



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. If we do not receive an answer to this request within the next two weeks, we will drop 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 — Melva McElwain, White Hall, Md., would like a recipe for potato stuffing like that served at Miller's Restaurant in Lancaster.

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

QUESTION — Ella Rissler, Port Trevorton, would like a recipe for blackberry freezer jam for diabetics.

QUESTION — Ginny Atkinson, Bridgeton, N.J., was given some large pieces of ginger root. She would like to know how to preserve them and how it can be used.

QUESTION — Helen Marks, Pottstown, would like a recipe for Bear Claws.

QUESTION — A diabetic reader requests some diabetic dessert recipes. She can not use artificial sweeteners due to the after taste so she would like recipes using natural ingredients.

QUESTION — Florence Nauman, Manheim, would like a recipe for mulled cider angel food cake.

QUESTION — Nancy Martin, Newburg, would like several varieties of fudge recipes instead of the usual chocolate or peanut varieties.

QUESTION — Jane Heckman, Effort, would like a recipe for a white cake that has sour cream in the batter. After pouring the batter in the baking pan, it is drizzled with melted chocolate chips and baked. When you eat the cake, you find swirls of thick chocolate.

QUESTION — Jane Heckman, Effort, would like a recipe for V-8 juice that really tastes like store-bought V-8 juice. She said that the recipe that appeared in the paper a few weeks ago did not taste at all like V-8 juice when she made it.

QUESTION — Eppie Eberly, Arbovale, W.V., would like a recipe for sweet gherkin pickles.

QUESTION — E. Hoover, Stevens, would like a recipe for honey mustard chicken.

QUESTION — Anne Good, Lititz, would like a recipe for sesame chicken soup.

QUESTION — Audrey Queitzsch writes that her daughter who lives in Saudi Arabia wants a soft pretzel recipe.

QUESTION — Kay Whitmore, Damascus, would like recipes for tea biscuits and chocolate peanut butter pie.

QUESTION — Georgia Bond, Gandeeville, W. Va., would like a recipe for canning strawberries with epsom salts.

QUESTION — Georgia Bond, Gandeeville, W. Va., would like a recipe for chicken pot pie, pepper cabbage, and funnel cakes like those made by the Grange at the Reading Fair.

QUESTION — Georgia Bond, Gandeeville, W. Va., would like a recipe for apple fritters.

QUESTION — Mary Ellen Spotts, Boyertown, would like a recipe for sweet potato pie.

QUESTION — Virginia Snyder, Brodbeck's, would like a recipe for caramel popcorn that is made in the oven. It tastes like Cracker Jacks.

ANSWER — Mrs. Margaret Kihler, Woodstock, Va., wanted a recipe for hominy. Thanks to Rhoda Conover, Gettysburg, for sending a recipe for preparing hominy.

Hominy

4 ears corn, shelled
Simmer shelled corn in water for approximately three hours with 2 tablespoons baking soda. Cook until shells come off. Put mixture underneath spigot and run water over the hominy until shells are off.

ANSWER — Bill Stock, Plymouth, wants a recipe for breakfast sausage and a recipe for smoked Kielbasa.

Sauerkraut and Kielbasa

1 large can sauerkraut, drained
1½ pounds Kielbasa, cut in 3 or 4 slices
2 medium onions, diced
¼ teaspoon pepper
½ pound bacon
½ teaspoon caraway seeds
2 cans (sauerkraut-size) water
Fry bacon, remove from skillet and fry onions in bacon fat. Fry until light in color. Drain and cut in small pieces.

In large pot, add sauerkraut, caraway seeds, and pepper. Add onions, bacon grease, and bacon. Fry kielbasa until brown. Add to sauerkraut. Add water, cover, and cook for about 2½ hours. Serve with mashed potatoes. Serves 4.

ANSWER — Lori Spigelmyer, McClure, wants a recipe for Chicken Parmesan, using boneless, skinless chicken breasts. Thanks to Judi Schaffer, Fogelsville, and to L. Seymore, York Springs, for sending recipes.

Chicken Capri Parmiglana

4 whole boneless chicken breasts
1 cup Ricotta cheese
8 slices mozzarella cheese
1 cup crushed tomatoes
2 tablespoons vegetable oil
¼ teaspoon salt and pepper
½ teaspoon oregano
½ to 1 teaspoon garlic powder

Blend ricotta cheese with salt, pepper, and oregano. Set aside. Rub chicken breasts with garlic powder and brown in skillet with oil for approximately 12 minutes on each side. Remove and cool. Place cooled breasts in baking dish side by side. Spoon ¼ cup ricotta cheese, ¼ cup crushed tomatoes in center of each breast. Top with two slices mozzarella cheese and cover with Ragu spaghetti sauce or marinara sauce. Bake in 350 degree preheated oven for 20 minutes. Makes 4 servings.

