



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 — Linda Lundberg of Great Meadows would like a recipe for pumpkin butter.

QUESTION — Sarah Clark, Breezewood, would like a recipe for Autumn Soup, which contains hamburger, celery, corn, potatoes, tomatoes, onion, basil, salt and pepper.

QUESTION — Sarah Clark, Breezewood, would like a candy called Decadent, which she thinks is made in North or South Carolina. She'd also like a bread recipe called Arkansas Travelers Bread, a fruit cake called ice box fruit cake, which includes marshmallows, Hi Ho Crackers, evaporated milk, mixed candied fruits, and nuts, and a cherry pie made with red Kool-Aid.

QUESTION — A Chambersburg lover of Section B would like recipes for "all fruit" jellies without artificial sweeteners and granulated sugar. She asks, is meadow tea and spearmint tea caffeine free? She'd like details on using a smoker. Do you burn charcoal or wood? How do you keep the fire hot while adding wood? How do you keep ashes off the meat? How can you tell if it's hot enough?

QUESTION — Nancy Price, Jarrettsville, would like a recipe for fruit sauce such as they serve with ham at Horn and Horn Restaurant. She has tried other recipes but none is as good as Horn and Horn's.

QUESTION — A Potter County reader would like a recipe for sweet gherkin pickles.

QUESTION — Dick Taylor, Allentown, N.J., would like a recipe for hot pepper sauce using lime juice and carrots as opposed to the traditional method of using vinegar and tomatoes. He writes that lime juice enhances the pepper flavor more than vinegar.

QUESTION — Dee Crowder, Gettysburg, is looking for a recipe similar to Rotel or Chi-Chi's Tomato and Green Chilies. Also, she'd like salsa recipes.

QUESTION — Lena Hoover, Shippensburg, would like recipes for instant vanilla, chocolate, and butterscotch puddings.

QUESTION — Andy Andrews, Brownstown, would like the recipe for pecan collision, a dessert served at a local smorgasbord.

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 Atrium 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 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 — 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 — 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.

ANSWER — Ron Kieffer, Hamburg, wanted a recipe for black raspberry syrup. Thanks to Lou Shultz, Harrisburg, for sending a favorite recipe that she said is good on ice cream.

Raspberry Sauce

2 teaspoons cornstarch

¼ cup sugar

¼ cup water

1 pint raspberries

In medium saucepan, combine cornstarch and sugar. Stir in water and raspberries. Cook, stirring constantly, over medium heat until mixture simmers for two minutes and is slightly thickened. Strain through fine sieve, pressing pulp with back of spoon. Discard seeds. Chill.

If frozen raspberries are used, defrost two 10-ounce packages, but do not add additional sugar or water. Blend in cornstarch. Heat mixture gently until sauce is thickened. Chill.

ANSWER — Mrs. King wrote that she had a recipe that she lost for delicious peanut butter marble brownies. Thanks to Rebecca Beiler, New Holland, for sending a recipe.

Peanut Butter Swirl Bars

½ cup crunchy-style peanut butter

½ cup butter, softened

¾ cup brown sugar

¾ cup sugar

2 eggs

2 teaspoons vanilla extract

1 cup unsifted flour

1 teaspoon baking powder

¼ teaspoon salt

12-ounces semi-sweet chocolate morsels

Preheat oven to 350 degrees. In a large bowl, combine peanut butter, butter, brown sugar, and granulated sugar; beat until creamy. Gradually beat in eggs and vanilla extract. Blend in flour, baking powder, and salt. Spread into greased 13x9x2-inch baking pan. Sprinkle chocolate morsels over top. Place in 350 degree oven for 3 minutes. Remove from oven, run knife through to marbleize. Return to oven. Bake at 350 degrees for 30 minutes. Cool. Cut into 2x1-inch bars. Makes 48 bars.

ANSWER — Ellen McComrey, Oxford, was searching for a baked pineapple recipe. Thanks to Loretta Bauer, Pennsylvania, for sending a recipe.

