

Cook's Question (Continued from Page B8)

ANSWER — Fran Westfall, New Oxford, sent in this recipe for Shirley Schwoerer.

Cheese Nuggets

- 1 pound mozzarella, Monterey Jack or cheddar cheese
- 1 1/2 cups fine dry bread crumbs
- 1/4 cup flour
- 3 eggs, well beaten
- Vegetable oil

cut cheese into 1-inch cubes. In bowl, combine bread crumbs and flour. Dip cheese into beaten eggs, then into bread crumb mixture; let stand a few minutes. Dip coated cheese into egg, then into bread crumb mixture again. Chill 10 minutes to set. Fill large fry pan about one-third full of vegetable oil. Heat to 375 degrees. Fry cheese quickly until golden brown, around 2 to 3 minutes; drain. Serve with one of the sauces below.

Dipping sauce: In small saucepan, combine 1 cup water, 6-ounce can tomato paste, 1 teaspoon instant minced onion, 1/2 teaspoon salt, 1/4 teaspoon garlic powder, and 1 teaspoon sugar. Simmer 10 minutes. Add choice of one of the following: 1/4 teaspoon Italian herbs, or 1 teaspoon dill, or 1/2 teaspoon tarragon leaves.

ANSWER — Violet Cassner, Newburg, wanted a recipe for meat balls made with left over mashed potatoes. Thanks to Anna Martin, Denver, for sending a recipe.

Swedish Meatballs

- 1 egg
- 4 tablespoons chopped onion
- 1 cup mashed potatoes
- 3 tablespoons fine bread crumbs
- 1 pound extra lean ground beef
- 1/2 cup whipping cream, unwhipped
- 1 teaspoon salt

Break the egg into a large mixing bowl, and beat lightly with a fork. Add all the other ingredients. Mix well. Shape into meatballs in the bottom of a flat pan. Bake at 400 degrees for 20 minutes or until browned. Remove meatballs with spatula onto serving platter and decorate with parsley.

Combine 1 can cream of mushroom soup and 1 cup sour cream. Heat over medium low heat until hot. Makes great gravy for your meatballs.

Fran Westfall, New Oxford, sent in a recipe that she thought might be similar to what Violet wants. Instead of frying the potatoes, you could simmer them in tomato sauce.

Dutch Potato Croquettes

- 1 1/2 cups cold mashed potatoes
- 1 tablespoon butter
- 1 teaspoon minced parsley
- 2 tablespoons cream
- Corn meal
- 1/4 teaspoon salt
- 1/2 teaspoon minced onion
- Dash pepper
- 1 egg

Mix up a paste with the potatoes and butter, add the parsley, salt, pepper, cream, onion, and egg. Mold into croquettes, dip into the egg white, roll in corn meal. Fry in deep fat.

Brain Food

SPRINGFIELD (Delaware Co) - What Kids Need to Develop to Capacity will be taught at Penn State Cooperative Extension in Smedley Park in Springfield, Delaware Co. on Monday February 9 from 7 p.m. to 8:30 p.m. The class will highlight the nutritional needs of children from birth to 6 years old with discussion on how to deal with picky eaters, food jags and how to keep mealtime pleasant with a terrible two.

Child care providers can receive two CEU hours from DPW by attending. Cost: \$5. Send check made out to: Delaware County Cooperative Extension and send to 20 Paper Mill Road, Smedley Park, Springfield, PA 19064. For further information, call (610)690-2655.

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