



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 — A reader would like the recipe for evaporated milk.

QUESTION — Nancy Koons, Lebanon, wanted to know how to have soft chocolate chip cookies. Thanks to Sara Piho who writes that some years ago someone had written into this column and said to substitute ½ cup fructose for every ¾ cup sugar used in the recipe. Nancy has been using it ever since and said it is a favorite. Fructose is available at health food stores.

QUESTION — Janice Weaver, Astoria, Or., would like to know where to purchase instant Clear Jel. Does it come in a bottle or can? May she substitute another ingredient for it?

QUESTION — Roland Kamoda, Monogahela, would like a recipe for chicken and biscuits.

QUESTION — Roland Kamoda, Monogahela, would like a recipe for a good lamb stew.

QUESTION — A reader from Northeastern Pa., needs some low-fat and low-sodium recipes.

QUESTION — Marie Jackson would like some nourishing recipes and tips for farm women to take to men working in the fields. She wants to know how to keep hot foods hot when transporting them.

QUESTION — Linda Wiest, Lykens, would like to know how to make homemade filled donuts and the method to fill the donuts.

QUESTION — Dot Wibbel, Lykens, would like to know where to obtain citron seed to grow her own citron for seasoning recipes.

QUESTION — Josie Dolenti, Pottstown, would like a recipe for making Whoopie Pies like those sold at Shady Maple Farmer's Market. She'd like to know how to make the filling without using egg whites because of the danger of salmonella poisoning.

QUESTION — Beth Ehrisman, Richfield, would like a recipe for Pizza Hut's bread sticks and deep dish pizza dough.

QUESTION — Doris Brenize, Shippensburg, would like the recipe for starter juice for the Hawaiian Friendship Fruit Cake that was printed in this paper on Feb. 18.

QUESTION — Cecil Mellott, Needmore, would like a recipe for sawmill gravy.

QUESTION — Shirley Jean Ash, Bridgeport, W.V., would like to know if strawberries may be canned in a light syrup like other fruit.

QUESTION — Karen Kinnane, Shartlesville, would like a recipe for cranberry candy, which is made with canned cranberry sauce, red Jell-O, and chopped nuts. It's poured into a pan to chill, cut into bars and rolled in granulated sugar. It's a very pretty, bright red with a sparkle from the sugar.

QUESTION — Yvonne Musser, Lancaster, would like a recipe for buckwheat pancakes that cook high and light with a brown crusty edge.

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

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

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

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

Cooking With Barley

(Continued from Page B6)

HERBED BARLEY PILAF MIX

¾ cup pearl barley
2 chicken or beef bouillon cubes
1 tablespoon instant minced onion

1 tablespoon parsley flakes
½ teaspoon dry basil leaves
½ teaspoon dry oregano leaves
½ teaspoon garlic powder

Place barley in zip-top plastic bag. Combine remaining ingredients for seasoning and place in a smaller plastic sandwich bag; seal and place in zip-top bag with barley. Seal bag and attach directions for preparation. Store pilaf mix in a cool, dry place until ready to use.

Stove-Top Directions:

Place barley and contents of seasoning packet in medium-size saucepan. Add 2 cups water and 1 tablespoon butter. Bring to a boil; reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes 4 servings.

Microwave Directions: In 2-quart casserole, combine barley, seasonings, 2 cups water and 1 tablespoon butter. Cover and cook on high 6 to 8 minutes or until mixture comes to a boil. Stir with fork. Cover and continue to cook on high for 15 to 18 minutes or until most of the liquid is absorbed and barley is tender. Let stand, covered, 5 to 6 minutes. Makes 4 servings.

BEEF AND BARLEY SOUP

1 tablespoon cooking oil
2 pounds beef short ribs
2 medium onions, chopped
3 large carrots, sliced
3 celery stalks, sliced
28-ounce can whole tomatoes with liquid

2 quarts water
4 chicken bouillon cubes
½ cup medium pearl barley
In a large Dutch oven, heat oil over medium-high heat. Brown beef. Add onions, carrots, celery, tomatoes, water, and bouillon. Bring to a boil. Cover and simmer for about two hours or until beef is tender. Add barley. Simmer another 50 to 60 minutes or until barley is done. Yield: 10 to 12 servings.

R. Leinbach
Leola

BARLEY HOT DISH

1½ pounds ground beef
1 pint peas
¼ bay leaf
1 can mushroom soup
2½ cups water
¼ teaspoon pepper
1 cup chopped onion
2½ teaspoon salt
1 quart tomatoes, optional
¼ cup barley

Brown beef and onion. Stir in remaining ingredients and put in a 9x13-inch baking dish. Bake at 375 degrees for 1¼ hours. May need to add more water as casserole bakes.

