



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 — Sally Reinaehl, Valley View, writes that she is having difficulty making bread that is light and airy. She uses a recipe from the yeast cookbook. Is it the recipe or something she should be doing differently?

QUESTION — Stacy Holmes, Peach Bottom, is requesting a recipe for making homemade cheese out of goat's milk. She would also like other recipes, except yogurt, for using goat's milk.

QUESTION — Laura Smith, York, would like to know if anyone has a peanut butter pie recipe.

QUESTION — J. Martin, Shippensburg, wants recipes for glazed apples and cranberry in a sweet sauce like the one Stouffers makes and for broiled crab cake similar to that served at the Country Oven.

QUESTION — Shirley Horning, Stevens, wants a recipe to make pita bread like that served at Wendy's Restaurant. The bread is moist and not dry like the pita pockets sold in supermarkets.

QUESTION — Valerie Miller, Honesdale, is looking for a recipe for pork roll.

QUESTION — A reader attended a wedding reception in Waldorf, Maryland, where they served Chicken Chesapeake, a boneless, skinless, chicken breast flattened and breaded. She thinks it was rolled up with a crabmeat stuffing and baked in a light cream sauce. Does anyone have the recipe?

QUESTION — Carolyn Stear, Home, would like a pancake recipe that tastes similar to that served by the Perkin's restaurant chain. She has bought their packaged mix, but doesn't think it tastes at all like those they serve. She also would like pancake recipes that taste like those served by other restaurants. What is the best substance to use on the griddle to get nice even brown pancakes? She'd also like other information and cooking techniques for pancakes.

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

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

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

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 — 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.

ANSWER — Jo Marie Snyder, New Bloomfield, wanted 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? Thanks to Bonnie Gible, Annville, for recommending the cookbook, "Cookwise," which explains how ingredients work in recipes. Bonnie did not say where the cookbook can be purchased so check with your bookstore and library.

Thanks to Sally Rinaedi, Valley View, for writing that last year her family visited a small winery in western Pennsylvania and discovered the origin of cream of tartar, which is a sediment from making wines that ferment. The winery said that all the cream of tartar produced comes from this process.

Also, Betty Light, Lebanon, writes that she saw the cookbook, "The Visual Food Encyclopedia, The definitive practical guide to food and cooking," for sale at Ollies in Harrisburg. The cookbook tells the origin of vegetables, nuts, and baking products such as cream of tartar, etc. The publisher is Macmillan. Most bookstores can probably order the book for you.

ANSWER — Valerie Miller, Honesdale, wanted a recipe for pork tongue souse that tastes similar to John F. Martin's brand. Thanks to Josephine Matenus, Dallas, for sending a recipe.

Souse Or Jelled Pig's Feet

Salt brine
2 pigs feet
1 pork tongue
½ cup vinegar

Make a salt brine strong enough to float an egg in it. Soak the pigs feet and tongue for 10-14 days until the meat has a nice pink color.

Drain and boil in clear water several hours until the meat falls off the bones.

Discard bones, gristle, and skin. Cut meat very fine and divide into custard cups. Bring broth to a full boil, add vinegar and pour over meat. Stir and let cool. To serve, unmold and slice.

ANSWER — Marian Herman, Quakertown, wanted a scrapple recipe made with buckwheat flour to make in a small batch such as five pounds. Thanks to Josephine Matenus, Dallas, for sending a recipe.

Scrapple

8-10 pounds pork butts
1½ pounds liver beef
1½ pounds onions
4 tablespoons salt
4 tablespoons pepper
Approximately 3 pounds pure buckwheat flour

Use large pot such as a canner. Cut pork into cubes, put into pot. Cover with water, three inches over meat. Boil until tender.

Cut liver into pieces, add to meat and boil for 10 minutes. Next, take all the meat out of pot, leaving the liquid in pot. Grind meat with coarse meat cutter, put into pot, grind onions and put in pot to boil until onions looked glazed, about 10 minutes. Add pure buckwheat flour, small amounts at a time, mixing fast. Add enough flour and mix until the meat mixture pulls away from the pot. Put into bread pans.

ANSWER — A faithful reader wanted a recipe to make potato donuts like those sold at the state Farm Show. Thanks to Josephine Matenus, Dallas, for sending a recipe.

