



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 — Lois Eby, Greencastle, would like a recipe for hard pretzels.

QUESTION — L.A. Martin, Canandaigua, N.Y., would like a recipe for seafood salad using imitation crab meat, celery, mayonnaise, and onions.

QUESTION — A Shippensburg reader would like a recipe on making cottage cheese that is soft and creamy like the store-bought variety.

QUESTION — A Shippensburg reader would like a recipe for corn crackles.

QUESTION — A Shippensburg reader would like a recipe for stromboli that uses simple ingredients.

QUESTION — Louise Newton, Cochranville, would like a recipe to make funnel cakes like those sold at fairs and carnivals.

QUESTION — Madeline VanLeuven, Mantura, N.J., would like recipes to make small sweet pickles and sliced dill pickles.

QUESTION — Toni Levan, Galeton, would like a good recipe for garlic pickles.

QUESTION — Marie White would like recipes for whoopie pies in different flavors.

QUESTION — A Pennsdale reader writes that she always admires Grange exhibits at the Fair, but was always puzzled that people would bother to can potatoes. Now, she believes it would be advantageous to have canned potatoes to use when unable to get to the store during a blizzard or hurricane. She wants complete instructions on how to can potatoes.

QUESTION — Betty Lou Gambler, Concord, writes that her mother purchased a pickle compound at the former People's Drug Store during the 1940s and 1950s. There were four packages in one recipe and contained rock salt, saccharine, clove oil, and an acid of some kind that was mixed into 1 gallon of cold vinegar and poured over pickles. The pickles were ready to eat within several days and tasted delicious. She has tried many stores and has not been able to locate the pickling compound. Can any one help her?

QUESTION — Irene Greer wants the different types of creams such as heavy cream, light cream, whipping cream, explained. She has been cooking for years, but has always been confused by these terms. She asked if whipping cream always needs to be whipped before using in a recipe?

QUESTION — Shirley Schwoerer, Wysox has had a bumper crop of coriander this year but is not sure how to use it. She would like recipes and suggestions for using this. She is particularly interested in a coriander chicken recipe.

QUESTION — Barbara from Kutztown would like a recipe for the sauce that is used to dip steamed dumplings into at a Chinese restaurant.

QUESTION — J. Gramiccioni, Stockton, N.J., wants to know where to purchase real Italian vinegar without preservatives. Her father brought some from Italy, but she can't find it over here. Does anyone know how it can be made or purchased?

QUESTION — Estella Fink would like a recipe to make chili beans.

QUESTION — Peter Jueress, Pleasant Valley, N.Y., wants to know the best thirst quencher to serve a hay crew on a hot day.

QUESTION — A reader from Orange County, N.Y. would like a recipe for Half Sour Pickles, she believes the cucumbers are soaked in brine overnight and can be eaten the following day.

QUESTION — Ina Mikalauskas, Evans City, is looking for recipes for tomato jelly, garlic jam, and pickled garlic.

QUESTION — A reader from Finger Lakes, N.Y., would like a recipe to can together sliced onions and green bell peppers (not pickled).

QUESTION — A Snyder County reader would like a recipe for white chocolate mousse cake.

QUESTION — A reader wants a recipe for cherry nut filling for homemade candy.

QUESTION — A reader wants a recipe for the pretzel.

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

ANSWER — John Lapp, Gordonville, wanted a recipe to make elderberry wine to treat colds and flu. Thanks to Fran Westfall, New Oxford, for sending a recipe, which her husband made when he was alive. She used it for marinating meat.

Elderberry Wine Medicinal Purpose

Wash and clean 8 quarts of elderberries. Crush them in a deep saucepan and add 2 quarts water. Tie up 2 teaspoons whole cloves, 2 teaspoons whole allspice, and a 3-inch cinnamon stick in a piece of cheese cloth. Add them to the pan.

Bring the mixture to a boil. Cook until the berries are soft. Strain the juice and measure it. Add 1½ cups sugar to each quart of juice. Cook for 30 minutes over medium heat, stirring often until it begins to thicken. Strain again and cool thoroughly. Measure the juice again. For each quart, add one cup brandy. Mix well and pour in sterile bottles. Seal it and let stand for at least a month before drinking.

If you want a very sweet cordial, add 2 cups sugar for each quart of unsweetened juice.

ANSWER — A reader wanted to know if there is a way to can string beans without the jars becoming cloudy. Fran Westfall sent information that states that table salt contains a filler that can cause cloudiness in the bottom of the jar and can be mistaken for spoilage. Use pure canning or pickling salt instead of table salt.

ANSWER — Elizabeth Welsh, Easton, wanted a recipe for corn fritters. Thanks to Anna Martin, Denver, for sending this one.

