

Cook's Question

(Continued from Page B8)

ANSWER — Kendra Hilt, Canistota, N.Y., wanted a recipe for sopaipillas. Thanks to Doris Dibert, Everett; Kathy Keeny, Glen Rock; Rhoda Conover, Gettysburg, and others for sending recipes.

Sopaipillas Spanish Bread

- 4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons liquid shortening
- 1½ cups lukewarm water

Mix together all ingredients and rub in shortening. Add enough water and mix until dough is of right consistency and not sticky.

Cover dough in bowl with wet cloth and let set at least 30 minutes. Heat fat in deep fryer or heavy skillet to 365 degrees.

Divide dough into several balls. Roll out a ball of dough very flat, about ¼ -inch thick. Cut into 3-inch squares. Drop a square of dough into the hot fat, and immediately spoon the hot fat over the dough with a ladle, which causes it to puff up. Turn — these fry quickly, about 2 minutes per side. With a slotted spoon, lay out onto paper towel; keep warm in oven. These are best to eat when hot.

Note. Half a recipe serves 3. Leftover dough can be put in a plastic bag and kept in refrigerator for several days.

Doris writes: *My husband and I learned to love these while working among the Navajo Indians in northwestern New Mexico, where they were served in Spanish restaurants.*

They are tasty with any Spanish dishes or with chili, spaghetti or stews. Are also delicious split open with butter and jelly on the inside. Some people serve Sopaipillas (pronounced so-pe-a-pe'a) as a dessert, shaking confectioners' sugar over them.

Sopaipillas

- 1½ cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons shortening
- ¾ cup cold water

Mix together dry ingredients into bowl, cut in shortening

until particles are size of peas. Add water, mixing with fork until flour is moistened. Knead gently on lightly floured board until smooth.

Roll out about ¼ -inch thick, cut into 3-inch squares. Deep fry a few at a time, turning over 5 or 6 times so they puff up evenly. Fry until golden brown and serve with honey.

Rhoda writes that these were served at a Mexican restaurant in Denver, Col.

ANSWER — Bette Lawrence, Honesdale, wanted a recipe for pear jam or pear jelly that uses green tomatoes as an ingredient. Thanks to a reader for sending the following recipe.

Tomato-Pear Preserves

- 1 orange
- 2 lemons
- 3 pounds tomatoes, small and firm
- 2 pounds pears
- 5 cups sugar
- 2 tablespoons crystallized ginger

Squeeze orange and lemons; reserve juice. Cut citrus peel into narrow strips. Cover with water, bring to a boil, reduce heat, and simmer 15 minutes. Drain. Scald tomatoes and remove skins. Peel and core pears and slice. Combine lemon juice, peels, tomatoes, pears, and remaining ingredients. Heat to boiling. Reduce heat and simmer until desired consistency is reached, about 2 hours.

Ladle into hot sterilized jars, seal, and process 5 minutes in boiling water bath. Makes four pints.



Kutztown Festival

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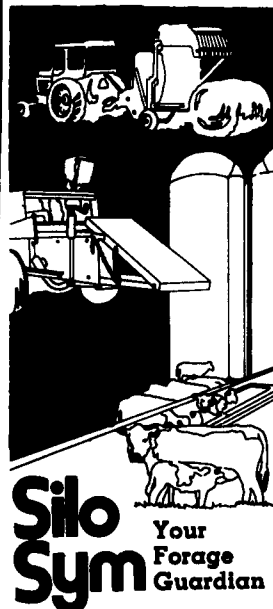
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