



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 a self-addressed stamped envelope. 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

Notice: Several readers write that they have problems accessing this address. The common mistake is that readers are substituting an "i" for the lowercase "l (L)" needed in two places. If you are having problems reaching this address, please check to make sure you are typing a lowercase "l (L)" in both places and not a lower or uppercase "i" or "I."

QUESTION — S. Duggan, Swanton, Md., writes that she is embarrassed to ask for a recipe for chocolate banana drink published in this paper within the last several weeks. She cut out the recipe and lost it. We are embarrassed that we don't know which recipe she means. But if anyone clipped out the recipe, please send it in to be reprinted.

QUESTION — Barbara Blank, York, would like a recipe for homemade sauerkraut and the best time to make it.

QUESTION — Gerald Myers, Wellsville, is looking for a recipe for preserving eggs.

QUESTION — Fay Strickler would like a recipe for Ezekial bread.

QUESTION — Linda Fletcher wants a recipe for roasted sunflower seeds.

QUESTION — Marsha Wagner, Mount Wolf, wants a recipe for the "Snickers" dessert served at Shady Maple Smorgasbord.

QUESTION Helen Kofron, Claymont, Del., wants a recipe for ground beef barbecue that tastes like that served at Shady Maple patio.

QUESTION — Pat Elligson, Millers, Md., wants a recipe for Devil's Food Tunnel Cake with a creamy white filling baked in the center. It is baked in a tube or a bundt pan. Pat recalls that there used to be a cake mix for this but she hasn't seen it for a long time. She prefers to make it from scratch.

QUESTION — A reader requested an old recipe for clear bean soup made with fresh pork.

QUESTION — W. Elicker, Dillsburg, wants an old-time recipe for sour pickles.

QUESTION — Elam Lapp, Myerstown, wants a recipe for making homemade hard cheese similar to farmers' cheese by using Jersey cow milk.

QUESTION — Durwood Tuttle, Knoxville, makes sweet pickles in a crock that he stores in a cellar. About three weeks ago, a gray fuzzy mold formed all over the crock. He washed the crock thoroughly with bleach water but it doesn't keep the mold from forming again. Any help would be appreciated.

QUESTION — Rachel Musser is searching for a spaghetti sauce recipe that tastes similar to Prego pasta sauce (traditional).

QUESTION — Charles Cramer, New Market, Md., would like a copy of the "Lancaster Level Flo Cookbook (Recipes From the Land of the Pennsylvania Dutch)." His family enjoyed a recipe that they believe was originally published in this 1970's cookbook. The potato salad recipe had a delicious salad dressing.

QUESTION — A Newburg reader would like recipes for jams and jellies or fruit spreads without sugar or artificial sweetener. She'd like recipes that taste similar to brands such as Polaner's All Fruit, Spreadable Fruit, or Smucker's Simply 100% Fruit.

ANSWER — A reader wanted to know why there are strings and other sediments that attach to mixer beaters while mashing potatoes. Irvin Conover, Gettysburg, writes that the problem stems to the potato, which either got too cold or frozen. Potatoes that got too cold generally have a black ring under the skin, or, are watery if frozen.

Thanks to Fawn Bartleson, Martins Creek, for writing that the reader isn't using the wrong potato or the wrong speed, but the wrong too.

When potatoes are boiled, the starch granules swell. If those cells are repeatedly and vigorously broken with electric beaters or food processors, too much starch is released and you have paste. To avoid this, cook the potatoes by simmering. Let cool at least 30 minutes. When ready to mash, bring them to a boil quickly again and drain. Add as much butter and hot milk (which has been brought to a near boil) as desired. Mash, don't use electric appliances to beat.

ANSWER — Donna Balascad wrote that she tasted a wonderful mint tea at the Hay Creek Fall Festival. The tea was yellow and looked like lemonade. Donna has a garden filled with mint and doesn't know what to do with it. Anyone able to help her? Thanks to several readers who sent recipes to help out Donna. Here is one from Walter Durling, who e-mailed that the tea was served at his parents' 50 anniversary, and many requested the recipe, which originally was submitted by Ann Kreider of Viv's Varieties and printed in the cookbook, "Recipes from Central Market."

