



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 — James Everich, Allentown, N.J., would like a recipe for cheese stuffing.

QUESTION — Eva Burrell, Glen Gardner, N.J., would like help with the recipe called "Believe It or Not Bouncing Snowball bouquet." The recipe appeared several years ago in this column. It uses citric acid crystals and baking soda to make mothballs bounce in a centerpiece. Unfortunately, the recipe that Eva has does not work. I recall that some others reported difficulty with the recipe. Someone said the reason was that today's mothballs are missing an ingredient that was formerly in the old style. I think the solution was mailed to us, but I can't find the answer in our files. Does anyone know the solution?

QUESTION — Christine Rudolph, New Oxford, would like a recipe for pork bologna without beef. She would like the smoking temperatures and times, if possible.

QUESTION — G. Snyder, Mechanicsburg, would like a recipe for Peanut Butter Nougats that taste like those made by Archway.

QUESTION — Lori Good, Ephrata, would like recipes to use in fondue pots.

QUESTION — Helen B. Henry, Macungie, would like a recipe for fried noodles like those served with sweet and sour sauce in Chinese restaurants.

QUESTION — Helen Henry, Macungie, would like to know how to get cheddar cheese to melt and run on broccoli instead of hardening.

QUESTION — Meg Smith, Frenchtown, NJ, would like to know how to make good old-fashioned corn fritters.

QUESTION — Meg Smith, Frenchtown, NJ, would like to know how to make hash browns.

QUESTION — A Lancaster County reader would like recipes for making spinach noodles, tomato noodles or tomato macaroni and dark brown noodles made from whole-grain flour.

QUESTION — Jill Alleman, Lititz, would like a recipe for a good old-fashioned Red Velvet Cake with a good frosting.

QUESTION — A reader would like the recipe for baked oatmeal that appeared in this column from the Hammer Creek Mennonite Cook Book.

QUESTION — Fern of Annville would like a recipe for fried cabbage.

QUESTION — Fern of Annville would like to know how restaurants make pies that have 3- to 4-inches of meringue on top. Do they use a mix or have a secret ingredient?

QUESTION — Hazel Bair, Chambersburg, would like the recipe for corncob jelly that appeared in this column during the summer.

QUESTION — Orlea Hartman, Alexandria, Va., would like a recipe substitute for sweetened condensed milk that could be used by diabetics. She would also like more low sugar and low fat, recipes.

QUESTION — Lisa Ishimuro, Pipersville, would like a recipe for a cherry pie with either a top crust or crumb crust.

QUESTION — Grace Ikeler, Bloomsburg, would like a recipe for pepper pot soup.

Novel Ideas

(Continued from Page B6)

MICROWAVE CHICKEN BREASTS PARMESAN

8-ounces tomato sauce
1 teaspoon Italian seasonings
¼ teaspoon garlic salt
½ cup corn flakes crumbs
¼ cup grated Parmesan cheese
1 teaspoon dried parsley flakes
2 large boneless chicken breasts, split, skinless
1 egg, beaten
½ cup shredded Mozzarella cheese

Parmesan cheese, grated
Mix tomato sauce, seasoning, and garlic salt in 2-cup measure. Cover with waxed paper. Microwave at high for 2 minutes. Stir. Reduce power to medium. Microwave 5 minutes, stirring once. Set sauce aside.

Mix corn flake crumbs, ¼ cup Parmesan cheese and parsley flakes. Dip chicken breasts in beaten egg, then in crumb mixture. Place in casserole dish, cover with waxed paper. Microwave at medium-high until chicken is tender, 9 to 15 minutes, rearranging after half the cooking time. Do not turn over.

Pour sauce over chicken.

Sprinkle mozzarella over chicken breasts. Sprinkle with Parmesan. Microwave at medium-high until mozzarella melts and sauce is hot, 2 to 6 minutes.

RAISIN BRAN MUFFINS

10-ounces raisin bran
5 cups flour
3 cups sugar
2 teaspoons salt
5 teaspoons baking soda
Mix well. Add:
1 quart buttermilk
4 beaten eggs
½ cup butter, melted
½ cup oil
Beat until well moistened. Bake in muffin tins at 400 degrees for 15 minutes. This dough can be kept in the refrigerator in a covered bowl for several weeks.

Janeth Nofziger
Ohio

Milk production has tripled since the 1930s, from 9,000 glasses of milk per cow each year to today's average of 28,000 glasses of milk per cow.

ANSWER — Andrea Martin, Hagerstown, Md., requested recipes for casseroles. Thanks to Janice Burkholder, Quarryville; Butler County Amy Kline, Mars, for answering.

