



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 — Carrie Sponseller, Gettysburg, requests a recipe to make homemade pot pie to dry and store until needed.

QUESTION — Em Snyder, Red Lion, would like a recipe to make venison sweet bolgona. How long does it need to hang before smoking and how long should it hang before using?

QUESTION — Lorraine Nash, Mainesburg, wants a recipe to make gummies that taste like gummie bears.

QUESTION — Dotty Gaul, Douglassville, writes that when she was growing up in the Harrisburg area during the 1950s, her family went to the Blue Parasol, a drive-in restaurant with curb service. They served pork barbecue sandwiches with no tomato sauce but with relish. She thinks it was pork simmered in chicken broth with some other ingredients. Does anyone have a recipe that sounds similar to what Dotty describes?

QUESTION — Linda Smith, Walpole, N.H., would like the recipe for the starter to make fruitcake in which the fruit ferments in the jar. She has the fruit part of the recipe but not the starter.

QUESTION — A reader would like a recipe for chicken croquettes, which taste similar to those served by Shady Maple Smorgasbord.

QUESTION — Kathryn Wear, New Castle, wants a recipe for cashew crunch, which is made by the Amish and is very buttery and extremely good.

QUESTION — A Dauphin reader enjoyed the article, "Dietz Prepares Food With Deception," which appeared in the Nov. 11th issue. She would like more recipes that include "odd" or surprising ingredients.

QUESTION — Audrey Renno, Hamburg, would like a recipe for Pepper Pot Soup made with tripe instead of with beef.

QUESTION — Howard Burkholder, Marion, wants a recipe for sweet and sour pickled eggs.

QUESTION — A reader would like a recipe on how to can cooked and blended pumpkin.

QUESTION — A Gordonville reader wants a sour dough recipe. She tasted some from the Reading Terminal Market, and would like to have a recipe that is similar to that sold there.

QUESTION — Faye Milwid, Delta, requests a recipe for pumpkin orange chiffon pie.

QUESTION — C. Faus wants to know how to make homemade rice cakes. She writes they are nice for wheat-free diets but expensive to buy.

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

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

ANSWER — A reader wanted the recipe for Mississippi Mud Cake. Thanks to D.Seibert, Hummelstown, for sending a recipe.

Mississippi Mud Pie

Cream together
1 cup butter
2 cups granulated sugar

½ cup cocoa
4 eggs, one at a time

Add:
1½ cups flour
1½ teaspoon baking powder
1 cup coconut
1 cup walnuts, chopped

Frosting:
½ cup butter
½ cup cocoa
5 tablespoons milk
1 teaspoon vanilla
1 pound confectioners' sugar
Cream together butter, granulated sugar, cocoa, and eggs. Add flour, baking powder, coconut, and walnuts. Bake at 350 degrees in a greased 9x13-inch baking pan. Remove from oven and cover immediately with 1 pint marshmallow creme. Cool. Beat together frosting ingredients and frost cooled pie.

ANSWER — Helen Kofron, Claymont, Del., wanted a recipe for ground beef barbecue that tastes like that served at Shady Maple patio. Thanks to Rhonda Snyder, New Holland, for sending the recipe.

Barbecued Hamburger

2 pounds ground beef
1 onion
½ cup ketchup
2 tablespoons brown sugar
2 tablespoons vinegar
2 teaspoons prepared mustard
1 teaspoon Worcestershire sauce
1 teaspoon salt
Fry onion and ground beef in 4 tablespoons hot fat until it loses its raw, red color.

Stir until smooth and then add the other ingredients. Simmer about 20 minutes and serve with hamburger rolls. Serves 8.

ANSWER — Agnes Martin requested the recipe for potato rolls, which had been printed earlier this year. Thanks to Tessie Kizis, Newsoms, Va., for sending the recipe, which was originally sent in by Lois Harnish in honor of Mother's Day. Tessie writes that this is a really a good recipe.

Potato Buns

1 cup warm mashed potatoes
1 cup warm potato water
3 eggs
1 teaspoon salt
¼ cup wheat germ
1 cup sugar
½ cup shortening
1 package yeast
4-6 cups flour
Dissolve yeast in warm potato water. Mix all and let stand overnight. Roll out 1-inch thick and cut with round cookie cutter. Put on cookie sheet and let rise. Bake at 400 degrees.

