



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 — Peg Koser, Lancaster, would like a recipe for making lemonade using fresh lemons, and after squeezing the juice from the fresh fruit, putting the rind in liquid, and simmering on top of the stove?

QUESTION — Mary Haug, Stewartstown, would like a recipe for candy apples. The recipe she has results in the candy cover falling off after a few hours. Is there a remedy for this problem?

QUESTION — Lois Harbold would like a recipe for Shoofly Bread.

QUESTION — D. Newsom, Cooperstown, N.Y. lost one of her favorite cookbooks when she moved. She would like the following recipes to replace the ones lost: Queen Anne's Lace Jelly, lobster or crabmeat dip that is very delicate and has few ingredients, Black Walnut Chiffon Cake that tastes similar to Mrs. Smith's, Strawberry Shortcake with a cooked frosting, Macaroni-Fruit Salad with a cooked dressing, and Spiedie Marinade for meat.

QUESTION — Mary Jane Rummel, Linglestown, would like a recipe for potato cakes, made with mashed potatoes, flour, and eggs.

QUESTION — Mary Jane Rummel, Linglestown, would like a recipe for hot bacon dressing.

QUESTION — A Lancaster County reader would like a recipe for pepper jelly made with Karo or white corn syrup.

QUESTION — Evan Weidman, Westfield, would like recipes for making fudge in large quantities such as 5 to 20 pounds at a time.

QUESTION — G. Wismer, Plumstead, wants a recipe for canning Hungarian wax hot peppers to be canned in oil and vinegar.

QUESTION — Mrs. John Snyder Jr., Sunbury, wants a recipe for cheese-filled Jalapeno peppers.

QUESTION — D.J. Long would like recipes for canned soups such as cream of mushroom, cream of celery, cream of chicken, and tomato. She would like to can them in her pressure canner.

QUESTION — Glenna Shaner, Hughesville, would like a recipe for mint jelly made with apple juice.

QUESTION — Dixie Fix, Harrisonville, would like a recipe for bananas in red syrup like that served by Ponderosa and Shoney's breakfast and salad bars.

QUESTION — Cathy Christ, Parkesburg, would like a recipe for homemade dog biscuits.

QUESTION — J. Sensenig, Mohnton, would like to know if the stripped cushaw pumpkin can be used for both canning and baking. Also, is the inside texture fine or coarse?

QUESTION — Dorothy Everitt, Benton, would like to know how to make peppers stuffed with cabbage. Her grandmother used to make them and put them in a crock in some type of brine.

QUESTION — Do any readers have a recipe for homemade ice cream made from potatoes?

Make It With Rice

(Continued from Page B6)

VEGETABLE RICE PANCAKES

3 cups cooked brown rice
1 cup grated carrots
½ cup finely chopped onions
¼ cup snipped fresh parsley
1 clove garlic, minced
1 teaspoon salt
¼ teaspoon ground black pepper
2 eggs, beaten

¼ cup whole wheat or all-purpose flour

¼ cup vegetable oil

Combine all ingredients except oil. Form into 12 thin patties, pressing firmly with hands. In large skillet, cook patties in heated oil until brown, turning once. Serve with dairy sour cream or yogurt, if desired. Makes 6 servings.

ANSWER — Fiorine Arbogast, Millerstown, wanted recipes for green beans and for broccoli, especially casserole recipes. Thanks to Sarah Clark, Breezewood, for sending recipes.

Savory Green Beans And Rice

1½ cups cut green beans, cooked
1 pound can stewed tomatoes
¼ cup butter
1 teaspoon cornstarch
½ teaspoon seasoned salt
¼ teaspoon pepper
1 cup cooked rice
Cook beans in boiling salted water. Drain. Combine tomatoes, butter, cornstarch, salt, and pepper in medium saucepan. Cook over medium heat, stirring constantly until thickened. Add beans and rice. heat well.

Green Bean Bake

10½ -ounce can cream of mushroom soup
½ cup milk
1 teaspoon soy sauce
¼ teaspoon pepper
18-ounces cooked green beans OR broccoli, drained
1 can French fried onions
In a 1½ -quart casserole, combine soup, milk, soy sauce, and pepper. Add beans and ½ can onions. Bake in 350 degree oven for 25 minutes. Add remaining onion. Bake 5 more minutes.

