

# Cook's Question

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**ANSWER** — Sonja Zehr, Croghan, N.Y. would like a recipe for cinnamon (hard candy coated) apples. Thanks to Tammie Godfrey, Felton, for sending a recipe.

### Candy Apples

- 2 cups sugar
- 1 cup Karo syrup
- ½ cup water
- ¼ cup red cinnamon candies
- 10 drops red food coloring
- 8 apples and sticks

In a 2-quart saucepan, mix sugar, Karo, and water. Boil, stirring constantly, to 250 degrees; add candies and cook to 285 degrees. Remove from stove, stir in food coloring. Twirl apples in syrup. If desired, roll in nuts or coconut.

**ANSWER** — Georgia Bond wanted a recipe for chicken pot pie. Thanks to Lois Matter, Millersburg, for sending one. For those interested, a chicken pot-pie cook-off will be held February 15, at Lancaster. For more information, call 1-800-735-2629 extension 2322 or write to the Pennsylvania Dutch Convention & Visitors Bureau, Dept. 2322, 501 Greenfield Rd., Lancaster, PA 17601.

### Chicken Pot Pie

- 2 eggs
- 4 tablespoons milk
- Flour to thicken
- Pinch salt
- 1 stewing chicken

Beat eggs, add milk, salt, and flour until stiff enough to roll. Cut in 2-inch squares. Peel and cut about 4 or 5 medium-sized potatoes into four pieces.

After boiling the chicken, remove it from the broth. Add enough water to the broth to make about 3 cups liquid.

Bring liquid to a rapid boil, lay one half of the potatoes in the bottom of the pot of boiling liquid and one layer of the dough; repeat. If more liquid is needed, add more water.

Sprinkle with parsley and onion, if desired. Cook, covered, until potatoes are soft. Stir from time to time. If desired, substitute beef or ham for the chicken.

**ANSWER** — William Mende, Elizabethtown, wanted 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 wanted a creamy, not grainy, liverwurst recipe, a mettwurst recipe, and blutwurst recipe. These are German sausage recipes that William remembers from his youth of 40 years ago. Here are some sausage, Kielbasa, and Bratwurst recipes that readers sent in. However, we did not receive recipes for liverwurst, mettwurst, and blutwurst. If you have them, please send them.

### Fresh Polish Sausage (Kielbasa)

- 5 tablespoons salt
  - 1 tablespoon sugar
  - 2 large cloves
  - Fresh garlic
  - 1 tablespoon coarse black pepper
  - 1 heaping teaspoon marjoram
  - 1 pint ice water
  - 10 pounds boneless pork butts
- Grind the pork butts through a ¼ - ⅜ /8-inch grinder plate and place in the mixer. Add the remaining ingredients and mix well until all the spices are evenly distributed. Deliver to the stuffer using 35 to 38mm hog casing. Hang on smokesticks spaced properly and let dry in cooler.

Be sure that meat has been chilled between 32 to 34 degrees before starting.

All blood clots, bones, cords, and so forth must be removed and thrown out. Do not keep sausage at room temperature any longer than necessary.

As with the grinding of meat and its size, there also are no set rules as to the type of meat that a person should use in making sausage; that includes the fresh, smoked, dry or semi-dry types. Any combination of meat can be used. The most important thing is the spices and seasonings used to give sausage its identity.

Contributor writes that there is so much to learn about sausage making and how to make it safe to eat. For that reason, she recommends buying Great Sausage Recipes and Meat Curing by Rytex Kutas. For more information on sausage making or to order the book, write to The Sausage Maker Inc., 177 Military Rd., Buffalo, NY 14207.

Betty McLaughlin  
Leola

### Homemade Pork Sausage

- 5 pounds pork butts
- 2 pounds veal
- 5 yards casing
- 2½ tablespoons salt
- 1 teaspoon pepper
- 1 clove garlic
- 2 cups cold water

Grind meat in coarse grinder and mix well with other ingredients. Wash casing thoroughly and stuff with meat mixture.

Jo Matenus  
Dallas

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# Viewers Respond To Commercials

CHICAGO, Ill. — During one 24-hour period last fall, telephones at the Minnesota Beef Council were ringing off the hook. More than 600 consumers, responding to a Minneapolis television news report, were calling to request copies of the Beef Industry Council (BIC) educational booklet, "Food Guide for the First Five Years." This TV report was no accident — the station was targeted by the BIC News Bureau as a key outlet to air positive publicity for the beef industry.

Such coverage is not limited to Minnesota — it is disseminated by key broadcast and print media outlets across the country. This strategy helps News Bureau reach 90 percent of its target audience of "convenience-oriented" and "new traditionalist" consumers.

"This program allows us to generate good news about beef and checkoff-funded programs in the consumer media," says Harlan Huffman, chairman of the Beef Public Relations subcommittee.

A major goal of News Bureau is to maintain an ongoing media relations program that delivers accurate information to health and nutrition media in 31 key cities around the country, Huffman explains. The outreach is then extended by state beef councils to other media outlets in their respective states, he adds.

News Bureau mailings have included the "Meat and Health Reference kit," the "Food Guide Pyramid Poster and Fact Sheet", releases on beef industry partnerships with leading health organizations and a sample copy of Food and Nutrition News, a nutrition newsletter published monthly by the National Livestock and Meat Board.



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