



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 — Lillian Auman lost her favorite recipe for tuna noodle casserole, which was originally from the "Better Homes and Gardens New Cook Book," ninth edition 1982. Can anyone help her out?

QUESTION — D. Allger, Ronks, would like a recipe for macadamia nut cookies.

QUESTION — Elaine Bowes, Loganton, would like a recipe for Wedding Soup.

QUESTION — Shirley Schwoerer, Wysox, is looking for a recipe to make deep fried mozzarella sticks.

QUESTION — Pam Laubach, Orangeville, is looking for a recipe for chewy sugar cookies similar to those sold at malls and a recipe for animal crackers.

QUESTION — Charles Robbins, Salmon, Idaho, wants a recipe for blood sausage. In Poland, it is called kishka made with pigs blood, rice or buckwheat.

QUESTION — Jo Marie Snyder, New Bloomfield, would like to know if there is a book about where cooking ingredients such as baking soda, baking powder, and alum come from and how they were discovered to work in cooking. What is cream of tartar or cream of wheat?

QUESTION — Ammon Gruber, Emmaus, would like a recipe for lobster bisque soup, which he had numerous times at the Pottsville Diner.

QUESTION — Violet Cassner, Newburg, would like a recipe for meat balls made with left over mashed potatoes. She recalls eating them years ago. The meatballs were simmered in sauce and tasted very moist and delicious.

QUESTION — Susan Harris, Lexington, VA, would like a recipe for fruit cake in the jar.

QUESTION — L. Burkholder, 1543 Union Grove Rd., East Earl, PA 17519, would like to purchase a used Betty Crocker Cookbook printed in the mid 1960s.

QUESTION — Valerie Harlan, Parkesburg, would like a recipe for "real red taffy apples" with taffy that pulls away not the crackle type. She remembers these from her childhood and would like to recreate this childhood memory for her grandchildren.

QUESTION — G. Halteman would like a recipe for homemade butter made out of goat's milk. (According to an answer in this column, a butter recipe using cow's milk is interchangeable with goat's milk).

QUESTION — A reader tasted a delicious cottage cheese soup at the Red Fox Inn at Snowshoe. Does anyone have a recipe for cottage cheese soup.

QUESTION — Carl Schintzel, Rockaway, N.J., remembers his mother used to make seasoned rice with cubed pieces of veal in it, which cooked all day on a wood or coal range. He doesn't remember the name or any other ingredients it might have contained, but the mixture was made in a deep gray graniteware lidded pot.

QUESTION — Mary Dengler, Middletown, Ohio, would like a recipe for 10-grain bread that tastes similar to that made by Roscoe Village Bakery in Coshocton, Ohio.

ANSWER — Annie Martin, Selingsgrove, sent in this recipe for the Somerset reader who wanted recipes for breakfast cereals.

Hot Shredded Wheat

Put shredded wheat biscuit on plate. Top with 1 teaspoon butter, 3 tablespoons hot tomato juice or sauce. Pour hot milk on top to soak up the biscuit.

Low-Fat Means

(Continued from Page B2)

CHEWY BROWNIES

1 cup all-purpose flour
1 cup powdered sugar
½ cup plus 1½ teaspoons unsweetened cocoa
¼ teaspoon baking powder
1½ -ounces semi-sweet chocolate, chopped
3 tablespoons corn oil margarine
½ cup packed light or dark brown sugar
2 tablespoons light corn syrup
1 tablespoon water
2 teaspoons vanilla extract
2 large egg whites
Preheat oven to 350 degrees.
Line an 8x8-inch pan with foil to extend 1½ inches on the outside of pan (to help lift out of pan). Spray foil with non-stick cooking spray.
Sift flour, sugar, cocoa, and baking powder into a mixing bowl.
In a medium saucepan and over low heat, melt margarine and

sweet chocolate, stir constantly. Remove from heat and add brown sugar, corn syrup, water, and vanilla. Stir until thoroughly blended. Stir in the egg whites with a wooden spoon. Stir in dry ingredients. Transfer the batter to the prepared pan, spreading evenly.

Bake on middle rack of oven for 24 to 30 minutes or until the top of middle cake is almost firm.

Place on wire rack for 15 minutes, remove from pan by lifting with excess foil. Cool completely. Cut into 12 servings.

B. Light
Lebanon

LEMON CHEESECAKE

1 graham cracker, crushed
1 small package lemon flavor sugar-free gelatin
¾ cup boiling water
1 cup low-fat cottage cheese
8-ounces light cream cheese
2 cups thawed lite whipped

ANSWER — Pam Laubach, Orangeville, wanted to know how to order a "Society of Farm Women Cookbook." For a copy of this large, beautifully illustrated cookbook, send \$15 plus \$3.50 for postage and handling to Naomi Bupp, Route 2, Box 157, Glen Rock, PA 17327. Make sure you include your complete address.

ANSWER — A Somerset reader wanted recipes for emu, alligator, squirrel, rabbit, ground hog, opossum, bear, moose, antelope, etc. Thanks to Kim Koehler, Bethlehem, for sending several recipes, which she said are very tasty and were in her grandmother's cookbook.