Here's a different recipe sent in by M. Stoltzfus, Parkesburg, who offers this bit of advice to prevent losing recipes. M. keeps a three-ring notebook with magnetic pages. Whenever she tries a recipe her family likes, she places it in her "cookbook," so she can find it whenever she needs it.

Mom's Potato Buns

1 cup mashed potatoes
1 cup sugar
1 cup warm potato water
3 eggs, beaten
5-6 cups bread flour
½ teaspoon salt
1 tablespoon yeast
½ cup butter, melted
In the evening, mix yeast into warm potato water and stir to dissolve. Stir all ingredients together in a bowl but do not knead. Place in large buttered bowl and butter top of dough. Cover and let set overnight. In morning, place spoonfuls of dough onto greased cookie sheets and let rise. Bake at 350 degrees just before noon meal and serve hot with butter and jelly.

ANSWER — E. King, Bird-in-Hand, wanted the recipe to make a dry mix for yellow cake, and directions for making it. Thanks to M. Stoltzfus, Parkesburg, for sending her recipe.

Yellow Cake Mix

9 cups flour
½ cup baking powder
¼ cup sugar
1 tablespoon salt
1 teaspoon cream of tartar
2 cups solid white shortening
Sift dry ingredients together. Cut in shortening until it resembles corn meal. Store in covered container at room temperature. Three cups of mix makes two 8-inch cake layers. To make the cake, try the following recipe.

Yellow Cake

3 cups mix
1¼ cups sugar
1 cup milk
2 eggs, slightly beaten
1 teaspoon vanilla
Stir sugar and cake mix together. Add remaining ingredients and beat 3 minutes. Grease and flour two 8-inch pans and spread batter evenly. Bake at 350-375 degrees for 25-30 minutes. Cool in pans for 10 minutes. Turn out on wire racks and finish cooling.

Variations: Add cocoa for chocolate cake, or cinnamon and nutmeg for spice cake.

ANSWER — A Dauphin reader wanted the recipe that Amish use to make cooked celery, which they serve at their weddings. Thanks to a Paradise reader for sending the recipe.

Cooked Celery

12 quart kettle filled to the top with cut-up celery
2 tablespoons salt
2½-ounces vinegar
2 sticks butter
Add a little water to kettle to cook celery until soft. Mix together the following:
2 cups granulated sugar
2 heaping tablespoons flour
Add water to make a paste and add to softened celery. Slowly add 1½ cups canned milk or heavy cream. Do not boil after the cream is added.

Count Calories, Not Food Combinations

Despite what you might read in fad diet books, eating food in certain combinations does not help you lose weight.

The only thing that will help you lose weight is to expend more energy than you consume in calories.

That makes sense if you think about it: Nearly all foods are naturally combinations of protein, carbohydrates, and fat anyway. It's impossible to keep those types of foods completely away from each other.

If you want a healthier diet, increase the vegetables, fruits, whole grains and fiber you consume and reduce sugars and fats.

That said, you might be interested to know that food combinations do make a difference in some ways. Certain combinations of foods can help — or hinder — your body's ability to absorb certain nutrients. This doesn't have anything to do with calorie intake or losing or gaining weight. It does have something to do with getting more out of the food you eat in terms of nutritional value.

For example, Ohio State University researchers have recently discovered that the phytonutrient lycopene in tomato soup is likely to be absorbed much better by the body when the soup is made with whole milk. When the soup is made with skim milk or with water, lycopene absorption is cut in half. Lycopene is thought to help prevent some types of cancer.

Similarly, consuming certain vitamins can enhance the body's absorption of minerals. Vitamin D helps the body absorb calcium. This makes milk fortified with vitamin D a good food choice. Vitamin C is a good choice to take with iron, but don't overdo it. Vitamin C supplements along with iron supplements can lead to too much iron being absorbed, and that could damage the liver.

On the other hand, if for some reason you've consumed a lot of zinc, your body's ability to absorb copper is compromised. Also, consuming large amounts of calcium can interfere with the body's ability to absorb magnesium, iron and zinc.

The problem often results because minerals have similar atomic weights and charges (positive or negative), making them compete with each other for uptake in absorptive cells in the intestine.

This column is a service of The Ohio State University. Send questions to: Chow Line, care of Martha Filipic, Section of Communications and Technology, 2021 Coffey Road, Columbus, OH, 43210-1044 or filipic.3@osu.edu.