



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

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

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

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

QUESTION — Alice Steere, Chepachet, RI, would like the recipe for the gravy McDonald's serves in its biscuits and gravy around the Columbus, Ohio area.

QUESTION — Sue Pardo, Jarrettsville, MD, would like a recipe similar to the Nature Valley Granola Bars.

ANSWER — Audrey Queitzsch wrote that her daughter who lives in Saudi Arabia wanted a soft pretzel recipe. Thanks to C. Reiff, Lititz; Patricia Haycock, Edinburg, Va.; and others for sending recipes.

Soft Pretzels

- 2 tablespoons yeast
- 1½ cups warm water
- ½ teaspoon salt
- 2 teaspoons brown sugar
- 4½ cups flour

Dissolve yeast in warm water; add salt and brown sugar. Stir in flour and knead 5 minutes. Roll and form into a pretzel shape.

Dip pretzels in a boiling baking soda solution of 4 tablespoons baking soda and 3 cups water. Place on a towel. Remove from towel and place on a cookie sheet and allow to rise 5 minutes. Bake 15 to 20 minutes at 350 degrees.

Yummy Soft Pretzels

- 1 package dry yeast
- 1 teaspoon salt
- 1½ teaspoons sugar
- 4 cups flour
- 1 egg beaten well
- Coarse salt

Soften yeast in 1½ cups lukewarm water in a large bowl. Add salt and sugar; mix in flour with your hands. Knead to form a soft ball of dough. Do not allow dough to rise. Cut at once into small pieces. Roll into ropes and shape into pretzels. Cover cookie sheet with foil. Dust foil well with flour and place pretzels on the sheet. Brush with egg. Sprinkle with coarse salt. Bake at 400 degrees for 15 minutes. Yields 2 to 4 dozen pretzels.

Pat writes that the secret to making soft pretzels is not to overbake them. She bakes hers under 15 minutes because she likes them really soft. But be sure the dough is done, she cautions.

ANSWER — Mary Ellen Spotts, Boyertown, wanted a recipe for sweet potato pie. Thanks to the Daniel Haycock family from Edinburg, Va., for sending a recipe. The Haycocks write that Daniel and his son Adam work the land with two teams of draft mules. They like country cooking and spending winter evenings reading *Lancaster Farming*. Pat Haycock wrote that this "olden day" pie has a subtle taste because older cooks believed that nutmeg, cinnamon and other spices should be left to the pumpkin pie people. "The older cooks sure knew what they were talkin' about," writes Pat Haycock who believes that the sweet potato pie must be made with pure vanilla to be at its best. Also, thanks to Mrs. Thomas Brooks of Bridgeton, N.J., who writes that her father raised sweet potatoes until a stroke four years ago and now her husband raises them. She sent in several of the family's favorite sweet potato recipes.

Olden Day Sweet Potato Pie

Prepare: 1 cup peeled, boiled, and mashed sweet potatoes.

Beat well: 2 eggs

Mix: with 2 cups sugar

Stir in: 1 cup evaporated milk

Add until well blended:

- Sweet potatoes
- 2 teaspoons pure vanilla extract
- 2 tablespoons butter, melted

Pour mixture into an unbaked 9-inch pie shell. Place in 400 degree oven for 10 minutes. Reduce heat to 325 degrees and bake 45 to 50 minutes or until pie tests done. Allow to fully cool before cutting.

Sweet Potato Cake

- 3 cups flour
- 2 cups sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons cinnamon
- 1 cup vegetable oil
- 1 8½-ounce can crushed pineapple
- 2 teaspoons vanilla
- 3 eggs
- 2 cups grated raw sweet potatoes
- 1 cup chopped pecans

Combine dry ingredients; add oil, pineapple and vanilla. Mix until well blended. Add eggs, one at a time, beating well after each addition. Stir in sweet potatoes and pecans. Pour into a greased and floured 10-inch tube pan. Bake at 350 degrees for 75 minutes.