Creamed Sour Rabbit

Cut rabbit in small pieces and soak overnight in solution of 1 cup vinegar and ½ cup water. Next morning, cook rabbit in vinegar solution until done, about 2 hours. Thicken the broth in a little flour. Salt and pepper to taste and serve hot. Good with biscuits.

Coon & Opossum

Soak in salt and soda water overnight. Rinse off in the morning. Put in pot and parboil until tender. Put in bread pan. Add salt, pepper and sage to taste. Pre-cook 3-5 sweet potatoes. Cut in half and place around coon or opossum. Put in a 350 degree oven and bake for 30 minutes.

Ground Hog

When ground hog is dressed, be sure to remove kernel from under the front legs to keep from making it taste. Cut up and salt to taste. Roll in flour, put in hot fat and fry until browned. Put in inset pans in pressure cooker with a ½ -inch water in bottom. Cook for 70 minutes with 15 pounds of pressure.

Possum can be cooked the same way with good results.

Thanks to Pam Laubach, Orangeville, for writing that she has a cookbook from the "North American Hunting Club," that includes recipes for alligator, antelope, bear, boar, buffalo, caribou, dove, duck, elk, goose, grouse, mouse, pheasant, quail, rabbit, squirrel, turkey, venison, wild sheep, skøeter soup, and broiled skunk. The book includes funny sayings and pictures on the bottom of most of the pages and really makes a unique book for recipe collectors. The address to purchase the cookbook is NAHC Cookbook, editor, P.O. box 3401, Minneapolis, MN 55343.

Here is a recipe from Pam.

Baked Squirrel Pot Pie

3 squirrels, cooked, boned
Pot pie dough
1 medium carrot, chopped
1 medium onion, chopped
3-4 medium potatoes, chopped
Salt and pepper to taste
1 teaspoon sweet basil or parsley
Pie crust

In baking dish, place layers of pot pie dough, boned squirrel meat, and layer of vegetables. Continue in such layers to the top of dish. Add salt, pepper, basil, and parsley to broth; heat, then add to baking dish. Cover top with regular pie crust. Bake at 350 degrees for 1½ to 2 hours.

Lillian Auman, Waynesboro, recommends checking at the library or your local bookstore for the "L.L. Bean Game and Fish Cookbook" by Angus Cameron and Judith Jones (Random House, N.Y.). She said the book is wonderful and fun to read.

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topping

1 cup lite-cherry pie filling
Spray a 9-inch pie plate with non-stick cooking spray. Sprinkle with half of the graham cracker crumbs; set aside.

Dissolve gelatin completely in boiling water in small bowl; stirring 2 minutes. Pour into blender container. Add cheeses; cover. Blend on medium speed until smooth, scraping down sides occasionally.

Pour into large bowl. Stir in whipped topping. Spread in prepared pie plate. Sprinkle remaining crumbs around outer edge leaving center plain.

Refrigerate 4 hours or until firm. Just before serving, gently spread pie filling onto center of cheese cake. Makes 8 servings. Nutrition information per serving: 160 calories, 8 gm fat, 20 mg cholesterol, 280 mg sodium, 15 g carbohydrates, 0 grams dietary fiber, 7 g protein.

E. Hoover
Elizabethtown

LOW-FAT

VEGETABLE LASAGNA

8-ounces lasagna noodles
2 eggs
2 cups reduced-fat cream-style cottage cheese
2 cups reduced-fat ricotta cheese
1½ teaspoons dried Italian seasoning, crushed
2 cups sliced fresh mushrooms
1 small onion, chopped
1 clove garlic, minced
2 tablespoons butter
2 tablespoons all-purpose flour
¼ -1 teaspoon pepper
1½ cups milk
2 10-ounce packages frozen chopped spinach or chopped broccoli, thawed, drained
1 medium carrot, shredded
¾ cup shredded parmesan cheese
8-ounce package shredded part-skim mozzarella cheese
Cook lasagna noodles according to package directions; drain. Set aside.

In a medium mixing bowl, beat eggs slightly, stir in eggs, cottage cheese, ricotta, and Italian seasoning. Set aside.

In a large skillet, cook mushrooms, onion and garlic in hot butter until tender. Stir in flour and pepper; add milk all at once. Cook and stir until thickened and bubbly; cook and stir for one minute more. Remove from heat. Stir in spinach or broccoli, carrot and ¼ cup Parmesan cheese.

To assemble, in a greased 3-quart rectangular baking dish, layer a third of the noodles, folding or cutting to fit, if necessary. Spread with a third of the cottage cheese mixture, then a third of the spinach mixture. Sprinkle with a third of the mozzarella. Repeat the layers two more times. Sprinkle with the remaining ¼ cup Parmesan cheese. Bake lasagna immediately or chill for up to 48 hours.

To bake immediately, bake, uncovered, in a 350-degree oven about 35 minutes or until heated through. Let stand 10 minutes before cutting.

To make ahead, cover lasagna with foil and chill. Bake, covered, in a 350-degree oven for 30 minutes. Uncover and bake 30-35 minutes more or until heated through. Let stand 10 minutes before cutting. Makes 12 main-dish servings.

Per serving: 275 calories, 10 g fat, 61 mg cholesterol, 22 g protein, 24 g carbohydrates, 1 g fiber, 471 mg sodium.

Alletta Schadler
Lebanon Ex