

Cook's Question

(Continued from Page B8)

ANSWER — Thanks to Ida Keeny, New Freedom, for sending in soybean recipes for Joyce Rex of Slatington. Ida writes that they also love green soybeans. When growing soybeans, let the beans fill out, but pick them before they turn yellow. Steam 2 or 3 minutes, put in flat pan and shell into ice water to shell easily. Drain and freeze or cook about 10 minutes to eat. No further blanching is necessary.

Soybean Casserole

- 2 cups cooked soybeans, chopped
- 1/4 cup diced salt pork
- 2 cups chopped celery
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper
- 6 tablespoons flour
- 2 cups milk
- 1 tablespoon salt
- 1 cup buttered bread crumbs

Brown salt pork in skillet. Add celery, onion, and green pepper, saute for about 5 minutes. Add thickening made from the flour, milk, and salt. Stir until it reaches the boiling point. Stir in the cooked beans, and pour into a greased baking dish. Cover with buttered bread crumbs. Bake at 350 degrees for 30 minutes or until crumbs are browned.

Sprouted Soybeans

Soak overnight. Leave in same pan, drain water, cover closely until sprouted an inch or so. Cook or eat raw.

For dry beans, soak 1 1/2 cups of beans in 2 cups water for 2 hours. Place in ice cube tray and freeze solid at least overnight. Remove and cook in any manner desired. Or, if the freezing process is not used, soak overnight and then the beans can be cooked in pressure cooker from 15-30 minutes.

Puree of Soybean Soup

- 1 cup soybean pulp
- 1 tablespoon finely chopped celery leaves
- 2 tablespoons chopped onion
- 1 cup meat stock
- 2 1/2 cups milk
- 1 tablespoon flour
- 1 teaspoon salt
- 1/2 teaspoon pepper

Combine soybean pulp with celery, onion, and meat stock, and simmer slowly until vegetables are tender. Mix with dry ingredients and add to the cooked mixture. Heat and serve with crackers or toast.

ANSWER — Grace Rumer, Abington, wanted a recipe for individual crumb buns with cheese pockets. Her husband ate some, which he said were delicious, on the Ocean City Boardwalk in New Jersey. Thanks to Debbie Burkholder, for sending in two recipes that she thought might be similar to what Grace is looking for.

Bohemian Kolaches

- 2 cups milk, scalded
- 1/4 cup sugar
- 1/4 cup butter
- 2 teaspoons salt
- 2 packages dry yeast
- 1/4 cup lukewarm water
- 7/8 cups sifted flour
- 3 egg yolks
- Cottage cheese filling*

Pour scalded milk over sugar, butter, and salt in mixing bowl. Let cool to lukewarm. Sprinkle yeast over lukewarm water; stir to dissolve. Add 2 cups flour, egg yolks, and yeast mixture to milk mixture. Beat at medium speed until smooth, about 2 minutes. Cover and let rise in warm place until bubbly, about 40 minutes. Gradually stir in enough remaining flour to form a soft dough. Turn dough out onto floured surface. Knead until smooth and satiny, 8-10 minutes. Place in greased bowl, turning to grease top. Cover. Let rise until doubled, about 1 1/2 hours. Punch down dough. Divide dough into fourths. Let rest 10 minutes. Shape each fourth, into 12 balls. Place on greased baking sheets, about 2-inches apart. Make a deep depression in center of each ball, using fingers. Fill with filling. Cover and let rise in warm place until almost doubled, about 30 minutes. Bake in 375 degree oven or until golden brown. Remove from baking sheets; cool on racks. Makes 48.

*Cottage Cheese Filling:

- Combine in bowl:
- 1 1/2 cups large curd cottage cheese
 - 6 tablespoons sugar
 - 1 egg yolk
 - 1 tablespoon quick tapioca
 - 1/2 teaspoon lemon extract
- Mix until well blended. Add raisins if desired.

Cream Cheese Filled Rolls

- 1 cup milk, scalded
- 1 cup sugar
- 1/4 cup butter
- 1 teaspoon salt
- 2 packages dry yeast
- 1/4 cup lukewarm water
- 6 1/2 - 6 3/4 cups sifted flour
- 1 teaspoon grated lemon peel
- 1/2 teaspoon ground nutmeg
- 3 eggs
- Cream cheese filling*
- 1 egg white
- 2 teaspoons water
- 1/2 teaspoon ground cinnamon
- 1/2 cup sugar

Pour scalded milk over sugar, butter, and salt. Cool to lukewarm. Sprinkle yeast over lukewarm water; stir to dissolve. Add yeast mixture and 2 cups flour to milk mixture. Beat at medium speed until smooth. Add lemon rind, nutmeg, and eggs. Beat 2 more minutes. Gradually stir in enough remaining flour to make a soft dough. Turn dough out onto floured surface. Knead until smooth and elastic, about 8 minutes. Place dough in greased bowl, turning over once to grease top. Cover and let rise in warm place until doubled, about 1 1/2 hours.

Punch down dough. Divide dough into thirds. Let rest 10 minutes. Roll out each third to 10 1/2-inch square. Cut in 9 squares. Place dough on greased baking sheets, about 3 inches apart.

Place a round teaspoonful of cream cheese filling in center of each square.

Fold one point over to form triangle. Press edges lightly to seal. Cover and let rise in warm place until doubled, about 30 minutes.

Beat together egg white and 2 tablespoons water. Brush tops of rolls with egg white mixture. Combine cinnamon and 1/2 cup sugar. Sprinkle over each roll.

Bake in 350 degree oven 12-15 minutes or until golden brown. Remove from baking sheets; cool on racks. Serve warm or cold. Makes 27.

Cream Cheese Filling:
8-ounces softened cream cheese

1/2 cup sugar
1 egg
Combine cream cheese, sugar, and egg in mixing bowl. Beat with electric mixer at medium speed until smooth and creamy, about 2 minutes.



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