



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

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

QUESTION — Eleanor Hertzog, King of Prussia, would like a recipe for 7-grain bread using sesame seeds, caraway seeds, and it looks like rye bread.

QUESTION — Geraldine Long, Elkton, Md., would like recipes for cooking October beans. Also, how should they be planted and cared for.

QUESTION — Marie George, Churchville, is looking for a recipe for peach or apple long cake. It is made with raised dough but rolled very thin.

QUESTION — Marie George, Churchville, would like jam and jelly recipes using grape juice to replace all the sugar in the recipe.

QUESTION — Joyce Diffenderfer, Manheim, would like a recipe to make maraschino cherries from the light sweet cherries called Amish cherries.

QUESTION — Susan Rogers, Harrisburg, would like to know where she could send for a catalogue that advertises plastic 8-inch pots for plants and foil paper to wrap around the pots.

QUESTION — Mrs. Edgar Obenstine Sr., Middletown, would like to know where she can purchase liquid laundry bluing, an ingredient required to make the chemical garden recipe that appeared in this column.

QUESTION — Marilyn Baumert, Herndon, would like a recipe for thick, chewy, chocolate chip cookies such as those made by Lennon Fudge and sold at Bird-in-Hand Farmers Market.

QUESTION — Mrs. Richard Laughman, Chambersburg, would like a recipe for Best Ever Pickles. She said the recipe appeared in this column about a year ago. If you clipped the recipe, please send it.

QUESTION — Agnes Rofar would like a recipe for blueberry cake that uses 3 beaten egg whites folded into the cake batter with the blueberries.

QUESTION — A.A. Min, Geneva, N.Y., would like to know if anyone has a recipe for ready-to-use frosting such as those sold in grocery stores.

QUESTION — A.A. Min, Geneva, N.Y., would like recipes to make cake-in-a-jar other than pumpkin-flavored ones.

ANSWER — Mary Lockard, Columbia, wanted a recipe for chocolate chip cookies made with cream cheese. Thanks to Laura Wolfe, Chaptico, Md., for sending her recipe.

Chocolate Chippers

- 1 cup butter, softened
- 8-ounces cream cheese, softened
- 1 cup sugar
- 1 cup firmly packed brown sugar
- 2 large eggs
- 1½ teaspoon vanilla extract
- 2 cups all-purpose flour
- 1½ cups quick oats, uncooked
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup semi sweet chocolate mini-morsels
- 1 cup milk chocolate morsels
- 1½ cups chopped walnuts

Beat butter and cream cheese at medium speed until fluffy; gradually add sugars, beating well. Add eggs and vanilla, mixing well.

Combine flour and next 4 ingredients, gradually add to butter mixture, mixing well. Stir in chocolate morsels and walnuts; drop by rounded teaspoonfuls onto lightly greased cookie sheets. Bake at 350 degrees for 12 to 14 minutes. Cool on wire racks. Yield: 8 dozen.

ANSWER — Mrs. Norman Brown, Clementon, N.J., wanted to know where to purchase dried mushrooms in bulk. Thanks to Karen Pennebaker, East Petersburg, who writes that mushrooms may be purchased in bulk from Sam's Club stores, located in many areas. Thanks to Joy R. Mingle, Nottingham, who writes that BJ's Wholesale Club, located in Springfield, Del. Co., Pa. and in Newark, Del. sell freeze dried mushrooms.

Canning With Less Sugar

(Continued from Page B6)

ripe fruit of a good variety for freezing, package properly, freeze quickly and store at zero degrees — you can freeze fruits without sugar quite successfully. There will still be softening of texture, as there is in any freezing process.

For good results when freezing fruits without sugar you will need to pay special attention to the pre-

vention of browning and drying. Ascorbic acid and careful packaging will help.

Individual Tray Freezing

Some fruits lend themselves to dry freezing without sugar more easily than others. Strawberries, cherries and berries can simply be frozen on a tray until frozen solid, then packaged. The advantage is that you will be able to use as

much or as little from the package conveniently. Consider double bagging or packaging in a plastic liner inserted in a protective box to prevent pinholes in the plastic from handling. Fruit frozen without sugar will dehydrate faster if exposed to air.

Dry Freezing In Boxes

Freeze whole or sliced or pieces of fruit in packages after tossing with ascorbic acid mixed with water. Use 750 mg ascorbic acid mixed in ¼ cup water for each quart of peaches.

Freeze Fruit In Juice

Slice peaches into orange juice in freezer container. Crumble plastic wrap or aluminum foil and put on top of fruit to keep submerged. Juice will keep peaches from browning and add extra flavor for salads. Pears must be poached in water or syrup for 2 minutes before freezing. Use 2250 mg. ascorbic acid per quart of syrup. This improves pear texture and prevents browning.

Water Freezing Of Fruits

Cover sliced fruit with water to which you've added 3000 mg. ascorbic acid per quart of peaches, strawberries.

Low-Sugar Peach-Pineapple Spread

Yield: 5-6 Cups

4 cups drained peach pulp
2 cups drained unsweetened crushed pineapple
¼ cup bottle lemon juice

This basic recipe may be made without sugar or with as little as 2 cups. It may be sweetened with some non-nutritive sweeteners. The sweetening power of aspartame in these products may be lost within 3 to 4 weeks. The basic recipe may be made with any combination of peaches, nectarines, apricots, and plums.

