## Cook's Question

## (Continued from Page B8)

ANSWER --- Nancy Mayer, Daiton, wanted a recipe to make a dry mix soup mix for gift giving. Thanks to Elizabeth Seibert, Fredericksburg, for sending a recipe.

Special Bean Soup Mix For Gift Giving Mix together one pound of each: Norther beans Pinto beans Large limas Black-eyed peas Garbanzo Small white beans Baby limas Split pea green Pearl barley Kidney White kidney Cranberrry bean Pink bean

Yellow split pea Lentil Navy

Pack 2 cups in a bag or jar. Give soup directions. The mixture gives an interesting flavor and texture. Make a spice packet for each. Take a 6-inch square piece of plastic and wrap in the following for a spice packet:

- 3 beef-flavored bouillon cubes 3 tablespoons dried chives 1 teaspoon salt teaspoon dried savory 1/2 teaspoon ground cumin ½ teaspoon ground pepper
- 1 bay leaf

Tie with a string, for a gift tie with ribbon. Recipe directions:

Soak 2 cups assorted beans in 5 cups water. Cook 3 minutes. Let stand 1 hour. Drain. Add 1 ham hock and 5 cups water. Cook for 30-60 minutes. Add 14½ -ounce can stewed tomatoes, the spice packet, and simmer until done. May add garlic and ½ teaspoon chili powder if desired.

ANSWER - Mrs. Eli Lapp Jr., Gordonville, wanted a recipe for starter mix to pass from one person to the next. Here is an answer from Jeanne Fredrick, Devon, Ct. Please clip this if you think you might use it. We have constant requests for this recipe and do not like to repeat the same recipes again and again.

## **Starter Mixture**

- 2 cups flour
- 2 cups warm water
- package dry yeast
- cups milk, separated 2
- 2 cups flour, separated
- 1 cup sugar

Day 1: Get the starter mixture going by mixing together 2 cups flour with 2 cups warm water, and 1 package dry yeast. Do not mix with an electric mixer but thoroughly with a whisk. Do not put the starter mixture into a metal container. Cover loosely with plastic wrap. Set on the kitchen counter, do not refrigerate.

Day 2, 3, and 4: Stir until smooth (use wooden spoons, not metal)

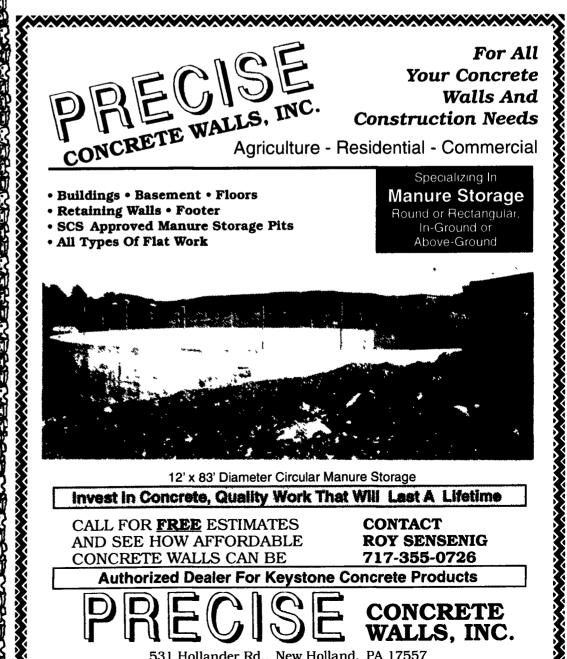
Day 5: Add 1 cup milk, 1 cup flour, 1 cup sugar, and stir. Day 6, 7, 8, and 9, stir.

Day 10. Add 1 cup milk, 1 cup flour, 1 cup sugar. Get 3 nonmetal containers and pour the batter into each. This is now the starter mixture ready to use or share with others.

## Friendship Bread

- 3 cup oil 2 cups flour
- 1 cup sugar 3 eggs
- 1½ teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1% teapsoon baking powder
- 1 cup nuts
- 1 cup raisins, apples or crushed pineapple
- 1 portion of the starter mixture
- Sugar

To the starter mixture, add oil, flour, sugar, eggs, cinnamon, salt, baking soda, baking powder, nuts, and fruit. Pour into two well-greased loaf pans. Sprinkle with sugar. Bake at 350 degrees for 50-55 minutes or until toothpick comes out clean.



<text> Small red bean Black bean A LESSON WELL LEARNED... LANCASTER FARMING'S CLASSIFIED ADS **GET RESULTS!** 

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