



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 — Rose Futrell, Cape May, N.J. wants a recipe for pumpkin cheese cake that includes cognac.

QUESTION — Bette Lawrence, Honesdale, would like a recipe for pear jam or pear jelly that uses green tomatoes as an ingredient.

QUESTION — Mel Martin, Penn Yan, N.Y., wants a recipe for regular old-fashioned pretzels.

QUESTION — Pat Elligson, Millers, Md., would like a recipe for kinklings, a deep fried large raised type donut. She had some at the Frederick Co. Fair and would like the recipe.

QUESTION — Mrs. Dixie Fix, Harrisonville, would like a recipe for bananas in red syrup such as those served at the Ponderosa dessert bar.

QUESTION — Lois Martin, Waynesboro, would like a recipe for stack cake that is similar to a fruit cake without nuts.

QUESTION — Mimi Stoltzfus, Lewisburg, would like a recipe for honey-mustard pretzels such as those sold by Snyders.

QUESTION — A reader would like to know if anyone has a 4-ounce skein of 4-ply yarn in avocado or old gold colors so she can finish a project. She will pay for the phone call and yarn (717) 445-7925.

ANSWER — Carole Nace, Mifflintown, wanted a recipe for chocolate trifle. Thanks to Harriet Young, Ruenhead, N.Y., and Betty Anderson, Lothian, Md., for sending recipes.

Chocolate Trifle

Make a 2-layer chocolate cake mix according to box directions. Freeze one layer. Crumble the other layer into a clear deep bowl.

Pour ¼ to ½ cup Kahlua over cake.

Mix 2 packages instant chocolate mousse according to package directions. Pour over cake.

Crumble four Score or Heath Bars over pudding.

Top with whipped cream.

Death By Chocolate

1 box of brownie mix, prepared according to directions on box and crumbled

3 boxes chocolate Jell-O mousse prepared according to package directions

1 large container whipped topping

8 Heath Bars, crumbled

¼ cup coffee liqueur, optional

Pour liqueur over cooled and crumbled brownies. Layer in a trifle bowl or clean dish as follows: brownie mixture, mousse, candy bars, and whipped topping. Repeat until mixture is used. Chill and serve.

Contributor writes that this wonderful and pretty.

ANSWER — Louise Graybill requested low-fat recipes for sauces, vegetables, noodles, and meat. Thanks to a western New York reader for sending several recipes that she uses.

Whipped Cream Substitute

½ cup ice water

1¼ teaspoon lemon juice

½ teaspoon vanilla

½ cup nonfat dry milk powder

2 tablespoons sugar OR 3 packets sugar substitute

Combine water, lemon juice, and vanilla. Stir in dry milk powder. Beat 5 to 10 minutes or until stiff; add sweetener. If topping should separate, beat again just before serving.

Safflower Mayonnaise

1 egg

1 teaspoon red wine vinegar

2 teaspoons lemon juice

1 teaspoon Dijon mustard

½ teaspoon salt

¼ cup olive oil

1¼ cup safflower oil

Combine egg, vinegar, lemon juice, mustard, salt, and olive oil in blender; whirl. With machine running, add oil in a slow drizzle. Make 1½ cups and keeps several weeks. To make herbal mayonnaise, just before serving add ½ teaspoon of basil, dill, tarragon, or parsley. This is easy and delicious, an old-fashioned tasting mayonnaise with a creamy consistency.

Hot Potato Salad

4 medium red potatoes, thinly sliced

1 cup chopped onion

3 tablespoons olive oil

2 tablespoons flour

1 teaspoon sugar or ½ packet artificial sweetener

½ teaspoon celery seed

½ teaspoon or less salt

Pepper, to taste

¾ cup water

¾ cup cider vinegar or flavored vinegar

Steam potatoes and onion in vegetable steamer and steam for 15-20 minutes or until potatoes are tender. Set aside. Warm oil; blend in flour, sweetener, celery seed, salt, pepper, and vinegar. Bring to a boil, stirring constantly. Boil 1 minute, gently stir in potatoes and onion. Remove from heat and let stand 5 minutes before serving.

Fat-Free Gravy

2 cups homemade chicken or beef broth

3 tablespoons defatted meat juices and drippings (optional)

¼ cup flour

½ cup cold water

Salt and pepper, to taste

Bring broth and defatted meat drippings to a boil. Shake flour and water in a covered container to form a smooth paste; gradually add to boiling broth. Reduce heat; simmer 5 to 10 minutes, stirring constantly until thick. Season.

Note: For broth, don't substitute store-bought canned broth or bouillon — both are heavy in salt that people on low-fat diets usually avoid. To defat meat drippings, pour drippings into a bowl and add a few ice cubes. Chill in freezer for 5 to 10 minutes or until the fat congeals at the top and around the ice cubes. Discard fat and ice cubes.

Variations: For gravy that is particularly good with poultry, use 1 cup milk and 1 cup broth. To darken beef broth gravy, especially if you are not using meat drippings, add a drop or two of Gravy Master, A1 sauce or Worcestershire sauce to boiling broth.

