



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](mailto: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** — Ronda Merritts, Dillsburg, writes that she used many of the cakes baked-in-a-jar recipes printed last year in this paper. The baked cakes were a hit with her Christmas gift giving list. She even gave them as a Y2K joke. One guy she works with is saving the cake for his ultimate black-out treat. Unfortunately, she lost the recipes and would like them reprinted. Readers, send in your favorite ones. These are different than the cake and cookie ingredients that are layered in the jar, which we have been printing.

**QUESTION** — Mary Levy, Coopersburg, wants a recipe in which raw cut-up pumpkin is placed in a double pie crust and baked.

**QUESTION** — June Berger, Annville, wants a recipe for crumb buns, which tastes similar to that sold at Mary Jane's Baked Goods, Root's Market.

**QUESTION** — A. Guidas wants old-fashioned recipes for soups and chilies and pumpkin funnel cakes. She writes that she has tried many recipes from our readers and they have never left her down.

**QUESTION** — An Airville reader wants to know how to make smoked and sweet deer Bologna.

**QUESTION** — A long time reader is searching for a recipe for maple walnut fudge.

**QUESTION** — Carol Fulkroad, Millersburg, would like a recipe for frozen yogurt, which can be made in a 1½-quart ice cream freezer

**QUESTION** — E. H. Martin, New Holland, wants to know if it is possible to make your own frozen bread dough. If so, does it need to rise before freezing or is it shaped and then frozen? A complete recipe would be appreciated.

**QUESTION** — Vera Moore, Gettysburg, is searching for an oatmeal muffin recipe that had been printed on the large Quaker oatmeal box about eight years ago. The ingredients included applesauce and brown sugar.

**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** — 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).

**ANSWER** — Fay Strickler wanted a recipe for Ezekiel bread. Thanks to Grace Shetter, Alburtis, for sending the recipe from Reginald Cherry Ministries, Texas. She writes that the recipe is based on the Old Testament text: Take thou also until the wheat, and barley, and beans, and lentils, and millet, and spelt, and put them in one vessel and make thee bread thereof. Ezekiel 4:9.

#### Ezekiel Bread

2½ cups whole wheat

1½ cups whole rye

½ cup barley

¼ cup millet

¼ cup lentils

2 tablespoons great Northern beans (uncooked)

2 tablespoons red kidney beans (uncooked)

2 tablespoons pinto beans (uncooked)

Measure and combine all ingredients into a large bowl to make 8 cups flour. Only use 4 cups per batch of bread.

Pour the ingredients into a flour mill and grind. The flour should be the consistency of regular flour. Coarse flour may cause digestion problems. Measure 4 cups flour. Store remaining 4 cups in freezer for future use.

Measure 1 cup lukewarm water in a small mixing bowl. Add to the water, stirring to dissolve:

1 teaspoon honey

1 tablespoon Red Star yeast OR 2 tablespoons of another brand

Set aside and let yeast grow 5-10 minutes. In large mixing bowl, combine the following:

flour

¼ cup extra virgin olive oil

½ cup honey

1 cup warm water

Add yeast to above mixture. Stir until well mixed. Mixture should be the consistency of heavy cornbread. Spread batter evenly in a 11x15x1-inch pan sprayed with no cholesterol cooking oil. Let mixture rise in a warm place for one hour. Bake at 375 degrees about 30 minutes. Check for doneness. Bread should not be doughy, but somewhat like baked corn bread.

**ANSWER** — S. Duggan, Swanton, Md., requested the recipe for chocolate banana drink published previously in this paper. Thanks to Maxine Klingler, Selinsgrove, for sending a copy.

#### Chocolate Banana Blast

2 cups fat-free milk

1 large, peeled, sliced banana, frozen

¼ cup chocolate flavored syrup

1 teaspoon vanilla extract

Combine all ingredients in a blender until smooth. Yields three 8-ounce servings.

**ANSWER** — A Newburg reader wanted 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. Thanks to Virginia Zimmerman who recommends buying LM pectin at a health food store. The pectin comes with directions for making the spreads. And questions, call Virginia at (717) 738-0093.

**ANSWER** — Gerald Myers, Wellsville, wanted a recipe for preserving eggs. Thanks to Audrey Minns for writing that eggs can be preserved by breaking, scrambling, and adding one teaspoon honey or salt to each cup. Mix well. Measure and freeze the mixture into small containers coated vegetable spray for easy removal. Three tablespoons mixture equals one egg. Measure amounts that fit your personal needs.

When frozen, pop out of container and place several together in a freezer bag and immediately return to freezer. When needed, remove as many from the freezer bag as needed. Let thaw in refrigerator only. For best results, use thawed eggs the same day. Do not leave thawed eggs in the refrigerator for long periods of time before using.

