



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 — Livina Fisher, Mifflin, would like a recipe for stuffed chicken breasts.

QUESTION — Gladys Lillya, Salem, N.J., would like a recipe for breakfast casserole made with potatoes, eggs, and sausage.

QUESTION — Karen Martin, Berks Co., would like a recipe for Yorkshire pudding, which the author James Herriot writes about on his books on being a veterinarian.

QUESTION — Evelyn Godshall, Huntingdon Valley, would like a recipe for chewy chocolate chip cookies.

QUESTION — Cindy Guigley, Machado, would like a recipe for old-fashioned fastnachts.

QUESTION — Mrs. N.H. Good, Timberville, Va., would like recipes for potato soup.

QUESTION — Pam Zebly, Northeast, Md., would like a recipe for potato doughnuts like those sold at the Pennsylvania Farm Show.

QUESTION — Janet Rutz, Carlisle, would like recipes to use dried cranberry beans.

QUESTION — Carol Modesto, Smyrna, Del., would like the recipe for Dutch cake, a yeast-bread cake baked in a loaf pan. The bread-cake has raisins and dried baking fruits. Carole writes that her grandparents of German ancestry made it when she was a child, but no recipe exists in the family now.

QUESTION — Frank T. Cat of Millerstown, would like a recipe for English toffee cookies and for Oatmeal Raisin Cookies like those sold by Weis Markets. The cookies are great tasting and don't crumble for children.

QUESTION — S. Brace, Knoxville, would like a recipe for homemade cracker recipes, any flavor.

QUESTION — Miriam Byler, Middlefield, Ohio, would like a recipe for a cheese strudel made from scratch.

QUESTION — A reader from Bridgewater, Va., would like a recipe for Boston clam chowder like that served at Hoss's Steak and Seafood House.

QUESTION — N.Martin, Bowmansville, would like recipes using potato starch in fruit puddings. Do you use it as Clear Jel? Also, how do you use instant Clear Jel?

QUESTION — Nancy Koons, Lebanon, would like some recipes for crockpot meals.

QUESTION — Valerie Miller, Honesdale, would like a recipe for chicken hot wings and a recipe for sourdough bread that does not take yeast, baking powder or baking soda.

QUESTION — Joanne Swords, Manheim, would like a recipe for Cottleston pie, a British recipe.

QUESTION — Robin O'Brien, Reading, would like a recipe for a hard candy with nuts called Mooshie.

QUESTION — Karen Kinnane, Shartlesville, would like a recipe for a cold light as air lemon-flavored dessert served in tiny parfait glasses, which is called Lemon Melting Moments (not a pudding, but with the texture and weight of whipped cream, served in a fancy New York Restaurant in the 1970s).

QUESTION — Karen Kinnane, Shartlesville, would like a recipe for garlic ring bolonga; for clear cranberry jelly that can be molded in shapes; for a yeast bread shaped like a dragon, which is sold every year at an antique shop on Church Lane, N.J. Karen writes that she has never been able to even taste one because the baker only makes two and the "help" buy them before the sale opens. The dragon appears to have an egg wash which gives a shiny golden brown color and a raisin in the eye.

QUESTION — Mrs. Wayne L. Miller, Bruceton Miles, W. Va., wants recipes using cabbage and recipes using oranges.

QUESTION — Louise Graybeal, Renick, W. Va., would like a recipe for pancake syrup that is light in calories.

QUESTION — Anne Wiegler, Pottstown, would like a recipe for pickled herring. She wrote that years ago, her family made it by cleaning, splitting, and deheading the herring. The fish was salted and packed in barrels. The fish juice leaked out and formed the brine. She needs to know the ratio of salt to pounds of fish.

QUESTION — Anna Lehman, Hershey, would like a recipe for black walnut chipper cake.

QUESTION — Ruth Best, Newburg, wants recipes for diabetic jams and jellies of several different fruit flavors.

QUESTION — Andy Andrews, Brownstown, would like a recipe for pumpkin-flavored candy apples.

QUESTION — Do any readers have a recipe for home-made ice cream made with potatoes?

QUESTION — Virginia Unger, Winchester, Va., would like a recipe for souse made from pig's feet.

QUESTION — Sarah Clark, Breezewood, would like a recipes for angel hair fudge and for white bark fudge.

QUESTION — Mrs. David Early, Anville, would like a recipe for crumb buns made with yeast.

ANSWER — Verba Rowan, Whiteford, Md., wanted to have the recipe for Heath Bar Cake. Thanks to Mrs. Anthony Hathaway, Pittstown, N.J.; Pat Elligson, Millers, Md., and others for sending recipes.

Heath Bar Crunch Cake

Cream together:

½ cup shortening

3 eggs

1½ cups sugar

Add:

½ cup cocoa with

1½ cups cold water

Sift together:

2 cups all-purpose flour

½ teaspoon baking powder

1¼ teaspoons baking soda

1 teaspoon salt

1 teaspoon vanilla

Add dry ingredients to creamed mixture. Mix just until moist. Bake at 350 degrees in a 9x13-inch baking pan for 35-40 minutes. Cool.

