

# Cook's Question

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**ANSWER** — Debrah Giambalvo wanted recipes using soybeans. Thanks to Lydia Lapp, Cassadage, N.Y., for sending this recipe.

## Bean Bake

- ½ cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons cooking oil
- 2½ cups cooked soybeans
- 1½ cups canned tomatoes, cut up
- 1 sweet pepper, chopped
- 1 teaspoon dried hot pepper, if desired

In saucepan, cook onion, garlic, and sweet and hot peppers in the oil until tender. Stir in beans and tomatoes and cook a minute longer. Remove from heat.

In bowl, mix:

- ⅔ cup cornmeal
- ¼ teaspoon salt
- ¼ teaspoon baking soda

Add:

- 1 beaten egg
- ½ cup buttermilk or whole milk
- 3 tablespoons oil
- 1½ cups corn

Pour cornmeal mixture into baking dish. Pour bean mixture into the center. Bake at 350 degrees for 35-40 minutes.

**ANSWER** — Doris Fenninger, New Holland, wanted soup recipes to can. Thanks to Ms. Minns, Geneva, N.Y., for sending a recipe.

## Fish Chowder

- 2½ pounds cleaned fish
- 1½ quarts water
- Salt and pepper to taste
- ½ cup chopped onion
- 4 cups diced potatoes
- ¼ pounds salt pork

Fish should be cleaned and have all scales, fins, and the tail removed. Cut fillets into small one-inch pieces, and keep refrigerated until needed. Use the bones for soup stock, boiling until the meat falls from the bones; season with salt and pepper. Strain the soup stock. Dice pork and cook until browned in a fry pan. Add onions to pork and continue cooking until onions are tender and yellow. Combine all ingredients including fish stock, pork, and onions, and fillets. Boil 10 minutes. Season according to preference, adding to taste any other seasonings preferred, and pour into canning pint jars. Seal and process in pressure canner at 10-15 pounds pressure for 100 minutes.

**ANSWER** — Blanche Klopsfenstein, Wattsburg, wanted a recipe for homemade Thousand Island dressing. Thanks to Karen Newswanger, Cumberland Co., for sending a recipe.

## Thousand Island Dressing

- ½ cup sugar
- 1 teaspoon mustard
- 1 teaspoon salt
- 1 small onion
- ⅓ cup vinegar
- ½ cup salad oil
- ⅓ cup mayonnaise
- ¼ cup catsup

Put all the ingredients into a blender and mix well. Refrigerate until ready to use.

**ANSWER** — Kenneth Hixon, Warfordsburg, wanted a recipe for spiced sickle (seckel) pears with the peels intact. Thanks to Mrs. Minns from Geneva, N.Y., for sending a recipe.

## Seckel Pear Pickles

- 8 pounds seckel pears
- 10 sticks cinnamon, 2-inches long
- 2 tablespoons allspice
- 6 cups red wine vinegar
- ½ to 1 cup honey, depending on sweetness of fruit

Wash pears and remove blossom end only. Boil pears for 5 minutes in enough water to cover. Drain. Prick the skins. Tie cinnamon and allspice in cheesecloth and combine with vinegar and honey. Boil 5 minutes. Add pears; simmer 5 minutes or until pears are tender. Do not overcook. Let stand overnight.

Next morning, remove spice bag. Drain syrup from pears and heat syrup to boiling. Pack pears in hot, scalded pint jars. Pour hot syrup over pears, leaving ¼ -inch headspace. Seal and process 10 minutes in a boiling-water bath. Yields about 8 pints.

**ANSWER** — Sherry Rechlin, N. Franklin, Ct., wanted a recipe for farmer's cheese. Thanks to Minns, Geneva, N.Y., for sending a recipe.

## Farmer's Cheese

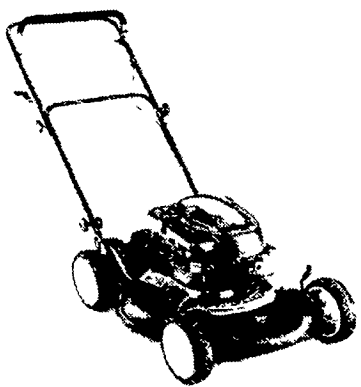
Heat a gallon of whole pasteurized milk. Raw milk may be used but unfavorable bacteria may develop to about 72 degrees and add ½ cup buttermilk. Stir thoroughly. Cover the milk and let it stand undisturbed in a warm place for 16 to 24 hours until it coagulates. Do not let temperature drop below 70 degrees during clabbering, as this will slow the process, increasing the likelihood of bacterial growth.

Cut curd into ¼ -inch cubes. Heat slowly to 104 degrees and continue to cook until curds retain shape after being pressed. Drain, rinse, and pour into oblong shape on a clean, folded cheesecloth. Wrap cloth over and press lightly with a board.

When rinsing, first remove cooked curds from heat. Drain through cheesecloth, allow to stand for a minute or two, then lift up corners of cheesecloth to make a bag. Dip the bag several times into warm water. Rinse for two minutes in ice water to chill the curds; and let the water drain off.

# make it Milk

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