Baked Pineapple

4 beaten eggs

2 tablespoons flour

¾ cup granulated sugar

Mix well and add:

1 can crushed pineapple

3 slices white bread, cubed

Mix together ingredients and pour into a vegetable-sprayed 8-inch square pan. Pour ¼ cup melted butter over top. Bake one hour at 350 degrees. Serve hot.

Serves 6.

QUESTION — Nancy Pacitti, Philadelphia, wanted the recipe for lima beans in tomato sauce that is found in most area Pennsylvania Dutch smorgasbords. Thanks to Stan Kitchen for sending a recipe.

Baked Limas

2 cups dried lima beans

4 slices bacon

1 small onion

1 green pepper

1 cup canned tomatoes

2 teaspoons salt

1 teaspoon mustard

2 tablespoons brown sugar

Wash beans and soak overnight in cold water. In the morning, drain and add 2 quarts fresh water. Cook until almost tender. Pour beans into a buttered casserole. Add minced pepper, onion, tomatoes and seasoning. Mix together. Place bacon on top and bake in covered casserole for 2 hours at 325 degrees. Add more liquid if necessary. Leave uncovered the last 20 minutes. Serves 6.

ANSWER — A reader wanted the recipe for evaporated milk. Thanks to N.E. Kreitzer, Lebanon, for sending a recipe.

Evaporated Milk

Process in blender:

1 cup nonfat dry milk

1¼ cups water

Makes 1½ cup or the equivalent of an 11-ounce can.

Reduce Cancer Risk

TOWANDA (Bradford Co.)—"Eat Five" is the title of a new five part learn-at-home series on nutrition offered by Penn State Cooperative Extension of Bradford County.

The series was written by Extension Nutrition specialists from Penn State University. Each lesson addresses the "Five a Day for Better Health" slogan being used by the National Cancer Institute and the Produce for Better Health Foundation to encourage Americans to eat more fruits and vegetables. Information is included in the series on how to make adjustments to your diet that may help to lower your risk of developing certain types of cancers and improve your overall health.

Each lesson takes no more than one hour to complete.

Each of the five lessons also includes: recipes; a worksheet to help you determine how you're doing, for example, with vegetable consumption habits; information on storing, preparing and cooking vegetables and fruits; and getting kids involved with preparing, cooking, and eating vegetables and fruits.

The lessons will be distributed beginning the first week in June, with one lesson being mailed each week. To receive the series send your name, address, phone number, and \$5 to cover cost of postage to "Eat Five", Penn State Cooperative Extension, 701 South Fourth Street, Towanda, PA 18848, by June 1. Checks should be made payable to "Bradford County Extension." For additional information contact the Extension Office at (717) 265-2896.

Food Safety Update

SCRANTON (Lackawanna Co.)—It is estimated that there are 24-81 million cases of foodborne illness each year. According to the Center for Disease Control, 9,000 deaths result annually from foodborne diseases.

To address this concern, Penn State Cooperative Extension of Lackawanna and Luzerne Counties and the Northeastern District Pennsylvania Dietetic Association are sponsoring, "Update—Food Safety and OSHA" for health professionals and food inspectors on Wednesday, June 14, from 9:30 a.m.-4:30 p.m. in Nazareth Hall at Marywood College in Scranton.

The program will offer workshops on OSHA (the Occupational Safety Hazard Act), inspections of food establishments, microbial research on foodborne pathogens, food mycology (molds, fungi, and yeasts), and HACCP (Hazard Analysis Critical Control Point). Registered dietitians, diet technicians, certified dietary managers and American Culinary Certified chefs will receive 5 hours of continuing education for the training.

The cost of the program which includes lunch, breaks, and material is \$15. Registrations may be made by calling Penn State Cooperative Extension of Lackawanna County at (717) 963-6842 by June 6. Persons with disabilities who anticipate needing accommodation or who have questions about physical access may contact Karen Thomas at (717) 963-6842 in advance of the program.