



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 — Mary Long would like to know how to make a brine in which to preserve cucumbers during the winter months.

QUESTION — Shirley Schwoerer, Wysox, wants a recipe to make biscotti.

QUESTION — Since October is Popcorn Popping Month, N. Kring, Somerset County, would like a recipe for kettle corn, which is a sweetened, salted popcorn sold at county fairs and festivals.

QUESTION — Pat, Hancock, Md., would like a recipe for Cookie Mix in a jar.

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 — 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 — 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 — 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 — Elaine Fyock wanted recipes with farm-related titles. Here are a few favorites from Rachel Huber, Myerstown.

Birds Nests

3 cups rice crispy cereal
1 cup shredded coconut
1/3 cup light corn syrup
3/4 cup peanut butter
1/2 cup brown sugar
1 teaspoon vanilla
Bring peanut butter, brown sugar, and vanilla to a boil. Stir into cereal and coconut. Let cool. Shape into birds nests and fill with jelly bean eggs.

Cowless Cow Patties

1 cup shortening
1 cup butter
2 cups granulated sugar
2 cups brown sugar
4 eggs
2 teaspoons vanilla
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
4 1/2 cups flour
1 cup shredded coconut
1 cup pecan or nut pieces
2 cups crushed cornflakes
6-ounce packages chocolate chips
Cream shortening, butter, and sugars. Add eggs and vanilla. Add flour, baking powder, and soda, mixing well. Add the remaining ingredients. Mix and drop by large spoonfuls on cookie sheet. Spread each one slightly with back of spoon. Bake at 350 degrees until done.

Cowboy Oatmeal Cookies

3 cups butter
1 1/2 cups granulated sugar
4 cups brown sugar
6 eggs
6 cups flour
3 teaspoons baking soda
1 1/2 teaspoons salt
4 teaspoons vanilla
6 cups rolled oats
1 cup chocolate chips
1 1/2 cups M&M candies
Cream butter and sugars. Add eggs and beat well. Mix remaining ingredients. Drop by teaspoonfuls onto a greased cookie sheet. Bake at 350 degrees for 15 minutes or until done. Makes 135 cookies.

ANSWER — Elam Lapp, Myerstown, wanted a recipe for making homemade hard cheese similar to farmers' cheese by using Jersey cow milk. According to numerous experts in cheese making, milk from goats, sheep, and all breeds of cows are interchangeable in cheese recipes. The end result may taste a bit different but milk from any source can be used in the recipes. Here is a recipe from E. Weaver. She writes that it is a basic recipe that can be adjusted to suit your taste. If the cheese is too soft, add only 1/4 cup milk or sour cream to melted curds. Jersey milks works well for cheese. To get sour cream, skim cream off milk that has been clabbered before heating.

Hard Cheese

2 gallons milk, let set at room temperature until it clabbers to a junket-like texture (approximately 3 days).

Stir to break up curds using wooden spoon; then heat slowly on lowest setting, stirring occasionally. Heat to 120 degrees then pour through cheesecloth. Squeeze out whey until no more comes out. Put in dish and add 1/2 cup butter and 1/2 teaspoon baking soda. Crumble curds fine mixing well. Put in double boiler and melt. When melted, add 2 teaspoons salt and 1/2 cup hot milk. Stir until well mixed. Cool and slice.

ANSWER — Don Love wanted a cottage cheese recipe. Anne Wiegler writes that she tried many recipes with no success. Curdling it with rennet resulted in really tough curds. She got all sorts of weird looking molds growing in cheese she tried to ripen. The following recipes are proven, not from a book but from the way it worked for Anne under farmhouse conditions.

Cottage Cheese

Use raw milk. If you can't get raw milk, use skim milk, but it will take a lot longer to clabber.

Chill one gallon milk and skim off cream. If any cream is left in the milk, it will be washed away with the whey.

