



# Cook's Question Corner

If you are looking for a recipe but can't find it, send your recipe request to Lou Ann Good, 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** — Bonnie Lour Koons, Harrisburg, would like a recipe for Shoo-fly Bread, that has a texture similar to pumpkin bread.

**QUESTION** — Marion Huffman, Jonestown, would like a recipe for Wm. Penn Chili for hot dogs.

**QUESTION** — S. King, Strasburg, would like a recipe for vegetable soup to can that tastes like Campbell's Beef Vegetable Soup, not the kind with alphabet noodles in it.

**QUESTION** — Evelyn Sutton, Middlebrook, Va., would like to know how to make Little Debbie Apple Delights like those made by McKee Baking Co. of Tenn.

**QUESTION** — Mabel Hammond, Chambersburg, would like a recipe for dancing snowballs. Please, make sure the ingredients cause the mothballs to bounce as some are ineffective because the mothballs' ingredients have been changed in recent years.

**QUESTION** — Cindy Eshleman of Jonestown would like a recipe for Orange Pastel Pudding like that made at Shady Maple.

**QUESTION** — Mrs. Harold Kuchler, Coatesville, would like a recipe for Farina or Cream of Wheat.

**QUESTION** — Audrey Minns, Geneva, NY, would like a recipe for canning whole milk since she has no room in her freezer.

**QUESTION** — D. Matie, Eden, NY, would like a recipe for peanut butter pie, which they tasted in Warren, Pa.

**QUESTION** — Bill Stock, Plymouth, would like a recipe for breakfast sausage and a recipe for smoked Kielbasi.

**QUESTION** — Melva McElwain, White Hall, Md., would like a recipe for potato stuffing like that served at Miller's Restaurant in Lancaster.

**QUESTION** — Joan RosRos, Shavertown, writes that she has a wonderful and easy chocolate icing that she uses for eclairs. However, it calls for a raw egg. Now that it is considered risky to eat raw eggs, she asks if there is a substitute for using it.

**QUESTION** — Jill Alleman, Lititz, would like some easy and tasty recipes for making stews and baked beans using dried beans such as Maine Yellow Eyes, Jacob's Cattle, and Soldier Dry Beans.

**QUESTION** — Helen Delaney, Centre Hall, would like recipes using dried tomatoes.

**QUESTION** — Grace Ikeler, Bloomsburg, would like recipes for Kosher Dill Pickles and for Bread and Butter Pickles.

**QUESTION** — Marie George, Churchville, is looking for a donut recipe that includes applesauce and baking soda instead of yeast.

**QUESTION** — A reader would like a recipe for egg rolls.

**QUESTION** — Connie Frame, Glenmoore, would like a recipe for a Kentucky Derby Pie.

**QUESTION** — Hattie Deihl, Mifflinburg, would like a recipe for funnel cakes.

**QUESTION** — Mrs. Margaret Kihler, Woodstock, Vir., would like a recipe for hominy.

**QUESTION** — Cheryl Lawrence, Lititz, requests a recipe for pumpkin whoopie pies that are moist and spicy.

**ANSWER** — Because of a grandson's allergy, Mrs. J.Z. Lauver wanted recipes using rice, oat, rye, potato flakes and other substitutes for wheat flour. Thanks to Laurie Donaldson and to another reader for sending a recipe and suggesting the following cookbooks, which they believe are excellent sources for recipes. "The Gluten-Free Gourmet," Henry Holt & Co., NY, Ener-G Foods, Inc. 5960 1st Ave., S. P.O. Box 84487, Seattle, Washington 98124-5787 (1-800-331-5222) will send upon request a list of food products available by mail for

# 'A' Is For Apple

(Continued from Page B6)

## SPICY APPLE UPSIDE-DOWN CAKE

2 tablespoons butter  
1/2 cup brown sugar

2 cups peeled, sliced apples  
2 tablespoons chopped walnuts  
Cinnamon  
1/2 cup butter  
1/2 cup sugar

folks with special diet needs, ranging from various gluten-free flours to baking mixes to noodles and macaroni products, to prepared breads, cookies, soups, etc. Also, request Rodale Cookbook by Nancy Albright, Rodale Press, Emmaus, PA 18049-1973.

## Banana-Nut Bread

Preheat oven to 350 degrees.

1 tablespoon dry yeast  
3 tablespoons lukewarm water  
1/2 cup oil  
1/2 cup honey  
1/2 teaspoon salt  
1/4 teaspoon nutmeg  
1/2 teaspoon vanilla  
3/4 cup chopped almonds or walnuts  
2 eggs  
1 1/4 cup ripe mashed bananas  
1/2 cup potato flakes  
1/2 cup oat flour  
1/2 cup soy flour  
1/2 cup rye flour

Dissolve yeast in water — set aside. Combine oil, honey, and eggs in a bowl. Beat until well blended. Add mashed bananas and mix thoroughly. Sift together potato, oat, soy, and rye flour and salt. Stir into banana mixture. Add nutmeg, vanilla, and nuts. Blend in yeast mixture. Pour batter into well-oiled 9x5x3-inch loaf pan and allow to set in a warm place for 20 minutes. Bake in oven for 75 minutes. Remove and cool and invert pan onto wire rack.

