



Cook's Question Corner

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Zucchini Quiche

- 3 small sliced zucchini
- ½ cup grated parmesan cheese
- 9 eggs
- ½ teaspoon dried oregano
- 5 tablespoons melted butter
- ¼ cup chopped onion
- ¼ teaspoon salt
- 1½ cup milk
- ½ cup Bisquick

Cook zucchini and onions in half of the butter with oregano and salt until tender, about 5 minutes.

In blender or food processor, mix eggs, milk, parmesan, Bisquick, salt, and remaining butter. Pour into a buttered 13-inch dish or pie plate. Spread zucchini over top.

Bake in preheated 375 degree oven 30-40 minutes.

Here's a recipe from B. Light, Lebanon.

Zucchini Pie (Faux Apple Pie)

- 4 cups zucchini, peeled, deseeded, sliced
- ½ cup water
- 1 tablespoon lemon juice
- 1¼ cups granulated sugar
- 1½ teaspoon cream of tartar
- ¼ teaspoon salt
- 2 tablespoon all-purpose flour
- ¼ teaspoon nutmeg
- 1½ teaspoon cinnamon
- 1 teaspoon butter
- 9-inch unbaked pie shell

Crumb topping:

- ½ cup margarine
- ½ cup granulated sugar
- 1 cup all-purpose flour

Preheat oven to 375 degrees

Peel zucchini, cut lengthwise, scoop out seeds and slice to resemble apple slices. Cook in water and lemon juice for 10 minutes over medium heat. Meanwhile combine sugar, cream of tartar, salt, flour, nutmeg, and cinnamon.

Stir butter into the zucchini then add the sugar combination, pour into pie shell.

Work the butter, sugar, and flour fine crumbs. Sprinkle over zucchini mixture and bake for 45 minutes.

Tastes like apple pie.

Here is one from Grace Reed, Chambersburg.

Baked Zucchini

- 2½ cups ground zucchini, unpeeled
- 1½ cups cracker crumbs
- 1 cup cheese, grated
- 1 teaspoon chopped onion
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 eggs, beaten

Put together all ingredients in a 2-quart casserole, sprayed with cooking spray. Bake at 350 degrees for one hour.

Here's a recipe from Fran Westfall, New Oxford.

Zucchini Relish

Makes about six pints.

- 10 cups peeled, seeded, ground zucchini
- 2 to 4 cups ground onion
- 5 tablespoons salt
- 2½ cups sugar
- 1 teaspoon nutmeg
- 1 teaspoon dry mustard
- 1 teaspoon turmeric
- 2 teaspoons celery seed
- 1 tablespoon corn starch

Combine zucchini, onion, and salt. Let sit overnight. Drain and rinse in cold water. Combine with remaining ingredients. Cook for 30 minutes. Place in clean canning jars.

ANSWER — Elizabeth Hostetler, Milroy, sent instructions for drying corn.

Dried Corn

Cook corn on the cob. When cooled, cut off 8 cups corn. Combine:

- 1 cup sweet cream
- ½ cup brown sugar

Mix together well, put on dryer. Dry well. Store in tight container.

To cook dried corn, combine:

- 1 cup dried corn
- 2 cups water

Cook until tender about 1 hour. Add 1½ cups milk, 1 tablespoon flour, and make a thin paste with milk if too thick. Add more milk and salt to taste.

ANSWER — Shawna Whitmer, Bethel, wanted a recipe to make maraschino cherries. Thanks to E.L. Schreiter, Hamburg, for sending a recipe.

Maraschino Cherries

Soak in cold water overnight

- 4½ pounds sour cherries
- 1 teaspoon alum
- 2 tablespoons salt
- 2 quarts water

Next day: Drain and rinse. Add the following ingredients:

- 4½ pounds sugar
- 1-ounce red food coloring
- 1½ cups water

Bring mixture to a boil and let stand for 24 hours.

Day 3:

Add 1-ounce almond extract

Fill jars and cold pack for 30 minutes.

ANSWER — George Love, Watsonstown, answered Betty Jakum's questions about slaked lime. He writes that you can no longer buy it. You can slake it yourself by adding water and letting it set for several days. But pickling lime can be substituted and purchased at grocery and drug stores.

Sugar-Free Canning

TUNKHANNOCK (Lycoming Co.) — You may successfully can fruits in water or unsweetened fruit juice, instead of the traditional sugar syrup.

Sugar is not essential for preventing spoilage in canned fruits except for jams and jellies. Here are some pointers on processing sugar-free foods.

Although sugar generally helps fruit keep its shape, color, and flavor, there is no danger in canning fruit without sugar. This can be done by using water, the fruit's own juice, or purchased fruit juice.

Use only high-quality, firm, ripe fruit. Avoid overripe fruit as it will soften too much during preparation and processing. As you peel or cut the fruit, place it in a gallon of water to which 1 teaspoon of ascorbic acid powder or 6 crushed 500 mg vitamin C has been added. Commercial products are also available. These help keep your fruit fresh and prevent darkening.

Canning with plain water instead of a syrup saves calories. Depending on whether a thin, medium, or thick syrup is used, plain water can reduce the calorie content of canned fruit by 200 or 375 calories per pint.

For a sweeter taste and extra nutrients, you can use fruit juice instead of water. You can buy fruit juices or even prepare your own from fresh fruit. To do this, bring ripe, crushed fruit to a simmer over low heat. Strain the hot juice through a clean jelly bag or cheesecloth and use it in place of some or all of the water that you add to the canning jar.

It's better not to add artificial sweeteners before processing as they may change the flavor. If you want to sweeten your fruit with artificial sweetener, add it when you serve it.

After you've added liquid to the canning jars, you're ready to process the fruit. Use the boiling water bath processing method. Processing times are the same for fruit canned with or without sweeteners.

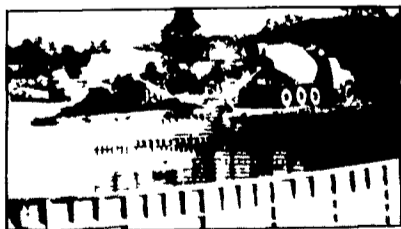
Remember, home canning without sweeteners is safe for all fruits except jams and jellies. To can fruits without sugar, use water, the fruit's own juice, or purchased juice. Use firm, ripe fruit and use normal processing methods to can these foods.

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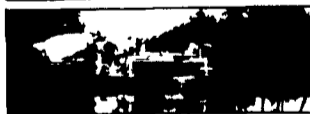


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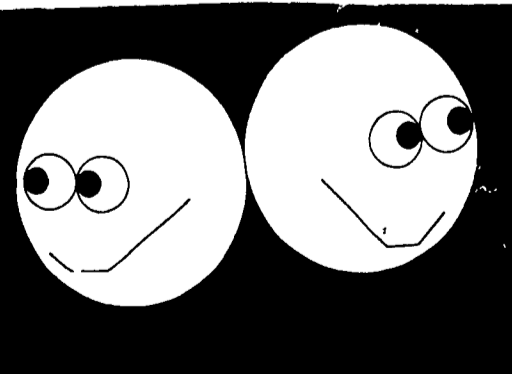
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