

Cook's Question

(Continued from Page B8)

ANSWER — Joan Young, Lititz, requested recipes for seafood salads. Thanks to Lisa Luken, Ono, for sending a recipe.

Molded Seafood Salad

- 2 cups tomato juice, divided
- 1 small package lemon-flavored gelatin
- 1 can shrimp or crab
- 2 teaspoons lemon juice
- ¼ cup chopped celery
- ¼ cup sliced green onion

Heat 1 cup tomato juice to boiling. In medium bowl, dissolve gelatin in hot tomato juice. When dissolved, add 1 cup cold tomato juice. Stir in remaining ingredients. Pour into a loaf pan or salad-mold. Refrigerate until set. Unmold to serve.

ANSWER — Thanks Vivian Plasterer for sending a bread recipe that does not use any fat or egg, which was requested by a reader. Vivian writes that her family loves this recipe. Caution: although fat is not listed as an ingredient, a percentage of fat is found in buttermilk and sour milk.

Bread

- 2 cups thick buttermilk or sour milk
- 2 cups All Bran Cereal
- 1¼ cups brown sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 cup raisins or chopped dates
- ½ cup chopped walnuts
- 2 cups flour

Pour buttermilk over bran cereal and let stand 10 minutes. Add sugar, baking soda, and salt; stir well. Mix raisins and nuts with flour. Stir into bran mixture. Pour into greased 9x5x3-inch loaf pan. Bake in 350 degree oven for 1 hour or until done.

ANSWER — Fern of Annville requested a recipe for fried cabbage. Thanks to Margaret Nice, Halifax, for sending a recipe.

Fried Cabbage

Shred cabbage and place in skillet with a little water. Simmer until dry. Add salt and pepper. Add enough shortening to fry cabbage until lightly browned. Keep stirring cabbage so it does not burn.

ANSWER — Hazel Bair, Chambersburg, requested a recipe for corn cob jelly. Thanks to Vivian Plasterer, Newburg, for sending a recipe that she said is delicious.

Corn Cob Jelly

- 12 sweet corn cobs
- 4 cups water
- 4 cups sugar
- 1 box fruit pectin
- Red food coloring

Mix cobs and water; boil for 10 minutes. Measure 3 cups liquid and strain through cloth. Put into saucepan. Add 1 box fruit pectin and bring to a rolling boil. Add sugar and bring to a boil. Simmer for 3 minutes. Skim. Add 1 or 2 drops red food coloring for a pink color.

ANSWER — Eva Southard, Glen Rock, sent the following recipe for fried cabbage requested by Fern of Annville.

Fried Cabbage

Cut the cabbage very fine, as for slaw; salt and pepper, stir well, and let stand five minutes. Have an iron kettle smoking hot, drop 1 tablespoon shortening into it, then the cabbage, stirring briskly until quite tender. To one-half cup sweet cream, add three tablespoons vinegar. After the cream has been well stirred, pour over the cabbage and serve immediately.

Lancaster Extension Highlights Commodities, Activities

LANCASTER (Lancaster Co.) — About 200 guests snacked on goodies handed out by commodity groups during the annual Lancaster County Cooperative Extension Association meeting held Thursday night.

The Lancaster County commodity groups that provided food for the annual social event the Poultry Association, Sheep and Wool Growers Association, Lancaster-Chester Swine Producers Association, Fruit Growers Association, Greenleaf Enterprises Incorporated, Honey Producers, the Dairy Industry.

Five new Extension directors were elected to three-year terms: Joyce Graybill, Mount Joy; Harvey High, Lancaster; Dorothy Charles, Lancaster; Emily Welk, Strasburg; and Lloyd Welk, Quarryville.

A slide presentation of the James Garber and Sons' Milton Grove farm honored the Garbers for their recent Master Farmer award.

In other business, the Extension presented awards to Bob Anderson, Extension agronomist, for 5 years, Anita Rhawn, nutrition advisor; Audrey Kelly, nutrition advisor 10 year, and Suzanne Schmalhofer, office manager for 25 years.

Three Extension board members received certificates for service. They were Larry High for three years; Helen Rohrer, six years; and Ed Zug for six years.

Jay W. Irwin, Lancaster County Extension Director Emeritus, told the audience about his six-month work in Poland.



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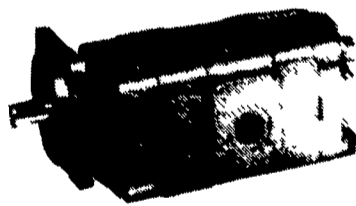
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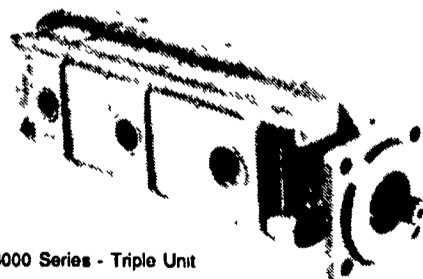
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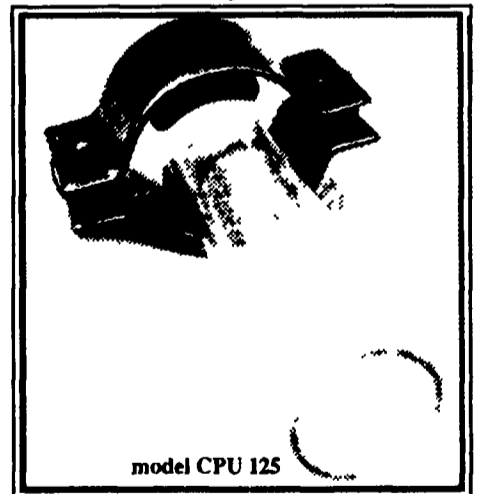
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