



Diane Kensinger, left, and Pat Houck helped compile "Das Kochbuch." Recipes for the pumpkin bread, copper coin salad, and pecan pie are in the cookbook.

## 'Das Kochbuch' Brims With Tasty Recipes And Penryn's Heritage

LOU ANN GOOD

Lancaster Farming Staff

PENRYN (Lancaster Co.) —

One glance at the 350-page red and white cookbook confirms that its compilers value their heritage.

The St. Paul Evangelical Lutheran Church "Das Kochbuch," (The Cookbook) is not only a collection of recipes from the past and the present but also a historical account of the small village of Penryn tucked between Manheim and Lititz. Photographs recapture the days when Conestoga wagons rumbled through the unpaved streets where church and school were the center for community spirit.

Diane Kensinger, who is president of the Women of the Evangelical Lutheran Church in America (ELCA), said that this is the fourth revised printing of the cookbook. Each time, the old recipes are retained and new ones added.

The cookbook is handsomely printed on ecru high-grade paper with laminated index dividers and a spiral binding.

Pat Houck, who is listed as editor of the cookbook, said that a committee of four worked together to proof the recipes.

"People who have the first cookbook will not part with it," Pat said of the first printing edition. Here is one of those printed exactly as it appeared in the original cookbook, which was probably printed about 1940. The recipe requires some Bible knowledge. If you don't know the answers, check at the end of the recipe.

### A SPICE CAKE

1. Find out the number of sons Zebedee had with him when mending their nets and you will have the number of cups of brown sugar to use \_\_\_\_\_.

2. Take the number of camels Abraham's oldest servant took on his journey to find Rebekah for a wife for Isaac and subtract the

number of letters of an apostle to whom it was said: "Behold an Israelite in whom is no guile," and you will have the number of cups of sweet milk you are to use \_\_\_\_\_.

3. Take the number of fishes and divide the number of loaves when Jesus fed the 5,000. This will give you the exact amount of cups of flour to use \_\_\_\_\_.

4. To find the number of eggs, you take the number of days Paul stayed with Publius at Melita. They must be well beaten \_\_\_\_\_.

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6. Last but not least, find out what Herod had sworn he would give the daughter of Herodias, then take 2 cups and fill each one with the given promise and you have just the correct amount of each butter and lard.

ANSWERS: 1) 2 cups brown sugar, 2) 1 cup sweet milk, 3) 2½ cups flour, 4) 3 eggs, 5) 2 teaspoons baking powder, 6) 1 cup butter and 1 cup lard.

One of the newer categories is the Kids Korner section. Most of these recipes, submitted by children, are recipes that children can make themselves or with a little supervision, depending on their ability. It also includes recipes for magic modeling goop and play clay.

The majority of the pages are filled with old favorites such as Pecan Pie and new ones such as Dannon Muffins.

Proceeds from the cookbook support many needs both locally and faraway. One is providing "busy bags" for children to use during worship services at the church. Also purchased are the Davey and Goliath videos for the

church library. On Ingathering Sunday, ELCA donate items and money to Lutheran World Relief, an overseas relief effort. They collect items and money for layettes to be sent to Rwanda. The also help to support the shelter for abused women.

The women's committee sponsor a bimonthly Bible Study for women and schedules special speakers on such subjects as stress management, parenting skills, self-defense and even car mechanics. They have formed a parents group that organizes a weekly play group and annually sponsors CPR training, holiday babysitting services, and fun activities.

For a copy of the cookbook, send a check for \$16.48 to WELCA, 1258 Newport Rd., Box 125, Penryn, PA 17564. For more information, call (717) 665-6093.

Here are recipes of the dishes pictured.

### PUMPKIN BREAD I

¾ cups flour  
3 cups granulated sugar  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
1 teaspoon salt  
4 eggs  
1 cup vegetable oil  
¾ cup water  
2 cups cooked and mashed pumpkin

1 cup nuts  
Put together all ingredients except nuts and beat 3 minutes at medium speed. Fold in nuts. Bake in greased and floured loaf pans or in 4 one-pound coffee cans at 350 degrees for 70 minutes.

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