



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 — 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 — A Lewisburg reader would like some recipes to use in her crockpot.

QUESTION — Ruth Cantello, Somerset, N.J., would like recipes for food gifts that are suitable for mailing.

QUESTION — Dottie Kemmerling, Lehigh Valley, would like to know how to dry tomatoes.

QUESTION — Recipes are needed for chicken, turkey, and eggs to celebrate National Chicken Month and Poultry Month. Louise Graybeal, Renick, W.Va., writes that she has about 25 fryers ready for the freezer so she's glad these recipes will be printed so she will have some new ideas on how to do chicken right! Don't disappoint her. Recipes will be printed in the Sept. 25th issue.

QUESTION — N.A.K. of Lebanon would like a recipe for individual Pineapple Upside-Down Cakes made in muffin tins.

QUESTION — Sherry Willis, West Grove, would like a recipe for Cowboy Beans.

QUESTION — Joan Young, Lititz, would like a recipe for Seafood Salad made with tiny pasta shells.

QUESTION — Karen Yourga would like a pizza sauce recipe to can. Also, she thanks Ephraim Zook and Naomi Miller for the great canned strawberry recipes that they sent in.

QUESTION — Janice Rehmyer, York, requests a recipe for a crisp coating chicken recipe, baked or fried, that's healthy. Her request crossed in the mail with chicken coating recipes printed in the Sept. 4th issue. If anyone has a different recipe, please submit it.

QUESTION — Verna Howell, Schnecksville, requests a recipe for Carrot and Raisin Sauce.

ATTENTION — Some readers request personal replies to questions or want to write directly to a reader. Sorry, but time limitations prevent us from sending individual answers. To protect the privacy of individuals, we do not print full addresses unless specifically requested by the individual. Please, do not ask us to forward mail to other readers because we are not equipped to do this. We do want to help you as much as possible, and for this reason, all questions and at least one answer (more if space permits) are printed in this column.

ANSWER — Marie George, Churchville, wanted a recipe for peach or apple long cake. Thanks to Hazel Spamer, Perry Hall, Md., who sent this recipe.

My Favorite Peach 'N Apple Cake

Dough:

- 1 cup milk, hot
- ½ cup sugar
- 1½ teaspoon salt
- 1 package dry yeast
- 2 eggs
- ¾ cup shortening
- ½ teaspoon grated lemon rind
- ½ teaspoon grated orange rind
- 4¼ cups flour
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon vanilla

Divide hot milk in half; dissolve sugar and salt in one half of the milk. Cool other half and stir in yeast. Combine the two mixtures. Beat eggs until light; add to mixture.

Melt shortening; add with fruit rinds and half the flour and spices. Beat until thoroughly blended and smooth. Add vanilla and remaining flour. Blend. Turn dough onto a lightly floured board. Knead until dough is smooth with small bubbles on surface. Place in a greased bowl, turn to coat dough all over. Cover, place in a warm place until doubled in bulk. Punch down. Let rise again.

Take a small amount of dough. Pat it as thinly as you can into prepared greased baking pans. Brush with milk. Place wedges of peach or apple as closely as possible onto dough, covering as much of the surface as possible. Dough will rise between slices as it bakes. Sprinkle with sugar and cinnamon. Bake in 350 degree oven until dough is baked and fruit is tender.

You cannot eliminate salt from a raised dough recipe as that will affect dough rising.

Rice Is Great Staple

(Continued from Page B6)

MEXICAN SKILLET RICE

¼ pound ground beef or ground pork

- 1 medium onion, chopped
- 1½ tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt

3 cups cooked brown rice
16-ounce can pinto beans, drained

2 cans (4 ounces each) diced green chiles

1 medium tomato, seeded and chopped, optional

Cook meat in large skillet over medium-high heat until brown, stirring to crumble, drain. Return meat to skillet. Add onion, chili powder, cumin, and salt; cook until onion is soft but not brown. Stir in rice, beans, and chiles; thoroughly heat. Top with tomato. Makes 6 servings.

PORK FRIED RICE

1½ tablespoons vegetable oil, divided

2 eggs, beaten

1 cup diced ham or raw pork

1 cup finely chopped fresh mushrooms

½ cup thinly sliced green onions, including tops

3 cups cooked brown rice, cooled

1 tablespoon soy sauce

In large skillet or wok, heat ½ tablespoon oil over medium heat. Add eggs and cook without stirring until set. Invert skillet over baking

sheet to remove cooked eggs; cut into 1¼ x ½ -inch strips. In same skillet, heat remaining oil over medium-high heat. Stir-fry ham, mushrooms, and green onions in oil three minutes, or until mushrooms and onions are tender. Stir in cooked rice and egg strips; sprinkle with soy sauce. Toss lightly, heat thoroughly. Makes 4 servings.

BEEF AND VEGETABLE MEDLEY

¾ pound boneless beef sirloin steak

¾ teaspoon salt

¾ teaspoon black pepper

1 tablespoon vegetable oil

1 medium red pepper, cut into strips

1 cup sliced fresh mushrooms

1 cup sliced zucchini

1 cup sliced yellow squash

½ cup sliced green onions

1 clove garlic, minced

½ teaspoon dried rosemary leaves

¾ teaspoon dried thyme leaves

3 cups hot cooked brown rice

Partially freeze steak; slice across the grain into ¼ -inch strips. Season beef with salt and pepper.

