



Cook's Question Corner

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ANSWER — Mrs. Lewis Kofron, Claymont, Del., wanted a recipe for Philadelphia sticky buns. Thanks to Alta Martin, Denver, and Wilma Epler, Middletown, for sending recipes.

Royal Philadelphia Cinnamon Buns

1 cup sugar
 4½ cups flour
 1 teaspoon salt
 8 teaspoons baking powder
 4 teaspoons cinnamon
 4 tablespoons shortening
 2 eggs
 1 cup water
 8 tablespoons raisins
 Sift 4 tablespoons sugar with flour, salt, and baking powder. Rub shortening in lightly. Add beaten eggs to water and add slowly to dry ingredients to make a soft dough. Roll ¼ -inch thick on floured board. Brush with melted butter, sprinkle with sugar, cinnamon, and raisins. Roll as for jelly roll.

Cream 6 tablespoons butter with 1 tablespoon brown sugar and spread on bottom and sides of iron baking pan or skillet. Cut dough in 2-inch pieces, place with cut edge up in 425 degree oven about 25 minutes. Remove from pan, turning upside down to serve.

Philadelphia Cinnamon Buns

1 package yeast
 ¼ cup warm water
 1¼ cups scalded milk
 1 teaspoon salt
 1 tablespoon sugar
 5 cups sifted flour
 ½ cup shortening
 ¾ cup sugar
 2 eggs
 Brown sugar
 Softened butter
 Raisins
 Cinnamon
 Pecans
 Corn syrup

Dissolve yeast in water. Prepare pans. Use three 9-inch round or square cake pans. Butter them lavishly, pour in your favorite syrup ¼ -inch deep. Sprinkle a few pecans over it. Add salt and 1 tablespoon sugar to milk and scald. Let cool to lukewarm. Stir in yeast and gradually beat in 2 cups of the flour. Beat it hard and set aside until bubbly. Meanwhile, beat shortening, ¾ cup sugar, and eggs until light. Beat the shortening mixture into yeast mixture, 1 tablespoon at a time. Then add remaining 3 cups flour. Let stand until doubled. Divide in thirds. Roll into a rectangle ¼ -inch thick. Spread with butter, sprinkle with brown sugar and raisins. Trail syrup over it. Beginning at the long end, roll like a jelly roll. Cut into ¾ -inch wide pieces and place (cut side up) barely touching in prepared pans. Cover and let raise until doubled. Bake at 350 degrees for 35 or 40 minutes or until browned. Let cool 5 minutes or so and turn upside down on a plate larger than the pan. Let set a minute and remove pan.

Wilma Epler writes: I've made these for bake sales and they go fast. I got this recipe many years ago from my aunt who was a guidance counselor in Philadelphia. The recipe seems long but is fun to make and very good. Enjoy!

ANSWER — A reader wanted a recipe for raised cakes that her grandmother made years ago. Thanks to Gertrude Haas, Lenhartsville, for sending the sweet cakes recipe.

Sweet Cakes

2 cups granulated sugar
 3 eggs
 1 cup cooked mashed potatoes
 1 cup potato water
 1 cup milk, heated to lukewarm
 1 cup butter
 1 teaspoon salt
 1 package dry yeast dissolved in ¼ cup warm water
 Combine sugar, potatoes, potato water, butter, and salt; cool to lukewarm. Add eggs and dissolved yeast and mix until all ingredients are combined, then add about 6-8 cups flour to make a sponge (stirring well). Let rise in cool place for 6-8 hours overnight. Note: dough will be bubbly. After sponge has set, add 6-8 more cups flour, mixing well after each addition, make a stiff dough and knead until smooth. Let rise in a warm place until nearly doubled and punch down and let rest for 10 minutes.

Shape in round loaves about 6-inches and place in small greased pie pans and let rise until nearly doubled, then brush with melted butter and place either the crumbs or topping on top.

Crumbs:

½ cup soft butter
 1¼ cup flour
 ½ cup granulated sugar
 Combine and place on top of the raised cakes and bake at 350 degrees for 20 to 30 minutes.

Sugar-Butter Mixture:

¾ cup flour
 ¼ cup sugar
 ¼ cup butter
 Water to make the above ingredients stick together, combine the above and place about teaspoon-sized blobs on raised cakes (the above combination melts when baked and makes a topping).

Gertrude writes that is a very old recipe that was given to her without any directions, just ingredients listed. It is important that the cakes raise nearly doubled after shaped, this will make them very light in texture.

ANSWER — A Lancaster County reader wanted a recipe for pepper jelly made with Karo or white corn syrup. Thanks to A. Martin, Denver, who said that she received a jar of red and a jar of green pepper jelly from her friend Nancy Prestidge. Although the recipe does not require Karo syrup, she thinks it may be substituted for the sugar. This is the recipe. (Although hot peppers are used, the jelly does not taste hot).

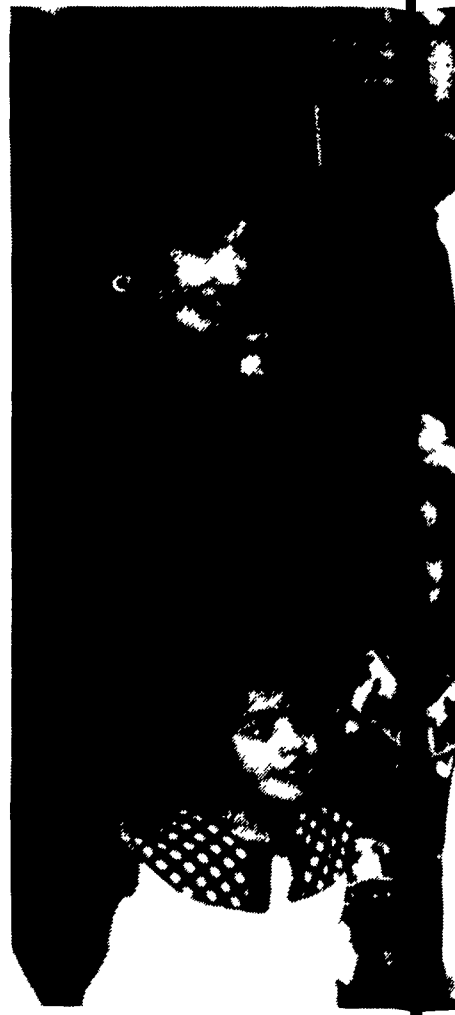
Pepper Jelly

¼ cup chopped or ground red or green hot peppers
 1½ cup chopped or coarsely ground green or red sweet peppers

6½ cups sugar
 1½ cups vinegar
 1 bottle liquid pectin
 Grind peppers on fine blade of food grinder or food processor. Mix peppers, sugar, and vinegar and bring to brisk boil for 3 minutes; add pectin — boil one minute longer.

Remove from heat, let set 5 minutes. Put in hot sterilized jars and seal. (Jelly may be strained if desired).

Good eating with crackers, cream cheese, and a dab of jelly.



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