



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 — Ben S. Stoltzfus, Honey Brook, would like a recipe bran muffins that tastes like the Sara Lee brand.

QUESTION — A Lancaster reader would like a recipe for Black Diamond Steaks.

QUESTION — Doris Fenninger, New Holland, wants to know how to can soups and how long it can be kept after processing.

QUESTION — Lester Horvath, Washington, N.J., would like a recipe for hot pickled ring bologna.

QUESTION — Madeline Raub, Easton, would like to know where to buy a round biscuit shaped like a basket with a fluted edge. She thinks the biscuits had been made by Nabisco and sold loose by the pound. Her mother used them at Easter to make "bird nests" by putting icing inside and colored jelly beans.

QUESTION — A Leola reader would like a recipe for breadsticks that tastes like those served at Olive Garden.

QUESTION — Pat Elligson, Millers, Md., is looking for a recipe for Salisbury steak with gravy. She also wanted a fax number to send requests and answers to this newspaper column. Fax number is (717) 733-6058.

QUESTION — Barb Fox wants to know how to make blueberry pig.

QUESTION — Edward Hollister, Andover, N.J., is searching for a recipe for maple syrup pie. His grandmother made the one-crust pie that was made similar to a cream pie.

QUESTION — M. Martin, Ephrata, would like to know how to make tomato paste using 100-percent tomatoes.

QUESTION — M. Martin, Ephrata, would like to know how to make condensed milk and evaporated milk. Jack Hohmeier, Painter, Vir., wants to know how to actually can canned milk, not just duplicate for immediate use.

QUESTION — Eleanor Kisner, Muncy, would like a recipe for Italian Wedding Soup.

QUESTION — Sherry Rechlin, N. Franklin, Ct., would like a recipe for farmer's cheese and for clotted cream.

QUESTION — Bonnie Gible, Ono, would like healthy recipes with nutritional counts.

QUESTION — Martha Gerber, Littlestown, is looking honey/mustard pretzels that taste similar to those made by Snyders.

QUESTION — Lynn Rossi, Lititz, would like a recipe for marinated mushrooms, which are made without cooking oil and sold by S. Clyde Weaver, East Petersburg.

QUESTION — Mrs. Dale Burkhart, Narvon, misplaced a recipe for a seasoning mixture to rub into beef roast before roasting. She recalls that some of the ingredients included instant coffee granules, beef bouillon, salt and pepper.

QUESTION — Darwin Moyer, Johnstown, would like a recipe for the beef and lamb mixture used to make Greek Gyro sandwiches. How is the meat ground and pressed and what spices are added to the mixture?

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

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

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.

ANSWER — A Shippensburg reader wanted a recipe for corn crackles. Thanks to an anonymous reader for sending this recipe.

Corn Crackles

- 1 cup corn meal
- ½ cup flour
- ¼ teaspoon salt
- ¼ teaspoon paprika
- 2 tablespoons bacon fat or shortening
- ½ cup milk

Combine ingredients and roll into one-inch balls. Flatten paper thin. Bake at 350 degrees for 15 minutes. Brush with butter and salt.

ANSWER — Janet Huber, Williamstown, wanted a recipe for chocolate banana cookies. Thanks to Peggy Thoman, New Oxford, and Denise Angstadt, Oley, for sending recipes.

Banana Chocolate Cookies

- 2 cups sifted flour
 - ½ teaspoon baking powder
 - ¼ teaspoon baking soda
 - ¼ teaspoon salt
 - ¾ cup shortening
 - 1 cup sugar
 - 2 eggs
 - 1 teaspoon vanilla
 - 1 cup mashed ripe bananas
 - 6-ounces semisweet chocolate pieces, melted and cooled
- Sift together flour, baking powder, baking soda, and salt, set aside.

Cream together shortening and sugar in bowl until light and fluffy, using electric mixer at medium speed. Add eggs, one at a time, beating well after each addition. Beat in vanilla, bananas, and cooled chocolate.

Gradually stir dry ingredients into chocolate mixture, mixing well. Drop mixture by teaspoonsful, about 2-inches apart, on lightly greased baking sheets.

