



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 — R. Himmelberger, Reading, would like a recipe for Ranger Joe cookies. She had purchased some recently at a Mennonite yard sale.

QUESTION — Marian Harman, Hughesville, would like a recipe for cherry pig, which she thinks is made with bread dough and fresh cherries.

QUESTION — Elaine Fyock, Windber, writes that a recipe for oven pickles processed in the oven at a low temperature and left set overnight appeared in this column last year. She mislaid the recipe and would like it. Did anyone clip it out? Please send it in.

QUESTION — Doris Bobb, Muncy, would like a recipe that had appeared in this paper last year for rhubarb peach jam. Did anyone clip the recipe to which she is referring?

QUESTION — A reader is looking for recipes to use frozen or home canned plums.

QUESTION — A mother needs birthday party treat ideas for children their than decorated cupcakes or cakes.

QUESTION — A reader wants to know how to use excess watermelon in the summertime. Is there a drink that could be made and frozen with watermelon in it?

QUESTION — G. Benner would like a recipe for corn chips.

QUESTION — A Somerset reader would like the following recipes: Tabbouleh and other Indian/Pakistani ethnic dishes from that part of the world. Also Greek food recipes using common ingredients, and a bread pudding that is like a custard/pudding and not like a "cake" bread pudding.

QUESTION — Karen Kinnaine, Shartlesville, wants a recipe for no-fail fudge made with cocoa. She also wants a recipe for Dutch apple cake, a 1950s recipe from the Gold Medal Flour sack.

QUESTION — Betty Groff, Leola, would like a recipe for raisin sponge pie.

QUESTION — Michele Powlison, writes that coming from New England, she misses the pickled tripe found in that area. It is one of her favorite foods and she misses it. Does anyone have a recipe to make pickled tripe like that found in New England?

QUESTION — Kathleen Hampford, Pottsville, is looking for a recipe for sweet and sour meatloaf that they serve at the Shady Maple Restaurant.

QUESTION — A reader wants recipes for bagels and for the brezel.

QUESTION — Rose Diehl, Bloomsburg, wants recipes for turkey scrapple and turkey bologna.

QUESTION — Shirley Jean Ash, Bridgeport, W.V., would like a recipe for Southwestern Vegetable Soup that tastes like that served at Shoney's Restaurant. She writes that it's the best she ever tasted, although she's been back to the restaurant several times and they didn't have it.

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

ANSWER — A reader had written that she tasted a delicious cottage cheese soup at the Red Fox Inn at Snowshoe and wanted the recipe. Thanks to a reader for writing that she made two special trips to Snow shoe and has been going to a camp near the town for more than 50 years. According to diligent research no such place exists—"no Red Fox Inn, no Red Fox Bar, no Red Fox Restaurant, no Red Fox nothing." She has talked to every moving person she could find, including the post office — no Red Fox within a 20-mile radius of Snow Shoe. Also during her intense investigation, no one had ever heard of cottage cheese soup.

ANSWER — A reader wanted to know how to freeze fresh picked green peppers. Thanks to Fran Westfall, New Oxford, who writes that she freezes peppers and onions every year. For peppers, wash, take off tops, and clean out seeds. Take a big cookie baking sheet, cut some in strips, dice some, and for those you want to use for stuffed peppers, stand them cut-side down and freeze. When frozen, put in freezer bags to keep all winter. For onions, dice or cut in strips to freeze.

ANSWER — G. Benner wanted recipes using corn meal. Thanks to Eileen Greenaway, Somerville, NJ, for sending recipes.

Hush Puppies

- 1 cup yellow corn meal
- ½ cup flour
- 1½ teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon garlic powder
- ¼ cup green onions
- 1 large egg, beaten
- ¼ cup milk

Combine dry ingredients. Add chopped green onions. Stir in milk and beaten egg. Stir until just moistened. Drop by teaspoonful into hot deep oil and fry until golden. Makes approximately 2½ dozen.

No southerner would dream of eating fried catfish without hush puppies and coleslaw!

Corn Bread Waffles

- 1½ cups yellow corn meal
- ½ cup flour
- 2½ teaspoons baking powder
- 2 tablespoons sugar
- ¾ teaspoon salt
- 1 large egg, beaten
- 1½ cups milk
- ¼ cup butter, melted
- 1½ cups frozen white shoepeg corn, thawed

Combine dry ingredients. Stir together egg and remaining ingredients; add to dry ingredients, stirring just until moistened. Bake in a preheated, oiled waffle iron just until crisp. Makes 12 4-inch waffles. Leftovers may be frozen and reheated in toaster. Eat these for breakfast and they make an excellent accompaniment with vegetables instead of oven-baked bread.

ANSWER — Here's a recipe that Fran Westfall, New Oxford, sent in. It is baked in a jar. Fran made it many times and it always turns out good, she writes.

