

Cook's Question

(Continued from Page B8)

ANSWER — Elizabeth Shay, Lebanon, wanted recipes that use applesauce in place of shortening in recipes. Thanks to Nancy VanCott, New Milford, and Susan Howard, Mt. Pleasant Mills, for sending recipes. A wonderful recipe brochure is available from Mott's Bake Lite. Call 1-800-225-3548. These recipes prove that you do not need to sacrifice taste to save substantial fat and calories as applesauce can be substituted for most of the oil, butter, margarine, or shortening in recipes for cake, rolls, bread, muffins, and cookies. Here are several recipes, but make sure you request the free brochure from Mott's if you need to lower your fat intake.

Oatmeal Cookies

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons vegetable shortening
- ¼ cup cinnamon apple sauce
- ½ cup granulated sugar
- ½ cup light brown sugar
- 1 egg or ¼ cup egg substitute
- 1 teaspoon vanilla extract
- 1½ cups rolled oats
- ½ cup raisins

Preheat oven to 375 degrees. Lightly spray cookie sheet with cooking spray. In large bowl, mix flour, baking powder, baking soda, and salt.

In a separate bowl, whisk together shortening, applesauce, granulated and brown sugars, egg, and vanilla until shortening breaks into pea-sized pieces.

Add flour mixture to applesauce mixture. Mix well. Fold in oats and raisins. Drop rounded teaspoonfuls onto cookie sheet two inches apart. Bake 10-12 minutes. Remove from oven and cool on cookie sheet for 5 minutes. Remove and place on cooling rack.

Pineapple Upside Down Cake

- 8-ounce can crushed pineapple, drained, juice reserved
- ½ cup brown sugar
- 6 maraschino cherries
- 1½ cups flour
- 2 tablespoons baking powder
- ¼ teaspoon salt
- ½ cup Mott's applesauce
- 1 cup granulated sugar
- 3 egg whites.

Preheat oven to 400 degrees. Spray a 8x8x2-inch square pan with cooking spray.

Drain crushed pineapple, reserving juice. Sprinkle brown sugar onto bottom of pan. Top with even layer of crushed pineapple. Slice cherries in half and arrange cut side-up in pan.

In a medium-size bowl, combine flour, baking powder, and salt. Set aside.

In a large bowl, mix applesauce, sugar, reserved pineapple juice, and egg whites. Add flour mixture and mix just to blend.

Gently pour batter onto pineapple layer in pan. Do not mix. Bake 30 to 40 minutes or until cake tester comes out clean. Remove from oven and allow to cool 10 minutes. Invert cake onto serving dish and cool completely before serving.

CrockPot

(Continued from Page B8)

SLOW COOKER BEEF STEW

- 1½ pounds beef stew cubes
- 1 medium onion, chopped
- 4 carrots, peeled and cut into bite-sized pieces
- 2 ribs celery, cut into bite-sized pieces
- 4 medium potatoes, peeled, cut into bite-sized pieces
- 28-ounce can whole tomatoes, undrained
- 10½ -ounces beef broth
- 1 tablespoon Worcestershire sauce
- 2 tablespoons parsley flakes
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons quick cooking tapioca

Brown beef cubes in 2 tablespoons oil over medium heat. Transfer to crock pot. Add remaining ingredients, stir to blend. Cover and cook at low setting for 8 hours. Makes 6 servings.

Pat Elligson
Millers, Md.

APPLE DESSERT

6 apples, pared, cored, and sliced

- 1½ cups flour
- 1 cup brown sugar
- 1½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ cup butter
- ¼ teaspoon ginger
- Vanilla ice cream
- Maraschino cherries

Line bottom of greased crock pot with apples. Mix flour, sugar, spices, and butter in a bowl; spread mixture over apples. Cook on high for 2 to 3 hours.

Serve topped with vanilla ice cream or whipped cream with a cherry on top.