Bake in 350-degree oven 10 minutes, or until a slight imprint remains when touched lightly with finger. Remove from baking sheets; cool on racks. Frost with chocolate frosting if desired. Makes about 5 dozen.

Banana Chocolate Cookies

- 2 cups sifted flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup shortening
- 1 cup sugar
- 2 eggs
- 1 cup mashed banana
- 12-ounces chocolate chips
- 1 teaspoon vanilla

Drop by teaspoonful onto greased cookie sheets. Bake 7-10 minutes or until golden brown at 375 degrees.

Peggy remembers that as a child her grandma made dozens of these. It's not a chocolate batter, but her family loves them.

ANSWER — M. Root, Manheim, wanted a recipe for Sand Art Brownies. For her and many others who requested that this recipe be reprinted, please clip this recipe sent in by Tabitha Boreman, McClure, and by Penny Andrick, Mt. Joy.

Sand Art Brownies

Layer in quart jar:

- ¾ teaspoon salt
- ½ cup and ¼ cup flour
- ½ cup cocoa
- ½ cup flour
- ¾ cup brown sugar
- ¾ cup granulated sugar
- ½ cup chocolate chips
- ½ cup vanilla chips
- ½ cup chopped walnuts

Put lid on top. Cover lid with fabric and ribbon. Attach the following note with jar: Combine the contents of the jar with

- 1 teaspoon vanilla
- ¾ cup vegetable oil
- 3 eggs

Pour batter into greased pan and bake at 350 degrees for 32 to 37 minutes in a 7x11-inch pan or 27-32 minutes in a 9x9-inch pan.

ANSWER — Edna Leinbach, Loysville, wanted to know how to prevent curdling when cold raw milk is added to a hot fruit dessert such as peach of cherry cobbler. Ben S. Stoltzfus, Honey Brook, writes to prevent curdling, stir sugar into the milk before pouring on top of the dessert.

ANSWER — Bonnie Seeko, Hackettstown, N.J., wanted to know how to keep raisins from settling to the bottom of baked items. Janet Spangler, York Springs, writes that she thinks it is necessary to plump raisins by boiling in water for a few minutes then drain. It works for her and a friend.

Low-Fat Dishes

(Continued from Page B6)

HUMMUS DIP

- ½ cup fresh cilantro
- 1 clove
- 2 tablespoons red onion
- 8½ -ounces garbanzo beans (chick peas) canned, cooked, no salt

Topping:

- 1 tomato chopped
- 1 tablespoon lemon juice
- 1 teaspoon low sodium soy sauce

- 1 teaspoon rice vinegar, no salt
- 1 tablespoon nonfat mayonnaise
- 2 green onions, chopped

Finely chop cilantro, garlic, and onion in food processor. Drain beans. Add beans and remaining ingredients except topping. Puree. Chill. Top with tomato and green onions. Serve with fat-free tortilla chips, pita bread, or raw vegetables. Serves 3. 125.9 calories per serving; 1.3 grams fat.

SHRIMP OR CRAB SALAD

- ¼ pound fresh shrimp or crab
- ¼ cup red onion, chopped
- ¼ cup cilantro, chopped
- ¼ cup Roma or plum tomatoes, pulp removed, chopped into small pieces

- 1 small clove garlic, minced
- Pepper to taste
- 2 tablespoons fat-free sour cream

- 1 tablespoon nonfat mayonnaise

Chop crab into large bite-sized pieces. If using shrimp, remove shells and devein. Bring water to a boil; cook shrimp until they turn pink, one to two minutes. Drain and rinse under cold water. Let cool. Cut into large bite-sized pieces. Combine shrimp or crab, onion, cilantro, tomatoes, garlic, and pepper in a bowl. Mix sour cream and mayonnaise together in a separate bowl; chill. Combine dressing with salad right before serving. Serve as a sandwich on bread. Top with lettuce. May also be served inside a large tomato that has been scooped out. Good as an appetizer with crackers. Serves 1. Per serving 230.5 calories, 2.8 grams fat.



Lancaster Farming

Check Out Our Web Site

www.lancasterfarming.com