Coffee Can Bread

- 4 cups unsifted flour, divided
- 1 package dry yeast
- ½ cup water
- ½ cup milk
- ¼ cup butter
- ¼ cup sugar
- 1 teaspoon salt
- ½ cup ground almonds
- ½ cup chopped raisins
- 2 eggs, slightly beaten
- 2 1-pound coffee cans

Mix 2 cups flour with yeast. Stir water, milk, butter, sugar, and salt over low heat until butter melts. Mix with flour and yeast. Add remaining flour, nuts, fruit, and eggs. Dough will be stiff. Knead until smooth and elastic and raisins are distributed. Divide and place in greased coffee cans. Let rise until 1-inch from top of can. Bake at 375 degrees for about 35 minutes.

Whole wheat can be used for all or part of the flour. Molasses, brown sugar or honey can be used for granulated sugar. Any dried fruit can be substituted in place or in addition to raisins. If cinnamon bread is desired, roll out dough, brush with butter and sprinkle with cinnamon before rolling up and baking.

ANSWER — For those who requested diabetic recipes, here are some from Betty Light, Lebanon, and a listing of recommended diabetic cookbooks to find at the library or the bookstore: "The American Diabetes Association Family Cookbooks I, II, and III." "The I Can't Believe This Has No Sugar Cookbook," by Deborah Buhr. "The Free and Equal Sweet Tooth Cookbook," and "The Free Equal Dessert Cookbook," by Carole Kruppa. "Sweet and Sugar-free," by Karen Barkie. "All New Cookbook for Diabetics and Their Families," by University of Alabama at Birmingham. "The Art of Cooking for the Diabetic," by Katherine Middleton and Mary Abbot Hess. "Recipe for Diabetics," by Billie Little. "The Complete Diabetic Cookbook," "Quick and Delicious Diabetic Desserts," "The Diabetic Chocolate Cookbook," "Diabetic Sweet Tooth Cookbook," "Diabetic Cookies," "Diabetic Cakes, Pies, and Other Scrumptious Desserts," by Mary Jane Finsand.

Peanut Butter Oatmeal Munchies

- ½ cup vegetable oil
- ¼ cup peanut butter
- ¼ cup honey
- 2 eggs
- ¼ cup skim milk
- 1½ cups whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup rolled oats
- ½ cup raisins
- ¼ cup toasted sunflower seeds

Preheat oven to 350 degrees. Spray baking sheets with Baker's Joy. In a medium mixing bowl, beat together oil, peanut butter, honey, eggs, and milk. Add the remaining ingredients and mix thoroughly. Drop by spoonfuls onto prepared baking sheets. Bake for 10 minutes. Cool on wire rack. Yields 3 dozen cookies. Calories per cookie 81. Exchanges 1 starch and 1 fat.

'Mood'

(Continued from Page B6)

BEEF STROGANOFF

- 1½ pounds round steak
- 1 pound sliced mushrooms
- 1 cup butter
- 2 pounds onions, finely chopped
- 2 cans tomato soup
- 1 can tomato paste
- 1 tablespoons soy sauce
- Dash salt
- 1 cup sour cream
- 1 package wide noodles or rice

Cut meat into 1-inch strips. Brown meat and mushrooms in butter. Combine soup, paste, and seasoning. Cook about 2 hours at 350 degrees. Just before serving, add sour cream. Place meat mixture over noodles and rice. Enjoy!

This is a recipe that my family loves. It's a meal you can put in the oven while you're doing your chores and have when you come in at mealtime.

We have 60 head of Holsteins and raise 150 acres of corn. I enjoy cooking and trying new recipes.

Nadine Molyneux
Forksville

YELLOW CAKE

- 1½ cups sugar
- ¾ cup butter, softened
- 2 eggs
- 1½ teaspoon vanilla
- 2¾ cups flour
- 2½ teaspoon baking powder
- 1 teaspoon salt
- 1½ cups milk

Heat oven to 350 degrees. Grease and flour pan.

Mix sugar, butter, eggs, and vanilla until fluffy. Beat on high speed 5 minutes, scraping bowl.

Beat in flour alternately with milk at low speed. Pour into pan. Bake 45-50 minutes.

Frosting:

- 1 egg white
- 2 tablespoons vanilla
- 2 tablespoons milk
- ½ cup confectioners' sugar
- Mix the ingredients and add:
- 1 cup shortening
- 1½ cups confectioners' sugar
- ½ cup cocoa

More milk if it needs to be creamy.

I think this is a tasty, moist cake. I prefer baking over cooking. I also love horses and reading.

I look forward to reading Lancaster Farming.

Cindy Eshleman
Jonestown

WHITE CAKE

- 3½ cups cake flour
- 2 cups sugar
- 5 teaspoons baking powder
- 1 cup shortening
- ¾ cup milk
- 2 cups water
- 1 box dry cake mix (white or yellow)

1 cup egg whites

Beat all ingredients except egg whites for 2 minutes. Add egg whites and beat for 2 more minutes. Bake in a 9- by 13-inch pan and 8- or 9-inch round pan at 350 degrees for 35-40 minutes. When cool, frost with your favorite and enjoy. The recipe provides one batch for now and another, small one for the freezer.

Here is our favorite cake recipe. This treat doesn't last long at our house.

I'm a dairy farmer's wife and a mother of three sons (and they're always hungry) and one daughter. We milk 46 cows and raise our own crops.

This is a busy time of year, so I'm always looking for quick and easy meals.

Karen Zimmerman
Myerstown

(Turn to Page B14)