



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

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

**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** — 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** — Pauline Martin; address unknown, would like to have a recipe for turnip slaw.

**QUESTION** — Dee Vogelsong, address unknown, would like to know where she can purchase small (about 8 ounce) jars and lids, which will be used to sell horseradish and mustards.

**QUESTION** — J. Waring Stinchcomb, Suitland, Md., would like a recipe for condensed milk.

**QUESTION** — Brian Coleman, 49 Finnigan Ave., Apt. 1-17, Saddle Brook, N.J. 07662, would like to know the address for Wilbur Chocolate Co. and the kinds of chocolate sold there. He also wants ideas for food gifts for the holidays. Editor's note: The address for Wilbur's is 48 N. Broad St., Lititz. They sell all types of baking and ready-to-eat chocolates. Food gift ideas will be published in the December 19th issue. Please send your recipes immediately for inclusion.

**QUESTION** — Jennifer Rake, East Stroudsburg, would like to know how and when to harvest dry soybeans and how to roast them.

**QUESTION** — A Northumberland County reader would like a recipe for cinnamon flop.

**QUESTION** — Lois Matter, Millersburg, would like a recipe for Roly Poly. She said that her friend's mother made it with blackberries in a dough-like mixture, rolled in cheesecloth, and boiled. It was sliced and served with milk and sugar.

**QUESTION** — A reader would like a recipe for a blueberry dessert. It has blueberry pie filling, grape Jell-O, and crushed pineapples in it.

**QUESTION** — A reader from Mercersburg would like a recipe for sour dough.

**QUESTION** — Charles Creasy, Wrightsville, would like recipes for making turtle meat, especially turtle soup.

**QUESTION** — Lydia Riehl, Quarryville, would like to have a recipe for Turtles, a caramel and pecan candy coated with chocolate.

**ANSWER** — Kay Whitmore, Damascus, requested a recipe for chocolate peanut butter pie. Thanks to Helen Gardner, Baltimore, Md., for sending a recipe that she said is from Wilkop's White Hall Inn on Landy's Island in Beaufort, S.C. She writes that the pie is exquisite and requires almost no baking.

### Chocolate Peanut Butter Pie

- Crust:**  
 1 1/4 cups chocolate wafer cookie crumbs  
 3 tablespoons sugar  
 5 tablespoons unsalted butter, melted
- Filling:**  
 8 ounces cream cheese, softened  
 1 cup creamy peanut butter  
 1 cup sugar  
 1 1/2 cups well-chilled heavy cream
- Topping:**  
 1/2 cup heavy cream  
 6 ounces semi-sweet chocolate chips
- Crust:**

In a bowl, blend together cookie crumbs, sugar, and butter, press the mixture onto the bottom and up the side of a 9-inch pie plate. Bake the crust in the middle of a preheated 350 degree oven for 10 minutes. Let the crust cool.

For filling: In a large bowl with an electric mixer, beat the cream cheese with the peanut butter until the mixture is smooth. Beat in the sugar until it is well combined.

In a chilled bowl, beat the cream until it holds stiff peaks, fold one fourth of it into the peanut butter mixture to lighten the mixture and fold in the remaining cream gently but thoroughly.

Mound the filling in the crust and chill the pie, covered, for at least 4 hours or overnight.

For topping: In a small heavy saucepan, bring the cream to a boil and remove the pan from the heat. Stir in the chocolate, stirring until the mixture is smooth and let the topping cool for 15 to 20 minutes or until it is cool to touch.

Pour the topping evenly over the pie, and chill the pie for 30 minutes or until the topping is set.

**ANSWER** — Sue Pardo, Jarrettsville, MD, wanted a recipe similar to the Nature Valley Granola Bars. Thanks to A.M. of Geneva, N.Y., for sending a recipe.

### High Protein Breakfast Bars

- 4 eggs, separated  
 1/4 cup honey  
 1/4 teaspoon salt  
 1 cup ground sunflower seeds (use blender or food processor to grind)  
 1 cup regular wheat germ  
 1 cup chopped nuts  
 1 cup shredded sweetened coconut  
 1/4 cup semisweet chocolate chips, optional

Preheat oven to 350 degrees. Grease and lightly flour 8x8x2-inch baking pan; set aside. In a bowl, beat egg whites until stiff; set aside. In another bowl, beat yolks until thick; beat in honey until mixture is thickened; mix in flour, salt, and remaining ingredients. When the mixture is uniformly moistened, fold in egg whites. Press the mixture into the baking pan and bake for 25 to 30 minutes or until slightly brown around the edges. Cut into 12 bars while still warm, then cool. Wrap and store some of the bars at room temperature and freeze the remainder; the frozen bars will defrost in 5 to 10 minutes.

