



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

QUESTION — Mary Martin, Annville, would like a recipe for Moravian pie.

QUESTION — A Littiz reader is having trouble with hull peas turning a dull green after freezing. They do not taste good and she asks what she did wrong.

QUESTION — Nancy Kring, Johnstown, would like a recipe for Oriental muffins, a spicy muffin with a brown sugar bottom

QUESTION — Harriet Young, Long Island, N.Y., would like a recipe for cucumber salad like that served at Bird-in-Hand Restaurant.

QUESTION — Karen Yourga, Hermitage, would like a recipe for salmon steaks. Should they be marinated?

QUESTION — J. Medaglia, Birdsboro, would like recipes for using dry meringue powder.

QUESTION — Linda Beiler would like to see recipes for yeast fruit breads such as strawberry and apple.

QUESTION — L. Weaver, Ephrata, would like a recipe for tomato sauce (similar to Hunt's) to can.

QUESTION — Rebecca Helm would like to find a recipe for soft tortilla shells made with cornmeal and whole-wheat flour.

QUESTION — A reader from Morgantown would like a recipe for spaghetti sauce that tastes like the Ragu brand.

QUESTION — R. Wenger, Dayton, Va., wants some cheese ball recipes.

QUESTION — Lavenia Campbell, Benton, is searching for a dill-pickle recipe using an open crock method. The pickles are packed into an open crock, covered with liquid, and kept in a cool place to be used one at a time as needed.

QUESTION — Robin Svec, White Hall, Md., is searching for jam and preserve recipes similar to Polaner's All Fruit, which is sweetened only with fruit juice concentrate.

QUESTION — Christine Martin, New Bethlehem, would like a recipe for vegetable pizza in which the dough can be made from scratch instead of using refrigerated crescent rolls for the base.

ANSWER — M. Sauder, Mohnton, asked if anyone had a recipe for waffle cones. Thanks to Harvey Martin, Denver, for sending a recipe.

Super Ice Cream Cones

- 2 teaspoons baking powder
- 1 1/4 cup all-purpose flour
- 1/2 cup sugar
- 1/4 cup butter, melted
- 1/4 cup milk
- 1 tablespoon vanilla extract
- 3 eggs

Preheat electric pizzelle iron as manufacturer directs. Into large bowl, measure flour, sugar, butter, milk, vanilla, baking powder, and eggs. With electric mixer at low speed, beat until well blended, occasionally scraping bowl with rubber spatula. Spoon about 1 tablespoon batter into center of each grid. Close cover and squeeze handles together to spread batter; clip handles together while pizzelles bake, about 30 seconds or until golden. With knife or metal spatula, remove one pizzelle while pizzelle is still hot, quickly roll pizzelle into a cone shape. Repeat with remaining pizzelle. Remove pizzelle to wire rack to cool. Repeat with remaining batter to make about 30 pizzelles in all. This recipe was developed using an electric pizzelle iron that makes two 5-inch pizzelles at a time.

ANSWER — Lena Stoltzfus, Ronks, wanted a recipe for Long Johns. Thanks to E. Weaver, Mohnton, for sending one.

Long Johns

- 2 packages yeast
- 2 cups lukewarm water
- 2 cups mashed potatoes
- 1 teaspoon salt
- 1 cup shortening
- 1 1/2 cups sugar
- 5 eggs, beaten
- 10 cups flour or enough until dough works like bread dough.

Let rise. Roll and cut in strips and let rise again. Bake at 350 degrees. Don't overbake. They're finished before you think. Spread frosting or glaze over them when cooled.

ANSWER — Sue and Bruce Pardo, Jarrettsville, Md., wanted recipes for low-fat ice cream and low-fat frozen yogurt to be made in an ice cream maker. Thanks to John Zimmerer, Fallston, Md., for sending recipes.

Low-Fat Frozen Yogurt

- 3/4 cup sugar
 - 2 teaspoons cornstarch
 - 12-ounce can evaporated skim milk
 - 1 egg, slightly beaten
 - 2 tablespoons cornstarch
 - 1 tablespoon vanilla
 - 1 1/2 cups non-fat yogurt
- Put ingredients into ice cream freezer and freeze in accordance with manufacturer's instructions. Makes 8 servings — 153 calories per serving, 1 gram fat, 29 mg cholesterol. Calories from fat is 5 percent.

Lo-Cal Soft Ice Cream

- 4 envelopes unflavored gelatin
 - 2 cups cold skim milk
 - 2 teaspoons vanilla
 - 1 cup sugar
 - 2 14-ounce cans sweetened condensed milk
 - 5 cups skim milk
- Soak the gelatin in the 2 cups cold milk. Scald the 5 cups milk. Add the gelatin mixture, sugar, and condensed milk to the scalded milk. Add about 4 cups skim milk, enough to half fill a 8-quart freezer. Churn. Yields 8 quarts. One cup has 120 calories and 2 1/4 grams fat.

ANSWER — Carol Spatz, Harrisburg, wanted a recipe called either pumpkin spread or pumpkin butter. Thanks to John Zimmerer, Fallston, Md., for sending a recipe.

Pumpkin Butter

- 3 1/2 cups cooked pumpkin
 - 4 1/2 cups sugar
 - 1 tablespoon pumpkin spice
 - 1 box powdered fruit pectin
- Cook pumpkin, spice, and pectin. Stir until it comes to a boil. Add sugar and bring to a full rolling boil, stirring constantly. Ladle quickly into sterilized glasses. Cover with 1/4 -inch melted parafin or put into freezer containers and freeze. Makes seven six-ounce glasses.