Procedure For Preparing

Pulp: Thoroughly wash 4 to 6 pounds of firm, ripe peaches. Drain well. Peel and remove pits. Grind fruit flesh with a medium or coarse blade, or crush with a fork (do not use a blender). Place ground or crushed fruit in a 2-quart saucepan. Heat slowly to release juice, stirring constantly, until fruit is tender. Place cooked fruit in a jelly bag or strainer lined with four layers of cheesecloth. Allow juice to drip about 15 minutes. Save the juice for jelly or other uses. Measure 4 cups of drained fruit pulp for making spread.

Procedure For Preparing

Spread: Combine the 4 cups of pulp, pineapple, and lemon juice in a 4-quart saucepan. Add sugar if desired and mix well. Bring to a boil and boil gently for 10 to 15 minutes, stirring enough to prevent sticking. Fill hot into clean jars, leaving ¼-inch headspace. Adjust lids and process in boiling water 15 minutes for half-pints and 20 minutes for pints.

Freezer Raspberry Jam

Yield: 2-½ cups

1 Tablespoon = 5 calories

1 quart cleaned raspberries
3-4 teaspoons liquid artificial sweetener
1¼ ounce packaged powdered fruit pectin
1 teaspoon lemon juice

Crush fruit in saucepan. Stir in sweetener, fruit pectin, lemon juice (and ascorbic acid for peach jam). Bring to boil and boil for one minute. Remove from heat. Continue to stir 2 minutes, pour into freezer containers, cover, freeze. Thaw before serving. Store in refrigerator after thawing.

Jams And Jellies With Gelatin

When choosing fruits for mak-

ANSWER — Pauline Fox, Bangor, wanted a recipe for Lobster Bisque such as that served at the Nittany Lion Inn at State College. Thanks to A.A. Min, Geneva, N.Y., for sending a recipe for bisque although she isn't sure if it tastes like that served by Nittany Lion Inn.

Lobster Bisque

- ¼ cup water
- 1 pint lobster meat or imitation lobster, cut in pieces
- Milk
- 2 tablespoons butter
- 2 tablespoons flour
- 1 egg, slightly beaten
- ¼ cup heavy cream
- Dash cayenne
- Salt, to taste
- Sherry
- Parsley

Heat lobster in water but do not boil. Drain; reserve liquid. Add enough milk to liquid to make 2 cups. Melt butter, blend in flour, and add the liquid. Stir and cook until thickened. Add egg mixed with cream and seasonings. Add lobster; heat but do not boil. Serve in heated cups with a dash of sherry, put a parsley sprig on top of each serving. Makes 4 servings.

ANSWER — Estella Fink wanted a recipe for Apricot Crumb Pie. Thanks to A.A. Min, Geneva, N.Y., for sending a recipe, and to an unidentified reader who sent in a recipe and many other answers to recipe requests. Readers, please remember to print your name and address on every recipe that you submit. If you go to the work of sending in recipes, you deserve credit for it.

Apricot Crumb Pie

- 2 tablespoons quick-cooking tapioca
- ¾ cup sugar
- ¼ teaspoon salt
- 2 pounds fresh apricots, halved and pitted
- Juice of one-half lemon
- Pastry for 9-inch pie crust, unbaked
- ½ cup firmly packed light brown sugar
- ¼ cup flour
- ½ teaspoon ground cinnamon
- 3 tablespoons butter

Mix tapioca, sugar, and salt. Combine with apricots and lemon juice. Turn into 9-inch pie pan lined with pastry. Mix brown sugar, flour, and cinnamon; cut in butter to form crumbs. Sprinkle over apricots. Bake at 425 degrees for 15 minutes. Reduce to 375 degrees and bake 30 to 35 minutes longer or until apricots are tender. Makes 6-8 servings.

Apricot Crumb Pie

- 4 cups apricot
- 4 tablespoons cornstarch
- 1 cup sugar
- 1 tablespoon lemon juice
- 1 cup water

Stir together sugar and cornstarch in saucepan and gradually add water until smooth. Bring to a boil and stir just until mixture is transparent. Gently, stir apricots into saucepan. Pour into baked pie shell.

Crumb topping:

- 1 cup flour
- ½ cup brown sugar
- ½ cup butter

Combine ingredients and sprinkle crumbs on top of pie. Bake in 425 degree oven for 10 minutes or until crumbs are golden brown.

ANSWER — In answer to the request for peach recipes, here is one from Susan Weaver, Richfield.

Fresh Peach Cobbler

- ½ cup sugar
- ¼ teaspoon cinnamon
- 1 tablespoon cornstarch
- 4 cups sliced peaches
- 1 teaspoon lemon juice
- 1 cup flour
- 1 tablespoon sugar
- 1½ teaspoon baking powder
- ½ teaspoon salt
- 3 tablespoons shortening
- ½ cup milk

Heat oven to 400 degrees. Blend ½ cup sugar, cinnamon, and cornstarch in a saucepan. Stir in peaches and lemon juice. Cook, stirring constantly, until mixture boils and thickens. Boil and stir 1 minute. Pour into ungreased 2-quart casserole. Keep fruit mixture hot in oven while preparing topping. Measure flour, baking powder, sugar, and salt into bowl. Add shortening and milk. Stir until dough forms a ball. Drop dough by 6 spoonful onto hot fruit. Bake 25-30 minutes or until biscuit topping is golden brown.

(Turn to Page B9)