



Cook's Question Corner

(Continued from Page B8)

Fruit Jam Without Added Sugar

4 cups mashed fruit
2 12-ounce cans concentrated white grape juice, thawed
1 box Sure-Jell light pectin
½ teaspoon margarine
Mix all ingredients in large pot. Bring to a boil and cook 20 minutes, stirring constantly. Ladle into sterile jars and seal as usual or store in freezer. Makes 4-5 cups.

Ruth's Raspberry Jam

1½ teaspoons unflavored gelatin
1½ tablespoons cold water
3 cups fresh raspberries, crushed
Non-nutritive sweetener equivalent to ¾ cup sugar
¼ teaspoon lemon juice
3 drops red food coloring (optional)
Soften gelatin in cold water. Combine berries and sweetener in saucepan; place on high heat; stir constantly until mixture boils. Remove from heat; add softened gelatin. Return to heat; cook for another minute. Remove and blend in lemon juice and food coloring. Place in pint jar; seal and store in refrigerator.

Apple Butter Jelly

8 cups apples, cored, washed, quartered
2 cups unsweetened apple juice
¼ cup lemon juice
¼ cup cider vinegar
2 teaspoons lemon peel, ground fine
¼ teaspoon nutmeg
1 teaspoon powdered cloves
¼ teaspoon anise seed, ground fine
Non-nutritive sweetener equivalent to ½ cup sugar
Mix all ingredients except sweetener; bring to a boil, stirring constantly, boil a few minutes. Remove from heat, stir in sweetener. Ladle into jelly glasses and seal.

Cherry Jam

1½ cups canned unsweetened cherries, drained
¾ cup cherry juice
3 teaspoon gelatin
1½ teaspoon red food coloring
¾ teaspoon almond flavoring
1½ teaspoon cherry flavor
Artificial sweetener to equal ½ cup sugar
Blend cherries to smooth and place in saucepan. Add juice and gelatin, simmer to dissolve gelatin. Set off heat and add color and flavorings. Cool 20 minutes and add sweetener. Store in refrigerator.

ANSWER — Mrs. David Early, Anville, wanted a recipe for crumb buns made with yeast. Thanks to Sharon DeLorenzo, Catawissa, for sending a recipe.

Crumb Buns

2½ cups bread flour
¾ teaspoon salt
¼ cup sugar
2 tablespoons softened unsalted butter
½ cup plus 1 tablespoon milk (room temperature)
½ teaspoon vanilla
1 large egg, slightly beaten
2¼ teaspoon rapid-rise yeast
Place liquid ingredients in a lightly oiled bowl; add all dry ingredients except yeast, make an indentation in center of dry ingredients. Add yeast and mix with hands. Knead well until mixture is smooth and elastic.
Cover and let rise in warm place for approximately 1½ hours.
While rising, prepare topping:
½ cup unbleached all-purpose flour
¼ cup dark brown sugar
1 tablespoon sugar
2 pinches cinnamon
¼ cup unsalted butter, softened
Cut butter into dry ingredients until crumbs form. Refrigerate until ready to use. When dough is ready, remove from bowl. Let set five minutes.
Place dough in lightly buttered 9-inch square pan. Gently press dough with fingers to spread evenly in pan. Cover with cloth and let rise again until doubled in size.
Preheat oven to 350 degrees. Make light indentations with fingertips in surface of the risen dough.
Sprinkle crumb mixture evenly over dough. Bake approximately 30 minutes until crumbs are lightly brown and firm.
Remove from oven and cool. Dust with confectioners' sugar and cut into squares.

Medical Mission Is Goodwill To Russia

LANCASTER (Lancaster Co.) — Senator Gibson E. Armstrong (R-Lancaster/York County) announced that he will be leading a group of individuals from Lancaster and York County on a goodwill medical mission to Russia.

The trip will begin on May 4 and will return on May 15. While in Russia they will be visiting Moscow, Saint Petersburg, and Zagorsk. Also, the trip will include a stay in London.

The trip is open to anyone who is interested in a unique experience of staying in Russian homes and experiencing the every day life of a Russian. The group will be visiting schools, churches, hospitals and places of employment.

The total cost of the trip is \$1395. Anyone interested in learning more about the trip, contact Senator Gibson Armstrong at (717) 786-7862 or write to Post Office Box 43, Refton, Pa. 17568.

ANSWER — Carol Koser, Columbia, wanted to know where to purchase buffalo meat in quantity to freeze. She also wants some recipes for cooking with it. Thanks to Myrtle Shenk, Manheim; Doris Dilbert, Everett; Sharon Ginder, Manheim, and others for sending the following sources for purchasing bison. CeDarrow's Farms (814) 733-4908. Juniata Springs Bison Farm, Mifflintown, (717) 436-9795.

Doug and Shirley Drewes, who operate the Juniata Spring Bison Farm, write that they encourage people to come and visit the herd. The Drewes say that bison tastes hearty, sweet, and rich with no gamey taste at all. If prepared properly by cooking over low heat, bison is every bit as tender as the tenderest beef available. Since bison has a lot less fat than other meats, it doesn't produce grease and the meat is lower in cholesterol than fish or chicken and reportedly has 25 percent more protein than beef.

You Ask
You Answer

This column is for readers who don't know when to ask for help. When a reader asks a question in the paper, readers are invited to respond by mailing their answers to the paper.

Questions and answers are addressed to You Ask You Answer, P.O. Box 609, Ephrata, Pa. 17524.

There's no need to answer to your question unless you wish to.

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