

# Cook's Question

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**ANSWER** — Mrs. Lloyd Stietz, Fairfield, requested a recipe for rolled sugar cookies, that is hard and is good for dunking in coffee. Thanks to Mrs. Ray Keeny, New Freedom, for sending two recipes that make cookies that are good for dunking.

## Good Cookies

2 cups butter or lard  
2 cups granulated sugar  
2 cups brown sugar  
2 cups sour or buttermilk with 2 teaspoons baking soda dissolved in it.

2 teaspoons nutmeg  
10 cups flour with 4 teaspoons baking powder  
Cream butter and sugars together. Sift nutmeg with flour and baking powder. Add alternately with milk. Roll thin (about 1/4 -inch). Cut with cookie cutter. Bake at 400 degrees for about 12 minutes.

## Good Cookies #2

1 1/2 cups butter  
2 cups granulated sugar  
2 cups brown sugar  
2 eggs  
2 cups sour milk or buttermilk  
2 teaspoons baking soda  
2 teaspoons nutmeg  
10 cups flour

Cream butter and sugars. Add eggs and mix well. Sift baking soda and nutmeg with flour. Add alternately with milk. Roll about 1/4 -inch thick. Cut with cookie cutter. Bake at 400 degrees about 12 minutes.

These cookies are nice for children, as they like to roll and cut them with cookie cutters. Sugar may be sprinkled on the top before baking.

**ANSWER** — Ammon Gruber, Emmaus, wanted a recipe for lobster bisque soup. Thanks to Betty Light, Lebanon, for sending the following.

## Lobster Bisque

1 medium carrot, sliced  
1 medium-sized onion, quartered  
1 teaspoon salt  
2 whole black peppercorns  
1 bay leaf  
Pinch dried thyme leaves  
1 sprig parsley  
6 cups water  
1/2 dry white wine  
3 8-ounce frozen rock-lobster tails, unthawed  
1/2 cup butter  
3 tablespoons all-purpose flour  
2 cups heavy cream  
1 to 2 tablespoons sherry (optional)  
Paprika

In a 4-quart saucepan, combine carrot, onion, salt, peppercorns, bay leaf, thyme, parsley, and water. Bring to a boil. Add wine and lobster tails, bring to a boil, cover, reduce heat, and simmer 5 minutes.

Remove lobster tails, cool, continue to cook the rest until it reduces to half the volume and liquid measures 2 cups when strained about 45 minutes.

Melt butter in same saucepan, add flour and stir until mixture is smooth. Gradually add strained liquid, whisk in to incorporate. Bring to a boil, reduce heat and simmer 5 minutes.

Meanwhile remove lobster from shells and cut into small pieces.

Gradually add cream, lobster, and sherry to saucepan. Reheat gently, do not boil. Sprinkle with paprika before serving.

Makes 5 cups or 6 servings.

# Diabetic Cooking

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**BLENDER PUMPKIN PIE**  
16-ounce can solid pack pumpkin  
12-ounce can evaporated skim milk

2 eggs  
1/2 cup biscuit mix  
18 packets sweetener  
1/4 teaspoon ground cloves  
1 teaspoon cinnamon  
2 teaspoons vanilla

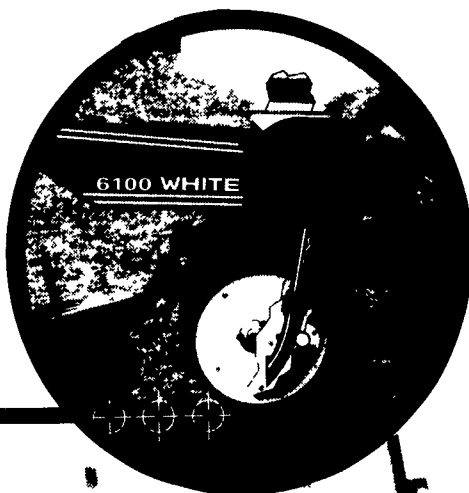
Grease 9-inch glass pie plate.  
Place all ingredients in blender. Blend 1 minute or mix in mixer, beat for 2 minutes. Place in bowl and microwave until thoroughly heated, stirring frequently. Pour into glass pie plate.

Microwave on medium 50 percent power 15 to 20 minutes. Pie will be done when the edges are set and the center is still slightly soft. Let stand at room temperature, about 15 to 20 minutes. Put frozen whipped cream on top.

Yield 8 servings each 140 calories. Diabetic exchange 1 fruit, 1 starch.

Alta Hoshour  
Bowmansville

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## Lycoming Workshops

**WILLIAMSPORT** (Lycoming Co.) — Upcoming workshops offered by the Lycoming County Extension include the following:

- Taking charge of your life by taking charge of your money. Series from March 25 through May 6, at the Meadows Community Center, 93 Tower Drive, Danville, from 6:30 p.m. to 9 p.m. Cost is \$20.

- Healthy Cooking on the Run will be presented in four workshops. Stir-fry cookery, on Wed. March 4. Microwave Cookery, on Tues. March 10. Crock Pot Cookery on Wed. March 18. Using the Pressure Cooker to Prepare Taste-Tempting, Fast Food, Tues., March 24.

- Serving Safe Food for Quantity Cooking: April 14, 21, and 28, 6:30 p.m. and 8:30 p.m. Warrensville Fire Co. Warrensville.

For registration, call Penn State Cooperative Extension of Northumberland Co. (717) 644-4455 or 1-800-479-2626, and ask for Penn State.

