



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. Check your recipe to make sure you copy the right amounts and complete instructions for making the recipe. 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. You may also e-mail questions and answers to lgood.eph@lnpnews.com

QUESTION — It's canning season, writes C. Alleman, Hummelstown. She wants recipes for Vidalia onion relish, pepper cabbage, tomato salsa, and pickled vegetables. Any helpful hints will be appreciated by Carol, who writes that she grabs the paper to read "Cook's Corner" first. She loves cooking and collects cookbooks and recipes, which she uses.

QUESTION — Judy Ulrich, York, wants the recipe for Honey Pecan Crunch, a pie that she heard was a winner in state Farm Show competition. The pie was shown on television, and she remembers the pecans were lined up beautifully across the top of the pie.

QUESTION — Pat Schreffler, Pitman, would like easy and good rice pudding recipes. (Note to Pat: Send your complete address to receive the news clipping information you had requested).

QUESTION — Shirley Miller, Nazareth, would like to find a recipe or booklet about potato flour.

QUESTION — Lucy Lowe, Claymont, Del., wants a recipe to make crisp, buttery, coconut cookies. She writes that she can't wait to read this column every week.

QUESTION — Maria Dalrymple, Shinglehouse, writes that a deceased aunt used to make a fabulous strawberry pie. Unfortunately the recipe was never given to the family in written form, and they miss it every strawberry season. The pie was called President Dwight David Eisenhower's Favorite Strawberry Pie. Any readers have a copy to send?

QUESTION — Herman Bean, Easton, writes that he is 78 years old. He remembers his grandmother made molasses cookies when he was a small boy. His mother still made them at 95 years of age but died 10 years ago and took the recipe with her. The dough was cut with flower or boy and girl-shaped cookie cutters. When baked, the cookies were about an inch thick, 4-inches high, and 2- or 3-inches wide. They were sort of a grayish color, soft, and had to be put into a can for a couple of days before eating. Bean said, he believes the cookies are a "Dutch favorite."

QUESTION — A Lititz reader is having a houseful of company for a week. This means lots of meal ideas. She desperately needs recipes that can be prepared ahead of time or quick ones to put together at the last minute and any other helpful hints to remain sane while preparing food and entertaining guests.

QUESTION — A mother wants ideas and recipes to encourage her children to eat more vegetables.

QUESTION — Summertime brings lots of reunions and gatherings where participants are asked to bring a hot and cold dish. Several readers have requested recipes to take to these events. Send your favorite recipe and any hints to ease the time crunch working mothers face when these events are held in the evening.

QUESTION — J. Alleman, Hummelstown, is looking for a foolproof recipe for Montgomery Pie.

QUESTION — Shirley Schwoerer, Wysox, requests a recipe for canned pickled sausages or ring bologna.

QUESTION — A reader would like recipes for blueberries, raspberries, and other summer fruits.

QUESTION — Ruth Erb, Beavertown, wants a recipe called Ann-Margaret's Favorite Chocolate Cake.

QUESTION — A reader from Dauphin would like a recipe for society pickles, which she heard stay crunchy after they are canned.

QUESTION — Steven Skramko, Richfield Springs, N.Y., would like a recipe to make Shoe Top cookies, which

look like leather used for repairing shoes. He writes the recipe is from 60 years ago.

ANSWER — Father's Day is on Sunday. That means many wives and mothers will prepare their husbands' favorite meals. Most readers write that their husbands prefer meat and potato meals with heavy desserts. Perhaps you want to try some of these recipes from our files. Don't forget to check out the dairy contest recipes for many more flavorful options.

Ozark Pudding

- 1/3 cup presifted flour
- 1 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1 egg
- 1/2 cup chopped apples
- 1/2 cup chopped walnuts
- 1 teaspoon vanilla
- 1 cup heavy cream, whipped
- 1/4 cup rum

Preheat oven to 325 degrees. Grease one-quart casserole. On piece of waxed paper, sift together flour, baking powder, and salt.

In mixing bowl, beat egg and sugar until light and creamy. Add flour mixture; blend well. Fold in apples, walnuts, and vanilla. Place into casserole dish.

Bake in preheated oven for 30 minutes. Blend cream and rum; serve with pudding. Serves 4-6.

Fred and Todd Simon are the fourth and fifth generation, father and son, and part-owners of Omaha Steaks. Ask them what America's favorite cut of beef is, and they answer in unison, "boneless strip sirloin." Other names associated with the name are New York strip, Kansas City strip, strip or shell steak.

"It's not Father's Day at our house without steaks on the grill," Todd explains. "Here in the Midwest we often grill year-round, but when the weather begins to sizzle you can always bet that so will our grill."

The Simons recommend that when choosing a high-quality steak, look for grain-fed beef that has been naturally aged and handtrimmed. Here is one of their favorite ways to prepare steak.