Sweet Potato Bread

- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon nutmeg
- ¼ teaspoon salt
- ¼ teaspoon ginger
- ¼ teaspoon baking soda
- ¾ cup packed brown sugar
- ½ cup shortening
- 2 eggs
- 1 cup mashed sweet potatoes
- ¼ cup orange juice

Stir together flour, baking powder, salt, baking soda, and spices. In a large bowl, beat together sugars and shortening until well combined; beat in eggs. Add mashed potatoes and orange juice. Mix well: Gradually add flour mixture mixing well and place in greased loaf pan. Bake at 350 degrees for 40 minutes or until toothpick comes out clean. Cool in pan for 10 minutes. Wrap when cool and store overnight before slicing.

Sweet Potato Cookies

- 1 pound butter
- 4 eggs
- 1½ cups sugar
- 2 teaspoons vanilla

Dinner

(Continued from Page B6)

GARLIC AND HERB STUFFING FOR LAMB

- 1 boneless leg of lamb, rolled (5 to 7 pounds)
- ½ cups fresh chopped parsley
- ½ teaspoon ground thyme
- 2 tablespoons chopped shallots or green onions
- 1 large clove garlic, minced
- ¼ teaspoon powdered ginger
- 1 teaspoon salt
- ¼ teaspoon coarse ground black pepper

Mix all ingredients well. Remove netting from boned, rolled leg of lamb and unroll. Spread the ingredients evenly over the lamb. Reroll and return to netting. Roast on rack in slow oven (325°) for 20 minutes per pound for medium-rare or 30 minutes per pound for medium. (10-15 servings).

American Lamb Association

LAMB AND STUFFING DINNER CASSEROLE

- 2 tablespoons butter
- 1 clove garlic, minced
- 1 cup chopped onion
- 1 can (14 ounces) chicken broth (divided) reduced sodium
- 1 cup carrots, coarsely shredded
- ¼ cup fresh parsley, minced or 1 tablespoon parsley leaves, crumbled
- 1 (6 ounce) box stuffing mix — herb flavored

12 ounces cooked fresh American lamb, cut in cubes or 1 pound ground lamb, cooked and drained

1 (8 ounce) can tomatoes, drain and chop

Melt butter over medium heat and saute garlic and onions for one minute. Add ¼ cup of broth, carrots and parsley. Cover and cook until carrots are crisp tender, about 5 minutes. In large bowl lightly combine stuffing mix and lamb. Add vegetable mix, remaining broth, and tomatoes. Toss lightly until well mixed.

Spoon into a greased 8"x8"x2" baking dish. Cover and bake at 375° for 20 minutes or until heated through.

American Lamb Association

SWEET POTATO PIE

- 2 cups sweet potatoes
- 1¼ cups granulated sugar
- 1 teaspoon grated lemon rind
- ¼ teaspoon salt
- 1 teaspoon pumpkin spice or cinnamon

1 cup canned milk or cream.

- 3 eggs
- 1 level tablespoon flour
- 1- 9 inch unbaked pie shell
- 2 tablespoons melted butter

Beat sweet potatoes, sugar, flour, salt and spices till creamy, add eggs and beat till thick, add milk, lemon rind and butter, mix on low speed till blended. Pour into unbaked pie shell, sprinkle nutmeg lightly over top. Bake at 400° for 20 mins. Reduce heat to 350° and bake 35 min. longer until firm. Pie will set when cool, cut when cool.

Mrs. Melvin Heffner
Boyertown, Pa.

CREAMED CORN

- 5 cups corn- cut from cob-scrape milk
- 1 cup water
- 3 tablespoons butter (or butter)
- 1¼ tablespoons sugar
- 1 teaspoon salt

Combine water, butter, sugar and salt in sauce pan. Add corn, but from cob. Bring to a boil, and boil two minutes. Stir mixture as it cooks to avoid scorching. Cool and package for freezer. Enjoy!

Marion Steger
Groton, N.Y.