



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 an SASE. If we receive an answer to your question, we will publish it as soon as possible. Sometimes we receive numerous answers to the same request, and cannot print each one.

Answers to recipe requests should be sent to the same address.

QUESTION — Donna Graver, Bernardston, Mass., would like a recipe to make wild blueberry syrup such as sold in specialty shops. The syrup is used to top ice cream, pancakes, etc. She would also like to know how to process and seal the syrup for the wholesale and retail market.

QUESTION — J. Rehmeyer, York, is looking for a pizza bread recipe that tastes similar to that sold at the York market.

QUESTION — Sylvia Rebert, Wellsville, wants an old-time recipe for fruitcake in which the cake is stored for a few weeks (wrapped in a tin) with either rum, brandy or whiskey poured over it occasionally. Her mother had a recipe but it was lost.

QUESTION — A Canton reader would like a recipe for marinated mozzarella.

QUESTION — Mrs. D. Fisher, Lewistown, would like a recipe for breakfast pop tarts. She tried making them but the crust gets too flaky. Does someone have a recipe in which the pop tarts can hold up being toasted?

QUESTION — Ralph Johnson, Sewell, N.J., would like recipes for potato and for potato leek soups.

QUESTION — Christine Mansberger, Shippensburg, would like the recipe for a cookie called Five O'Clock Teas, which were made at the Valley Pride Bakery in Shippensburg until they went out of business.

QUESTION — Margaret Fierlage, Waldorf, Md., requests recipes for bread puddings and sauce toppings to put on it.

QUESTION — A reader would like healthful bread recipes to make in a bread machine. Is it possible to make bread machine bread without white flour? She prefers oat flour, which doesn't have enough gluten in it to raise sufficiently.

QUESTION — Kathy Gephart, Rebersburg, wants a recipe for honey mustard pretzels.

QUESTION — N. Martin, Denver, wants a recipe for homemade hot dogs made with chicken or beef. What size casing is used? She also would like a chicken bologna recipe. She writes that she uses a sausage press for stuffing bologna and sausage.

QUESTION — Dennis Hagan, Reading, would like a recipe for deep fried cheese cubes. In the recipes he has tried, he was unable to get the breading to stay on the cheese cubes. Any secrets?

QUESTION — Wm. Lucas, Warfordsburg, wants to know where to buy shredded coconut, not flake coconut.

QUESTION — Margie Hartman of Pittsburgh would like to know if anyone has a recipe for New Year's Pretzel.

QUESTION — Cel Brown of West Chester wants the recipe for a bread mix like the ones in the store called Daily Bread Company's. These mixes can be made up ahead.

QUESTION — A faithful New York reader would like a recipe for grilled chicken breast that tastes like that served by Shady Maple on Thursdays.

QUESTION — Shirley Lilley, Baltimore, Md., would like a recipe for gingerbread square cupcakes and frosting (a dollop on top of each) such as marketed by Valley Pride Bakery each fall season and sold in the Chambersburg area.

QUESTION — Yvonne Musser, Lancaster, said she would like a recipe for buttermilk salad like they serve at Akron Restaurant in Akron.

ANSWER — Phyllis Stauffer of Carlisle wanted recipes for breads that are often sold at bake shops or orchard stands. One she particularly likes is vegetable bread. Thanks to a Lowville, N.Y. reader for sending a recipe. She writes that the bread tastes even better after it is a few days old.

Vegetable Bread

1 cup carrots
1 cup canned or frozen peas
1 potato
1 quart tomato juice
1 cup green beans
1 onion
3 sprigs parsley
2 tablespoons yeast
½ cup shortening
½ cup sugar
3 tablespoons salt
12½ cups bread flour

Cook together vegetables until tender. Force vegetables through a sieve. There should be 1½ quarts juice and pulp. Dissolve yeast in 1 cup warm water, add to vegetable pulp, add sugar, shortening and salt, add 5 cups flour and stir until well blended. Let batter work until light and full of bubbles, about one hour. Add remaining flour and let rise until double in bulk. Knead and shape into loaves. Bake at 350 degrees for 35 to 40 minutes. Makes 4 loaves.

ANSWER — Thanks to Gail Diller, Hagerstown, Md., for sending a recipe requested by Violet Cassner of Newburg.

Graham Cracker Pie

Crust:
1 package graham crackers
¼ cup sugar
¼ cup butter
Press into 2 pie pans, bake until set about 5 minutes.

Filling:
2 cups milk
½ cup sugar
3 tablespoons cornstarch
½ teaspoon salt
2 eggs, separated
Vanilla

Cook ingredients except egg whites until thickened. Pour into pie crust. Beat egg whites until stiff and slowly add a few grains salt and 4 tablespoons sugar. Top pie. Bake 5 minutes more or until lightly browned.

ANSWER — Recently we had two different requests, one for a Greek honey cookie and one for a Lebanese cookie Ma'Mool. Thanks to Anne Van Aller, Woodbine, Md., who sent several recipes. She wrote that her husband is a beekeeper. She enters many honey cookery contests and has received numerous blue ribbons and was a grand champion winner.

