



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, but cannot print each one. Answers to recipe requests should be sent to the same address.

QUESTION — Janet Spangler, York Springs, writes that she and her husband are trying to eat better but are having trouble finding recipes high in protein but low in fat and carbohydrates. Anyone have some recipes?

QUESTION — Shirley Ream, Criston, Ohio, would like a recipe on how to can ring bologna either by waterbath or pressure cooker or both.

QUESTION — Tricia Grossnickle, Frederick, Md., would like to know if any of the readers know of a recipe for a dessert called Johnnie Bowl. Tricia remembers her grandmother made it for New Year's. The dessert is a pudding-like cake with raisins wrapped in cheesecloth and boiled. The dessert is served with a sauce.

QUESTION — Terri Laskowski would like a recipe that tastes like Pizza Hut's pan pizza.

QUESTION — Connie Becker, Cato, N.Y., would like recipes for quart-jar soup mixes that are layered and given as gifts. She appreciates the recipes that were printed for Sand Art Bars, Quart Jar Cookie mixes, and canned breads and cakes. Any other food gift ideas or similar recipes not previously printed would be appreciated.

QUESTION — Send in a recipe you learned to make from your mother. Include a few sentences about your mother and a photo if possible. We will print it with our annual Mother's Day Tribute on May 8. But, hurry, submissions must be received by May 3.

QUESTION — Pam Bange, Hanover, would like recipes for using shitake mushrooms and portabella mushrooms.

QUESTION — L. Hoover, Denver, would like a recipe for marinated chicken or turkey breast.

QUESTION — N. Koons, Lebanon, would like recipes for jellies. Hers often are not thick enough.

QUESTION — Luella Staver, Red Lion, would like to know how to make crisp dill pickles. Hers always get mushy in the canning jars.

QUESTION — G. Minkle, Wayne, would like a recipe for hot pepper cabbage relish, which she had clipped from this column several years ago.

QUESTION — D. Shultz wants to know how to store water in containers without it going bad. She heard adding a few drops of bleach, but what is the ratio of water to bleach, and is it safe to drink or can it only be used for other purposes.

QUESTION — K. B., York Springs, would like a recipe to make rotisserie chicken that tastes like that made by Rutter's Mini Market.

QUESTION — Carrie Sponseller, Gettysburg, would like a recipe for Snow Flake Cookie mix in a jar. It includes white chocolate chips and macadamia nuts that are layered in a quart jar.

QUESTION — A reader, who has a Whisper Mill Grain Grinder, would like some other readers' favorite recipes using fresh ground flour such as barley, rice, spelt, rye, etc. She would like ideas to include a variety of grains in the family's diet instead of wheat, wheat, and wheat.

QUESTION — Several years ago, J. Rouse clipped a recipe from this section for maple syrup pork chops. Her family loves the recipe, but she lost it. Anyone else clip the recipe? Send it in so we can reprint it.

QUESTION — Linda Garber, New Ringgold, is looking for recipes for vegetable cream cheese to spread on bagels.

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

Bone Up On Calcium

(Continued from Page B6)

SCALLOPED POTATOES

3 tablespoons butter
2 tablespoons flour
1½ teaspoon salt
¼ teaspoon pepper
3 cups milk
6 medium potatoes (pared, thinly sliced)

1 small onion, thinly sliced
Make white sauce with first five ingredients. Place half the potatoes in greased 2-quart casserole; cover with half the onion and half the sauce. Repeat layers. Cover and bake at 350 degrees for one hour. Uncover and bake 30 minutes longer.

Jennifer Mae Dotterer
Pa. Dairy Princess

LEMON-LIME SHAKE

Combine in blender:
1 cup milk
½ cup frozen lemonade concentrate
4 scoops vanilla ice cream
Blend until smooth. Add 2 scoops lime sherbert. Blend until smooth and pour into chilled glasses.

Lacey Zakostecky

Pa. Alternate Dairy Princess

ROCK-N-ROLL SHAKE

Combine in blender:
1 cup milk
1 large banana
3 tablespoons peanut butter
Blend until smooth. Add 5 scoops vanilla ice cream. Blend. Pour into chilled glass and top with whipped cream.