Marinated Grilled Beef And Pepper Salad

- 12-ounces herb and garlic marinade with lemon juice, divided usage
- 2 boneless strip sirloins (8-ounces each)
- 1 each: red, yellow, and green bell peppers, cored, halved, and seeded
- 1 1/2 pounds cooked baby red potatoes, quartered
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon sugar
- Lettuce leaves, optional

In large resealable plastic bag, combine 2/3 cup herb and garlic marinade with steaks; seal bag. Marinate in refrigerator for at least 30 minutes. Meanwhile, grill peppers and potatoes, basting often with 1/4 cup marinade. When potatoes are lightly charred, remove from grill. When peppers are tender and charred, remove from grill and slice into 1/2-inch strips. In small bowl, thoroughly whisk together 1/3 cup marinade with oil, vinegar, and sugar; set aside. Remove steaks from bag, discarding used marinade. Grill steaks to medium-rare, about 5-6 minutes per side. Cool slightly and slice into thin strips. In large salad bowl, combine beef, vegetables, and dressing; toss to mix and coat. Serve slightly warm or chill before serving.

Makes 4 main dish salads. Prep time: 20 minutes. Marinate time: 30 minutes. Grill time: 20-25 minutes.

For those who are interested in grilling meats, remember marinades make meats more tender and add mouth-watering flavor to foods without fat and calories.

Marinades made with real fruit juice such as orange, lime, papaya, and apple, add flavor and let you savor the natural flavor of beef, chicken, fish, and vegetables instead of camouflaging them with heavy barbecue sauces.

For best results:

- Always marinate food in the refrigerator. For best marinating results, pierce meat, fish, or chicken with a fork before marinating. Use about 1/2 cup marinade per pound of food.
- In addition to creating delicious results on the grill, marinated foods may be broiled, baked, microwaved, or cooked in a skillet.
- Baste often with additional marinade during cooking (do not reuse or baste with used marinade).
- Marinating time can be flexible. Marinating foods longer than 30 minutes can intensify the flavors. Marinate foods in the refrigerator for up to 24 hours (after 24 hours, there is not additional flavor gain). Some delicate foods (such as fish) need short marinating times.
- Timesaving tips for marinating: After purchasing meat, place in resealable plastic freezer bags with marinade. Freeze, then defrost in the refrigerator before cooking time.
- When pressed for time, shorter marinating times will work well if you baste often while cooking, but do not baste food during the last five minutes of cooking time.

USDA Weighs Protein Diet

NEWARK, Del. — Bacon and eggs for breakfast. Cheeseburgers for lunch. A juicy steak or heaping plate of ribs for dinner.

To some, this sounds like a dieter's dream. But it may be more like a nutritional nightmare, says Dr. Sue Snider, Cooperative Extension food and nutrition specialist at the University of Delaware. According to the latest U.S. Department of Agriculture dietary guidelines, the best known way to control weight is by regular exercise and eating a balanced diet that also includes fruits, vegetables and whole grains.

U.S. Secretary of Agriculture Dan Glickman announced last week that the USDA will study the effectiveness as well as the possible detrimental consequences of the high-protein, low-carbohydrate diet that is all the rage again, enjoying a popularity last seen in the 1970s.

Devotees of these high-protein regimes say they lose weight quickly and don't get hungry in the process.

So what's not to like?

Plenty, says Snider. For starters, much of the initial weight loss on these diets is often water loss.

"When you restrict carbohydrates, you burn glycogen, a quick energy supply in your liver," explains Snider. "As you burn glycogen, a lot of water is excreted. So the scale goes down, but you may have simply lost water."

While it's true that many people don't have hunger pangs while on high-protein, low-carbohydrate diets, the nutrition specialist says suppressed appetite can be a sign of ketosis, a condition that can have other, unpleasant consequences. Ketosis occurs when carbohydrates are not available to the body for energy. Substances called ketones build up in the blood, causing it to become acidic.

"If you notice bad breath, nausea, irritability, or disorientation while following a low-carb diet, blame it on ketosis," Snider says. "More serious side effects include muscle breakdown, dehydration, headaches, light-headedness and potential kidney problems."

But that's not all that's wrong with high-protein regimes. With most of these diet plans, you're getting too much cholesterol and saturated fat, which increases your risk of heart disease and cancer. And while protein is an essential component of a healthy diet, one can definitely get too much of a good thing.

"Excessive protein may leach calcium from the bones, increasing one's risk of osteoporosis," notes Snider.

There's also plenty of things you're not getting with a high-protein low-carbohydrate diet, such as adequate amounts of fiber and of many essential vitamins, minerals, antioxidants and phytochemicals.

So what's the answer for those looking to lose weight?

"There is no magic bullet," says Snider. "Varied, balanced meals at a reduced calorie level, combined with exercise, is the key to healthy, permanent results."

make it Milk