**ANSWER** — Thanks to Lona Heyd, Nauvoo, who sent in several recipes for diabetics, which several readers requested.

### Jell-O Fluff

- 1 box Deserta Jell-O  
 1 envelope Deserta whipped topping  
 1 can diabetic fruit cocktail
- Make Jell-O according to directions on box. Let set. Meanwhile whip topping according to directions. With mixer on high speed, whip topping into Jell-O. Add fruit cocktail and chill several hours.
- 1 serving equals 1 fruit and 1 milk exchange.

### Diabetic Pumpkin Pie

- 2 large eggs  
 16 pitted dates  
 13-ounce can evaporated skim milk  
 16-ounce can pumpkin  
 2 teaspoons vanilla extract  
 1/2 teaspoon salt  
 1 teaspoon ground cinnamon  
 1/2 teaspoon ground nutmeg  
 1/4 teaspoon ground cloves  
 9-inch deep dish pie shell
- Put eggs and dates in blender or food processor and blend until dates are almost pureed. Add half evaporated milk and blend again. Pour mixture into bowl; stir in remaining evaporated milk, pumpkin, vanilla, salt, cinnamon, nutmeg, and cloves. Heat oven to 425 degrees. Pour mixture into pie shell. Bake 15 minutes. Turn oven down to 350 degrees and bake 25 to 30 minutes longer until a knife inserted into center comes out clean. Remove from oven and place pie pan on wire cake rack to cool for at least 2 hours.
- Makes 8 servings.  
 Per serving: 1/2 milk, 1 fruit, 1 1/2 bread, 1 fat.

# Cookie

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### FROSTY PEPPERMINT BARS

- 2 cups flour  
 3/4 cup sugar  
 1 cup butter, softened  
 1/2 cup milk  
 1 egg  
 1 teaspoon baking powder  
 1 teaspoon vanilla  
 1/2 cup crushed peppermint candy

Confectioners' sugar  
 In a large bowl, combine all ingredients except the peppermint candy and confectioners' sugar. Beat at low speed, scraping sides of bowl often, until well blended. Stir in crushed candy. Pour into buttered and floured 13x9-inch pan. Place in center of oven and bake at 375 degrees for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool completely. Sprinkle with confectioners' sugar. Cut into bars. Makes about 36 cups.

Pamela McConnell  
 Beaver-Lawrence  
 Dairy Princess

### MINCEMEAT POINSETTIAS

- 1 cup butter  
 8 ounces cream cheese  
 2 tablespoons sugar  
 2 eggs  
 1 teaspoon vanilla  
 2 cups flour  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 12 teaspoons mincemeat  
 Candied cherries, halved

Cream butter and cream cheese until light and fluffy. Beat in sugar, eggs, and vanilla. Combine flour, baking powder, and salt. Stir into creamed mixture to form a stiff dough. Cover and chill. Preheat oven to 375 degrees. Roll out half the dough to 1/4-inch thickness on floured surface. Cut into 3-inch squares. Place on buttered cookie sheets. Put 1 teaspoon of mincemeat in the center. Cut from corner toward mincemeat with a sharp knife dipped in flour. Bring every point of dough toward center. Press a candied cherry half in center. Bake 12 to 14 minutes.

Judy Stayman  
 Chambersburg

### SOFT SUGAR COOKIE

- 2 eggs  
 2 cups sugar  
 1 cup butter  
 3 1/2 cups flour  
 1 teaspoon baking soda  
 1 cup sour milk  
 1 teaspoon cream of tartar  
 1 teaspoon baking powder  
 1 teaspoon lemon flavoring
- Beat butter and sugar until creamy. Add eggs and continue mixing. Add sour milk. Add dry ingredients and mix until well blended. Add lemon flavoring. Drop by teaspoonful on greased cookie sheet. Sprinkle with sugar. Bake 8 to 10 minutes at 425 degrees. Makes 8 dozen.

Pamela McConnell  
 Beaver-Lawrence Co. Dairy Princess

### ROLLED SUGAR COOKIES

- 1/2 cup butter, softened  
 1/4 cup sugar  
 1 egg  
 1 tablespoon milk  
 1 teaspoon vanilla  
 1 teaspoon baking powder  
 2 cups flour
- Combine butter, sugar, egg, milk, and vanilla; mix thoroughly. Add flour and baking powder. Mix completely. Chill; roll 1/4-inch thick and cut with cookie cutters. Bake at 425 degrees until delicately brown, about 5 minutes.

Pamela McConnell  
 Beaver-Lawrence Co. Dairy Princess