



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 — 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 — 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 — 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.

QUESTION — Eileen Newcomer, Mount Joy, requests a recipe for Banana Whoopie Pies.

QUESTION — Linda Modica, Asbury, N.J., would like a recipe for the thick custard filling used in the extra large eclairs sold at an Amish stand at the Meadowbrook Market in Leola.

QUESTION — William Mende, Elizabethtown, would like a recipe for Kielbasa that tastes like that sold by Hillshire Farms, and a recipe for a German Bratwurst (pork sausage) cured and cold-smoked but ready-to-eat, and made with caraway seed, pepper, and garlic. Also want a creamy, not grainy, liverwurst recipe, a mettwurst

Keep It Simple

(Continued from Page B7)

FLORENTINE BEEF PINWHEEL

1½ pounds low-fat ground beef
¾ cup fresh bread crumbs
2 egg whites, slightly beaten
1 teaspoon salt
¼ teaspoon pepper
1 package (10 ounces) frozen chopped spinach, thawed and well drained
½ cup shredded mozzarella cheese
3 tablespoons grated Parmesan

cheese

1 teaspoon dried Italian seasoning
¼ teaspoon garlic powder
2 tablespoons catsup

Combine ground beef, bread crumbs, egg whites, salt and pepper, mixing lightly but thoroughly. Combine spinach, cheeses, Italian seasoning and garlic powder. Place beef mixture on waxed paper and pat into 14x10-inch rectangle. Spread spinach mixture over beef to ¼ inch of edges on all sides. Roll up, jelly-roll fashion, starting at short end of rectangle. Press beef mixture over spinach filling at both ends. Place loaf,

recipe, and blutwurst recipe. These are German sausage recipes that William remembers from his youth of 40 years ago.

ANSWER — Charles Creasy, Wrightsville, wanted recipes for making turtle meat, especially turtle soup. Thanks to William Mende, Elizabethtown, for sending a recipe that he modified from a recipe found in the Woman's Day Encyclopedia of Cookery.

Turtle Soup

3 pounds turtle meat

Cut meat out of shell and boil in salted water. Skin and debone. Dice meat and simmer covered in broth for 30 minutes (amount of broth depends on whether you want the stew to be thick or thin). Don't stir excessively or meat will string! Add ¼ cup butter and season with salt and pepper. Combine ½ cup heavy cream or milk and 2 beaten egg yolks. If desired, you can add a dash of hot pepper sauce. Remove stew from heat and stir cream mixture in. Return to heat but don't boil. Remove from heat and stir in ½ cup sherry or Madiera. Serve.

ANSWER — Georgia Bond, Gandeeville, W. Va., wanted recipes for chicken pot pie, pepper cabbage, and funnel cakes. Thanks to Maria Musser, Rothsville, and others for sending recipes.

Chicken Pot Pie

1 large onion
7 carrots
5 potatoes
1 fryer chicken
Salt and pepper to taste

Cook chicken in salted water until tender; debone. Add chopped chicken to broth from cooked chicken. Peel and dice onion, carrots, and potatoes. Add to broth. Cook until tender. Add:

12 ounces pasta bow ties
Simmer pasta until tender. Serve hot.

Pepper Cabbage

Chop in blender and drain well:

8 stalks celery
1 green or 1 red pepper
1 head cabbage

Mix sugar and vinegar mixture. Add to cabbage, peppers, and celery. If it is too dry, mix another batch of vinegar and sugar.

"This is easy and great tasting," says Maria.

Funnel Cakes

2 eggs
1½ cups milk, beaten together
2 cups flour
1 teaspoon baking soda
½ teaspoon salt
2 to 4 cups oil in pan, heated to 365 degrees.

Mix together ingredients. Pour in funnel and hold finger underneath opening until ready to pour. Pour batter into hot oil, swirling together. Fry until golden on both sides. Remove. Drain on paper towel and sprinkle with confectioners' sugar.

