



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

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

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

QUESTION — Grace Ikeler, Bloomsburg, would like a recipe for stuffed shells.

QUESTION — Grace Ikeler, Bloomsburg, would like a recipe for English walnut cake.

QUESTION — Lisa Miller, New Hope, wrote that she and her grandmother found a recipe that called for died apples. She wanted to know how to do it. This sounds like a typographical error to me. It probably should read diced or perhaps dried apples. However, if anyone heard of such a thing as died apples, send the information.

QUESTION — Fay Werner, Tevoli, N.Y., would like a rice pudding recipe like one that she lost. She remembers that the sugar and beaten eggs were combined and set aside while the milk was heated and the rice cooked about 15 minutes. Then the two mixtures are combined and simmer until thickened.

QUESTION — Gerri Rottkamp, West Hempstead, N.Y., would like a recipe to can sweet and sour red cabbage.

QUESTION — Gerri Rottkamp, West Hempstead, N.Y., asks why her canned crushed tomatoes and sauce are very acid tasting this year. What did she do wrong?

QUESTION — Dorothy Golembieski, Gettysburg, would like a recipe for pineapple jam made with fresh crushed pineapple and Kiefer pears.

QUESTION — Dorothy Golembieski, Gettysburg, would like a recipe for O' Henry candy made with a fondant, rice crisp cereal, and a layer of chocolate on top.

QUESTION — Amanda Lantz, Lititz, would like a recipe for lemon shoo-fly pie.

QUESTION — M. Hart, Newton, N.J., wrote that she heard a program on TV where a Pennsylvania Dutch lady gave pie crust recipes for a hot water pie crust that used beaten egg whites and one cup boiling water. She said a Mack truck could drive over the crust and it would not hurt it. The other was a recipe for a pie crust in a pan. All the ingredients were put in the pie plate, mixed, patted into place, and baked. M. Hart missed the measurements. Do any of our readers have these recipes?

QUESTION — Julie Filler, Bethlehem, would like a recipe for Montgomery Pie. She writes that she enjoys the wide range of recipes readers submit. Because of this column, she writes, "Being a novice cook, I have begun an interesting, educational hobby."

QUESTION — Faye Detter, Mechanicsburg, requests a recipe for schmeircase cheese.

QUESTION — Evelyn Snooks would like a recipe for sweet cauliflower pickles.

QUESTION — Evelyn Snooks would like Thai recipes for sticky rice and a soybean custard to scoop on the sticky rice.

QUESTION — S. Stryker would like a good recipe for cole slaw.

QUESTION — Kathy Szarko, Landisville, purchased a pound of chestnut flour in an Italian Market about a year ago. After a diligent search through cookbooks and asking relatives, she is unable to find any recipes requesting chestnut flour. She vaguely remembers hearing a TV cooking show say that the flour is naturally sweet tasting and can be used in pastry recipes.

QUESTION — Jean Mitchell, Lewisburg, would like a recipe for milk pie.

QUESTION — Mrs. Robert Wagner, Bloomsburg, would like a recipe for bean and barley soup, the variety that is brown in color.

QUESTION — David Akins, Blairsville, would like to know where to purchase monosodium glutamate.

ANSWER — Vicky Mitchell, Fairbanks, Alaska, wanted a recipe for extra sour rye bread with caraway seeds. Thanks to Susan Weaver, Richfield, for sending a recipe.

Sour Rye Bread With Caraway Seeds

1 package dry yeast
 ¼ cup warm water
 Pinch sugar
 2 teaspoons salt
 1 cup tepid water
 2 cups active rye sourdough starter (recipe following) stirred down before measuring, at room temperature.
 3 tablespoons caraway seeds
 1 cup medium rye flour
 1 cup gluten flour
 2½ -3 cups all-purpose flour
 Cornmeal for sprinkling the baking sheet

Glaze: 1 teaspoon cornstarch cooked in ½ cup water until clear (2 to 3 minutes). Then cooled. Combine the yeast, warm water, and sugar, and let stand until foamy. Dissolve the salt in the tepid water and stir the mixture into the sourdough starter. Beat in the yeast mixture, then the caraway seeds. Beat in the rye flour, about ½ cup at a time, then beat in the gluten flour.

Spread 2 cups of the all-purpose flour in a ring on the counter and pour the dough into the center of the ring. Mix roughly with a dough scraper or pancake turner, then knead just until thoroughly mixed, adding as much of the remaining white flour as necessary to make a medium stiff dough, not too heavy.

Scrape the kneading surface, dust it with rye flour and knead thoroughly until it is smooth and elastic. Don't over-flour the board, keep the dough medium stiff, not heavy.

Place the dough in an ungreased bowl, cover with plastic and let rise until double, at least one hour.

Turn the dough into kneading surface dusted lightly with rye flour. Expel the air from it and form into 2 balls. Cover with a towel and let rest 20 minutes. Sprinkle cornmeal on a large 11x17-inch baking sheet.