Corn Fritters

2 cups fresh corn, grated
2 eggs
¼ cup flour
1 teaspoon salt
½ teaspoon pepper
1 teaspoon baking powder
2 tablespoons cream or half and half
4 tablespoons shortening

Add beaten eggs, flour, baking powder, salt, and pepper to the grated corn. Mix thoroughly. Add the cream. Melt shortening in a skillet and drop corn mixture by the spoonfuls into the hot shortening. Brown on both sides. Makes 16 to 18 fritters.

Here's a recipe from another reader.

Corn Fritters

2 eggs, separated
2 tablespoons flour
1 tablespoon sugar
2 cups grated fresh corn
Beat the egg yolks and add the flour, 1 teaspoon salt and a little pepper. Add the corn and fold in stiffly beaten egg whites. Drop small spoonfuls on greased griddle or frying pan. Do not cook too fast.

ANSWER — Shirley Hodecker, Carlisle, wanted a recipe for a cool summer drink called orange aide. Thanks to Mary Ann Reich for sending a recipe.

Orange-Lemon-Aide

1¾ cups sugar
2½ cups water
1½ cups fresh lemon juice (8 lemons)
1½ cups fresh orange juice (5 oranges)
2 tablespoons grated lemon peel
2 tablespoons grated orange peel
Water

In a medium saucepan, combine sugar and water. Cook over medium heat, stirring occasionally until sugar dissolves. Cool. Add juices and peel to cooled sugar syrup. Cover and let stand at room temperature for one hour. Strain syrup, cover and refrigerate. To serve, fill glass or pitcher with equal amounts of fruit syrup and water. Add ice and serve. Makes 12 servings.

ANSWER — Nancy Bachenstoes, Germansville, wanted an ice cream recipe to use in a 5 gallon freezer. She preferred a recipe without eggs or a pudding-based recipe. Thanks to Susan Mayo Cooksey, Jefferson, Md., for sending a recipe.

Homemade Ice Cream

1½ gallons milk
10 cups sugar
5 quarts half and half
5 pints whipping cream
5 cans evaporated milk
5-15 tablespoons vanilla to taste
Cook down the milk and sugar until thicker and tan-colored. Let cool. Add the next three ingredients and vanilla. Add fruit or 5 large bags of mini chocolate chips if you like. Freeze in ice cream freezer according to manual.

Lunches

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dom or never" column? Although it's not essential to eat something from each food group for lunch, doing so helps you meet your daily nutritional needs. For an adequate diet, each day try to eat at least two servings of fruit; three servings of vegetables; six servings of breads or other grain products; two servings of lean meat, poultry, fish, or alternatives; and two servings of milk, cheese or yogurt. You'll want to keep your day's intake of fat, sugars, and sodium moderate too. Smart choices for bag lunches can help.

Lunch is more than the sandwich or hot dish you carry in your brown bag. It also includes the fruits, vegetables, snack-type foods, beverages, and desserts that go in the bag. The suggestions and recipes that follow will help you choose foods that fit into Guidelines-style eating.

Brown Bag Snacks and Desserts

Snacks and desserts can really perk up your daily lunch, but they can be high in fat, sodium sugars, and calories and low in fiber. With a bit of planning ahead and the help of these ideas, you can make guidelines style treats for brown bag lunches.

- Make these basics a part of lunch or a coffee-break snack: fresh fruits, such as melon, grapes, apples; a small amount of natural swiss cheese (has less sodium than most cheeses) with whole-grain crackers or fruit; lower fat cookies and crackers (melba toast, crisp bread, fig bars, graham crackers, ginger-snaps, or unsalted pretzels).

- Substitute plain popcorn for potato, corn or tortilla chips.

- Instead of buying sweets, make your own cookies, quick breads, muffins, or cupcakes with less sugar and fat. Use whole-grain flours and oatmeal, and add shredded vegetables or chopped dried fruits for a nutrient and fiber bonus. Freeze some homemade baked products so you have a bag-lunch supply when needed.

Cold Lunch

Tired of sandwiches and hot lunches? Try some of these cold foods:

- Plain lowfat yogurt and fruit.

- Raw vegetable salad with strips of lean cooked meat or poultry.

- Cottage cheese and raw vegetable pieces.

- Fresh fruits and cheese.

- Brown rice salad with cubes of roast or stewed chicken without skin.

- Tuna fish salad (try reduced-sodium, water-packed tuna).

- Vegetables marinated in italian or herb salad dressing with a few cubes of swiss cheese on the side (Swiss cheese is lower in sodium than many cheeses).

- Cold cooked pasta salad with pieces of raw or cooked vegetables.

Source: Making Bag Lunches, Snacks and Desserts using the Dietary Guidelines - U.S. Dept. of Agriculture.