ANSWER — Shirley Hoover, Indiana, wanted to know why when she bakes cream pies, the pie crust gets soggy and filling turns watery. Thanks to John Zimmerer, Fallston, Md., for writing the following: When filling an unbaked crust with cream fillings, the crust must first be set. Pierce the crust all over, brush the crust with an egg white lightly beaten with a teaspoon of water. Chill crust for 30 minutes, then bake at 450 degrees for 5 minutes. Cool crust to room temperature, pour in filling and bake according to your recipe.

Never pour a hot filling into either a hot or cool pie shell. Both filling and pie shell should be cooled.

In reference to the watery filling, do not put the sugar for sweetening the cream filling into it while cooking. After removing the filling from the heat, stir in the sugar. The heated filling will melt the sugar.

ANSWER — Shirley Hoover, Indiana, wanted Jell-O salad recipes. Thanks to Janet Martin, New Holland, for sending recipes.

Lime Jell-O Salad

- 16 large marshmallows
 - 1 cup milk
 - 3-ounce package lime Jell-O
 - 6 ounces cream cheese
 - 20-ounce can crushed pineapple
 - 1 cup whipped cream
 - 1/2 cup salad dressing
- Melt marshmallows in milk on top of double boiler. Pour over Jell-O and stir until dissolved. Add pineapples and cool. Blend in whipped cream and salad dressing. Chill until firm.

Jell-O Salad

- 1 small carton cottage cheese
 - 20-ounce can pineapple, drained
 - 15-ounce can fruit cocktail, drained
 - 3-ounce package orange Jell-O or preferred flavor
 - 1 large container whipped cream topping
- Sprinkle dry Jell-O over cottage cheese. Add pineapple and cocktail. Mix together. Add whipped topping.

ANSWER — Luci Lowe wanted a coffee crumb cake recipe that appeared in the Family Circle magazine around 1935-1940. Thanks to Annette Huhn, Stroudsburg, who sent a recipe that comes from her husband's grandmother. In parentheses are the changes that Annette has used to adapt to her tastes. It makes a very good moist unsweet cake.

White Crumb Cake

- 2 1/2 cups flour
 - 1 1/2 cups sugar
 - 1/2 cup lard (butter)
 - 1 1/2 teaspoon baking powder (omit)
- Rub all ingredients together. Add the following ingredients and beat:
- 1 egg (2 eggs)
 - 1 cup thick milk made by adding 1 tablespoon vinegar and filling cup with milk
 - 1/2 teaspoon baking soda
- Save some crumbs to sprinkle on top of cake. Combine the crumb and liquid ingredients and pour into cake pan. Sprinkle with reserved crumbs. Bake at 350 degrees for 20 to 30 minutes or until done.

Memorial

(Continued from Page B6)

PICNIC POTATO SALAD WITH DIJON YOGURT DRESSING
6 servings

- 1 1/2 pounds small red potatoes
 - 1/2 cup plain lowfat yogurt
 - 3 tablespoons Dijon Vinaigrette dressing*
 - 1/2 cup coarsely chopped red onion
 - 3 tablespoons chopped parsley
- Scrub potatoes but do not peel; cut into quarters. Place potatoes in saucepan; cover with cold water. Bring to a boil. Reduce heat; cover and simmer until tender, about 20 minutes. Drain; cool slightly. Combine yogurt and Dijon vinaigrette. Pour half over potatoes, stirring gently to combine; cool 20 minutes. Gently stir in onion, parsley andn remaining yogurt mixture. Cover and chill 2 to 3 hours to allow flavors to blend.

*Regular or reduced calorie (lite) Dijon vinaigrette dressing may be used.

PASTA SALAD

- 2 cups broccoli flowerets
 - 2 cups cauliflower slices
 - 8 ounces spiral pasta
 - 1 cup sliced celery
 - 1 cup frozen peas thawed
 - 1 cup halved cherry tomatoes
 - 1 4-ounce can sliced pimento
 - 1 clove garlic, minced
 - 1 cup mayonnaise
 - 1 tablespoon wine vinegar
 - 1 teaspoon salt
 - 1/2 teaspoon sweet basil
 - Black pepper to taste
- Steam broccoli and cauliflower four minutes. Submerge in cold water to stop cooking.

Cook pasta as directed, drain, submerge in ice water to stop cooking. Drain and combine and broccoli, cauliflower, celery, peas and tomatoes.

Puree the rest of ingredients and pour over vegetable pasta mixture. Refrigerate for four hours or overnight.

PERFECT GRILLED BURGERS

- Total preparation and cooking time: 15 minutes
- 1 1/2 pounds lean ground beef
 - Salt and pepper (optional)
 - 6 hamburger buns, split
 - Shape ground beef into six 1/2 -inch thick patties.

Place patties on grid over medium coals. Grill 7 to 9 minutes or until no longer pink and juices run clear, turning once. Season with salt and pepper, if desired, after turning.

Serve grilled burgers on buns with Basil Marinated Tomatoes, Crisp & Spicy Cabbage Relish or Mango Salsa, if desired. Makes 6 servings (serving size: 1 sandwich).

Nutritional information per serving: 288 calories; 25 g protein; 11 g fat; 21 g carbohydrate; 3.3 mg iron; 268 mg sodium; 72 mg cholesterol.

ALMOND VEGETABLE SLAW
8 servings

- 1/2 cup buttermilk
 - 4 teaspoons ranch dressing mix
 - 4 cups coarsely shredded cabbage
 - 1/2 cup thinly sliced, halved cucumber
 - 1/2 cup thinly sliced celery
 - 1/2 cup coarsely chopped red bell pepper
 - 1/2 cup coarsely chopped green bell pepper
 - 1/2 cup sliced almonds, toasted
- Combine buttermilk and dressing mix; cover and chill. Combine cabbage, cucumber, celery, red and green bell peppers; cover and chill. Just before serving, add dressing and almonds to vegetables; toss lightly.