Orange and Lemon Iced Meadow Tea
 2½ cups water
 2 cups sugar
 1 cup meadow tea (mint) leaves, firmly packed (use only tender tips and leaves)
 12-ounces frozen lemonade concentrate
 4-ounces frozen orange juice concentrate
 Boil water and sugar for 5 minutes. Pour water over tea. Cover tightly. Let stand for one hour. Strain and squeeze out tea leaves. Add frozen lemonade and orange juice to tea water to make concentrate. When serving, dilute one part concentrate with two parts water.

Thanks to Pat Sweetman from Stonehaus Herb Farm, who sends many ideas for those who have excess mint. Pat writes that mint often gets a bad rap because it is so prolific. If you grow it in a bit of shade, it won't take over so easily. Mint tea is either pale yellow or light tan depending on the type of mint grown and how you prepare it. The general consensus for the best mint tea is either made with apple mint or chocolate mint. Just fill a pitcher up with it and pour water over it and let it sit in the sun for a few hours — tastes absolutely wonderful.

Some mints have too much camphor in them and are not so great tasting. Most mints lose most of their flavor when dried, but peppermint is a good one to dry and keep for use in the winter. A cup of mint tea after dinner is a good tummy settler. Dried mint is good as part of a bath bag that you put in your tub or shower to wake you in the mornings. Add dried mint to cream and let it sit overnight before whipping it — adds great flavor as a topping for pound cake.

The strong fragrance of mint is supposed to keep mice away. Because the fragrance fades as it dries, you must change often; however, Pat writes that she hasn't had much success with using it as a mouse deterrent. Be careful with mint if you have sheep. Mint can take over sunny places and sheep won't eat it. If you plant it too close to a sheep pasture, it will ruin your pasture. Mint farmers of the Northwest rent sheep to eat the weeds in their mint fields knowing the mint is safe from sheep.

You can use dried peppermint when you create castile soaps. If you use enough the soap will be green, but if you use too much mint, the soap will turn black — but still smell good.

Mint hybridizes itself very easily so it may be hard to tell just what type of mint you have.

Thanks to Erla Shirk, Ephrata, who sent recipes to can and to freeze tea for use during winter months.

Tea Concentrate To Freeze
 1 quart tightly packed tea leaves
 4 quarts boiling water
 2-3 cups sugar
 Steep tea in boiling water for 15 minutes. Teka tea out and add sugar. Boil 15 minutes. Cool and freeze. Mix together one quart concentrate to 3 quarts water.

Tea Concentrate To Can
 6 quarts boiling water
 6 cups loose tea
 Boil water, remove from heat. Add loose tea and let tea set for 15 minutes. Strain. Add 10 cups sugar and dissolve. Put in quart jars and add 1 teaspoon lemon juice (keeps tea from getting dark) to each quart. Process in boiling water bath for 20 minutes. One quart concentrate will make one gallon tea. Tastes just like fresh tea.

ANSWER — L. Groff, Denver, wanted a recipe for pie made with ground cherries. Thanks to Erla Shirk, Ephrata, and Shirley Schwoerer, Wysox, for sending recipes.

Ground Cherry Pie
 1½ to 2 cups washed, ground cherries
 Put into saucepan, add enough water to cover cherries. Add:
 1 tablespoon lemon juice
 1 cup brown sugar
 Pinch salt

Bring mixture to a boil, thicken with Clear Jel. Reduce heat and boil 2 minutes. Remove from heat and add one tablespoon butter. Pour into unbaked pie shell. Bake at 450 degrees until golden brown.

Ground Cherry Pie
 Line pastry crust in deep 9-inch pie dish. Sprinkle pie shell with a mixture of 1 tablespoon flour and 1 tablespoon sugar before adding the following mixture:

3-4 cups ground cherries
 ¼ cup light Karo or honey
 ⅓ cup flour or 3 tablespoons minute tapioca
 ½ cup sugar or honey
 Top with pastry crust. Bake at 425 degrees for 15 minutes. Reduce heat to 375 degrees and bake an additional 25 minutes.