Let the skim milk sit at room temperature, covered, in an enameled or stainless steel pot, until it clabbers. This process should take overnight in the summer; longer in the winter. When the milk is clabbered, it should appear solid.

Cut the curd by running a long knife through it. Cut into squares of one-inch for large curd and half an inch for small curds. Cut lengthwise, crosswise, and horizontally as best you can.

Heat milk gradually to about 140 degrees. As it heats up, the curds will shrink and the whey will separate. Stir gently with a spoon occasionally as this happens. When the curds have formed, pour into a colander lined with several layers of cheesecloth. Catch the whey to use in cooking, if you want. Let the curds drain, and then rinse with cold water, using your hands to mix them. Do not run water through the curds this will break them up. Instead immerse the cheesecloth with curds in a large bowl of cold water and gently agitate to rinse off the whey.

The final rinse should be in salt water to salt the cheese. Prepare a gallon of brine in a large bowl. Lift the cheesecloth containing the curds and dunk into brine. Mix well with your hands to ensure the brine reaches all the curds. Then lift out the cheesecloth and curds and place back into the colander and let drain.

For creamed cottage cheese: Mix cream with the curds. Serve with apple butter. Delicious!

For Farmer Cheese: Press the curds into a cheesecloth lined mold with holes in the bottom. Place a board on the top and weight it. Let it press 24 hours while the excess moisture drains out. Unmold onto a plate.

For Feta-type cheese: (Real feta is made from sheep's milk but this tastes about the same): Gather curds into a piece of cheesecloth and form fist-sized balls. Squeeze out excess moisture. Let hang in cheesecloth for 24 hours; then tie up cheesecloth packages and preserve in the brine. Prepare brine with non-iodized salt. Make it strong enough that a potato will float half way down, not sinking and not floating. Bring to a boil and simmer 20 minutes to ensure that no bacteria is living. Cool and use to preserve the cheese balls. You can store this in a crock in a cool cellar, but Anne puts them in a plastic container and keeps in the refrigerator.

Dairy Farmer Efforts Lead Scientists To Endorse Dairy As A Healthy Food

ROSEMONT, IL — Generation after generation, moms have been telling kids to drink their milk to stay healthy. The world's leading nutrition scientists, dietitians and nutritionists agree. According to Dairy Management Inc., scientists are finding a positive relationship between dairy foods and cardiovascular health, and are sharing these findings with other scientists, health professionals and the public.

"This array of positive scientific research is incredibly significant," says Greg Miller, vice president nutrition research, for Dairy Management Inc. "Most mainstream nutrition scientists have moved from viewing dairy products as a dietary risk to cardiovascular health to a more enlightened view that dairy products are actually heart-healthy."

According to Dairy Management Inc., this scientific shift didn't happen overnight — nor by accident. "Since the early 1980s, the dairy farmer-funded checkoff program has invested several million dollars annually to reinforce, through sound science, how dairy products are an essential part of a healthy diet," says Miller.

Miller says that, at the time, pro-dairy research results were not readily accepted. "Ten years ago, few nutrition scientists would have supported the position that dairy products help reduce the risk of high blood pressure," he says. "We didn't have independent research to back it up."

Over time, however, independent research such as studies funded by the National Institutes of Health (NIH) and other groups added to the mounting body of science

validating dairy's important role in a healthy diet. The scientific community came to accept those findings supporting the health benefits of dairy foods.

"NIH now recommends that consumers follow the DASH (Dietary Approaches to Stop Hypertension) diet, which includes three servings of lowfat dairy products daily, along with ample amounts of fruits and vegetables," says Miller.

Dairy Management Inc. cautions, however, that scientific research, in and of itself, is not enough. "This wealth of scientific research confirming dairy's health benefits fails to reach consumers if they are unaware it exists," says Miller. "That's why Dairy Management Inc. and National Dairy Council® works together to get this science in the hands of health professionals such as doctors, nurses and dietitians, as well as consumers."