ANSWER — Thanks to Bonnie Cooper for sending a sausage recipe for venison.

Venison Sausage

20 pounds venison, cubed

10 pounds fresh pork, cubed

2 teaspoons sugar

2 teaspoons ginger

½ pound fine salt or less

1 tablespoon black pepper

1 tablespoon white pepper

1 tablespoon red pepper

2 tablespoons sage

Run all the meat through a sausage grinder. Mix together thoroughly and divide into thirds. Set aside. In a medium bowl, mix all dry ingredients together and divide into thirds.

Spread one-third meat mixture onto table evenly and sprinkle one-third of the dry ingredients over meat.

Do the same to the other 2 parts. We do this in thirds because it is easier to mix. The sausage mix can now be stuffed into casings using a sausage stuffer or made into sausage patties.

ANSWER — Thanks to Mickie Schweighofer, Quakertown, for sending soup recipes.

Vegetable Soup

3 carrots, finely chopped

1 head cabbage, shredded

2 ribs celery, finely chopped

1 onion, chopped

28-ounce can tomatoes

6 cups chicken, turkey OR beef broth (defatted)

Place vegetables in a large pot with tomatoes and broth. Bring to a boil and simmer, covered, until vegetables are cooked, about 45 minutes. Season, to taste.

Yield: 2 quarts. Approximate calories per 1 cup serving is 45.

Contributor writes that this recipe is from the American Heart Association and a great recipe for weight watchers because all the ingredients are freebies.

Turkey Burger Vegetable Soup

1 pound turkey burger

32 ounces canned tomatoes

30 ounces canned tomato sauce

4 cups water

32 ounces frozen mixed or soup vegetables

1 envelope dry onion soup mix

Cook turkey burger and crumble. Drain. Put tomatoes through blender to puree slightly. Mix all ingredients and bring to a boil. Simmer about 30 to 45 minutes until vegetables are cooked.

Add your favorite spices while cooking. To serve, place a slice of cheese in the bottom of each individual soup bowl before filling with soup.

ANSWER — Samuel Musumeci, Woodstown, N.J., had a non-cooking question. He wanted to know where to purchase coal to use in an old forge. Thanks to a reader who said the coal can be purchased at coal mines in Scranton, Williamsport, and the southern section of Pennsylvania. Soft coal works best.

PASTA

(Continued from Page B6)

CHEDDAR PASTA SALAD

1 cup pasta

½ cup dairy sour cream

¼ cup mayonnaise

¼ cup sweet pickle relish, drained

¼ cup chopped green pepper

3 tablespoons vinegar

2 teaspoons prepared mustard

2 cups cheddar cheese, grated

1 pound ham, cubed

Cook pasta according to package directions; drain. Toss pasta with sour cream, mayonnaise, relish, green pepper, vinegar, and mustard. Fold in cheese and ham. Chill to blend flavors.

Cathy Gro
Mifflin Co. Dairy Princess

DAIRY PRINCESS SPECIAL PASTA

3 cups cooked pasta, any shape

¼ cup finely cubed cheddar cheese

½ cup tomato, diced

½ cup green pepper, diced

½ cup carrot, chopped

½ cup celery, chopped

½ cup onion, chopped

2 hard-boiled eggs, sliced

½ cup sharp cheddar cheese, cubed

Reserve 1 egg and ½ cup sharp cheddar cheese. Combine all other ingredients in large bowl. Stir in the following blended dressing:

1½ cups Miracle Whip

½ cup milk

¼ cup white vinegar

¼ cup sugar

1 package Italian seasoning

Garnish with reserved egg slices and sharp cheddar cheese. Chill 1 hour before serving. Yields: 8 servings.

Anna Calhoun
Indiana-Armstrong
Dairy Princess

CRAB STUFFED SHELLS

12 ounces jumbo shells, uncooked

2 6½-ounce cans lump crab meat, drained

1½ cups part-skim ricotta cheese

½ cup chopped fresh parsley

32-ounce jar spaghetti sauce

Cook jumbo shells according to package directions; drain. Combine crab meat, ricotta cheese, parsley and horseradish; blend thoroughly. Stuff each shell with about 1 tablespoon crab mixture.

Pour 1 cup sauce on bottom of 13x9-inch baking pan. Place shells, pen side down, in single layer in pan; cover with remaining sauce. Cover with aluminum foil; bake at 350 degrees for 25 minutes. Remove foil, bake 5 to 10 minutes longer or until hot and bubbly. Makes about 9 servings.

Place haddock in center of pan; simmer, covered, 15 minutes. Remove cover; flake haddock. Return to boil; boil, uncovered, 5 minutes. Meanwhile, cook fettuccini according to package directions; drain. Toss with haddock sauce and serve. Makes about 5 servings.

Place haddock in center of pan; simmer, covered, 15 minutes. Remove cover; flake haddock. Return to boil; boil, uncovered, 5 minutes. Meanwhile, cook fettuccini according to package directions; drain. Toss with haddock sauce and serve. Makes about 5 servings.

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