1 or 2 packages Heath bits or crushed Heath bars

1 large package instant chocolate pudding

1 large container whipped topping, thawed

Mix chocolate pudding according to package directions. Crumble half of the cake in the bottom of a 9x13-inch baking dish. Pour half the prepared chocolate pudding over the cake. Now add half the whipped topping. Sprinkle half the crushed Heath bars over the whipped topping. Repeat layers. Refrigerate.

ANSWER — A reader from Bridgewater, Va., wanted recipes for stuffed mushrooms. Thanks to Leora Petet, Lucille Weiby, Hamburg, and others for recipes.

Stuffed Mushrooms

1 pound medium-sized fresh mushrooms

¼ cup lemon juice

1 cup soft bread crumbs

½ cup ham, chopped

2½ tablespoons Parmesan cheese, grated

1 tablespoon parsley flakes

½ teaspoon oregano leaves

¼ teaspoon black pepper

Dash instant garlic powder

¼ cup olive oil

¼ cup beef broth or bouillon cube, dissolved

Rinse, pat dry, and remove stems from mushrooms (reserve stems for use in soups and stews). Dip each mushroom cup in lemon juice. Combine remaining ingredients except oil. Blend well. Fill each cup with a teaspoon of bread crumb mixture. Arrange stuffed mushrooms in shallow baking dish or pie plate. Sprinkle with oil. Pour ¼ -inch hot water to prevent mushrooms from becoming dry. Bake in pre-heated 400 degree oven for 15 minutes or until they are browned and heated throughout. Serve immediately.

Stuffed Mushrooms

1 pound mushrooms, medium

Wash and pull out stems

In saucepan, saute:

1 cup chopped celery

½ cup chopped onions

2 slices bread cubes

Let cool slightly and add 1 can tiny shrimp. Mix together and stuff in mushrooms. (Stems may also be used in the mixture or steamed alone).

Microwave 3 to 5 minutes or bake in 350 degree oven for 10 minutes.

Heart

(Continued from Page B7)

GARDEN VEGETABLE STIR FRY

¼ teaspoon garlic powder
2 carrots, cut into thin sticks
2 ribs celery, slice thin on diagonal

1 cup broccoli

1 cup shredded cabbage

1 cup thin sliced onions

1 tablespoon soy sauce

2 teaspoons cornstarch

¼ cup water

Mix cornstarch, garlic powder, water, and soy sauce together in small dish and set aside. Heat oil in large skillet. Add carrots and onions, stir-frying until partially cooked. Add cabbage and broccoli. Stir fry 2-3 minutes until vegetables are tender but crisp. Add cornstarch mixture to vegetables slowly, stirring constantly. Cook until bubbly and thickened.

Spinach, mushrooms or any combination of vegetables totaling 5 cups can be used in this recipe.

Serve over cooked rice. If desired, add 1 cup cooked meat or a 16-ounce can kidney beans or a 4-6-ounce package of tofu, cut into cubes.

LOW-FAT MOIST APPLE CAKE

2½ cups peeled, chopped baking apples

1 cup sugar

2 tablespoons vegetable oil

2 egg whites

1½ cups flour

1½ teaspoons baking powder

½ teaspoon baking soda

1 teaspoon cinnamon

1 cup fresh or frozen cranberries

½ cup chopped pecans or walnuts

Preheat oven to 350 degrees. Spray vegetable spray on bottom and sides of large loaf pan. Put wax paper on bottom to make removal easier.

Combine apples, sugar, and oil in medium mixing bowl. Add egg whites, mixing well. Combine dry ingredients and add to mixture, stirring until dry ingredients are moist. Stir in cranberries and walnuts. Bake 60 minutes or until toothpick inserted in center comes out clean.

Note: Buy extra cranberries in the fall and freeze them. They don't get soggy.

Jean Major

Chesapeake City, Md.

POTATO CRISP

Non-stick vegetable cooking spray

2 medium potatoes

Scrub and wash potatoes. Slice ¼ -inch thick. Line cookie sheet with aluminum foil. Spray foil with vegetable spray. Line potatoes slice on cookie sheet. Sprinkle with garlic salt. Bake at 450 degree oven for 20 minutes. Turn over 10 minutes after baking. Will be nicely browned and crisp. About 4 servings.

"My husband is a potato eater. Since he is a fried potato eater, I had to think of some way to make potatoes so they won't be greasy and he would like them. Guess what? He loves these and they are easy to fix.

Sarah Clark

Breezewood

LOW-FAT MEATBALLS

1½ pounds extra lean ground beef

½ cup chopped onions

2 eggs whites

¼ cup skim milk

½ cup rolled oats

Mix all ingredients in a large bowl. Make meatballs the size of large walnuts. Bake in 325 degree oven until cooked through. Serve with rice, noodles, or potatoes.