Shirley shares this hint: Before frost hits, pull entire bush up containing berries that have not fully ripen. Hang bush by root in barn. Place a plastic tablecloth beneath the bush to catch berries that will fall as they ripen.

ANSWER — Pat Elligson, Millers, Md., wanted a recipe for Sweet and Sour Cucumber Salad that tastes like that served at the Columbia Family Restaurant, Columbia. Thanks to Shirley Schwoner, Wysox, for sending this recipe.

Sweet and Sour Cucumber Salad
 Mix together:
 1 cup water
 ½ cup white vinegar
 ½ cup sugar
 ½ teaspoon salt
 ½ teaspoon celery seed
 Add sliced cucumbers and onions. May add sliced tomatoes if desired.

ANSWER — Harry requested an apple dumping recipe in which the apples are not baked but boiled or steamed. Thanks to Shirley Schwoener, Wysox, for sending a recipe.

Boiled Apple Dumplings
 Mix together
 2½ cups biscuit mix
 ⅓ cup water
 Roll out dough into four rounds. Core and peel 4 apples. Stuff dough with apples sprinkled with brown sugar and cinnamon to taste. Top with a little butter. Fold dough around apples, moistening folds with water so they stick together.

In large Dutch oven or pan, bring salted water to a rolling boil. Drop dumplings into water and boil 20 minutes.

You can substitute pie dough for the biscuit mixture, but Shirley said the biscuit mixture is quicker and works just as well.

ANSWER — Elaine Fyock, Windber, requested a cookie recipe called Cow Patties and other dessert and snack recipes with a cute farm title. Thanks to Dorothy Stoms, Deerfield St., N.J.; Mildred Miller, Hershey; Pat Elligson, Millers, Md.; S. Duggan, Swanton, Md., and others for sending the same Cow Pie recipe. Dorothy writes that a barnyard birthday party would not be complete without cow pies.

Cow Pies
 2 cups milk chocolate chips
 1 tablespoon shortening
 ½ cup raisins
 ½ cup chopped slivered almonds
 In a double boiler over simmering water, melt chocolate chips and shortening, stirring until smooth. Remove from heat, stir in raisins and almonds. Drop by tablespoons onto waxed paper. Chill until ready to serve. Yields 2 dozen.

Thanks to Mildred Miller, Hershey, for sending a recipe for Farmhouse Barbecue Muffins.

Farmhouse Barbecue Muffins
 10-ounces refrigerated buttermilk biscuits
 1 pound ground beef
 ½ cup ketchup
 3 tablespoons brown sugar
 1 tablespoon cider vinegar
 ½ teaspoon chili powder
 1 cup shredded cheddar cheese
 Separate dough into 10 biscuits; flatten into 5-inch circles. Press each into bottom and up sides of greased muffin cup; set aside. In a skillet, brown ground beef; drain. In a small bowl, mix together ketchup, brown sugar, vinegar, and chili powder; stir until smooth. Add to meat and mix well. Divide the meat mixture among biscuit-lined muffin cups, using about ¼ cup for each. Sprinkle with cheese. Bake at 375 degrees for 18-20 minutes until golden brown. Cool 5 minutes before removing from tin and serving. Yield: 10 servings.

ANSWER — Mary Gothel, Millerstown, wanted a listing of cholesterol counts in all meats, especially venison. Thanks to Wendy Furie for sending the following information from a New Jersey meat dealer named D'Artagnan.

The meats listed include the cholesterol count in milligrams within parenthesis. Counts are for meat portions of 100 grams.

Chicken, 83; Quail, 56; Pheasant, 49; Guinea hen, 53; bottom round beef, 92; ground beef, 85; pork shoulder, 101; rabbit, 57; venison, 66; buffalo 40; and wild boar, 51.