ANSWER — Ella Rissler, Port Trevorton, wanted a recipe for blackberry freezer jam for diabetics. Wilma Wenger, Womelsdorf, said that it is possible to make jellies without sugar for diabetics by using Low Methoxyl Pectin and di-calcium phosphate, which are available in natural food stores. Low Methoxyl Pectin requires the sugar. This method is not difficult but the procedure is different, Wilma wrote. For more information, send a SASE to Wilma Wenger, R.D. #1, Box 110, Womelsdorf, PA 19567.

Sugarless Blackberry Freezer Jam

2 teaspoons unflavored gelatin
½ cup unsweetened grape juice
2 cups blackberries

Sprinkle unflavored gelatin over 2 tablespoons grape juice. Place remaining ingredients in a saucepan. Stir and cook for 5 minutes. Stir in the softened gelatin and cook until dissolved. Cool. Store in refrigerator or freezer.

seam side down, on rack in open roasting pan. Bake in 350°F (moderate) oven 1 hour. Spread catsup over loaf; continue baking 15 minutes. 6 servings. 227 calories, 9.8 g fat, 71 mg cholesterol per serving.

PARTY BEEF GYROS

1 pound low-fat ground beef
1 clove garlic, crushed
½ teaspoon each salt and dried oregano leaves
¼ teaspoon pepper
4 plum tomatoes, cut into thin slices
8 small pita bread loaves (4-inch diameter), cut in half crosswise and warmed

Yogurt Sauce*

Heat oven to 350°F. Combine ground beef, garlic, salt, oregano and pepper, mixing lightly but thoroughly. Divide beef mixture into 16 equal portions and form into patties 2 inches in diameter. Place patties in 15 1/2x11 3/4-inch baking pan. Bake in preheated oven 10 minutes. To serve, place a beef patty and a tomato slice in each pita half. Top with 1 tablespoon Yogurt Sauce. Yield: 16 appetizers, 77 calories, 1.8 g fat, 16 mg cholesterol per appetizer.

*YOGURT SAUCE

¾ cup plain low-fat yogurt
½ cup chopped cucumber
3 tablespoons finely chopped onion
2 teaspoons chopped parsley

Combine yogurt, cucumber, onion and parsley; mix well. Cover and refrigerate. Yield: 1 cup, 7 calories, 0.2 g fat, 0.6 mg cholesterol per tablespoon.

CHICKEN DIVAN

2 (10 ounce) packages broccoli
4-6 cups chicken breast, cut in 1-inch pieces
2 cans cream of chicken soup
½ cup mayonnaise
1 teaspoon lemon juice
1 cup grated cheese
Bread crumbs

Put broccoli in bottom of casserole. Arrange chicken on top of broccoli. Combine soup, mayonnaise and juice and pour on top of chicken. Sprinkle cheese over chicken. Top with bread crumbs. Bake 350 degrees for 35-40 minutes.

June Grove
Dillsburg

MEAT BALLS AND ZUCCHINI ITALIANO

1 pound ground beef (80 percent lean)
½ cup soft bread crumbs
¼ cup each finely chopped onion and celery
1 egg, beaten
¼ teaspoon garlic salt, divided
¼ teaspoon crushed red pepper pods

1 can (14½ ounces) Italian-style stewed tomatoes
1 cup water, divided
1 teaspoon instant beef bouillon granules
1½ teaspoons cornstarch
2 cups thinly sliced zucchini
2 cups cooked pasta

Combine ground beef, bread crumbs, onion, celery, egg, ¼ teaspoon garlic salt and red pepper, mixing lightly but thoroughly. Shape into 12 balls and brown in large heavy nonstick skillet over medium heat. Pour off drippings. Break up tomatoes. Add tomatoes, ¾ cup water, remaining ¼ teaspoon garlic salt and bouillon granules, stirring gently to combine. Bring to a boil; reduce heat to low and simmer, covered, 15 minutes. Dissolve cornstarch in ¼ cup water. Stir cornstarch mixture and zucchini into meat balls and continue cooking, covered, 5 minutes. Serve meat balls and vegetable sauce over cooked pasta. 4 servings.