B.J. Light
Lebanon

LOW-CAL MEAT LOAF

- 1 pound ground beef
 - 2 cups shredded cabbage
 - 1 medium green pepper, seeded and shredded
 - 1 teaspoon salt
 - 1 tablespoon dried onion flakes
 - ½ teaspoon caraway seed, optional
 - 1 teaspoon salt
- Thoroughly combine ingredients. Shape into round loaf. Place meat rack in crock pot. Place meat loaf on rack. Cover and cook on high setting for 3 to 4 hours. Serves 6. Recipe may be doubled for a larger crock pot.

Ruth Kalwasinski

CROCK POT

SAUERKRAUT SUPPER

Layer in crock pot: sauerkraut, sliced raw potatoes, sliced apples, sliced onions, sliced Polish sausage. Repeat until pot is as full as desired. Pour 1 can chicken broth over top. Cook on low for 8 hours or on high for 6 hours.

McAlisterville Reader

SLOW COOKER APPLE BUTTER

- 6 pounds apples
 - Sugar
 - ½ teaspoon ground cloves
 - Juice of 1 lemon
 - Water to cover half the apples
 - 2 teaspoons cinnamon
- Do not peel apples, quarter and remove seeds from apples. Place in slow cooker with water. Cook over low heat for 8 to 10 hours.

Puree fruit in blender. Add a half cup sugar per cup pureed fruit. Add remaining ingredients. Return to slow cooker. Cover and cook on low for 8 to 10 hours. Remove cover during last 30 minutes.

Seal in preheated jars and pre-heated lids.

Dark brown sugar may be substituted for granulated sugar if you prefer a darker apple butter.

Lois Matter
Millersburg

Apply To Exhibit At Gourmet Fest

EPHRATA (Lancaster Co.) — Vendors of fancy foods, kitchens, cooking equipment and cookbooks are invited to apply for exhibitor space at The Gourmet Fest, the premiere event of an annual public food expo, to be held at the ARTWORKS Expo Center, Ephrata, on Friday, Saturday and Sunday, April 8, 9 and 10, 1994. Open to the general public, the event will include celebrity chef demonstrations and book-signings, including a nationally known chef from a public television cooking program and Georges Perrier, chef and owner of the world-famous Philadelphia restaurant, Le Bec-Fin.

Exhibitors are encouraged to offer samplings and tastings of fancy foods to visitors to the event, as well as sell full-size versions of their products. Approximately 95 booths measuring 8'x10' will be filled in the two-story, 17,000-square-foot exposition area. Contact Terri Lipman, show manager, for exhibitor information at 437 N. Lombard St., Dallastown, PA 17313, or call (717) 244-8438.

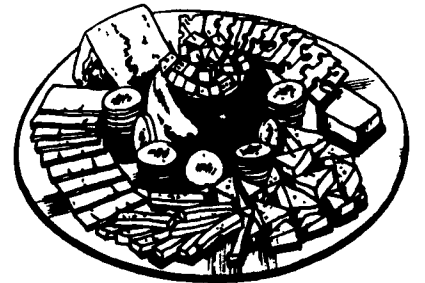
Co-sponsored by The ARTWORKS at Doneckers and Apprise magazine, a \$5 admission fee will be charged. Proceeds of an invitation-only preview party on Friday, April 8 will benefit Apprise magazine, the publication of WITF, public broadcasting radio and television stations in central Pennsylvania.

ANSWER — Ressa Owens, Blech Creek, wanted a recipe for hot peppers cooked in oil to be canned. Thanks to Kim Cro-skey, Fredonia, for sending a recipe.

Canned Hot Peppers

- 20 hot peppers, cut in strips or rings, with seeds removed
- 2 cups white vinegar
- 1½ cups water
- 1 cup oil
- ¼ cup salt
- 2 cloves garlic
- ½ teaspoon oregano

Put cut peppers in large bowl. Mix remaining ingredients and pour over peppers. Let stand 8 hours. Drain peppers and pack in pint jars. Bring the syrup to a boil and pour over peppers and seal in boiling water bath. Makes 4 pints.



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