



## 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** — Ella Rissler, Port Trevorton, would like a recipe for blackberry freezer jam for diabetics. If we do not receive the answer to this within the next two weeks, we will drop the request.

**QUESTION** — Florence Nauman, Manheim, would like a recipe for mulled cider angel food cake. If we do not receive an answer to this request, we will assume no one has the recipe and drop the request.

**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** — Ruth Edwards, Kennett Square, asks what effect epsom salts have on strawberries? Is it a natural laxative or what? Can someone answer her question. I know that several old recipes used epsom salts for making jam, and it seems to work as a thickening agent rather than a laxative, but I don't know why.

**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 on its biscuits and gravy around the Columbus, Ohio area.

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

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

**QUESTION** — Marion Steger, Groton, N.Y., would like the recipes for Aunt Effie's Hillsborough Moist Apple Nut Layer Cake with butterscotch frosting and the Turn-Of-The Century Cake.

**QUESTION** — Linda McCuean, New Galilee, writes that her 15-year-old son eats breakfast cereal like there is no tomorrow. She would like a recipe to transform plain shredded wheat cereal into the frosted variety.

**QUESTION** — Susan Howard, Mt. Pleasant Mills, would like a recipe for lemon poppy seed muffins made with sour cream such as those served by Kathryn Flint's Restaurant in Jim Thorpe.

**QUESTION** — An Elizabethtown reader would like a sand tart cookie recipe that uses sour cream and egg yolks. She said the recipe had appeared in this paper several years ago. Did anyone cut out the recipe so that they can send it in for us to reprint?

**QUESTION** — N. Martin requests a recipe for Double Chocolate Sour Cream Drop Cookies. It is a cookie made with white chocolate chips in the cookie dough and melted chips in the frosting.

**QUESTION** — Maybelle Page, Oxford, would like a recipe for Tar Heel Pie. She writes that several years ago she was travelling and saw the recipe printed on a post card. She writes, "Of course using no sense, I failed to purchase the post card and have kicked myself zillions of times since." Readers, can you come to her rescue?

**QUESTION** — Sonja Zehr, Croghan, N.Y. would like a recipe for cinnamon (hard candy coated) apples. The unpeeled apple is put on a stick and dipped in the hot syrup.

**QUESTION** — Jean A. Read from Catasauqua would like a recipe for Pumpkin Whoopie Pies.

**ANSWER** — A reader from Mercersburg wanted a recipe for sour dough. Thanks to Mary Bloodworth of Clarkesville, Ga., for sending a recipe. It's always interesting to know how our readers hear about our paper. Mary writes that she received a Christmas package from a friend in Pennsylvania who used our newspaper for packing the gift. Mary enjoyed reading the paper very much and wanted to send a recipe to Cook's Question Corner. Also, thanks to Brenda Weidenhammer, Bernville, who sent several recipes using the starter. She writes, "Even though sourdough takes some effort in getting it started and keeping it fed, it's well worth it when you taste it, especially the pancakes."

### Sourdough Starter

3½ cups unsifted strong, bread-type flour  
1 tablespoon sugar  
1 package active dry yeast  
2 cups warm water

Combine flour, sugar, and undissolved yeast in a large bowl. Gradually add warm water to dry ingredients and beat until smooth. Cover with transparent wrap; let stand in a warm place for 2 days.

To use in recipes: Measure out amount called for in recipe and use as directed.

To replenish starter: To remaining starter, add 1½ cups strong bread-type flour and 1 cup warm water. Beat until smooth. Store covered in warm place. Stir before using. If not used in one week, remove 1½ cups starter and follow directions for replenishing.

### Sourdough Softies (Cookies)

3 cups flour  
1 teaspoon salt  
½ teaspoon baking soda  
½ teaspoon baking powder  
1 cup sourdough thinned with 2 tablespoons water  
½ cup butter  
1½ cups sugar  
2 eggs  
1 teaspoon vanilla

Cream butter, sugar, eggs, and vanilla. Add dry ingredients alternately with sourdough. Drop onto greased cookie sheet and sprinkle with mixture of sugar and cinnamon. Bake at 375 degrees for 12 minutes. You may add chocolate bits.

### Sourdough Biscuits

1 cup sourdough  
1 cup flour  
¾ teaspoon baking soda  
¼ teaspoon salt  
½ cup oil

Mix well and drop by teaspoon on ungreased sheet. Bake at 350 degrees for 10 to 12 minutes or until golden brown.

### Sourdough Pancakes

1 cup sourdough  
1 cup flour  
¾ teaspoon baking soda  
¼ teaspoon salt  
½ cup oil  
1 egg  
Milk

Mix together ingredients. Add enough milk until mixture pours easily (more milk makes thinner pancakes). Fry in hot skillet with oil.

