



## 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** — Anna Showalter, Weyers Cave, Va., would appreciate a pork roll bologna recipe that tastes like that made in Lancaster County.

**QUESTION** — Grace Ikeler, Bloomsburg, would like a recipe for pumpkin soup.

**QUESTION** — Herman Ikeler, Bloomsburg, would like a recipe for dried cured pepperoni.

**QUESTION** — James Testerman, Mercersburg, would like a great recipe for deer bologna.

**QUESTION** — G. Sweitzer, Airville, wanted to know what temperature and for what length of time should field corn be roasted in an oven prior to grinding into roasted corn meal. Can the unground roasted corn be kept for a year or more in an airtight container?

**QUESTION** — Janet Huber, Williamstown, wants a recipe for chocolate banana cookies.

**QUESTION** — A long time reader from Ticonderoga, N.Y., would like recipes that use northern-hardy kiwi, which is small and grapesized with a smooth skin. It grows on clusters of vines.

**QUESTION** — Terry Roup, Danville, wants a recipe for a cracked sugar cookie, a large flat cookie with cracks on top.

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

**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** — 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** — Rose Diehl, Bloomsburg, wants a recipe for pork scrapple.

**ANSWER** — In answer to Fern Gerth's request, Marti Kehs, Boyertown, sends this 5-star recipe from "Cooking Light."  
**Lemon Curd**

- 3/4 cup sugar
- 1 tablespoon grated lemon rind
- 2 teaspoons cornstarch
- 2 tablespoons butter
- 3/4 cups fresh lemon juice
- 1 egg, lightly beaten

Combine first three ingredients in bowl. Stir well. Melt butter in small heavy saucepan over low heat. Add cornstarch mixture to butter, stirring well. Stir in lemon juice. Bring to a boil over medium heat. Stir constantly. Cook one minute. Gradually stir about 1/4 of the hot mixture into egg; add to remaining hot mixture, stirring constantly. Cook 3 minutes, stirring until thickened.

Pour mixture into small bowl; cover and chill.

**ANSWER** — Anna Showalter, Weyers Cave, Va., sent in this recipe.

### Old-Fashioned Apple Dumplings

- 8 medium-sized baking apples
- 2 1/2 cups flour
- 2 1/4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup shortening
- 3/4 cup milk

Pare and core apples. Leave whole (optional). (I cut mine in half to core).

To make pastry, sift flour, baking powder, and salt together. Cut in shortening until particles are about the size of small peas. Sprinkle milk over mixture and press together lightly working dough only enough to hold together. Divide dough in half. Roll dough as for pastry and cut into four equal sections and place an apple on each square.

Fill cavity in apple with approximately one teaspoon of the sugar-cinnamon mixture as follows:

- 2 tablespoons sugar
- 2 teaspoons cinnamon

Pat dough loosely and gently around apple, being sure to cover it completely. Seal dough openings securely. Put dumplings in pan with edges down, placing one-inch apart in a 9x13-inch baking pan.

Sauce:

- 1 cup brown sugar
- 2 cups water
- 1/4 teaspoon nutmeg

Combine the above ingredients and stir until dissolved. Heat for five minutes. Remove from heat and add one tablespoon butter. Gently ladle sauce over apple dumplings. Bake at 350-375 degrees for 30 to 40 minutes. Baste occasionally during baking (optional).

Serve hot with rich milk, cream, or ice cream. Delicious!

**ANSWER** — Lisa Heimbach, SUN Area dairy princess, sends in these calcium-rich recipes for readers to enjoy.

### Oriental Cheese Tarts

- 1 pound ricotta cheese
- 3 eggs, beaten
- 10-ounce package frozen, seasoned oriental vegetables, cooked

- 1 cup shredded Colby cheese
- 1/2 cup buttermilk baking mix
- 1/4 cup dairy sour cream
- 1/4 cup butter, melted

Place all ingredients into large mixing bowl. Mix until combined. Fill buttered 2 1/4 -inch microwaveable muffin cups three-quarters full. Microwave at 50% power for 7-8 minutes, or until knife inserted near center comes out clean. Turn pan after half the cooking time. Cool in pan for 10 minutes. Remove carefully and cool completely on wire rack. Refrigerate, wrapped in plastic wrap, up to 5 days. To reheat, microwave at 50% power approximately 45 seconds per tart. May be frozen up to one month. Thaw, wrapped in refrigerator overnight.

