Add remaining ingredients. Beat about 2 minutes. Pour batter into 1 9-inch square pan or 2 8-inch round pans. Bake 30 to 35 minutes at 350 degrees.

**ANSWER** — Dorothea R. Coverdale, Harrington, Del., wanted the recipe for freezer corn that a woman by the name of Delores submitted last year. Thanks to Joan Milliken, Honey Grove, for sending the recipe.

### Freezer Corn

1 gallon corn, cut from cob  
1 quart water  
4 teaspoons salt  
1 cup sugar  
1 stick butter, melted

Cook slowly for 10 minutes. Stir often to prevent scorching. Cool, put in freezer containers and freeze.

# Harvest Breads

(Continued from Page B6)

### ALL SEASON BREAD

3 cups flour  
2 teaspoons baking soda  
1 teaspoon salt  
¼ teaspoon baking powder  
1½ teaspoons ground cinnamon  
¾ cup chopped nuts  
3 eggs  
2 cups sugar  
¼ cup vegetable oil  
2 teaspoons vanilla  
1 8-ounce can crushed pineapple  
2 cups prepared fruit or vegetable

Combine flour, baking soda, salt, baking powder, cinnamon, and nuts; set aside.

Beat eggs lightly, add sugar, oil, and vanilla; beat until creamy. Drain pineapple.

Stir in pineapple and prepared fruit; add dry ingredients, stirring only until moistened.

Pour into 2 well-greased and floured loaf pans. Bake at 350 degrees for 1 hour or until toothpick inserted into center comes out clean.

\*Apple bread: Peel, core and shred 2 cups apples

\*Sweet potato bread: Peel and shred 2 cups sweet potatoes. Reserve 1 tablespoon of the pineapple juice to add to batter.

\*Carrot bread: Peel and shred 2 carrots to make 2 cups. Reserve 1 tablespoon pineapple juice to add to batter.

\*Zucchini bread: Shred zucchini to make 2 cups. Add 1 cup raisins to batter. Don't drain pineapple.

Regina Bauer  
Whiteford, Md.

### POPPY SEED BREAD

½ cup soy oil  
4 eggs  
1 cup boiling water  
½ cup poppy seeds  
1 lemon cake mix  
1 package instant lemon pudding

Mix ingredients. Pour into two bread pans and bake at 350 degrees for 40 to 60 minutes.

### SAVORY AUTUMN VEGETABLE STRUDEL

4 slices bacon  
2 cups coarsely chopped purple or green cabbage  
1 cup shredded carrot  
½ cup chopped onion  
1 large garlic clove, minced  
1 cup shredded zucchini  
½ teaspoon thyme leaves  
¼ teaspoon salt  
¼ teaspoon pepper  
1 4-ounce package hot roll mix  
1 cup water, lukewarm  
2 tablespoons butter, softened  
1 egg  
1 egg, beaten  
Sesame seed

In large saucepan over medium heat, cook bacon until crisp; drain. Crumble and set aside. Reserve 1 tablespoon bacon drippings in pan. In same saucepan over medium heat, cook and stir cabbage, carrot, onions, and garlic until crisp-tender. Remove from heat. Stir in reserved crumbled bacon, zucchini, thyme, salt, pepper, and cheese. Set aside.

Grease large cookie sheet. In large bowl, combine flour mixture with yeast from foil packet. Stir in hot water, butter, and 1 egg until dough pulls away from sides of bowl. Turn dough out onto lightly floured surface. With greased or floured hands, shape dough into ball. Knead dough for 5 minutes. Cover; let rest 5 minutes.