Pa. Dutch Green Beans

6 slices bacon
2 medium onions, chopped
4 teaspoons cornstarch
1 teaspoon salt
½ teaspoon dry mustard
2 tablespoons brown sugar
2 tablespoons cider vinegar
1 pound fresh green beans, cut, cooked
1 cup water
Fry bacon until crisp. Drain on paper towels. Saute onions in bacon fat until golden. In small bowl, mix cornstarch, salt, mustard, sugar, and vinegar.
Add liquid from beans and beat until smooth. Add the mixture to bacon fat in pan and boil until thickened slightly. Add beans and stir well. Crush bacon on top. Heat until hot and bubbly.

Broccoli and Rice

1 cup minute rice, uncooked
10-ounces chopped frozen broccoli
½ can cream mushroom soup
½ can cream of chicken soup
½ cup butter
1 medium onion, chopped
8 ounces Velveeta cheese
Cook rice and broccoli. Brown onion in butter until clear, not brown. Mix together all ingredients. Bake at 350 degrees for 25 to 30 minutes or until hot and bubbly. O
Chicken soup may be replaced with mushroom soup. Add chopped ham to it if desired.

Broccoli Puffs

10-ounces frozen broccoli
1 can cream of mushroom soup
½ cup shredded American cheese
¼ cup mayonnaise
1 beaten egg
¼ cup dry bread crumbs
1 tablespoon melted butter
Cook broccoli with salt. Drain. Place in 10x16-inch baking dish. Stir together soup, cheese, mayonnaise, and egg. Pour over broccoli. Combine crumbs and butter. Sprinkle over top. Bake at 350 degrees for 45 minutes.

BANANA KIWI PUDDING
1½ cups cooked rice
1½ cups skim milk
1 teaspoon vanilla extract
Low-calorie sugar substitute that equals 2 tablespoons sugar
1 ripe banana
¼ cup whipping cream, whipped
2 kiwi fruit, sliced, for garnish
Cook rice and milk in 2-quart saucepan over medium heat until thick and creamy, 5 to 8 minutes, stirring frequently. Remove from heat; cool. Stir in vanilla and sugar substitute. Just before serving, mash banana; fold banana and whipped cream into pudding. Garnish with kiwi fruit slices. Makes 4 servings.

COUNTRY BREAKFAST CEREAL

1 cup uncooked brown rice
¼ teaspoon salt
2½ cups water
1 tablespoon butter
¼ cup chopped prunes or seedless raisins
1 teaspoon cinnamon
Combine all ingredients in 2 to 3-quart saucepan. Bring to a boil; stir once or twice. Reduce heat, cover, and simmer 45 to 55 minutes or until rice is tender and liquid is absorbed. Fluff with fork. Serve with milk or cream, honey or brown sugar, and fresh fruit, if desired. Makes 6 servings.

TURKEY AND RICE QUICHE

3 cups cooked rice, cooled to room temperature
1½ cups chopped cooked turkey
1 medium tomato, seeded and finely diced
¼ cup sliced green onions
¼ cup finely diced green pepper
1 tablespoon chopped fresh basil
½ teaspoon seasoned salt
¼ -½ teaspoon ground red pepper
½ cup skim milk
3 eggs, beaten
Vegetable cooking spray
½ cup shredded cheddar cheese
½ cup shredded mozzarella cheese
Combine rice, turkey, tomato, onions, green pepper, basil, salt, red pepper, milk and eggs in 13x9x2-inch pan coated with cooking spray. Top with cheeses. Bake at 375 degrees 20 minutes or until knife inserted near center comes out clean. To serve, cut quiche into 8 squares; cut each square diagonally into 2 triangles. Makes 8 servings (2 triangles each).

CHUNKY VEGETARIAN CHILI

1 medium-sized green pepper, chopped
1 medium onion, chopped
3 cloves garlic, minced
1 tablespoon vegetable oil
2 14½ -ounce cans Mexican-style tomatoes, undrained
15-ounce can kidney beans, drained and rinsed
15-ounce can pinto beans, drained and rinsed
11-ounce can whole-kernel corn, drained
2½ cups water
1 cup uncooked rice
2 tablespoons chili powder
1½ teaspoons ground cumin
Sour cream (optional)
Saute green pepper, onion and garlic in oil in 3-quart saucepan or Dutch Oven over medium-high heat 5 minutes or until tender. Add tomatoes, kidney beans, pinto beans, corn, water, rice, chili powder and cumin; stir well. Bring to a boil. Reduce heat; cover and simmer 30 minutes, stirring occasionally. To serve, top with sour cream, if desired. Makes 6 servings.

make it milk SM