**ANSWER** — Fay Detter, Mechanicsburg, wanted a recipe for Pap Pudding or Custard made with flour, not cornstarch. Thanks to Rhoda Conover, Gettysburg, for sending a recipe.

## Cream Pie Pap Pudding

1 1/2 cups milk  
1/4 cup sugar  
1/4 teaspoon salt  
3 tablespoons flour  
1 egg yolk  
1 tablespoon butter  
1/2 teaspoon vanilla  
1 baked pie shell, optional  
Scald 1 cup milk over boiling water or in microwave. Mix together sugar, salt, flour, and remaining milk. Stir into hot milk and cook slowly until thickened, stirring constantly. Cover and cook over boiling water for 5 minutes. Add mixture slowly to egg yolk and cook 1 minute longer. Add butter and vanilla. Cool. Cover with whipped cream or meringue. Variations: Crumb shell  
Banana - 4 ripe bananas  
Chocolate — 1 ounce melted chocolate and 2 tablespoons sugar or 1 tablespoon cocoa.  
Fruit - 1 1/2 cups drained fruit.

**ANSWER** — Shirley Yeatman, Easton, Md., wanted a recipe for canning apple pie filling. Please look at the Home On The Range section found on page B6 of this issue for the recipe.

**ANSWER** — Barbara Pennington, Malvern, requested a recipe for baked sweet potatoes and apples. Thanks to Kate Wolgemuth for sending a recipe.

## Sweet Potato Apple Bake

6 medium sweet potatoes  
2 or 3 apples  
1/4 cup margarine  
1/2 cup brown sugar  
1 tablespoon flour  
1 teaspoon salt  
2 tablespoons orange juice  
Cook sweet potatoes until soft. Peel and cut in half lengthwise. Peel and slice apples. Combine remaining ingredients. Layer ingredients in casserole, making first a layer of potatoes, then apples, then half of the orange juice mixture. Repeat, topping with remaining orange juice mixture. Bake at 350 degrees for 1 hour.

1 egg  
1 1/2 cups flour  
1/2 teaspoon cloves  
1/2 teaspoon cinnamon  
1/4 teaspoon allspice  
1/4 teaspoon salt  
1/4 teaspoon baking soda  
1 teaspoon baking powder  
1/2 cup buttermilk  
Melt butter in 9-inch square pan. Sprinkle with sugar; arrange apples. Sprinkle with nuts and cinnamon; set aside. Cream butter, sugar, and eggs. Add sifted dry ingredients alternately with buttermilk. Bake at 375 degrees for 30 to 40 minutes. Invert on plate; let stand 5 minutes. Remove from pan.

Marlene Peters  
Port Trevorton

## APPLE FILLED SWEET POTATOES

6 medium sweet potatoes or yams  
1/4 cup firmly packed brown sugar  
1/2 cup butter  
Pinch nutmeg  
1/2 teaspoon grated orange peel  
1 cup peeled, cored, coarsely chopped apple  
1/4 cup chopped toasted pecans  
Pecan halves  
Heat oven to 375 degrees. Prick sweet potatoes with fork to allow steam to escape. Bake for 35 to 45 minutes or until fork tender. Cut thin, lengthwise slice from top of each sweet potato; scoop out inside, leaving a thin shell. Set shells aside.

In large mixing bowl, place sweet potatoes, sugar, margarine, nutmeg, and grated orange peel. Beat at medium speed until well mixed and no lumps remain. By hand, stir in apple and chopped pecans.

Place shells on baking sheet, fill shells with sweet potato mixture. If desired, garnish each sweet potato with pecan halves (about 4 each). Bake for 15 to 20 minutes or until heated thoroughly.

Tip: If you do not wish to fill the sweet potato shells, place sweet potato mixture in casserole dish and bake for 20 to 25 minutes or until heated thoroughly.

B.J. Light  
Lebanon

## CORRECTION

Sorry, the recipe was incomplete for the prize-winning chocolate cake recipe, which appeared in the October 3rd issue on page B27. Here is the correct version.

## CHOCOLATE CAKE

Mix together:  
1/2 cup shortening  
2 cups sugar  
2 eggs  
Sift together and add:  
2 cups flour  
1/4 cup cocoa  
2 teaspoons baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
Add dry ingredients alternately with:  
1 cup milk  
1 cup hot coffee  
Pour cake batter into layer pans. Bake 30 minutes at 350 degrees.  
Chocolate Cooked Icing:  
1 cup sugar  
3 1/2 tablespoons cornstarch  
6 tablespoons cocoa  
Pinch salt  
1 cup water  
2 tablespoons oil  
Mix water with cornstarch in saucepan. Combine cocoa and oil and add to cornstarch mixture and remaining ingredients while cooking, stirring constantly, for 10 minutes.

Jane Reppert  
Hamburg