

Cook's Question

(Continued from Page B8)

ANSWER — A faithful reader wanted a recipe for a sauce to make stir fry. Thanks to Sue McKinsey, Windsor, for sending a recipe.

Simple Stir-Fry Sauce

¾ cups chicken broth
2 tablespoons soy sauce
½ teaspoon sugar
2 teaspoons cornstarch mixed with 1 tablespoon water
Heat until thick stirring constantly. Does not make much. I usually double or triple if using with meat and vegetables.

ANSWER — A reader wanted to know how to make baking powder, cake flour, etc. Thanks to a New York reader for sending the following recipes.

Baking Powder (Single Acting)

2 teaspoons cream of tartar
1 teaspoon bicarbonate of baking soda
½ teaspoon salt
½ teaspoon cornstarch
For every cup of flour in your recipe, sift all ingredients together twice then add flour
Once mixed, this doesn't store well. Works fine to mix and use right away if you run out of store purchased variety.

Quick Brown Sugar

½ cup white granulated sugar
2 tablespoons unsulfured molasses
Blend sugar and molasses. Yield is the same as ½ cup brown sugar.

Picture Perfect

WEST CHESTER (Chester Co.) — Eight 4-H clubs participating in clothing and textile science projects sent a total of 40 young people to the County 4-H Fashion Revue on Tuesday, June

23, at Tel Hai Retirement Community, Honey Brook. This year's theme was "Picture Perfect!"

In addition to the judging of their hand-made garments and

accessories, 4-Hers attended modeling workshops, played cooperative games, and shared craft ideas as intergenerational activities with the seniors at Tel Hai. The highlight of the day, of course, was the fashion show!

Judging was difficult this year as the 4-H members presented their excellent projects. First year grand champion in the novice category was Caroline Gamble of Kennett Square. First year reserve champion club award went to Lianna Sanford of Mendenhall. Second Year champion was Amy Hagen of Atglen, and reserve champion went to Lindsey Rzuicido of the Coatesville area.

In the junior category, winners were: Kathryn Hagen and Carrie Hagen of Atglen, Christopher Grove of Phoenixville, Kaci Loeffler of West Grove, and Melanie Santner of West Chester. Honors went to Amanda Strauss of Kelton and Karen Windle of the Coatesville area.

Senior winners were Heather Scotland of West Grove, Alyssia Church of West Chester, Kristina Futtly of Oxford, Julia Grover and Alexis Ferguson of Phoenixville, and Melissa Rzuicido of the Coatesville area.

Cake Flour

For each cup cake flour, put 2 tablespoons cornstarch into 1 cup measuring cup. Spoon in enough flour to reach the 1 cup mark; sift together three-times.

Four cups cake flour: Combine 3½ cups unsifted all-purpose flour with ½ cup cornstarch. Sift together 4 or 5 times. Store in an airtight container. Use in any recipe calling for cake flour.

Unsweetened Baker's Chocolate

When you need unsweetened baker's chocolate for cooking and you only have unsweetened cocoa powder, blend three tablespoons cocoa powder with 1 tablespoon sweet butter. Makes 1 ounce equivalent to 1 square baking chocolate.

Self Rising Flour

8 cups all-purpose flour
5 tablespoons baking powder
2 tablespoons sugar
1 tablespoon salt
Combine ingredients and sift together 3 times. Store in a well-sealed plastic bag until ready to use.

(Turn to Page B15)

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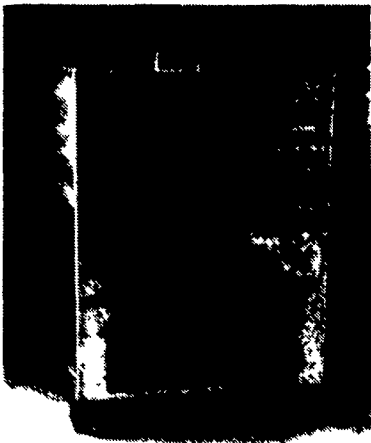
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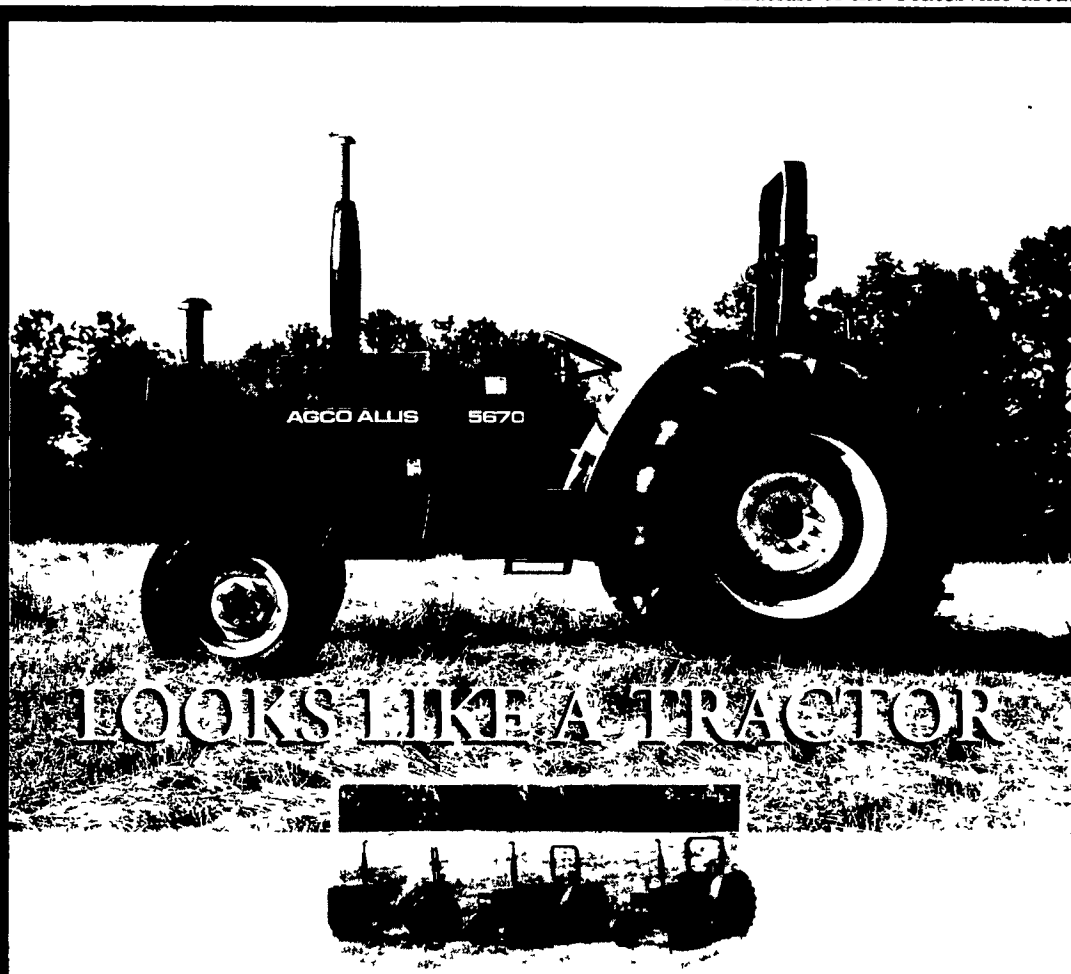


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