**ANSWER** — A few months ago, an anonymous reader sent several pages of tidbits about beef. Here is an excerpt you may enjoy reading. She writes: "The reason I am sending you this is a friend of mine just got married. As a young bride, she said, 'My husband said that his favorite food is T-bone steaks. Where can I get them?' I'm an oldie who has used beef in every manner. I've delivered calves fed on mother and by bottle. I was in 4-H head-heart-hand- and health club. Some of the young people coming along now buy everything in a can so please print some of the old recipes for the young brides. I have collected recipes from all over the world."

Contributor writes when you butcher, give the head to your grandpa for brain soup: Stew brains, add milk, celery, parsley, and pepper. Enjoy with crackers.

Hoof: scrub good. Cook until tender. Strain broth. Put back in kettle. Boil down until glue. May add flour if the glue is not thick enough.

Use tail for doll hair. Make ox tail soup by skinning tail and boiling for broth. Tan hide to make pocketbooks. Give intestines and glands to turkey buzzards. Some people cook them and grind into dog food.

### Beef Menu For The Week

Day 1: Pot roast  
Day 2: Stew  
Day 3: Chili  
Day 4: Sandwiches  
Day 5: Hors d' oeuvres  
Day 6: Dog food  
Day 7: Try turkey

(Turn to Page B9)

# Super Soups

(Continued from Page B6)

## CHICKEN CORN NOODLE SOUP

6 cups chicken broth  
1½ cups cooked chicken, cut up  
15-ounce can whole kernel corn  
1 teaspoon parsley flakes  
¼ teaspoon turmeric

1 package Kluski\* noodles  
Place all ingredients except noodles in a saucepan and bring to a boil. Add noodles and cook until noodles are tender.

*I use Kluski noodles because I freeze leftovers and when thawed and reheated these noodles do not become mushy and break up.*

Betty Light  
Lebanon

## DILLED POTATO SOUP

1 cup butter  
3 cups onion, finely chopped  
6 cups carrots, grated  
1 tablespoon dried dill weed  
½ cup dehydrated chicken bouillon

2 teaspoons salt  
1½ quarts water  
1½ quarts milk  
8 cups potato flakes  
1½ quarts milk  
1½ quarts milk

Dill weed, as needed  
Melt butter in a 2-gallon kettle. Saute onions and carrots in butter for 10 minutes over medium heat. Stir in dill weed.

Combine chicken bouillon, salt, water, and milk in another 2-gallon kettle. Heat to boiling, stirring occasionally. Stir in potato flakes until moistened. Whip until fluffy. Stir in carrot mixture and milk into the potatoes. Puree entire mixture. Return puree to heat, and stir in milk. Serve hot, garnished with dill weed.

Yields 30 8-ounce servings.

## THIRTY MINUTE BEEF BURGUNDY

8 ounces well-trimmed boneless sirloin steak, cut 1-inch thick  
1 clove garlic, minced  
¼ teaspoon pepper  
5 teaspoons vegetable oil, divided

1 medium onion, sliced  
2 teaspoons flour  
½ teaspoon dried thyme leaves  
½ teaspoon salt, divided  
½ cup beef broth  
½ cup plus 1 tablespoon Burgundy wine, divided

¼ pound mushrooms, quartered  
1 medium carrot, julienne cut  
1 green onion top, cut lengthwise into thin strips

2 teaspoons chopped parsley  
Cut beef top sirloin steak into ¼-inch strips; cut each strip into 1-inch pieces. Crush garlic with pepper to form paste; combine with 2 teaspoons oil and add to beef. Cover and refrigerate beef while preparing sauce. Saute onion in 2 teaspoons oil in large saucepan over medium heat 3 minutes. Sprinkle flour, thyme, and ¼ teaspoon salt over onion. Cook and stir 1 minute. Add beef broth and ½ cup wine. Cover and cook slowly 20 minutes. Heat heavy, large nonstick frying pan over medium-high heat. Stir-fry mushrooms 1 to 2 minutes in remaining 1 teaspoon oil; add to sauce. Stir-fry, 1 to 2 minutes; season with remaining ¼ teaspoon salt and add to sauce. Deglaze frying pan with 1 tablespoon wine; stir juices into stew.

Meanwhile, place julienned carrots in 1-quart microwave-safe dish; add 1 tablespoon water and microwave at high for 1 to 1½ minutes. Season with salt, if desired. Arrange carrots around beef stew; sprinkle with onion strips and parsley. Serves 2.