



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** — Dolly Getz, Manheim, is looking for a recipe for Friendship Brownies, which are chocolate and nuts and the dry ingredients layered in a quart jar to be given as gifts. The receiver adds the liquid ingredients and bakes in 9-inch square pan when ready to use. She would also like other recipes prepared like this for cookies, muffins, etc.

**QUESTION** — Deirdre from New York wants a recipe for chocolate spice cake.

**QUESTION** — Helen Hertzler, Morgantown, wants a recipe for pizza crust in which the dry ingredients can be mixed and stored until ready to use and then warm water added, which is similar to store-bought packs of pizza crust mix.

**QUESTION** — A reader from Annville would like recipes for food that can be given as gifts. Examples: oil, vinegar, and herb mixtures to seal in bottles, candies, cake in a jar, cookies, etc. She would also like a small cookie that contains anise and is rolled in confectioners' sugar, which is similar to those made by Archway.

**QUESTION** — Robina Watson, Blackwood, N.J., needs recipes for sugarless muffins for a diabetic.

**QUESTION** — Shirley Miller wants recipes using ground cherries and asked where the scarce berries can be found.

**QUESTION** — A reader wants recipes for black bread and for pumpernickel bread.

**QUESTION** — Richard Kophazy, Moorestownship, wants recipes using eggplant.

**QUESTION** — Donna Beyerbach, Oakdale, would like a recipe for zucchini cake that is canned in a jar.

**QUESTION** — Debra Allgyer, Womelsdorf, wanted a recipe for Elephant Ears, which are warm with melted butter and a sugar/cinnamon mixture sprinkled on top and are often sold at fairs.

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

**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** — 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** — 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** — 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 bretzel.

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

**ANSWER** — Shirley Schwoerer, Wysox has had a bumper crop of coriander this year but is not sure how to use it. She wanted recipes and suggestions for using this. Thanks to Betty Light, Lebanon, who writes that coriander seed can be used in the following ways:

**Beverages** — Crush 1 coriander seed, place in coffee cup and fill cup with hot coffee.

**Fruit** — Add coriander seed to apples, pears, and dried fruit while cooking.

**Marinades** — Add coriander seeds to marinades. Heat and pour over meat. Let stand several hours in refrigerator. Good for beef, lamb, and pork roasts, kebobs, fish and poultry.

**Soup stock** — Add 1/4 teaspoon coriander seed to soup stock while it is cooking.

#### Texas Coriander Cake

**Cake:**

- 1 package yellow cake mix
- 4-serving package instant vanilla pudding mix
- 3 eggs
- 1 cup vegetable oil
- 1 teaspoon coriander
- 1 teaspoon cinnamon
- 2 small jars apricot baby food
- 1 cup pecans

**Glaze:**

- Juice of 1 lemon
- 1/2 cup granulated sugar
- 1/2 cup butter

Preheat oven to 325 degrees. Grease and flour tube or bundt pan. Mix all ingredients together and pour into prepared pan. Bake 50 to 60 minutes.

To make glaze, mix together lemon juice, 1/2 cup sugar, and 1/2 cup butter in a small saucepan, bring to a boil. Poke holes in warm cake and pour glaze over all the cake. Yields 10 to 12 servings.

**ANSWER** — Here's another recipe for a thirst quencher from Doris Dibert, Everett.

#### Ice Tea Slush

- 12-ounce can frozen lemonade concentrate
- 12-ounce can frozen orange concentrate
- 2 cups hot tea
- 1 cup sugar
- 7 cups water

Mix together all ingredients in large container (a 5-quart ice cream bucket works well). Freeze, stirring occasionally as it freezes to keep slushy. To serve, dip into cups or glasses; add fruit juices or soda to fill cup. Serve with a spoon.

**ANSWER** — Richard Kophazy, Moorestownship, wanted a recipe for Eggplant Parmesan. Thanks to Anna Martin, Denver, for a recipe.

#### Eggplant Parmesan

- 1 medium eggplant
- 2 eggs, well beaten
- 1 1/2 - 2 cups bread crumbs
- 2 packages shredded mozzarella cheese
- 1/2 cup grated cheddar cheese
- Salt, pepper, garlic powder (not garlic salt), about 1/4 teaspoon of each
- 1 29-ounce can tomato sauce

Pare eggplant. Slice in 1/4 -inch slices. Beat eggs, add salt, pepper, and garlic powder. Dip sliced eggplant into egg mixture, then dip into bread crumbs.

Fry eggplant slices; then blot in paper towels. Layer tomato sauce, eggplant, mozzarella cheese, and cheddar cheese in casserole. Top with more tomato sauce and cheese. Bake until tomato sauce bubbles around edges and cheese is melted. Cut into squares and serve. Serves 8.

**ANSWER** — Richard Kophazy, Moorestownship, wanted a recipe for peach cobbler. Thanks to Anna Joyce Martin, East Earl, for sending a recipe.

#### Peach Cobbler

- 1 cup sugar
- 1 egg
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 1 1/2 cups flour
- 3 cups sliced peaches
- Put peaches in a greased baking dish. Mix together sugar, egg, butter, salt, milk, and flour. Spread dough over the peaches. Bake 45 minutes at 375 degrees.

## Cool Weather Encourages Cabbage Family Growth

**HARRISBURG** (Dauphin Co.) — The cabbage family vegetable crops: broccoli, cabbage, cauliflower, collards, and kale prefer cool growing conditions. Thus they do best in the cool conditions of either fall or spring.

In Pennsylvania, broccoli and cauliflower in particular do best in the fall. Growers are just starting to harvest these nutritious vegetable crops that are also believed to help prevent gastrointestinal tract cancers. Cabbage is less sensitive to hot weather and is harvested throughout the summer and fall.

Cabbage by itself ranks as the fifth most important Pennsylvania vegetable crop in terms of acreage. Over 2,000 acres are grown each year and are harvested from late June into December. Pennsylvania ranks 13th in the nation in the production of cabbage.

About 400 acres each of collards and kale are grown along with roughly 350 acres of broccoli and 230 acres of cauliflower. While many growers across the state grow broccoli and cauliflower in small acreages, the production of collards and kale is concentrated among a few growers with large acreages in southeast Pennsylvania.

The cabbage family is also known as the Cruciferae family because their flowers are shaped like a cross. According to the Wellness Encyclopedia of Food and Nutrition of the University of California at Berkeley, cruciferous vegetables contain indoles — nitrogen compounds — that seem to protect against cancers of the stomach and large intestine. They also are generally high in fiber and antioxidants like vitamin C and carotenoids. Antioxidants neutralize the action of free radicals — unstable oxygen molecules — which promote cancer. Cruciferous vegetables also contain compounds that stimulate the release of anticancer enzymes.

Some people object to the odor produced by cooking cruciferous vegetables. The odor is caused by the release of sulfur compounds while these vegetables cook. While boiling cruciferous vegetables in large amounts of water in an open pot will minimize the characteristic strong cabbage taste, it maximizes the loss of nutrients.

Steaming, microwaving or quick cooking in small amounts of water minimizes the nutrient loss in the cooking process. Of course, broccoli, cabbage, and cauliflower can all be enjoyed raw by themselves or in salads.

Dietary experts recommend including cruciferous vegetables in the diet regularly, at least several times a week. They also recommend a daily serving of a vegetable (or fruit) high in vitamin A, one high in vitamin C, and one high in fiber. Broccoli fulfills all three requirements while cabbage and cauliflower fulfill the vitamin C and fiber requirement. The following recipes are 5 ways to include cole crops in your meal:

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