



## Cook's Question Corner

(Continued from Page B8)

**ANSWER** — Linda Garber, New Ringgold, wanted a salsa recipe. Thanks to M. Martin, Ephrata, for sending her recipe.

### Salsa

- 14 pounds tomatoes
- 2½ pounds onions
- 10 green peppers
- 10 jalapeno peppers with seeds
- 1 cup vinegar
- ¾ cup sugar
- ¼ cup salt
- 1½ teaspoon cumin
- 3 cloves garlic
- 2 tablespoons chili powder
- 2 teaspoons oregano
- Cornstarch
- Water

Peel and quarter tomatoes. Cut up tomatoes and other vegetables but do not chop fine. Heat tomatoes. Add other vegetables. Cook for 45 minutes. Thicken with a paste made of a little cornstarch and water. Pour into hot jars; adjust lids. Process at 10 pounds pressure for 20 minutes. Makes approximately 20 pints.

Thanks to Karen Newswanger, Cumberland Co., for sending this recipe.

### Salsa

- 14 cups tomatoes
- 3 cups onion, grated
- ¼ cups jalapeno pepper, chopped
- 1 cup green pepper, chopped
- 1 cup red pepper, chopped
- ½ cup vinegar
- 3 tablespoons salt
- 1 tablespoon chili powder
- 1 tablespoon garlic salt
- 1½ teaspoon cumin
- 5 heaping tablespoons Clear jel

Mix all the ingredients together. Stir well spoon into canning jars and process for 20 minutes.

**ANSWER** — M. Martin, Ephrata, wanted to know how to make tomato paste using 100-percent tomatoes. Thanks to Frances Heussman, Emmaus, for sending the following instructions.

### Tomato Paste

½ bushel plum-type tomatoes will yield about 3 pints paste. Cook the tomatoes and make juice. Line a cone-type colander with a piece of white cloth. Pour the tomato juice into the colander. The tomato liquid will run through the cloth. Scrape the tomato solids off the cloth. Can in boiling water bath for 20 minutes in ½-pint or in pint jars.

**ANSWER** — Ruth Helman, Chambersburg, wanted directions and recipes to make homemade cream filled doughnuts. Thanks to Marlene Martin, Ephrata, for sending this recipe.

### Potato Doughnuts

- 1 package active dry yeast
- ¼ cup warm water
- 1 cup milk, scalded
- ¼ cup shortening
- ¼ cup sugar
- 1 teaspoon salt
- ¾ cup mashed potatoes
- 2 eggs, beaten
- 5 to 6 cups flour
- 1 pound confectioners' sugar
- 1 tablespoons vanilla extract
- 4-8 tablespoons hot water

Dissolve yeast in warm water. Combine milk, shortening, sugar, and salt. Cool until lukewarm. Stir in yeast, potatoes, and eggs. Gradually add enough flour to make a soft dough. Turn onto floured surface. Knead until smooth and satiny. Place in a lightly greased bowl, turn over to grease top. Cover, let rise in a warm place until doubled, 1-1½ hours.

Roll to ½-inch thickness. Cut with 3-inch biscuit cutter. Cover; let rise until doubled, about 30 minutes. Stir confectioners' sugar, vanilla, and enough water to make a smooth glaze. Fry doughnuts in 375-degree fat. Drain on absorbent paper. Drop hot doughnuts into glaze. Place on cooling rack until glaze is set. Or, instead of glaze, roll cooled doughnuts in confectioners' sugar.

Fill cool doughnuts with your favorite cream filling or the following recipe:

- 2 cups confectioners' sugar
- 1 teaspoon vanilla
- ¼ cup milk
- 4-5 tablespoons shortening

Combine ingredients and beat 15 minutes or until fluffy.

Thanks to Rhoda Mast, Morgantown, for sending this recipe. The filling has uncooked egg whites in it. We recommend using powdered meringue in place of the egg whites. The powder meringue can be found in large supermarkets.

### Cream-Filled Doughnuts

- 4 packages yeast
- 1 cup warm water
- 4 cups lukewarm milk (scald and cool)
- 1 cup vegetable oil
- 1 cup sugar
- 4 teaspoons salt
- 4 eggs, slightly beaten
- 14 cups flour

Dissolve 4 packages yeast in 1 cup warm water. Combine all other ingredients and add dissolved yeast. Gradually add 14 cups flour, beating constantly. Knead 15 minutes. Let rise 2 hours or until doubled. Work down, let rise one hour. Roll and cut. Put on sheets to rise approximately 30 minutes. Fry in deep fat at 350 degrees until golden brown on both sides. Cool. Make hole in doughnut side and insert filling with a cookie press.

Filling:

- 4 egg whites, stiffly beaten
- 1½ cups shortening
- 2 tablespoons confectioners' sugar
- 8 tablespoons milk
- 2 tablespoons flour
- 4 teaspoons vanilla
- 7½ cups confectioners' sugar

Cream together egg whites, shortening, and confectioners' sugar. Add remaining ingredients and whip until fluffy. If uncooked egg whites are used, these must be kept refrigerated or frozen until ready to eat.

## New Dairy Drink Wins Fans

KANSAS CITY, Mo. — In dozens of consumer taste tests against leading drinks in the diet and nutritional category, a new low-fat, dairy-based nutritional drink from Dairy Farmers of America (DFA) is getting rave reviews from consumers.

*Healthy Pleasures*, DFA's new low-fat, dairy-based nutritional beverage is rolling off production lines in Springfield after extensive development in the formulation lab and stringent taste testing. Produced and marketed by DFA's Formulated Dairy Food Products division, *Healthy Pleasures* not only tastes good, but its taste was actually preferred by dieting women over Ultra Slim Fast in a national taste test.

*Healthy Pleasures* is fortified with a nutritionally balanced compliment of vitamins and minerals and manufactured in a process that allows the product to be stored and transported without refrigeration for 12 months. DFA plans an aggressive marketing and distribution campaign to position *Healthy Pleasures* as a healthy lifestyle product. The new shake is available in limited distribution in six indulgent flavors including Double Fudge Truffle, Chocolate Irish Cream, Vanilla Creme, French Silk, Chocolate Raspberry and Strawberries and Cream.

"We are very optimistic about *Healthy Pleasures*," said Sam McCroskey, chief operating officer of DFA Formulated Dairy Food Products. "DFA has been a co-packer for leading nutritional drink companies for more than 50 years. During that time we have established product development and manufacturing expertise that makes DFA a national leader in this category of products."

According to Dan Williams, DFA vice president of marketing and sales, the nutritional drink category is experiencing dramatic market growth. "*Healthy Pleasures* has several key product innovations that set it apart from the competition," he says. "First, is packaging. *Healthy Pleasures* is the first nutritional beverage to be introduced in glass bottles with a full wrap-around shrink label and a high quality premium design. In fact, the *Healthy Pleasures* design was awarded first-place in the Mobius Advertising Awards on Feb. 11 in the beverage category. The other innovation that sets *Healthy Pleasures* apart is taste. In tests against other weight control and nutritional drinks, consumers show a significant taste preference for *Healthy Pleasures*," said Williams.

Williams said response by consumers has been most encouraging. "We think the combination of excellent nutritional value, taste and innovative packaging, will attract consumers to *Healthy Pleasures* as a convenient, healthy and enjoyable drink they can use anytime as a meal or snack substitute. By targeting a broader spectrum of occasions when *Healthy Pleasures* is a suitable drink, we hope to reach a larger market that includes both men and women."

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