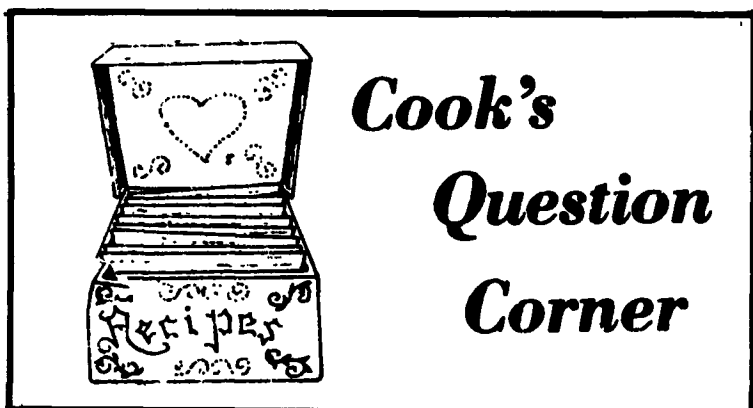


# Nutrition

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

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

**QUESTION** — Ruth Cantello, Somerset, N.J., would like a recipe for apple cider donuts like those served at Apple Cider Mills.

**QUESTION** — Gail Hunter, Smithsburg, Md., would like a recipe for Peanut Butter Melt Away Filling and any other great candy fillings.

**QUESTION** — Lloyd Decker, New Fairfield, Ct., would like a recipe for Penkelwurst, a northern Germany dish that is usually served with kale, smoked ham, and potatoes.

**QUESTION** — It seems on a regular basis, we receive requests for non-cooking questions. People write here in the hopes that a reader will know the answer. Perhaps we should start another column for these questions. Do any readers have a suggestion for a name for a non-cooking column? In the meantime, here is a question from Bill Stock, Plymouth. He would like to buy an incubator to hatch about a dozen eggs for a school project.

**QUESTION** — M. Sauder, Mohnton, asks if anyone has a recipe for the waffle cones served at ice cream stands?

**QUESTION** — Janet Beckdel, Mill Hall, would like to find ways to use lupine beans, which resemble lima beans with thicker skin.

**QUESTION** — Helen Kofran would like a recipe for Amish shredded roast beef salad.

**QUESTION** — Ada Mothes, Renick, W.Va., would like a recipe for Maryland Crab Soup with vegetables, broth, and a tomato base — not milk.

**QUESTION** — A reader from Kutztown would like a recipe to make suet cakes for the birds.

**QUESTION** — A reader from Kutztown would like recipes using self-rising flour.

**QUESTION** — Mrs. Cyril Cassner, Newburg, would like to know where to find original soda crackers.

**QUESTION** — Vicky Mitchell, Fairbanks, Alaska, would like a recipe for extra sour rye bread with caraway seeds (not the dark rye made with molasses).

**QUESTION** — Beatrice Weight, Duncannon, would like a recipe for oatmeal pie that tastes like those served at Yoder's in Mifflinburg.

**QUESTION** — Jennifer Bake, Gillett, would like a good peanut butter fudge recipe.

**ANSWER** — Brice Kinnamon Jr., Cambridge, Md., wanted a sourdough starter recipe and recipes to use it. Thanks to Mary Clark who sent a starter recipe that uses potato water and many recipes for using the starter.

### Sourdough Starter

How to start:

Prepare liquid by grating enough raw potatoes to fill a cup. Pour 4 cups boiling water over the grated potatoes and let set until lukewarm. Strain off liquid through a wire mesh strainer.

Starter:

- 4 cups flour
- ½ cup sugar
- 2 teaspoons salt
- 4 cups potato water

Sift together flour, salt, and sugar. Blend in the potato water. Keep in a warm place (89-100 degrees) for 1½ to 2 days or until a yeasty smell develops. Then store the starter in a loosely covered container in refrigerator until needed. Feed at least once a week (but not more than 3 or 4 days) to keep alive and to replace what is used.

To feed the sourdough mixture, add:

- 1 cup flour
- ¼ cup sugar
- 1 cup milk

Stir the sourdough starter, add above mixture to feed it. Stir well. Keep sourdough starter refrigerated at all times to keep it lively or it will die. If you get tired of using it, freeze it in a sealed container. It will live as long as it is frozen. To use again, thaw and feed as usual. One cupful can be given as a starter to a friend.

### GARDEN VEGGIES ITALIAN STYLE

- 1 onion, chopped
- 1 squash or eggplant, diced
- 1 tomato, diced
- 1 green pepper, chopped
- Pinch oregano or Italian seasoning
- 8-ounces tomato sauce
- ½ cup part skim mozzarella cheese, shredded

Combine vegetables in a baking dish. Sprinkle with oregano. Pour on the tomato sauce. Bake uncovered at 350 for 20 to 30 minutes. Top with cheese and bake another 4 to 5 minutes until cheese is melted. Serves 6. 65 calories per serving.

### STIR-FRIED CABBAGE

- 2-3 cups cabbage (red or green)
  - 1 medium onion, chopped
  - 1-2 tablespoons butter
  - 2 tart apples, diced
  - 1 tablespoon brown sugar
  - 4 tablespoons lemon juice
- Shred cabbage. Add 2 tablespoons lemon juice to apples to prevent browning. Melt margarine in skillet. Add shredded cabbage and chopped onion. Cook gently for 3-5 minutes over medium heat, stirring with a fork. Season with 2 tablespoons lemon juice. Cook, covered, for 10 more minutes. Add apples and sprinkle with 1 tablespoon brown sugar.

Cover and simmer until the apples and cabbage are tender.