**ANSWER** — Here are some more recipes for cookie mixes in the jar sent in by Rachel Glick, New Holland, and Audrey Minns. These recipes are often requested holiday gift giving. Clip out and save for your gift giving list.

#### Sand Art Brownies

1 cup plus 2 tablespoons flour

½ teaspoon salt

½ teaspoon baking powder

⅓ cup baking cocoa

⅔ cup granulated sugar

½ cup M&Ms or chocolate pieces

½ cup walnut pieces

Fill wide-mouth quart jar in the order given above. Close lid tightly. When ready to make, empty contents of jar into a bowl. Add:

3 whole eggs, lightly beaten

1 teaspoon vanilla

⅔ cup cooking oil

Mix well and pour into greased pan. Bake at 350 degrees for 32-37 minutes in a 7x11-inch pan or for 27-32 minutes in 9x9-inch pan. Cool and cut into 2-inch squares. Store in airtight container.

#### Sand Castle Brownies

⅓ cup chopped nuts

½ cup semi-sweet chocolate chips

⅓ cup flaked coconut

⅔ cup packed brown sugar

¾ cup granulated sugar

⅓ cup baking cocoa

1½ cups flour

In a one-quart container, layer ingredients in order given, packing well between each layer. Cover and store in a cool, dry place for up to six months.

To bake, place contents of container in mixing bowl and mix well. Add the following:

2 eggs, beaten

⅔ cup vegetable oil

1 teaspoon vanilla

Mix well. Spread into greased 8-inch square baking pan. Bake at 350 degrees for 30 minutes. Cool on wire rack.

**Note:** This makes a nice gift. Give container with instructions for final ingredients attached.

#### White Chocolate Macadamia Nut Cookies

1¼ cups sugar

½ cup chopped macadamia nuts

3 (1.4 ounce) white crunch candy bars, coarsely chopped (press this layer firmly)

2 cups flour mixed with ½ teaspoon baking soda

½ teaspoon salt

Layer ingredients in order given in a 1-quart wide-mouth canning jar. Press each layer firmly in place before adding next ingredient.

**Baking instructions:** Empty cookie mix into large mixing bowl. Use your hands to thoroughly blend mix. Add:

½ cup butter, softened

1 egg, slightly beaten

1 teaspoon vanilla

Mix until completely blended. Dough becomes stiff; you will need to finish mixing with your hands to make a smooth dough.

Shape into walnut-sized balls. Place 2-inches apart on sprayed baking sheets.

Bake at 375 degrees for 12-14 minutes until tops are very lightly browned. Cool 5 minutes on baking sheet. Remove cookies to racks to finish cooling. Makes 2½ dozen cookies.

## White Potatoes Or Sweet?

Both white potatoes and sweet potatoes can be great components of a healthful diet. They each have strong points.

The best feature of white potatoes is probably their potassium content: 660 milligrams in a medium potato. (A "medium" potato is described as 2.25 to 3 inches long, weighing about 4.25 ounces).

A medium white potato contains less than 100 calories, 2.5 grams of protein, and just one-tenth of a gram of fat. It also contains about 25 milligrams of vitamin C — more than 25 percent of what you should consume in a day.

As a rule, sweet potatoes contain less potassium — about 265 milligrams in a 5-inch-long tuber that weighs about 4.5 ounces. It's got a few more calories at about 135, and just over 2 grams of protein and less than a half-gram of fat. Sweet potatoes contain almost 30 milligrams of vitamin C. But their claim to fame is their vitamin A content: one sweet potato has a whopping 26,000 IUs (International Units) of vitamin A. That's about 26 times the daily recommendation. Unfortunately, white potatoes don't have any vitamin A.

Of course, you can't just judge the potato without also judging the potato toppings. If you're the type who won't look at a sweet potato unless it's got butter, brown sugar and marshmallows all over it, you'll have to make sure you consider the extra fat, sugar and calories. Likewise, if your white potato must have some margarine and sour cream, take that into account when comparing white and sweet potatoes.

Here are some facts to keep in mind:

— A tablespoon of butter has about 100 calories and 11 grams of fat (7 grams saturated).

— A tablespoon of margarine has about 100 calories and 11 grams of fat (saturated fat content varies).

— A tablespoon of brown sugar has about 50 calories.

— A tablespoon of sour cream has 30 calories and 3 grams of fat (1.8 grams saturated).

One way to avoid toppings and the calories they represent is to cut white and sweet potatoes into wedges, spray with an oil spritzer or cooking spray, lightly coat with seasoning, and roast them in a hot oven.