



## 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** — Donald Love, Somerset, would like a recipe for shoo fly cake, pumpkin sponge pie, and soft raisin filled cookies.

**QUESTION** — Donald Love, Somerset, would like to know how to make something similar to A-1 steak sauce, Heinz 57 steak sauce, or any of the new simmer sauces (Chicken Tonight or other brands) on the market.

**QUESTION** — A reader would like a recipe for Dutch Loaf made with beef and pork.

**QUESTION** — Ressa Owens, Beech Creek, would like recipes for making and keeping baby food.

**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, Ore., 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, Monongahela, would like a recipe for chicken and biscuits.

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

**QUESTION** — A reader from northeastern Pennsylvania 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 Wibel, Lykens, would like to know where to obtain citron seed to grow her own citron for seasoning recipes.

**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** — 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.

# Lentils Make A Come Back

(Continued from Page B6)

## CHILI BEAN BURGERS

2 cups cooked or canned pinto beans or lentils  
1 egg, beaten  
1 small onion, finely chopped  
½ teaspoon garlic powder  
½ teaspoon chili powder  
½ teaspoon ground black pepper  
½ teaspoon salt, optional  
½ cup crushed cereal or bread crumbs

1 tablespoon vegetable oil  
In a large mixing bowl, mash beans with a fork. Add egg, onion, and seasonings to bowl. Combine the mixture in the bowl with a spoon. Place cereal or bread crumbs on a clean plate. Shape ½ cup bean mixture into patty. Coat patty with crumbs on both sides. Repeat with remaining bean mixture. Heat oil in the frying pan and brown patties on each side for 2-3 minutes.

Omit salt if you use canned beans. Try curry powder instead of chili powder. Top with cheese and serve on a hamburger bun if desired.

## BLACK BEAN SOUP

1 pound dried black beans  
4 tablespoons bacon drippings  
3 large onions, chopped  
2 cloves garlic, minced  
2 cups tomatoes, mashed  
1 teaspoon sweet basil  
½ teaspoon thyme  
¼ teaspoon marjoram  
Pinch ground coriander  
2 to 3 ham hocks, split  
6 cups beef broth  
Salt and fresh ground pepper  
4 tablespoons wine vinegar

Soak beans overnight in enough cold water to cover or cover with boiling water and boil for 2 minutes, remove from heat, cover and let stand one hour. After soaking, cook covered until beans are just tender — about 2 hours. Use soaking water to cook beans.

Meanwhile, cook onions and garlic in bacon drippings until just lightly browned. Add garlic, seasonings, and tomatoes. Cook 3 minutes. Put aside. When beans are tender, add above mixture, ham hocks, and beef stock. Cover loosely and cook about 2 hours on low heat. Stir occasionally. Remove ham hocks and cool, trim, and cut into small pieces. Puree soup in blender or food processor in small batches. Reheat, add ham pieces, and vinegar.

## SAUSAGE AND LENTIL SOUP

½ pound sweet Italian sausage, cooked, drained, crumbled  
1 large finely chopped onion  
1 small green pepper, chopped  
1 small carrot, chopped  
1 large clove garlic, minced  
1 bay leaf  
2 cans (13¼-ounces) chicken broth  
16-ounces whole tomatoes, chopped  
1 cup water  
¾ cup dry lentils  
½ cup Dijon country mustard

In 4-quart saucepan, combine all ingredients except mustard. Simmer, covered, 1½ hours or until lentils are tender. Add mustard.

Eileen Schuler  
Fleetwood

## SAVORY LENTIL SOUP

1 pound lentils, washed, sorted  
8 cups cold water  
3 ribs celery, chopped  
1 medium onion, sliced  
3 carrots grated or sliced thin  
1 can cooked tomatoes  
4 pieces bacon or ham bone  
4-5 frankfurters, sliced  
Salt and pepper to taste  
Wash and sort lentils, drain. Brown bacon, if used. Place cold water and lentils in kettle with bone or bacon. Add salt. Cover and cook 1 to 2 hours. Add vegetables and cook another hour. Lentils may be rubbed through a sieve before adding vegetables if you want a thick soup. Season to taste. About 30 minutes before serving, add sliced frankfurters.

