



## 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** — Mae Pugh would like a recipe for chicken rice soup like that served at Ponderosa.

**QUESTION** — Mrs. Kenneth Ulmer, Waymart, wants a recipe to can a mixture of mushrooms, onions, green peppers, and oil in pint jars.

**QUESTION** — R. Smith, Jonestown, heard about hunter green pumpkins, not squash or gourds, sold at a roadside market in Lancaster County and would like to know where to buy the seeds.

**QUESTION** — May Ozinek, Flemington, N.J., wrote that on a recent trip to Florida, she and her husband ate at Shoney's the whole way down and back. At the breakfast buffet, Shoney's serves a delicious sheet cake that is spicy and filled with raisins and chunks of apples. The cake has a crumb topping and is very moist. Does anyone have a recipe?

**QUESTION** — Gloria Freedy, Mount Joy, would like to know how to make French fried sweet potatoes. She tried making them, but they tasted soggy.

**QUESTION** — Evelyn Reinfeld, Halifax, would like recipes using buckwheat flour without yeast.

**QUESTION** — Patricia Corkell, Henderson, Md., would like a recipe for pickled garlic.

**QUESTION** — Patricia Davis, Dillsburg, would like a recipe for hard sugar cookies like those made by Archway.

**QUESTION** — Patricia Davis, Dillsburg, wants to know where to buy pasteurized egg whites.

**QUESTION** — A reader from Potter County would like a recipe for fudge made out of goat's milk.

**QUESTION** — Karen Yourga is looking for a recipe to can strawberries in a glaze that can be poured right from the jar onto a cake. She has tried several recipes that bleed and turn pink. She would like one with a dark red color in which the strawberries are not mushy.

**QUESTION** — Sue Pardo, Jarrettsville, Md., would like recipes to use in a bread machine.

**QUESTION** — Sherry Craner, Bridgeton, N.J., would like a recipe for chocolate pasta, made with wheat flour. It is used for a dessert topped with sauteed strawberries and white chocolate.

**QUESTION** — Cissy McKeon, Birdsboro, would like a recipe for hand-dipped chocolate-covered strawberries such as those sold at Kaufman's in Pittsburgh. Cissy writes that it appears as if a layer of cream is between the strawberry and the chocolate.

**QUESTION** — Lisa Kerrigan, Bath, would like a recipe for Kosher Dill pickles that taste like the Claussen pickles that are stored in the refrigerator.

**QUESTION** — Peg Koser, Lancaster, wrote that in this column she learned how to make a tea concentrate using spearmint leaves and freezing for later use. She asks if there is a similar way to make a concentrate using fresh blue grapes?

**QUESTION** — Mary Lehman, Elizabethtown, would like recipes for rhubarb and a cookbook on rhubarb. One, that I'm aware of is "Rhubarb Cooking for All Seasons." For a copy, send \$6 to Rhubarb Cookbook, Box 392, Hopkins, Minnesota 55343. It is small, but has 150 recipes in it.

**QUESTION** — L. Weaver, Ephrata, would like recipes or ideas to prepare cubed steak.

**QUESTION** — Maureen Wheeler, Kirkwood, would like a lemon pudding cake recipe. She said her mother made it before cake mixes were invented. She remembers her mother poking holes in the top of the warm cake, just removed from the oven, with a toothpick and drizzling lemon glaze over the top. When the cake cooled, the lemon glaze hardened and "was mighty tasty."

**QUESTION** — Melanie Kozlowski, Kingsby, would like a recipe for chocolate muffins, a deep, dark chocolate muffin that is very heavy and moist.

**QUESTION** — Melanie Kozlowski, Kingsby, would like a recipe for mousse such as that served at Ponderosa.

**QUESTION** — Jeanette Babson, Ottsville, would like a recipe for salt pickles, which uses rock salt and grape leaves. The original recipe was made in a barrel and the pickles were very crisp and sour.