Potato Doughnuts

3 eggs, beaten well
1 cup sugar
¼ teaspoon salt
1 teaspoon nutmeg
¼ teaspoon vanilla
3 tablespoons lard
¾ cup warm mashed potatoes
3 cups flour, sifted
3½ teaspoons baking powder

Fat for deep frying. Combine all ingredients. Dough is sticky so put in refrigerator for about 3 hours.

ANSWER — G. Halteman wanted to know how to make homemade butter from goats milk. Contrary to the belief that butter can't be made from goat's milk because the globules of goat's milk is spread throughout, a Lehighon reader writes that she makes butter from goat's milk. She has raised goats for 20 years and all her family loves to drink the milk, and eat the butter and cheese made from it. She writes that goat's milk is very delicate and harder to handle than cow's milk. If not handled properly it gets a strong taste, which we call "goaty-flavored" and do not like, although some people may not mind it.

This is the process: "After we milk the goats and bring the milk to the house, the milk is strained through a cloth or filter and bottled for drinking. The extra milk is put into stainless steel bowls that have been sterilized with lids so that the milk will not pick up any odors or flavors from the other food stored in the refrigerator. The first day a slight film of butterfat forms on the top. By the third day, the cream will be much heavier than the first day. Skim off the cream and put it into a clean wide-mouth quart jar and freeze it. Keep doing this until you have two quarts frozen cream. To make the butter, place the two quarts of frozen cream on your sink or counter until it reaches room temperature or 60 degrees. Pour it into a one-gallon glass butter churn, hand crank the butter. After washing the buttermilk out of the butter, lightly salt if desired. We usually get about three cups butter more or less depending on the butterfat in the cream.

We put the butter into plastic one-cup containers and freeze. We have found out it keeps better for us this way. When it is to be used for baking, take out the amount you need, let it come to room temperature and when it gets soft enough to spread, use it.

Diabetic

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CHEESE CAKE SQUARES

2 packages refrigerated crescent rolls
2 8-ounce packages cream cheese
1 egg
½ cup sugar or sugar substitute
1 teaspoon vanilla or lemon extract

In a 13x9-inch pan, unroll and put down one package crescent rolls, close in the seams between the individual rolls. Combine remaining ingredients and spread over crust. Top with remaining package rolls. Sprinkle top with sugar or sugar substitute and cinnamon. Bake 30 minutes.

The Hurshes
Mount Joy

FETTUCCINE ALFREDO

12 ounces fettuccine, uncooked
3 tablespoons reduced-calorie margarine
1 tablespoon all-purpose flour
½ cup skim milk
¼ cup grated parmesan cheese
Cook fettuccine according to package, omitting salt and fat. Drain, place in large bowl and keep warm.

Melt margarine in medium saucepan over low heat, add flour, cook, stirring constantly, 3 to 4 minutes or until smooth.

Add milk to flour mixture and place over medium heat. Cook, stirring constantly until mixture is thickened and bubbly.

Reduce to low heat, and stir in cheese. Cook, stirring constantly, until cheese melts and sauce is smooth.

Pour sauce over fettuccine and toss to coat. Serve immediately. 8 servings.

Lisa Sensenig
Denver

CHICKEN CORDON BLEU

4 3-ounces skinned boned chicken breast halves
2 1-ounce slice Healthy Choice lunch meat, halved
2 1-ounce slice low-fat process Swiss cheese, halved
1 egg, slightly beaten
2 tablespoons all-purpose flour
Vegetable cooking spray
¼ of a 10½-ounce can cream of chicken soup, undiluted
½ cup chopped onion

Place chicken between two sheets heavy-duty plastic wrap. Flatten to ¼-inch thickness using a meat mallet.

Place one slice each ham and cheese in center of each chicken breast half. Roll up lengthwise and secure with wooden toothpick.

Dip each chicken roll in egg and dredge in flour.

Place chicken rolls, seam down, in a shallow baking dish coated with cooking spray.

Combine onion and soup, stirring well. Spoon over chicken.

Bake at 350 degrees for 15 minutes or until chicken is done. 4 servings.

Lisa Sensenig
Denver

A GOOD DESSERT

1 quart plain yogurt
1 small package instant sugar-free pudding
1 can crushed pineapple in own syrup. Mix together and let set in refrigerator for 30 minutes or until cold.

Alta Hoshour
Bowmansville