Chicken Parmesan

1 cup flavored bread crumbs
½ cup grated parmesan cheese
½ cup margarine, melted
2 teaspoons Dijon mustard
1 teaspoon Worcestershire sauce
½ teaspoon salt
2½ pounds chicken, cut up or boneless chicken breast

Combine crumbs and cheese in bowl. Combine butter, mustard, Worcestershire sauce, and salt; mix well. Put pieces of chicken in butter mixture then roll in crumbs.

Place chicken in shallow pan. Pour butter mixture over chicken. Bake 350 degrees for 1 hour. Baste once or twice with pan drippings.

ANSWER — Marion Huffman, Jonestown, wanted a recipe for Wm. Penn Chili for hot dogs. Thanks to Rhoda Conover, Gettysburg, who sent the following recipe. I'm not sure this is what Marion wanted. If anyone has a recipe called Wm. Penn Chili for hot dogs that is different than the following recipe, please send it.

Coney Island Sauce For Hot Dogs

¼ pound ground beef
6 ounce can tomato paste
2½ cups water
¼ cup pickle relish
1 tablespoon minced onion
1 tablespoon Worcestershire sauce
1 tablespoon prepared mustard
½ teaspoon chili powder
½ teaspoon sugar
In medium saucepan, cook meat. Crumble with fork until it loses its color. Add remaining ingredients. Simmer. Stir occasionally for 30 minutes. Pour sauce on grilled hot dog.

ANSWER — A Bedford County reader wanted a recipe for Pumpkin Sauce. Years ago her mother-in-law made it and it was eaten like applesauce. Thanks to Doreen Schuman, Denton, Md., who writes that any pumpkin pie recipe can be used to make pumpkin sauce. Instead of pouring pumpkin pie mixture into a pie shell, pour into saucepan and cook mixture over medium heat, stirring constantly. Cook until mixture starts to boil. Eat warm or cold. Good over buttered pancakes.

Breads

(Continued from Page B6)

CHEESE BREAD

1 cup milk
1 tablespoon butter
¼ cup honey
1 tablespoon dry yeast
¼ cup warm water
½ teaspoon sugar or honey
1½ teaspoons salt
1 egg
4 cups white flour
2 cups sharp cheddar cheese, grated

Scald milk, stir in butter and honey; let set to cool to lukewarm.

In large bowl, dissolve yeast with water and sugar. Wait until foamy. Add milk, salt, and egg and mix together. Stir in 1½ cups flour and beat for 2 minutes or 200 hand strokes.

Stir in cheese and gradually add more flour until it can be kneaded.

Turn out on floured board, knead until smooth and elastic. Place in buttered bowl. Turn ball until greased all around. Cover and let raise to double in size. Punch down and let raise again. Butter an oval casserole dish and shape dough for dish, brush top with butter and cover, let rise again until double.

Bake 350 degrees for 40 to 45 minutes.

Take out of baking container and bake on wire rack for last 5 minutes.

B.J. Light
Lebanon

LIGHTER BANANA BREAD

3 ripe bananas
1 tablespoon lemon juice
2 cups flour
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground nutmeg
½ teaspoon ground cloves
1 egg
2 egg whites
¼ cup sugar
½ cup vegetable oil
2 tablespoons buttermilk

Spray a 9x5-inch loaf pan with vegetable cooking spray. Line bottom of the pan with wax paper and spray lightly again. Puree the bananas with lemon juice. Sift together flour, baking powder, baking soda, salt, nutmeg, and cloves.

With an electric mixer, beat together the egg, egg whites, sugar, oil, and buttermilk on medium speed. Beat in bananas. Slowly add the flour mixture, beating until blended.

Transfer the batter to the prepared pan. Bake at 350 degrees for 1 hour. Let cool in pan for 5 minutes before unmolding. Cool on rack before cutting.

Fern Schlegel
Dalmatia

DINNER ROLL

2 cups milk, scalded
1 tablespoon salt
1 cup potato flakes
2 eggs, well beaten
½ cup warm water

¼ cup sugar
½ cup shortening
1 cup cold water
2 tablespoons yeast
8½-9 cups flour

Pour scalded milk over sugar, salt, and shortening. Dissolve flakes in water. Add beaten eggs and flakes. Add yeast and about 7 cups flour with mixer. Add remaining flour by hand, knead 10 minutes (important). Let rise until double. Shape into rolls. Let rise 1 hour. Bake at 300 to 325 degrees for 25 minutes or until golden brown. Cover with wax paper while cooling.

Tammy Fox
Myerstown