**QUESTION** — Jessie Mayall, Mansfield, would like a good recipe for a potato bun that has frosting drizzle on top. Jessie remembers when she was little, a friend's mother always had a big plate of these on the table.

**ANSWER** — Mark Kopp, Tower City, wanted to know what happened to sauerkraut. She said today it is shredded cabbage rather than the kraut she remembers. Thanks to Fran Pierman, Stockton, N.J., and Margaret Hill, Apalachin, N.Y., for sending recipes. Fran writes that the best sauerkraut is homemade and that it is simple to do. Get a container like a crock that is big enough to hold at least 5 gallons. The cabbage must be freshly picked so when you shred it and press it, it produces lots of juice because it must stew and ferment in its own juice. Take 3 tablespoons pickling salt (not iodized salt) for every 5 pounds of shredded cabbage. Mix salt and cabbage thoroughly then press it hard with your hands a little at a time until it is covered with its own juice.

When shredding cabbage, cut out the core and throw away. Shred finely about the thickness of a dime. You can do this with a butcher knife or with a wooden cutting board, but an old time slaw cutter makes it go a lot faster. You can usually find a slaw cutter at a flea market.

After cabbage is covered with its own juice, put a weight on top to keep the cabbage covered. It needs to be covered sufficiently to keep the air from the surface. The top layer may turn brown if the air hits it. If it does turn brown, throw away the off colored part. If you need more juice, you can add salted water. Allow the kraut to ferment at room temperature until it begins making gas bubbles the next day. Fermenting takes about 2 to 6 weeks, depending on the weather. When the mixture stops bubbling, it is finished. Refrigerate or pack it into jars. Process 30 minutes in boiling water bath.

### Sauerkraut

Ratio of 3½ tablespoons pickling salt to 5 pounds shredded cabbage.

Place shredded cabbage and salt in large pan. Mix well by hand. Pack gently (do not pound) in crock using a potato masher to press down. Repeat until crock is filled within 5 inches of top. Firmly press down cabbage with potato masher to extract enough juice to cover cabbage. Cover with clean cloth. Place a plate on top and weight it down with a jar filled with water. Keep crock at 65 degrees to ferment. Check kraut daily. Remove scum as it forms. Wash and scald cloth often to keep it free from scum and mold. Fermentation will be complete in 10 to 15 days. If no bubbles rise, fermentation has ended.

**ANSWER** — Maureen Wheeler, Kirkwood, wanted a yummy recipe for baked beans that appeared in a '70s Rival Crock Pot recipe booklet. Thanks to Vivian Plasterer, Newburg; Maryann Patten, Clayton, N.J.; Janice Haas, Monocay Station; Suetta High, Reinholds; B. Davis, Coatesville; Nancy Smeal, Houtzdale; Ann Chapman, Vester, and others for sending recipes.

### New England Style Baked Beans

1½ pounds dry navy beans  
1 pound smoked ham or ham hocks OR  
½ pound cubed salt pork  
½ cup chopped onion  
½ cup packed brown sugar  
½ cup maple syrup  
1 teaspoon salt  
1 teaspoon dry mustard

Completely soften beans by simmering in three times their volume of unsalted water for 30 minutes in a saucepan. Allow to stand covered for 1½ hours or until softened; drain and reserve 1 cup liquid.

Put beans in crockpot. Add remaining ingredients along with the 1 cup reserved bean liquid; mix well. Cover and cook on low 10 to 12 hours or on high for 4 to 5 hours, stirring occasionally. Cut ham from bone and return to crockpot. If thicker beans are desired, uncover, and turn to high during last hour. Variation: stir in ¾ cup catsup and 2 tablespoons prepared mustard during last hour.

### New England Baked Beans

1½ pounds dry navy beans  
1 cup catsup  
1 cup brown sugar  
1 additional cup water  
2 teaspoons dry mustard  
2 tablespoons dark molasses  
1 tablespoon salt  
¼ pound salt pork, ground or diced

Cook dry beans in water three times their volume in a saucepan until softened. Drain and put in crock pot. Add remaining ingredients and mix well. Cover and cook on low 10 to 12 hours or on high 4 to 6 hours, stirring occasionally. Beans should be soft before adding sugar or molasses.