Heat oil in large skillet over medium-high heat until hot.

Brown meat quickly in oil. Add vegetables and herbs; stir-fry 3 to 4

minutes or until vegetables are tender crisp. Stir in rice; thoroughly heat. Makes 4 servings.

ANSWER — Geraldine Long, Elkton, Md., wanted recipes for cooking October beans, and information on how should they be planted and cared for. Thanks to Hazel Spamer, Perry Hall, Md., who writes that she suspects there is another name for October beans as she cannot find them listed in her seed catalogues. From the name, she believes that October beans are a dried bean similar to Great Northern beans. The bush type beans should be sowed after the last frost date. Sow seed about 2-inches apart, 1-inch deep. Grow like any string bean except let them hang on the bush until 90 percent of the leaves have fallen and the pods are dry. Pull plants up by the roots and hang in a dry place until beans have dried out. Shell, and use in any dried bean recipe that appeals to you.

ANSWER — Judy Looney, New Castle, Va., wanted a recipe for chocolate cake that has sauerkraut as an ingredient. Thanks to Ms. Demmy, Lebanon; Mrs. William Schlicher, Zionsville; and Audrey Eby, Lancaster.

Sauerkraut-Fudge Cake

½ cup shortening

1¼ cups sugar

2 eggs

Dash salt

1 teaspoon vanilla

¼ cup cocoa

2 cups flour

1 teaspoon baking powder

1 teaspoon baking soda

1 cup water

1 cup sauerkraut, rinsed

Cream shortening. Add and blend sugar, eggs, salt, and vanilla. Sift together cocoa, flour, baking powder, and baking soda. Add alternately with water to mixture. Blend well. Add sauerkraut and blend. Pour into greased and floured 9-inch square pan. Bake at 350 degrees for 45 minutes.

Sauerkraut Cake

1½ cups sugar

¾ cup butter

1 teaspoon vanilla

2½ cups flour

1 teaspoon baking powder

¼ teaspoon salt

½ cup cocoa

1 cup water

¾ cup sauerkraut, drained

1¼ cup heavy cream

3 tablespoons confectioners' sugar

2 teaspoons cocoa

1 tablespoon instant coffee

2 tablespoons rum flavoring

Cream together sugar, butter, and vanilla. Sift together dry ingredients; add water and butter mixture. Snip the kraut into small pieces and blend into mixture. Turn onto a layer or loaf pan; bake for 30 minutes at 350 degrees. Cool in pan and spread with Mocha Whipped Cream, which is made by beating cream, sugar, cocoa, coffee and rum. Beat until stiff, and spread on cake. Refrigerate until ready to eat.

GINGER CHICKEN STIR-FRY

¼ cup teriyaki sauce

¼ cup water

1 pound skinned and boned chicken breasts, cut into 1½ -inch pieces

2 tablespoons vegetable oil
1 medium onion, cut into 8 wedges

16-ounces frozen broccoli, cauliflower, carrot mixture

¼ teaspoon ground ginger

¼ cup chicken broth

1 tablespoon cornstarch

1 tablespoon water

3 cups hot cooked brown rice

In shallow baking dish, combine teriyaki sauce and water; add chicken pieces, coating well. Cover and refrigerate two hours. Drain marinade from chicken pieces. In large skillet or wok, heat oil; stir-fry chicken and onion until chicken is slightly browned. Stir in vegetables, ginger, and broth. Cover; simmer 4 to 5 minutes, or until vegetables are tender crisp. In small bowl, combine cornstarch and water until smooth. Gradually add to skillet, stirring constantly, until thickened. Serve over hot rice. Makes 6 servings.

EASY EGGPLANT PARMESAN

2 medium eggplants, peeled and sliced ½ -inch thick

2 tablespoons vegetable oil

1 clove garlic, minced

¾ cup Italian-style

breadcrumbs

¾ cup Parmesan cheese, divided

3 cups cooked rice

30-ounce jar spaghetti sauce

2 cups shredded mozzarella cheese

Cook eggplant in oil with garlic in large skillet over medium-high heat; set aside. Combine breadcrumbs with 2 tablespoons Parmesan cheese. Place eggplant slices in 13x9-inch glass casserole, overlapping slices if necessary. Sprinkle with breadcrumb mixture.

Combine rice, sauce, and remaining Parmesan cheese in large bowl; pour mixture over eggplant. Sprinkle with mozzarella cheese. Bake at 375 degrees for 20 minutes or until cheese is melted and lightly browned.

Makes 6 servings.

LEMON RICE DESSERT

3-ounce package lemon-flavored gelatin

1 cup boiling water

¾ cup cold water

1 cup cooked rice, chilled

1½ cups frozen whipped topping, thawed

¼ cup sliced almonds

¼ cup chopped maraschino cherries

1 tablespoon grated lemon peel

Dissolve gelatin in boiling water; add cold water. Place bowl in ice water and stir until gelatin is the consistency of unbeaten egg whites; stir in rice. Fold in whipped topping until smooth. Lightly fold in almonds, cherries, and lemon peel. Continue to stir gently (over ice) until thickened. Pour into dessert dishes. Cover and chill until ready to serve.

Serves 8.

