

Cook's Question (Continued from Page B8)

ANSWER — Ruth Ann Greathouse, Lititz, wanted a recipe to make communion crackers or wafers. Thanks to Mrs. Burkholder for faxing a recipe.

Communion Bread

4¼ to 4½ cups flour
1 pound butter, softened
1 quart milk
1 egg

Measure flour, add butter (homemade works best). Slowly add milk, mixing in portions of milk, use as much as needed. These ingredients should make about five cakes, about 1½ pounds each. Knead bread. Roll out to about eight inches wide and ¾ -inches thick. Make seven strips (about a yardstick width) to each cake. Then cut each strip partially through with paring knife. Jag each strip with forks. Slightly cut strips again with paring knife. Beat one egg and apply to top, being careful not to get in the knife cuts. Bake at 350 degrees for 20 to 30 minutes.

ANSWER — Margie Cunfer, Lehigh, wanted a recipe for homemade chicken croquettes. Thanks to a Mrs. Burkholder, address unknown, for faxing a recipe.

Chicken Croquettes

2 tablespoons butter
2½ tablespoons flour
1 cup milk
2 cups minced cooked chicken
1 teaspoon salt
¼ teaspoon onion juice or ¼ cup minced onion
¼ teaspoon pepper
2 tablespoons minced parsley or celery
2 eggs, beaten
1 cup dried bread crumbs

Make a white sauce: Melt butter, add flour and stir in milk. Add finely chopped chicken and seasoning. Cool thoroughly, then shape into balls. Dip in crumbs, then beaten eggs, and again into crumbs. Fry in deep fat for 3 to 5 minutes. Serves 6.

Quick method: Omit cooking; drop in skillet, and fry like pancakes. Good with catsup. Freezes well. Put in tight container. When ready to use, place on cookie sheets and cover with aluminum foil. Bake at 350 degrees until hot.

This is delicious with leftover barbecue chicken.

Herb Workshop

SPRINGFIELD (Delaware Co) — Herbs-Growing, Cooking and Medicating will be taught at Penn State Cooperative Extension in Smedley Park, in Springfield, Delaware Co. on Tuesday, February 24th from 1 p.m. to 3:00 p.m. and repeated on February 26th from 7:00 p.m. to 9: p.m.

Deb Hatton, a Penn State Master Gardener, will discuss growing herbs indoors and class participants will pot several herbs to take home.

Registered dietitian, Fran Alloway will highlight some of the herbs that have been promoted medicinally and discuss the validity of the health claims. Recipes supporting the use of herbs in cooking will be part of the handouts. Cost: \$10. Register now to reserve your spot by sending a check made out to Delaware County Cooperative extension and mail to Delaware Co. Cooperative Extension, 20 Paper Mill Road, Smedley Park, Springfield, PA 19064. For further information, call (610)690-2655.

Ida's Notebook
by
Ida Risser

Even the winter seems to be passing by quickly. I've looked through the brightly colored seed catalog but I have not placed an order. This year two of our children gave me gift certificates, so I can really place a big order. The problem is to take the time to sit and do it.

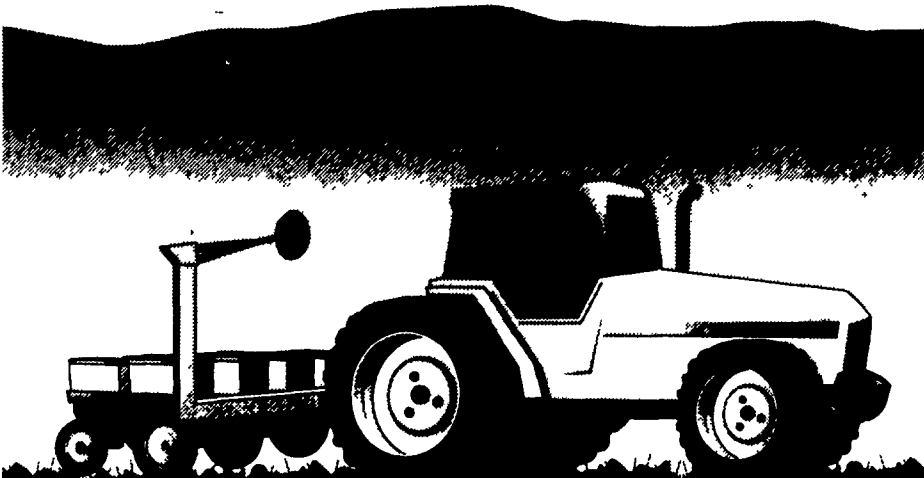
So far my list includes mostly flowers. You see, I save many vegetable seeds from my own plants. I'll admit that some ornamental gourds and some squash have crossed over the years in which case I never know what to expect from the seeds. But, that is part of the fun in having a garden. One year I have a bumper crop of cucumbers and the next one practically none. One year we have lots of peanuts and the next one I must save the nuts for seed.

Lately I've been meeting a grandchild at his bus each evening as he has a corn-growing project in our basement under lights. He is so very exuberant as he hops off the bus and runs to meet me. He and his siblings run and jump and play in our house and even move big rugs out of place.

One thing that they enjoy doing with me is cleaning the goldfish bowl. But, I must watch them closely as I've caught them holding the fish out of the water, upside down, by its tail. We four often sit on the floor and play with a soft ball on the kitchen floor.

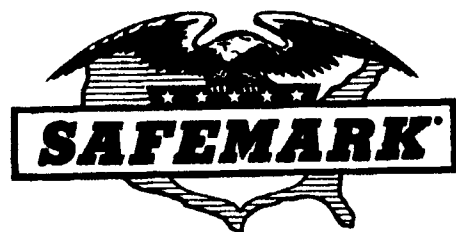
The other evening they enjoyed a box of "Krazy Ikes" and we all made odd little figures. The same books that I read to my children decades ago are now read to the grandchildren.

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