Flatten each ball of dough into an oval about 12-inches long and 1-inch thick. Beginning at long edge, roll the dough up and pinch the seam closed. Make a slightly pointed oval loaf about 12-inches long and higher than it is wide. Place seam down on the cornmeal covered baking sheet. Repeat with second half of the dough, leaving ample space between the loaves.

Cover the loaves with a towel and let rise until they are almost doubled.

Preheat oven to 425 degrees and put a large shallow pan containing 2-inches of boiling water on the lowest shelf in your oven.

Brush the loaves with the cornstarch glaze. With a very sharp knife, held almost parallel to the surface, cut 3 diagonal slits ¼-inch deep in the top of each.

Bake for 15 minutes, then lower the heat to 350 degrees; remove pan of water, and bake 30 minutes longer. Brush the loaves again with the glaze. Set them directly on the oven shelves for 10-13 minutes or until there is a hollow sound when you rap on the bottom.

Cool on a rack, uncovered. Wrap in plastic and store at room temperature. The bread may be frozen.

Rye Sourdough Starter

1 package dry yeast
 3 cups tepid water
 3½ cups medium rye flour
 1 small onion, peeled and halved

Dissolve the yeast in 2 cups of the tepid water, then beat in 2 cups of the rye flour, beating until no lumps remain. Add the onion, cover loosely with a cloth, and let stand at room temperature for 24 hours.

Remove the onion. Beat in 1 cup tepid water, then 1½ cups rye flour. Cover with the cloth and let stand for 24 hours longer. The starter should now be pleasantly sour smelling and bubbly. Depending on room temperature a slightly longer of shorter time of fermentation may be needed.

To use: The starter is now ready for use and can be refrigerated for up to 24 hours before use, without further feeding. If you must hold the starter longer before use, the night before it is wanted, add ¼ cup tepid water and ¼ cup rye flour and let it stand at room temperature overnight.

When you feed left-over starter, which should be done every 2 weeks or so, add a little rye flour and water, using 3 parts of flour to 2 parts water. To build up a small amount of starter to a quantity large enough for baking, do the job in several steps, never adding a larger measure of flour than the amount of starter on hand.

Let the starter stand at room temperature overnight or up to 24 hours until it is bubbly and no longer smells floury. To increase further, add more flour and water in the same proportions and again let the starter ferment until it is bubbly enough to use. Store leftover starter in the refrigerator before bakings and feedings; and for indefinite storage, freeze it. Thaw, then feed the starter and let it ferment at room temperature until it is bubbly enough to use again.

(Turn to Page B9)

Recipes

(Continued from Page B6)

ASPARAGUS CREPES MORNAY

8 crepes (recipe follows)
 Mornay sauce (recipe follows)
 1 pound fresh asparagus, cleaned and trimmed
 6 hard-boiled eggs, chopped
 ¼ teaspoon salt
 Parsley, optional
 Prepare crepes and mornay sauce. Cook asparagus until crisp-tender, about 10 to 15 minutes. Drain. Divide asparagus spears between crepes.

Combine eggs with ½ cup mornay sauce and salt. Spoon egg mixture evenly over asparagus on each crepe. Roll up crepes and place in greased 9x13-inch pan. Pour remaining sauce over crepes. Bake at 350 degrees for 15 to 20 minutes.

Garnish with parsley. Makes 4 servings.

Crepes:

2 eggs
 ½ cup milk
 ¼ cup water
 2 tablespoons melted butter
 ¼ cup flour
 ¼ teaspoon salt
 butter, melted

Combine first 4 ingredients. Beat with mixer until well-blended. Add flour and salt. Beat until smooth.

Heat 8 to 10-inch crepe or omelet pan over medium high heat until just hot enough to sizzle a drop of water. Brush pan lightly with melted butter. Pour in just enough batter (about 2 to 3 tablespoons) to cover bottom of pan, tipping and tilting pan to move batter quickly over bottom. Cook until lightly browned on bottom and dry on top. Remove from pan. Brush pan with butter as needed to prevent sticking and repeat process.

Mornay Sauce:

3 tablespoons butter
 3 tablespoons flour
 ¼ teaspoon salt
 Dash pepper
 1½ cups milk
 ¼ cup shredded Swiss cheese
 3 tablespoons parmesan cheese
 2 tablespoons lemon juice

In medium saucepan, melt butter. Blend in flour and seasonings. Cook, stirring constantly over medium-high heat until smooth and bubbly. Stir in milk all at once. Cook and stir until mixture boils and thickens. Remove from heat. Stir in cheeses until melted. Stir in lemon juice.

Melissa Stauffer
 Lancaster Co. Poultry Queen

EASTER CHEESE OR EGG ROLL

15 eggs
 1 quart milk
 5 or 6 crushed black peppercorns
 Pinch salt
 Dash nutmeg
 Vanilla

Pour milk into saucepan and bring to boil. Beat eggs slightly and add gradually to milk. Cook over low heat for about seven minutes; add pepper in salt. Stir constantly so mixture will not scorch. Pour mixture in a linen towel. Squeeze and tie tightly. Hang and let drain for 2 hours. Cover with wet napkin and place in refrigerator until ready to eat.

Josephine Matuen
 Dallas