Golden Meat Ball Casserole

1 pound ground beef
½ cup bread crumbs
1 egg
1 teaspoon salt
2 cups water
1 cup uncooked rice
2 large carrots, sliced
½ green pepper, chopped
¼ cup onion, chopped
Cheese

Combine meat, bread crumbs, egg, and salt. Mix lightly and shape into 18 balls. Brown on all sides in a large skillet. Drain. Add water, rice, carrots, green peppers, and onions. Cover and simmer 25 minutes. Add cheese and heat until it melts. Serves 4 to 6.

Cheesy Rice Pie

1 pound ground meat (beef, turkey, pork)
½ cup dry bread crumbs
¼ cup chopped onion
¼ cup chopped green pepper, optional
2 cups tomato sauce
1½ teaspoons salt
¼ teaspoon pepper
3 cups cooked rice
1 cup grated cheese

Mix together ground meat, crumbs, onion, pepper, ½ cup tomato sauce, and seasonings. Pat mixture on bottom and sides of pie pan. Combine rice with remaining tomato sauce and ½ cup cheese. Pour into meat shell. Bake at 350 degrees for 25 minutes. Top with remaining cheese and bake 5 more minutes. Serves 6.

Potatoes And Zucchini Au Gratin

3 cups potatoes cooked, peeled, sliced
3 cups sliced zucchini, ½ -inch sliced
2 tablespoons water
3 tablespoons butter
3 tablespoons flour
1 tablespoon instant chicken bouillon
1½ cups milk
1 cup shredded mild cheddar cheese
2 tablespoons chopped pimiento
½ teaspoon thyme leaves
Canned French fried onions

In medium saucepan, cook zucchini in water for 5 minutes or until tender. Drain; set aside. In medium saucepan, melt butter; stir in flour and bouillon. Gradually stir in milk. Cook and stir until bouillon dissolves and sauce thickens. Remove from heat; add cheese, pimiento, and thyme. Stir until cheese melts. In 1½ -quart baking dish, layer one-half potatoes, zucchini, and sauce. Repeat layers. Bake at 350 degrees, uncovered, 25 minutes or until bubbly. Top with onions; bake 2 minutes longer.

GRAPE NUT PUDDING

1 egg
1 teaspoon vanilla
1 tablespoon flour
½ cup coconut
¼ cup Grape Nut cereal
1 cup cracker crumbs
1 cup sugar
1 quart milk

Heat milk and thicken with flour. Add sugar and egg then remove from heat. Add additional ingredients and stir. Serve warm or cold.

Shannon Peterman
Lycoming Dairy Princess

ITALIAN HERB SHAKE 'N BAKE

(for 3 to 5 pieces chicken)
1½ cups corn flakes
1 packet Good Seasons Italian Salad dressing mix
¼ teaspoon garlic salt, optional
¼ teaspoon curry powder, optional

Crush corn flakes until very fine. Place in bag with other ingredients. Wet chicken with water, milk, or egg. Place in bag and shake. Bake at 400 degrees for 40 to 50 minutes.

Shelly Taylor
Andreas

PEANUT BUTTER CRUNCH CANDY

1½ cups sugar
¼ cup dark corn syrup
1½ cups peanut butter, crunchy
1 teaspoon vanilla
6 cups corn flakes
½ cup peanuts, salted

Bring sugar and syrup to a rolling boil. Remove from heat and add peanut butter and vanilla. Stir to blend. Pour over corn flakes and peanuts and mix until all cereal is coated. Pat into 2 greased 8x8x2-inch pans. While still warm, cut into squares.

Champion Colored Fleece Named

HARRISBURG (Dauphin Co.) — Greta Dise of Glenn Rock took champion honors with a colored fleece from her colored Border Leicester ram in both the Wool Show and the Colored Fleece competition held at the Pennsylvania Farm Show.

It was the first time for the colored fleece competition sponsored by the Natural Colored Wool Growers Association Friends in Pennsylvania, a networking group that promote quality colored sheep and wool. For more information on the association, write to NCWGA Friends in Pa., R.D.2, Box 120, Millerstown, PA 17062.

* Pennsylvania produces 10 billion pounds (or 1.16 billion gallons) of milk annually, which is 7% of the nation's total milk production.

* There are 13,200 commercial (10 milk cows or more) dairy farmers in Pennsylvania, with a total of 698,000 head of milk cows, averaging 14,324 pounds of milk per cow per year. The average Pennsylvania dairy farm has 53 milking animals.

* Nationally, Pennsylvania ranks fifth in milk production, preceded by Wisconsin, California, New York and Minnesota.

The typical American consumes around 26 gallons of milk per year.

