



## 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** — Jean Nestler, Halifax, would like a recipe for Sally Lunn. Is it a bread or a sweet cake?

**QUESTION** — Nancy Pacitti, Philadelphia, writes that she recently visited Lancaster County and enjoyed the lima beans in tomato sauce that is found in most area Pennsylvania Dutch smorgasbords. She would like the recipe.

**QUESTION** — Gladys M. High, Ephrata, and Leah Fisher, Gordonville, would like a recipe for pepper jelly made with red peppers.

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**QUESTION** — Teena Fuoss, Unityville, would like to know how to can sweet potatoes. Also, can you freeze zucchini without blanching? Teena said that her mom always did a lot of canning and freezing, but Teena was always too busy helping her dad in the barn and did not have an interest in housework. Now, she needs to do it because her mom passed away. She was a do-it-from-scratch-type lady and never followed a recipe.

**QUESTION** — Ron Kieffer, Hamburg, wants a recipe for black raspberry syrup.

**QUESTION** — Marilyn Sensenig, Smyrna, Del., would like recipes for using sourdough starter.

**QUESTION** — Fannie Stoltzfus, Christiana, would like a recipe to make rice cakes.

**QUESTION** — Gina Hawbaker would like to know how to make a salad dressing similar to the house dressing at Atrim House Restaurant in Greencastle.

**QUESTION** — Gina Hawbaker's brothers want to know how to fix chestnuts by roasting and other ways.

**QUESTION** — Dorothy Carvell would like a recipe for wild rice soup like that served at Lapp's Restaurant in Granite Run.

**QUESTION** — Brenda Seidel, Elliptsburg, would like a recipe for French Apple Pie, which has raisins and is topped with icing.

**QUESTION** — Brenda Scott, Bellefonte, wants a recipe for cabbage slaw to put on ham and pork barbecues.

**QUESTION** — Brenda Scott, Bellefonte, wants a recipe for a basting sauce to baste a 225-pound roasting pig as it's being cooked in a large pig cooker.

**QUESTION** — Alice Yoder, Lewistown, would like a recipe for vanilla whoopie pies.

**QUESTION** — Sue Werner, Lebanon, would like a recipe for alfalfa jelly. She writes that her family tasted it at the Farm Show. Although she felt like she was eating grass, her son loved it.

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

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

**QUESTION** — A reader would like the recipe for evaporated milk.

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

**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.

# Fresh Ideas For Citrus Fruit

(Continued from Page B6)

## SPICED ORANGE DIP

1 cup cottage cheese  
 1/4 cup orange juice  
 1/2 teaspoon sugar  
 1/2 teaspoon grated orange peel  
 1/4 teaspoon salt  
 1/4 teaspoon cinnamon

Place cottage cheese in blender or food processor. Blend or process until fairly smooth. Transfer to small bowl. Stir in orange juice, sugar, peel, salt, and cinnamon. Cover and chill. Allow to stand at room temperature a few minutes before serving. Use as a dip for fruits or dressing for fruit salads.

Yield 1 1/4 cups.

Shannon Semmel  
 Northampton/Lehigh Co. Dairy  
 Princess

## PEACH-ORANGE FROST

1 cup well-drained canned peach slices  
 1 teaspoon unflavored gelatin  
 1 tablespoon lemon juice  
 1/2 cup syrup from canned peaches  
 1 egg yolk  
 1/2 cup orange juice  
 1/2 teaspoon grated orange rind  
 1/4 cup sugar  
 Pinch salt  
 1 cup light cream  
 1 egg white  
 Mash one cup peach slices thoroughly with a fork or blend until smooth. Add gelatin to lemon juice and let stand 5 minutes. Heat peach syrup and add softened gelatin. Stir until gelatin is dissolved. Cool (do not chill).

Beat egg yolks slightly. Stir into gelatin mixture along with orange juice and rind, sugar, salt, cream, and mashed peaches. Pour into a metal pan and freeze until firm.

Beat egg white until stiff. Scrape the frozen mixture into a chilled bowl and beat with rotary beater or electric mixer until smooth. Fold in egg white and return to metal pan. Freeze until firm.

Spoon into sherbet glasses at serving time and garnish with extra peach slices.

B.J. Light  
 Lebanon

**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.

**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** — Nancy Sauder, Lititz, wanted a recipe for chicken breasts baked with a creamy dried beef sauce. Thanks to Mary Louise Grove, Hanover, Gina Hawbaker, Denis Angstadt, Oley, and others for sending recipes.