Ma'Mool

Dough:
2 cups baby farina or semolina (fine flour)
1 cup warm milk
1 jigger brandy or whiskey
1¼ teaspoons mahlab
1 tablespoon orange blossom water or rose water
1½ pounds clarified butter
2 tablespoons yeast
4 cups unbleached white flour

Filling:
1 pound unsalted pistachio or black walnuts
1 cup sugar
2½ tablespoons orange blossom water or rose water

Prepare dough by mixing butter and farina the night before cooking. Use unsalted butter or clarify butter to remove salt. (I prefer to use clarified butter because it is purer). Boil very gently and stir until there is no more foam on top. Salt will sink to bottom of pan. Strain the butter through a fine strainer over the farina. Stir and leave overnight. Dough does not rise. Beat farina/butter mixture for about 10 minutes or until it turns creamy white. Add brandy and mahlab. Dissolve yeast in warm milk, stirring. Add to farina mixture. Gradually add the flour to the mixture, mixing until dough is smooth.

Prepare the filling. Grind the pistachios coarse. Mix with sugar and orange blossom water.

To assemble the Ma'Mool, take a small amount of dough and round it in the cradle of the hand. With the forefinger, core into the dough until it is in the shape of a small, oval cup with thin sides. The ma'mool is more delicious if it has lots of filling. This is feasible if the cored hole is large and the sides of the cup are thin.

Insert about a teaspoon filling into the cup, and then gently close the opening with thumb and other fingers, face the closed opening into the palm of hand and finish rounding.

Decorate top of ma'mool by pinching the soft dough with a pastry crimper or tweezers. Bake in preheated 300-degree oven for 40 minutes. Sprinkle powdered sugar on top while hot.

ANSWER — Thanks to Janice Searer, York, for sending a recipe for heavenly hash bars requested by Sarah Clark, Breezewood.

Heavenly Hash

1 pound cut or broken pecans
1 pound graham crackers, crushed
1 pound pitted dates, cut in thirds
1 pound marshmallows, either small or large ones cut up and soaked in ½ pint light cream. Mix together ingredients and serve.

(Turn to Page B11)

Dinner's

(Continued from Page B6)

QUICK MEAT POT PIES
Heat oven to 350 degrees.
3 envelopes gravy mix (turkey, chicken, beef or pork)
3 cups water
2 cups meat (turkey beef or pork)
1 cup frozen peas
1 cup cooked diced carrots
1½ cups cooked diced potatoes
½ cup onions
1 package refrigerator biscuits

In a large pot, mix gravy. Mix with water and cook over medium heat until thickened. Add meat and vegetables and cook until all is heated thoroughly. Transfer to a 3-quart casserole. Place biscuits on top of mixture. Place in oven and bake 20-25 minutes or until biscuits are golden brown.

SPANISH-STYLE BEEF AND RICE CASSEROLE

1½ pounds boneless beef chuck shoulder steaks
1½ tablespoons olive oil
½ cup chopped green bell pepper
½ cup chopped onion
1 clove garlic, crushed
¾ cup uncooked rice
2 teaspoons chili powder
¾ teaspoon salt
14½-ounce can tomatoes, undrained, broken up
¾ cup frozen peas, thawed

Cut steak into ¼ -inch strips; cut strips into 2-inch pieces. Heat oven to 350 degrees. Heat oil in large skillet over medium-high heat 5 minutes. Stir fry beef, bell pepper, onion, and garlic (half at a time) 2 to 3 minutes or until beef is no longer pink; place in 2-quart casserole. Stir in rice, chili powder, salt and pepper. Add enough water to tomatoes to measure 2 cups; add to casserole. Cover tightly and bake 50 minutes or until beef and rice are tender. Remove from oven; stir in peas. 4 servings.

VEGGIE CASHEW SOUP

2 cups frozen mixed zucchini, carrots, cauliflower, lima beans & Italian beans
1¼ cups hot water
1 teaspoon instant chicken bouillon granules
1 bay leaf
15-ounce can great northern beans or navy beans
8-ounce can tomato sauce
¼ cup dry red wine
1 teaspoon sugar
1 teaspoon chili powder
1 cup shredded cheddar or Monterey Jack cheese
½ cup cashews

In a large saucepan, combine frozen vegetables, hot water, bouillon granules, and bay leaf. Bring to boiling, reduce heat. Cover and simmer for 5 minutes. Do not drain.

Stir in undrained beans, tomato sauce, wine, sugar, and chili powder. Bring to boiling. Reduce heat. Cover and simmer for 3 minutes. Remove from heat, then remove bay leaf.

To serve, ladle soup into individual bowls, then top with cheese and cashews. Serves 4 to 6.

Colorful Foods

Do you ever notice the vivid colors of food? Did you know that the deeper the color, the more nutrients are packed into that food? For example, Romaine lettuce has many more nutrients than iceberg.