Lacey Zakostecky

Pa. Alternate Dairy Princess

CREAMY FETTUCCINE PRIMAVERA

8-ounces fettuccine
1 cup broccoli flowerets
1 cup cut carrots
½ cup red pepper
1¾ cup skim milk
8-ounces cream cheese
½ cup chopped green onions
½ teaspoon Italian seasoning
¼ teaspoon garlic powder
1 cup diced turkey or chicken
½ cup grated parmesan cheese
Prepare fettuccine as directed on package, adding broccoli, carrots, and red pepper during the last 5 minutes of cooking time; drain. Stir skim milk, cream cheese, onions, and seasonings in medium saucepan on low heat until smooth. Stir in turkey and parmesan cheese. Toss pasta and vegetables with sauce.

Jennifer Mae Dotterer

Pa. Dairy Princess

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

QUESTION — Jack Hohmeier, Painter, Va., wants to know how to actually can canned milk, not just duplicate for immediate use.

QUESTION — Lynn Rossi, Litz, 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.

ANSWER — Bonnie Gible, Annville, sent in a recipe for asparagus.

Asparagus And Wild Rice

3 tablespoons chopped onions
1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
1 cup milk
½ cup sour cream
2 cups cooked wild rice
2 pounds fresh asparagus cut into 2-inch pieces and cooked

¾ cup shredded cheddar cheese
6 bacon strips, diced, browned
In a small saucepan, saute onions in butter until tender. Add flour and salt, stir to make paste.

Add milk and cook over medium heat, stirring constantly until mixture thickens. Cook one minute more. Remove from heat, stir in sour cream until smooth.

In a greased 11x7x2-inch baking dish, layer wild rice, asparagus, sour cream mixture, cheese, and bacon. Bake at 350 degrees for 30 minutes.

ANSWER — John Telford of Swampscott, Mass., wanted a recipe to make Dutch cake. Thanks to Janet Spangler, York Springs, for sending a recipe.

Glorified Ginger Bread

1½ cups sugar
3 cups flour
¾ cup shortening
½ teaspoon ginger
¾ teaspoon cinnamon
1½ cup buttermilk or sour milk
2 eggs
1½ teaspoon baking soda
3 tablespoons dark Karo
Mix flour, sugar, and shortening until it makes crumbs. Take out ¾ cup crumbs and put on top of cake before baking. Put in 8-inch pan. Bake at 350 degrees.

I learned of this recipe in the '70s but my mother baked one for market in the '40s that was a dark crumb cake. I was too young to learn the recipe but if anyone has it, I would like it.

CHEESEY TACO SALAD
8-ounce package cream cheese, softened

16-ounces onion dip
8-ounces sour cream
1 pound ground beef
1 package taco salad
½ cup chopped onion
Shredded lettuce
2 tomatoes, chopped
1 small jar taco sauce
½ cup shredded mozzarella cheese

½ cup shredded cheddar cheese
½ cup shredded provolone cheese

1 bag corn chips
Mix together cream cheese, onion dip, and sour cream. Spread on a round cookie sheet and refrigerate for 30 minutes. Cook ground beef and taco mix. Drain off juice. Place the hamburger over the cream cheese mixture. Place the shredded lettuce, onion, and tomato over the ground beef. Sprinkle with all cheeses over entire pan and place in the refrigerator 30 minutes. Top with jar of taco sauce. Serve with corn chips.

Christine Messner
Schuylkill Co. Dairy Princess

CREAMY POTATO SOUP

3 cups chopped potatoes
1 cup water
½ cup chopped celery
½ cup chopped carrots
¼ cup chopped onions
1 teaspoon parsley
1 chicken bouillon cube
½ teaspoon salt
Dash pepper
1½ cups milk
2 tablespoons flour
½ pound velveeta cheese

Combine everything except last three ingredients. Simmer until tender. Add milk to flour to make a smooth paste. Slowly add to vegetables and cook until thickened. Add cheese, stir until melted.

SOUR CREAM COOKIES

2 eggs
1 cup sugar
½ cup sour cream
½ cup butter
2 cups flour
½ teaspoon baking soda
¼ teaspoon nutmeg
Beat eggs thoroughly. Add sugar, sour cream, and melted butter, mix well. Sift together flour, baking soda, and nutmeg. Add first mixture and mix. Drop by teaspoonful onto lightly greased cookie sheet. Bake at 375 degrees for approximately 8 minutes.

Missy Powell
Somerset Co. Dairy Princess