



Cook's Question Corner

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 — Violet Cassner, Newburg, would like a recipe for fruitcake made with grape jelly, orange juice, dates, and lots of other fruits.

QUESTION — Violet Cassner, Newburg, would like a recipe for sausage made with beef, pack seasonings, and potatoes.

QUESTION — Violet Cassner, Newburg, would like a recipe for pickled heads of green cabbage in which the leaves are used to make stuffed cabbage.

QUESTION — Linda Smith, Walpole, N.H., writes that she has a recipe for Special Bean Soup Mix for Gift Giving from Elizabeth Seibert, Fredericksburg, but she doesn't have the cooking directions. Could someone send the complete recipe, please?

QUESTION — Berri.e Seeko, Hackettstown, N.J., would like to know how to keep raisins, nuts, or berries from settling in the bottom of cakes when baking. She's tried coating them with flour just before baking with no luck.

QUESTION — Lynda Bell, Lincoln University, would like a recipe for gingerbread with warm caramel sauce, which had appeared in the "Dinah Shore Cookbook," printed in the 1970s.

QUESTION — A South Jersey reader is looking for a recipe for pumpkin cheesecake with a gingersnap crust, which had been printed in "Good Housekeeping."

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 wants recipes for black bread and for pumpnickel bread.

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

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

ANSWER — A reader from Ephrata writes that when she cold packs string beans, she gets a white settlement at the bottom of the jars and the liquid at the bottom looks cloudy. To alleviate this problem, Wilma Zimmerman, Kutztown, writes that she was told to add one teaspoon lemon juice to each quart jar of beans. Since she has done this, she hasn't had any problem with white settlement.

ANSWER — Joyce Shoemaker, Mount Joy, wanted recipes for different flavors of angel food cake such as raspberry, strawberry or orange. Thanks to Leona Hartzler, Burlington, W.V., for sending several variations that start out with the white angel food cake.

White Angel Food Cake

2 cups egg whites
1½ teaspoons cream of tartar
¼ teaspoon salt
1 teaspoon almond flavoring
Whip above ingredients together until it forms stiff peaks, fold in:

1¼ cups granulated sugar
Sift together then add to egg mixture:
2 cups flour

½ cup granulated sugars
For strawberry angel food cake:

Same as white cake except substitute 1¼ cups strawberry Jell-O instead of granulated sugar. Add a teaspoon vanilla.

Chocolate Angel Food Cake: Same as white cake, but add 2 tablespoons cocoa in cup and fill with flour (in exchange for one of the 2 cups needed). Add 1 teaspoon vanilla.

Mint Chocolate Chip Angel Food Cake: Same as white cake but add, 1 teaspoon mint flavor, 2 or 3 drops green food coloring, ¼ cup grated chocolate (add last).

Peach Angel Food Cake: Same as white cake except add 1¼ cups peach Jell-O instead of granulated sugar and 1 teaspoon vanilla.

Lemon Angel Food Cake: Same as white cake, add 1 teaspoon lemon flavoring and 1¼ cup lemon Jell-O.

Maple Nut Angel Food Cake: Same as white cake except add 1¼ cups brown sugar and ½ cup chopped nuts (add last).

Chocolate Chip Angel Food Cake: Same as white cake except add 1 teaspoon vanilla and ½ cup crushed chocolate chips.

Cherry Chip Angel Food Cake: Same as white cake except add ¼ cup cherry-flavored Jell-O and ½ cup chopped marschino cherries.

ANSWER — Elizabeth Beaver wanted a recipe for apple butter cake. Thanks to Mrs. Nathan Wadel, Chambersburg, for sending one.

Apple Butter Cake

½ cup shortening
1 cup sugar
3 eggs
1 cup apple butter
2½ cups cake flour
3 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
1 cup sour milk
½ cup apple butter

Cream together shortening and sugar. Beat in eggs, one at a time; beat until fluffy. Stir in the 1 cup apple butter. Sift together flour, baking powder, soda, salt, cinnamon, and nutmeg; add dry ingredients to creamed mixture alternately with sour milk. Pour into two greased and floured round layer pans. Bake at 350 degrees for 30-35 minutes. Cool.

Spread bottom layer with ¼ cup apple butter. Top with 1 cup frosting; spread to cover apple butter. Cover with top layer. Frost sides and top of cake with remaining frosting. Swirl remaining ¼ cup apple butter on frosted top to give a marbled effect.

ANSWER — Here's a recipe Richard Kophazy requested.

Eggplant Souffle

1 eggplant
Juice of 1 lemon
1 cup water
2 tablespoons butter
2 tablespoon flour
1 cup milk
¾ cup bread crumbs
½ cup grated cheddar cheese
1 tablespoon ketchup
1½ tablespoons chopped onion
1½ teaspoons salt
2 egg yolks, beaten well
2 egg whites, stiffly beaten

Peel eggplant, dip in mixture of lemon juice and water. Dice and dip again. Cook with small amount of water for 10 minutes until just tender.

Melt butter in top of double boiler. Blend in flour, add milk, cook 10 minutes until thick stirring often. Add diced, cooked eggplant, crumbs, cheese, ketchup, onion, and salt. Stir in egg yolk and mix together well. Fold in egg whites and pour into greased one-quart casserole.

Bake at 350 degrees for about 45 minutes.

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Untreated Juices To Carry Warnings

My daughter is going on a school trip to a cider mill. Should I tell her not to drink cider?

You might want to contact the operator of the cider mill to find out more before making a decision. First, ask if the cider is pasteurized. If it's not, then ask if it's been treated under any sort of approved HACCP (pronounced "hassip") plan. The operator will probably be surprised that you know the term. It's an acronym for Hazard Analysis and Critical Control Points — a science-based preventative approach in food processing.

HACCP plans must be approved by the Food and Drug Administration. For example, one approved HACCP plan for cider combines heat processing with preservatives. If the operator doesn't know what you're talking about or says the product isn't under any HACCP plan, you might want to tell your daughter to skip the cider.

You're right to be concerned. Children, along with the elderly and people with significant health problems, are more at risk from bacteriological illnesses because their immune systems sometimes aren't strong enough to fight them off. It's estimated that untreated juices are linked to 16,000 to 48,000 cases of food-borne illness each year, including those caused by E. coli 0157:H7. That particular strain of bacteria was blamed for several dozen illnesses from unpasteurized apple juice on the West Coast in 1996. In 1993, it killed four children and made hundreds of people ill after they ate undercooked hamburgers from a fast-food chain in the Pacific Northwest.

To reduce the risk, some cider is treated with a preservative such as sodium benzoate. While this preservative dramatically decreases the time E. coli 0157:H7 will survive, it does not kill the bacteria outright. Other preservatives, such as potassium sorbate, reduce other potential problems like yeast and mold. Refrigeration is a must for unpasteurized ciders and juices. While it doesn't kill bacteria either, refrigeration does slow its growth.

It's getting easier to tell which juices are pasteurized and which aren't. A recent Food and Drug Administration decision requires that customers be warned about the potential risk of unpasteurized apple juice and cider with a warning label or sign placed near where the product is sold. Other types of unpasteurized juices will fall under the same requirement Nov. 5.

Chow Line is a service of The Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or filipic.3@osu.edu.

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