Elaine Eby
Chambersburg

QUESTION — Karen Kinnane, Shartlesville, would like a recipe 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.

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

ANSWER — Sarah Clark, Breezewood, wanted recipes for angel hair fudge and for white bark fudge. Thanks to Ralph Sanger, Lebanon, for sending a recipe.

Maple Vanilla Swirl Fudge

2 11-ounce packages premium white chocolate pieces
½ cup half and half
½ teaspoon maple extract
1 cup chopped toasted walnuts

Line a 10x7-inch baking pan with aluminum foil, coat lightly with vegetable oil cooking spray. Melt white chocolate pieces in top of double boiler over hot not boiling water. Stir white chocolate until melted. Add half and half. Stir the mixture until smooth and glossy. Mixture may separate at first but will become smooth and glossy as it's stirred.

Stir together one generous cup melted white chocolate with maple extract and nuts. Spoon white chocolate and maple mixture alternately in prepared pan and swirl together with knife. Refrigerate until set for 2 to 4 hours. Cut into 24 squares. Refrigerate up to one month.

ANSWER — Beth Ehrisman, Richfield, wanted a recipe for Catalina sweet and sour red dressing. Thanks to Donna Wilson, Port Royal, and to Tina Forry, Palmyra, for sending recipes.

Catalina Sweet and Sour French Dressing

1 cup oil
½ cup vinegar
1¼ cups sugar
1 teaspoon salt
1 can tomato soup
3 tablespoons ketchup
Mix together ingredients. Store in jar and refrigerate. Shake or stir before using.

Sweet And Sour Dressing

1 cup sugar
1 cup ketchup
1 teaspoon celery seed
½ teaspoon salt
½ teaspoon paprika
½ teaspoon onion salt
½ cup vinegar
1½ cups cooking oil
Blend together.

BARLEY BLACK BEAN SALAD

¾ cup pearl barley
2 cups water
½ teaspoon salt
3 tablespoons vegetable oil, divided

1 cup chopped tomato
½ cup cooked corn kernels
½ cup diced green bell pepper
½ cup diced sweet onion
2 tablespoons chopped cilantro or parsley

1 tablespoon minced jalapeno pepper
2 tablespoons white wine vinegar
2 tablespoons lime or lemon juice

15-16-ounce can black beans, drained

Salt and pepper, to taste
Prepared tomato salsa, optional
Combine barley, water, salt and

1 teaspoon oil in saucepan. Bring to boil. Reduce heat to low; cover and cook 45 minutes or until barley is tender. Rinse cooked barley under cold water and drain well. In a bowl, combine tomato, corn, bell pepper, onion, cilantro, jalapeno pepper, vinegar, lime juice and remaining oil. Add barley and beans. Stir well to combine. Adjust seasonings. Serve at room temperature with prepared tomato salsa on the side, if desired. Makes 8 servings.

MEXICAN BARLEY TOMATO SOUP

¾ cup pearl barley
8 cups water
2 teaspoons salt
2 cloves garlic, minced
1 small whole chicken
1 medium onion, chopped
14½ -ounce can Mexican-style or plain stewed tomatoes
½ teaspoon ground cumin
Dash cayenne pepper
½ cup fresh cilantro sprigs

Place barley, water, salt, garlic, chicken and onion in large soup pot. Bring to a boil. Cover and simmer about 45 minutes or until chicken is tender and barley is cooked. Remove chicken; let cool slightly. Add tomatoes and cumin to soup in pot; simmer 15 minutes longer. In the meantime, remove chicken meat from bones; cut meat into bite-size pieces. Return chicken pieces to soup; heat through. Season to taste with salt and cayenne. Serve in bowls garnished with fresh sprigs of cilantro. Makes 6 servings.

Nat. Barley Council

BARLEY SHRIMP TOSS

2 cups broccoli florets
1 tablespoon olive oil
6 ounces cooked shrimp
1 cup diced fresh tomato
¼ cup chopped olives
¼ teaspoon crushed red pepper
3 cups cooked pearl barley
Saute broccoli florets in olive oil until tender crisp. Add cooked shrimp, tomato, olives and red pepper. Stir into cooked barley; heat through.

Nat. Barley Council

BARLEY BREAKFAST BOOSTERS

1 cup chopped Golden Delicious apple
2 teaspoons honey
½ teaspoon cinnamon
3 cups cooked barley
Add apple, honey, and cinnamon to cooked barley. Heat through and serve with a dollop of vanilla-flavor yogurt.

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