## Easy Chicken

6 boned chicken breasts, skinned  
 1 1/2 pounds chopped dried beef  
 2 cups sour cream  
 1 can cream of mushroom soup  
 Wrap chicken breast in dried beef and place in a 8x8-inch baking dish. Combine remaining ingredients and pour over chicken. Bake at 275 degrees for 3 hours.

OR, line casserole with dried beef. Place pieces of chicken breast on top, another layer of dried beef and chicken breasts. No salt is needed because of the dried beef. Mix soup and 1 cup sour cream and pour over chicken. Bake at 325 degrees for 2 hours.

## Elegant Chicken

4 to 5 chicken breasts  
 1 can mushroom soup  
 1 pint sour cream  
 1 package dried beef  
 1/2 pound bacon  
 Fry bacon until crisp so it can be broken into bits. Tear dried beef into pieces and place on bottom of baking dish. Place chicken breasts on top of dried beef. Mix soup and sour cream. Pour over chicken. Sprinkle bacon on top. Cover and let marinate in refrigerator overnight. Bake in 350 degree oven for 35 to 40 minutes, covered.

**ANSWER** — Marie Jackson wanted ideas for taking meals to the field workers and also how to keep hot foods hot and cold meals cold. Here are several recipes from an Ontario County, N.Y. reader, and some ideas for keeping food hot. She keeps hot dogs, Italian sausages, and burgers in a wide-mouth 2-quart thermos, which has been preheated with boiling water. After grilling meat, she puts it in the microwave until it is really hot. She butters rolls and slips the meat onto them as each driver gets off his tractor.

Another hot meal the workers enjoy is pizza turnovers. Take plain bread or pizza dough and roll thin into 8-inch circles. Fill with cheese, meat, and sauce (pepperoni, sausage, any leftover cheese. Seal like a turnover with a dab of water. Don't allow fillings to leak out onto the cookie sheet. Bake at 400 degrees about 15 minutes until browned.

In hot weather, fill pint freezer containers with cubes of watermelon. Carry a large jug of ice water to refill their individual water jugs.

To keep filling salads, like potato or macaroni, chilled, pack pint freezer container for each person and chill thoroughly before taking to the field.

Deviled eggs — put two halves together and wrap in plastic wrap. No mess. Chill well.

For dessert, pack pie or cake in triangular containers made for this purpose. Cookies that don't crumble easily or brownies go into small bags as do grapes and cherry tomatoes.

Keep baby wipes in each vehicle so hands may be cleaned. Keep a big heavy-duty plastic container of cookies in the barn where the men pick up and leave their tractors.

**ANSWER** — Sue Pardo, Jarrettsville, Md., wanted a recipe for rugelach. Thanks to Eileen Moore, Chambersburg, who sent a recipe that she used to win blue ribbons at several fairs for these delicious filled cookies. Also, thanks to Naomi Blank, Kinzers; Josephine Materus, Dallas, and others for sending recipes.

## CITRUS COOLER

2 8-ounce containers lemon-flavor yogurt  
 6-ounce frozen pineapple-orange juice concentrate  
 3 ice cubes

Place all ingredients in blender container; cover. Puree until smooth and frothy. Serve immediately in tall chilled glasses.

Yield: 3 cups.

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## ORANGE CHICKEN STIR-FRY

1/2 cup orange juice  
 2 tablespoons sesame oil, divided  
 2 tablespoons soy sauce  
 2 teaspoons grated fresh ginger  
 1 teaspoon grated orange peel  
 1 clove garlic, minced  
 1 1/2 pounds boneless, skinless chicken breast, cut into strips  
 3 cups mixed fresh vegetables, such as green bell pepper, red bell pepper, snow peas, carrots, green onions, mushrooms, and onions.  
 1 tablespoon cornstarch  
 1/2 cup unsalted cashew bits or halves

3 cups hot cooked rice  
 Combine orange juice, 1 tablespoon oil, soy sauce, ginger, orange peel and garlic in large glass bowl. Add chicken; marinate in refrigerator one hour. Drain chicken; reserve marinade. Heat remaining one tablespoon oil in large skillet or wok over medium-high heat. Add chicken; stir-fry 3 minutes or until chicken is lightly browned. Add vegetables; stir-fry 3 to 5 minutes or until vegetables are crisp-tender. Combine cornstarch and marinade; add to skillet and stir until sauce boils and thickens. Stir in cashews; cook one minutes more. Serve over hot rice. Makes 6 servings.

USA Rice Council