**ANSWER** — For the reader who requested a grits recipe, here is one from F.R. of Indiana.

### Cheese Grits Souffle

1 cup quick-cooking grits  
1 teaspoon salt  
6 tablespoons butter  
1 roll garlic cheese  
2 eggs, beaten  
¼ cup milk  
Salt and pepper, to taste  
1 cup cornflake crumbs  
2 tablespoons melted butter

Cook grits with salt and 4½ cups water in saucepan until water is absorbed. Add 6 tablespoons butter and cheese until well blended. Cool. Mix eggs and milk in a bowl. Season with salt and pepper. Add to grits and mix well. Spoon into 1½ quarts dish buttered. Top with buttered flakes. Bake covered at 350 degrees for 45 minutes.

# Oriental

(Continued from Page B7)

## ORIENTAL NOODLE FRITATTA

3-ounce Ramen Oriental noodle mix, broken into chunks

10-ounce package frozen stir-fry vegetables

6 eggs, slightly beaten

1¼ cups water, divided into 1 cup and ¼ cup

1 tablespoon cornstarch

Set aside seasoning packets. In 10-inch omelet pan or skillet with ovenproof handle, combine noodles and 1 cup water. (You can ovenproof a skillet handle by wrapping it completely with aluminum foil). Cover the noodles and bring to a boil over high heat. Reduce heat to low and simmer 2 minutes, stirring once or twice, until noodles are soft. Add vegetables; cover and cook until thawed, about 1 minute.

Meanwhile, stir together cornstarch and seasoning packets. Add remaining ¼ cup water to mixture and blend into eggs.

Uncover vegetable-noodle mixture and continue to cook, stirring over medium heat until liquid evaporates, about 1 minute. Add egg mixture, cover and reduce heat. When eggs are set, place skillet under broiler 6 inches from heat to lightly brown. Cut into wedges and serve from pan or slide onto serving platter.

## STIR-FRY CHICKEN GINGER

Cut 2 boned and split chicken breasts into bite-sized pieces or thin strips. Marinate at least 30 minutes in the following:

1 teaspoon peanut oil

1 tablespoon lite soy sauce

1 teaspoon fresh ginger, chopped or ½ teaspoon ground ginger

1 teaspoon sesame seeds

Slice or chop:

2-3 carrots, peeled, thinly sliced

½ cup mushrooms

2-3 stalks celery, sliced at an angle

1 small yellow onion, sliced

1-2 stalks broccoli, chopped

1 green pepper, sliced julienne

Snow peas

Heat wok or large fry pan. Add peanut oil. Drain chicken, reserve marinade. Brown chicken quickly and remove from pan. Keep warm in oven. Stir-fry onion, carrots, and broccoli. Add pepper and celery. Mix 1 teaspoon cornstarch with ½ cup cold water or chicken broth. Add to wok with marinade. Return chicken to wok. Add mushrooms and snow peas. Simmer until juice thickens. Serve over rice.

Sue Pardo

## HONEY-MUSTARD CHICKEN

20-ounce can pineapple slices in juice

4 boneless, skinless chicken breast halves

2 teaspoons vegetable oil

2 large cloves garlic, pressed

1 teaspoon thyme, crumbled

1 tablespoon cornstarch

¼ cup honey

¼ cup Dijon mustard

Drain pineapple, reserve juice. Sprinkle chicken with salt and pepper to taste. Rub with garlic and thyme. Brown in hot oil in non-stick skillet.

Combine 2 tablespoons reserved juice with cornstarch. Combine honey and mustard, stir into skillet with remaining pineapple juice. Spoon sauce over chicken. Cover and simmer 15 minutes. Stir cornstarch mixture into pan juices. Add pineapple. Cook, stirring until sauce boils and thickens. Serves 4.

Tammy Forbes  
Lancaster, N.H.