Note: To bake conventionally, preheat oven to 375 degrees. Fill buttered 2 1/4 -inch muffin cups three-fourth full. Bake 20-25 minutes. Cool in pan 10 minutes. Carefully remove and cool completely on wire rack.

### Cheese-Filled Pepper Rings

- 1-ounce thinly sliced pepperoni
- 4 green onions, cut into 1-inch pieces.
- 8-ounces cream cheese, softened
- 1/2 cup shredded provolone cheese
- 2 tablespoons butter, softened
- 1 1/2 teaspoons Dijon-style prepared mustard
- 3/4 teaspoon Italian seasoning
- 1/4 teaspoon pepper
- 3 small to medium-size red, yellow, or green peppers, stemmed, deveined, and seeded.

Place pepperoni and green onion in work bowl of food processor or blender and cover. Process until finely chopped. Remove and set aside. Place cheeses, butter, mustard, and seasonings in workbowl of food processor and cover. Process until well combined. Mix pepperoni into mixture. Fill peppers; wrap individually in plastic wrap. Refrigerate several hours or overnight. Slice horizontally and serve. Peppers will keep in the refrigerator up to three days.

### Tortilla Roll-Ups

- 8-ounces cream cheese, softened
  - 3 ounces smoked salmon, chopped
  - 3 tablespoons chopped green onion
  - 2 tablespoons sour cream
  - 1 tablespoon chopped fresh dill
  - 4 9-10-inch flour tortillas
  - 1 1/2 cups fresh spinach leaves
- Combine cream cheese, onion, sour cream, salmon, and dill in medium bowl. Spread a generous 1/4 cup filling on each tortilla; place spinach leaves on top, leaving a 1/2 -inch border. Roll-up tightly wrap in plastic wrap. Refrigerate at least one hour or up to six hours. To serve, cut into 1-inch pieces.

**ANSWER** — J. Gramiccioni, Stockton, N.J., wanted to know where to purchase real Italian vinegar without preservatives. Thanks to Debbie Reynolds, Wrightsville, for writing that Carlina's, an Italian specialty food store in Ardmore, Pa., carries a variety of Italian olive oil and vinegars. Some are imported, others are made by Carlina's. They ship U.P.S. Write to Carlina's at 2612-2616 E. County Line Rd., Ardmore, PA 19003. Or call (610) 649-4046.

(Turn to Page B9)

# Eating Light

(Continued from Page B6)

## CHILI BEAN RAGOUT

- 1 cup onion, chopped
  - 1 cup celery, thinly sliced
  - 1 cup green peppers, chopped
  - 2 cloves garlic, minced
  - 3 to 4 teaspoons chili powder
  - 1 teaspoon oregano
  - 1 teaspoon basil
  - 1/2 teaspoon thyme
  - 17-ounce can lima beans, drained
  - 16-ounce can whole tomatoes, undrained, chopped
  - 15 1/2 -ounce can kidney beans, drained
  - 16-ounce can great northern beans, drained
  - 15-ounce can blackeyed peas, drained
  - V8 juice, optional
- Spray bottom of large saucepan with nonstick cooking spray. Over high heat, stirring constantly, saute onion, celery, green pepper, and garlic until tender. Add chili powder, oregano, basil, and thyme leaves, and cook one minute, then add lima beans, tomatoes, kidney beans, great northern beans, and black-eyed peas. Bring to a boil; reduce heat and simmer 10 minutes. If more liquid is desired, add V8 juice to desired consistency. Serve over cooked rice or cornbread.

B. Light Lebanon

## MANDARIN COTTAGE SALAD

- 2 cups low-fat, small curd cottage cheese
  - 11-ounce can mandarin orange sections, drained
  - 8-ounce can crushed pineapple, drained
  - 2 small packages sugar-free orange flavored gelatin
  - 1 cup light whipped topping
  - 8-ounce vanilla nonfat yogurt, sweetened with artificial sweetener
- Mix all ingredients. Cover and refrigerate until serving. Six servings. 131 calories, 14 grams carbohydrate, 13 grams protein, 2 grams fat.
- Quick & Healthy Vol.II

## FRUIT SMOOTHIE AND FROZEN POPS

- 1 cup vanilla low-fat yogurt
  - 1/2 cup apple juice
  - 1 cup fresh or frozen strawberries
  - 1 banana
- Blend all ingredients in blender or food processor until smooth. Drink as is or freeze in popsicle molds or paper cups. Yields about 3 cups or 10-11 pops.

Nat. Cancer Institute

