



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 — Nancy Sauder, Lititz, would like a recipe for chicken breasts baked with a creamy dried beef sauce.

QUESTION — Jackie Hall would like a recipe for cocoa mix that is made with powdered skim milk.

QUESTION — Jackie Hall would like a recipe for a strawberry and banana dessert like that served at Shoney's Restaurant.

QUESTION — Deb Talada, Chemung, N.Y., is looking for a recipe for cherry rhubarb jam. It has cherry pie filling, cherry Jell-O, sugar, water, and rhubarb in it.

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 — 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 — 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 — 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 — Shirley Jean Ash wanted recipes using ground beef. Here are two from Grace Glock, Fallston, Md.

Our Daily Bread Casserole

- 1 cup chopped onion
- 1 cup chopped pepper
- 1½ pound ground beef
- 1 can cream of mushroom soup
- 1 can tomato soup
- 1 can water
- 1 cup grated sharp cheese
- 1 pound cooked spaghetti
- ¼ cup grated sharp cheese

Saute onion, pepper, and ground beef. Combine soups, water, cheese, spaghetti, and meat mixture. Pour into large casserole pan and top with ¼ cup grated cheese. Bake at 375 degrees for one hour. May divide mixture into two casseroles and freeze one for later use.

Saucy Little Meat Loaves

Meat loaf:

- 1½ pounds ground beef
- ¾ cup oatmeal (uncooked)
- 1½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup chopped onion
- 1 egg, beaten
- ¾ cup milk

Combine all ingredients thoroughly. Shape into six meat loaves in shallow baking pan and top with the following sauce:

Combine:

- ½ cup ketchup
 - 1 tablespoon brown sugar
 - 1 tablespoon prepared mustard
- Bake at 350 degrees for 35 minutes.

ANSWER — Yvonne Musser, Lancaster, wanted a recipe for buckwheat pancakes that cook high and light with a brown crusty edge. Thanks to Sarah Clark, Breezewood, for sending a recipe that was previously sent in by Howard McMillin, Westfield.

Buckwheat Cakes

- 4 cups buttermilk
 - 1 cup packed brown sugar
 - 2 pounds buckwheat flour
 - ½ cup yeast
 - Salt to taste
 - 1 teaspoon baking soda
- Combine buttermilk, brown sugar, buckwheat flour, yeast and salt in a large crock; mix well.

Remove 4 cups batter. Add baking soda and enough water to make batter the desired consistency. Drop by tablespoons onto hot griddle. Bake 3 to 4 minutes on each side or until browned. Store remaining batter in refrigerator for several weeks until ready to use. Yield: 30 servings.

ANSWER — Beth Ehrisman, Richfield, wanted a recipe for Pizza Hut's bread sticks and deep dish pizza dough. Thanks to Sarah Clark, Breezewood, for sending a recipe.

Bread Sticks

- 1½ cups warm water
 - 4 cups flour
 - 1¼ teaspoon salt
 - 1 package dry yeast
 - 1 tablespoon oil
 - 1 tablespoon sugar
- Mix together everything in mixing bowl except 2 cups flour. Beat with a mixer for 2 minutes. Add remaining flour and knead a few turns. Cover and let rise. Roll out into a square that is ½ -inch high. Use a pizza cutter to cut strips 1x4-inches. Twist, roll in butter mixture and place on cookie sheet. Bake at 350 degrees for 10 to 15 minutes or until golden brown. Take out of oven and brush with remaining butter spread. Serve warm with pizza sauce for dip.

Optional: Add about 1 to 2 teaspoons McCormick Salad Supreme Seasoning to the dough. It adds a bright color to the breadsticks.

ANSWER — Doris Brenize, Shippensburg, wanted the recipe for starter juice for the Hawaiian Friendship Fruit Cake that was printed in this paper on Feb. 18. Thanks to Sarah Clark, Breezewood, for sending the recipe.

Starter For Friendship Cake

- 6 ounces frozen apple juice concentrate, thawed
 - 3 apple juice cans water
 - ½ cup sugar
 - 2 teaspoons lemon juice
 - 1 package active dry yeast
 - 10-ounce jar maraschino cherries and juice
- Combine all ingredients in one gallon jar or large container. Stir until sugar is dissolved. Cover and let stand for 10 days, stirring twice a day for 10 days. Use one pint to start your cake. Give others to friends.

Nutty Recipes

(Continued from Page B7)

PORK AND ASPARAGUS IN GINGER SAUCE

- 1 pound pork tenderloin
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons chicken broth
- 2 teaspoons grated fresh ginger
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 10-ounce package asparagus pieces, defrosted
- 1 small red bell pepper, cut into thin strips and halved
- 1½ teaspoons cornstarch
- 2 tablespoons toasted sliced almonds

Partially freeze pork tenderloin to firm; slice across the grain into ¼ -inch thick strips. Combine soy sauce, chicken broth, ginger and garlic. Place pork strips and marinate in refrigerator one hour.

Stir-fry pork strips in batches according to size of the pan, turning constantly. Remove pork from pan with slotted spoon; reserve. Stir-fry asparagus and red pepper strips in batches; 1 to 2 minutes or until heated through. Remove from pan. Combine cornstarch with reserved marinade, pour into pan, and cook and stir until sauce thickens. Return pork and vegetables to pan; heat through. Garnish with almonds. Serve immediately. 4 servings.

TOFFEE-TOPPED NUT BARS

- 2 cups light brown sugar
- 2 cups flour
- ½ cup butter, softened
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon vanilla
- 1 cup milk
- 1 egg
- 1 cup semi-sweet chocolate chips
- ¾ cup chopped walnuts
- ¼ cup coconut

Preheat oven to 350 degrees. Lightly grease a 13x9x2-inch baking pan. In a large bowl, add the brown sugar and flour. Using a pastry cutter or two knives cut in butter until mixture resembles coarse crumbs. Remove one cup and set aside. Add baking powder and salt. Using a fork, lightly beat in vanilla, milk, and egg. Continue beating with a fork until a smooth butter forms. Pour batter into prepared pan. In a small bowl, combine chocolate chips, nuts, and coconut. Mix all together. Sprinkle reserved crumb mixture over top of batter. Sprinkle with chocolate chip mixture evenly over the top. Using a long flat spatula, spread topping evenly over the top of the batter in pan. Bake for 35 minutes or until it tests done. Transfer pan to a wire rack. Cool bars in pan completely before slicing. Using a serrated knife, cut into about 24 bars. Store in airtight container for up to five days.

Contributor writes: These are the best brownies I have made — everyone I have made them for thinks so too.

Sarah Clark
Breezewood