

Cook's Question

(Continued from Page B8)

ANSWER — Donna Taylor, Washington Boro, wanted a recipe for salt rising bread. Thanks to Eileen Moore, Shippenburg, for sending an "old, old" recipe. Thanks to Carrie Frederick, Altoona, for sending a similar recipe. She writes that salt-rising bread is thought to be more digestible than other kinds of bread.

Salt Rising Bread

Starter:

- 1 cup potatoes grated raw
- 2 teaspoons white corn meal
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 quart boiling water

Mix ingredients in order given. Keep in a warm place (80 to 85 degrees) overnight, uncovered or for 12 hours. Bubbles will form and liquid will give off an unmistakable odor. (If you can turn your oven very low and maintain an even heat, this may be your best bet).

Sponge:

- 2 cups strained liquid from the starter
- 2½ cups flour, sifted
- 1 teaspoon baking soda
- 1 teaspoon sugar
- 1 teaspoon salt

Sift together flour, baking soda, sugar, and salt. Add liquid. Mix thoroughly and beat until smooth. Let stand 1½ hours, uncovered, in place 80-85 degrees.

Bread:

- ½ cup milk
- ½ cup water
- 1 teaspoon sugar
- 3 tablespoons shortening or butter
- 6 cups flour

Sift before measuring.

Combine milk and water and bring to a boil. Add sugar and butter. Cool to lukewarm and add to sponge. Add flour gradually until firm dough is formed. Turn out on floured board and knead lightly until very smooth and elastic.

Set to rise again in a buttered bowl. Cover with a damp cloth. Keep at 80-85 degrees. Let rise until double in bulk, about 2 hours. Divide dough in two for two loaves. Dough should come up to two-thirds depth of pan. Let rise until dough reaches top of pan. Bake in loaf pans in 325-degree oven.

ANSWER — Thanks to Julia Vandzuna, for sending in a peanut butter meltaway recipe, which she writes is excellent that had been requested by Ardelle Landis.

Peanut Butter Meltaways

2 pounds white chocolate
4½ cups peanut butter
Melt white chocolate in electric skillet, add peanut butter by tablespoons until all is mixed.
Line pan with wax paper. Let set until it hardens and cut into squares. Dip in milk chocolate.

ANSWER — Thanks to Shirley Wimer, Harrisonburg, Va., who sends a broccoli and rice recipe that had been requested Mrs. Burkholder. Also, check the Home on the Range recipes on page B6 for an entirely different broccoli and rice recipe.

Rice Pilaf Surprise

4 cups wild rice pilaf
2 cups broccoli
1 cup sliced almonds
1 cup shredded carrots
1 teaspoon butter
1 teaspoon salt
Cook rice as directed on package. Add salt, butter, broccoli, carrots and almonds 10 minutes before rice is finished cooking.

ANSWER — Thomas Martin, Strasburg, wanted a recipe for frozen strawberry yogurt, which combines yogurt and strawberry Jell-O. Thanks to Elizabeth Fisher who sent a recipe for homemade strawberry yogurt. Here is the recipe; however, I think Tom wanted a frozen strawberry yogurt recipe. Does anyone have a recipe for the frozen version?

Yogurt

Heat 2-quart milk to 180 degrees. Remove from stove and add one can of canned milk, ¾ cup sugar, 1 tablespoon vanilla, ¼ teaspoon salt.

Cook mixture to lukewarm. Be sure it doesn't become too cold. Add 3 tablespoons dry milk, 3 heaping tablespoons plain yogurt. Beat well with egg beater. Take out enough plain yogurt for the next time.

Mix ¾ strawberry or any flavor Jell-O with ½ cup very hot water. Add to yogurt mixture and beat again.

Pour mixture into pint jars with lids. Set in a 12-quart pot or any pot that holds all the jars. Add warm water almost to the top of the jars and set in gas oven for 4 or 5 hours. Then put into refrigerator overnight before serving.

ANSWER — Sally Reinahl, Valley View, wanted a recipe for caramel custard pie that does not use brown sugar. Thanks to Karen Butler, Md., for sending her recipe.

Caramel Custard Pie

Preheat oven to 375 degrees. Butter a 9-inch pie pan. Beat 4 eggs until well blended. Caramelize ½ cup sugar by stirring in a heavy frying pan rubbed with butter over medium heat until the sugar melts and forms a clear brown syrup. Stir caramelized sugar into 3 cups scalded milk. Add ¼ teaspoon salt, 1 teaspoon vanilla. Add this to the eggs. Stir well. Pour into the pan. Set in a larger pan and pour hot water into the outer pan ½ -inch deep. Bake until firm (about 45 minutes). Cool on a wire rack. Prepare a 9-inch baked pie shell. Half an hour before serving, loosen the edge of the custard with a sharp knife. Shake gently to loosen the bottom. Hold over the pie shell with both hands, tilt, and ease the filling gently into the shell. Sprinkle with nutmeg. This method keeps the pie crust from getting soggy.

To bake by the old-fashioned method: line the pie pan with pastry, brush with slightly beaten egg white. Pour in the filling and bake 10 minutes at 450 degrees. Reduce heat to 300 degrees and bake until firm (45-50 minutes).

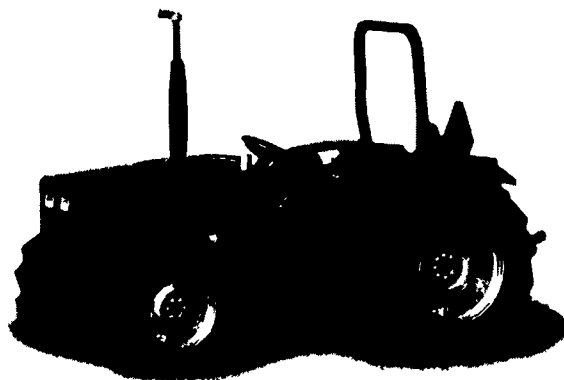
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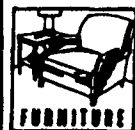
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