## HOPPIN' JOHN

1 tablespoon vegetable oil  
2 medium onions, chopped  
2 14-ounce cans black-eyed peas  
2 ounces lean ham, cubed  
1 cup cooked rice  
½ teaspoon salt, optional  
½ teaspoon garlic powder  
¼ teaspoon pepper  
Heat oil in saucepan. Add onions and saute for one minute. Add beans and liquid, ham, rice, and seasonings. Stir. Cook for 8-10 minutes.



**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.

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

**ANSWER** — Thanks to Donna from Latrobe for sending a cookie recipe that is made with a waffle iron.

## Turtle Cookies

½ cup butter  
1 teaspoon vanilla  
1 cup flour  
¾ cup sugar  
2 eggs  
3 tablespoons cocoa  
½ cup chopped nuts, optional

Melt butter and remove from heat. Add remaining ingredients. Stir by hand until well blended. Drop by teaspoon on hot waffle iron set at medium heat. Bake one minute. Cool and frost.

(Turn to Page B12)

## PLANET BURGERS

½ cup sunflower kernels  
16-ounce can garbanzo beans, drained and mashed  
3 cups cooked brown rice  
1 medium onion, chopped  
1 medium carrot, shredded  
½ cup Italian-style bread-crumbs

½ cup chopped fresh parsley  
2 eggs, lightly beaten  
¼ cup soy sauce  
1 teaspoon dried thyme  
Vegetable oil for frying

8 slices French bread, toasted  
Toast sunflower kernels on baking sheet at 350 degrees for 5 to 7 minutes until golden brown. Combine sunflower kernels, beans, rice, onion, carrot, breadcrumbs, parsley, eggs, soy sauce, and thyme. Form into 8 rectangular patties. Pan-fry burgers in oil in large skillet over medium-high heat until thoroughly heated, about 4 minutes per side. Serve on French bread with condiments.

8 servings. Each 318 calories, 7.6 g fat, 2.4 g dietary fiber, 56 mg cholesterol, and 799 mg sodium.

## BEAN BURRITOS

1 teaspoon vegetable oil  
16-ounce can pinto or kidney beans

½ cup onion, chopped  
¼ cup sliced ripe olives, optional

1 teaspoon chili powder  
¼ teaspoon garlic powder  
¼ teaspoon cumin, optional  
½ cup green pepper, chopped  
1 cup shredded cheese

Sauce:  
3 cups tomato sauce or spaghetti sauce

8 soft flour tortillas  
Drain and mash beans but save the liquid. Heat oil in pan and cook onion for 2 minutes. Add remaining ingredients except cheese. Cook for 2-3 minutes. Add 1-2 tablespoons bean liquid if the bean mixture becomes too thick. Heat tomato sauce in the pan. Cook and stir for 2-3 minutes. Remove from heat. Set aside.

Fill each tortilla with 2-3 tablespoons of the bean mixture. Roll or fold the tortilla and place in baking dish with the seam side down. Pour sauce over the tortillas in the baking dish. Sprinkle cheese on top.

Bake at 350 degrees for 30 minutes or until bubbly. Uncover for the last few minutes.

## THREE BEAN CASSEROLE

1 pound ground beef  
16-ounce can kidney beans, drained

16-ounce can pork and beans  
16-ounce lima beans, drained  
¼ cup brown sugar  
2 tablespoons vinegar  
½ cup catsup  
Mustard to taste

Brown ground beef in skillet. Pour off drippings. Add remaining ingredients and mix well. Pour mixture into a greased baking dish. Bake at 350 degrees for 35 minutes.

## STIR-FRIED BEANS

1 tablespoon oil  
15-ounce can butter beans  
1 medium onion, chopped  
3 cups raw vegetables, diced (broccoli, carrots, celery, squash, green beans, bean sprouts, green pepper)

1 tablespoon soy sauce OR 1 beef bouillon cube dissolved in 2 tablespoons water

Heat oil, saute onion for one minute. Add soy sauce or bouillon. Cook 1 minute. Add beans and vegetables. Do not cover. Cook and stir constantly for 3-5 minutes, until vegetables are tender-crisp.