### Sourdough Cinnamon Buns

- 1 cup sourdough
- 4 tablespoons vegetable oil
- 2 cups self-rising flour
- 1 package dry yeast

Dissolve yeast in ½ cup warm water. Put flour, sourdough, oil, and yeast water mixture in bowl. Mix well. Cover and let rise in a warm place 1 hour or longer.

Punch down. Knead dough, adding enough flour to keep from sticking. Roll out dough. Spread with soft butter. Sprinkle with brown sugar and cinnamon and corn syrup. Roll up and slice horizontally. Lay in syrup in two 8x8-inch baking pans.

Syrup for bottom of pan:

Heat together to melt butter. Pour in pans. Cut dough and lay in syrup. Bake at 375 to 400 degrees, for 15 to 20 minutes.

Turn pan upside down on a plate as soon as the buns are removed from the oven. Makes 18 buns.

### Sourdough Doughnuts

Use same recipes for sourdough cinnamon buns except roll out dough to the thickness desired and cut with a doughnut cutter. Fry in hot oil, turning to brown on both sides. Sprinkle with sugar or glaze.

### Sourdough Pancakes Or Waffles

- 1 cup sourdough
- ½ cup flour
- ½ cup milk
- 1 egg, beaten
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons baking powder

Mix flour, baking soda, salt, and baking powder. Add sourdough and milk. Add beaten egg. Heat griddle or electric skillet to 380 degrees and brown on both sides. Makes 8 to 9 pancakes.

### Sourdough Banana Bread

- ½ cup shortening
- 1 cup sugar
- 1 egg
- 1 cup mashed bananas
- 1 cup sourdough
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup chopped walnuts

Mix together all ingredients. Bake in preheated oven to 350 degrees for 1 hour and 5 minutes. Cool 5 minutes. Remove from pan. Good served warm.

### Cherry Cobbler Using Sourdough

- ¾ cup flour
- ½ cup brown sugar
- ½ cup granulated sugar
- ½ teaspoon cinnamon
- ¼ cup butter
- ½ cup chopped nuts
- ¼ cup sourdough
- 1 pound 5 ounce can cherry pie filling
- ¼ cup seedless raisins, optional

Combine flour, sugars, and cinnamon. Cut in butter. Stir in nuts and sourdough. Combine pie filling and raisins in an 8-inch round baking dish. Spoon sourdough mixture over cherry mixture. Bake at 425 degrees for 25 minutes or until lightly browned.

Good served warm with vanilla ice cream or whipped cream.

**ANSWER** — Brenda Breisch, Bloomsburg, wanted recipes for fish. Thanks to Mrs. W.H. Rinehart, Stewartsville, N.J.; a Lewisburg reader; Pamela Keefer, Spring Grove; Emma Rissler, New Enterprise; and others for sending recipes.

### CORRECTION

In the March 5 issue, the last paragraphs of three recipes were inadvertently switched. These are the corrected versions of each of these delicious recipes.

### PEANUT BUTTER PUDDING CAKE

- 1 cup peanuts, roasted, chopped, and divided
- 1 cup all-purpose flour
- ½ cup butter, softened
- ½ cup peanut butter, creamy
- 8 ounces cream cheese
- 1 cup confectioners' sugar
- 4½ ounces whipped topping
- 3-ounce package instant vanilla pudding
- 3-ounce package instant chocolate pudding
- 2¾ cups milk
- 9-ounces whipped topping
- 1 ounce sweet chocolate, grated

Layer 1: In small bowl, thoroughly mix ¾ cup peanuts, flour, and softened butter. Press into bottom of 8x12-inch baking dish. Bake for 20 minutes at 350 degrees. Cool thoroughly.

Layer 2: Cream peanut butter and cream cheese. Add sugar and mix well. Fold in 4½ -ounces frozen whipped topping. Spread over cooled layer 1.

Layer 3: Mix puddings with milk until thickened. Spread over layer 2.

Layer 4: Top with 9 ounces whipped topping. Sprinkle with chocolate and ½ cup peanuts. Chill 2 to 3 hours.

Yield: 12 servings.

### ICE CREAM PEANUT DESSERT

- 1 pound Oreo cookies, crushed
- ½ cup butter, melted
- 2 cups confectioners' sugar
- 1 large can evaporated milk
- ¾ cup chocolate chips
- ½ cup butter
- 1 teaspoon vanilla
- ½ gallon vanilla ice cream, slightly softened
- 1½ cups Spanish peanuts

Mix cookie crumbs with butter. Press into a 9x13-inch and an 8x8-inch pan. Refrigerate 1 hour.

Combine sugar, milk, chocolate chips and butter in saucepan. Blend over medium heat. Bring to a boil and boil for 8 minutes, stirring constantly. Remove from heat and stir in vanilla. Set aside to cool.

Spoon the ice cream evenly over the refrigerated cookie crumb crust. Sprinkle the peanuts over the ice cream layer. Carefully pour the cooled chocolate mixture over the peanuts. Freeze. Serve frozen.

Mary Clark Breezewood

### ONION-PEANUT CASSEROLE

- 2 pounds onion
- 3 tablespoons butter
- 3 tablespoons flour
- 1½ cups milk
- ½ teaspoon salt
- 2 teaspoons prepared mustard
- 1 teaspoon Worcestershire sauce

Boil onions in salted water until tender. Arrange in baking dish. Melt butter; stir in flour. Add milk, stir until thickened. Add salt, mustard, and Worcestershire sauce; pour over onions. Sprinkle with peanuts. Bake at 350 degree oven for 10 to 15 minutes. Four servings.

Beaver-Lawrence  
Dairy Promotion Committee

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