



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 — A reader would like a recipe for chocolate filled cookies and for raspberry filled cookies like they make at Bird-In-Hand Bake Shop. The raspberry filled have a buttery flavor on the outside with a smooth raspberry filling. The chocolate have a chocolate chip outside with a fudge-like filling.

QUESTION — In the Dec. 2 issue, a recipe for Mincemeat Bars from Katherine Wagner was printed. However, the measurement for butter was not included. Katherine, please let us know the amount of butter required for the recipe, as several readers have inquired about it.

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 — A. Guidas wants old-fashioned recipes for soups and chilies and pumpkin funnel cakes.

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 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 — 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 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 — Faye Milwid, Delta, requested a recipe for pumpkin orange chiffon pie. Here's two recipes from "The Best of the Pumpkin Recipes Cookbook," edited by Helen and Emil Dandar.

Pumpkin Chiffon Pie

1 package Knox gelatin
¼ cup cold water
1¼ cups pumpkin
½ cup milk
3 eggs, separated
½ teaspoon each ginger, cinnamon, and nutmeg
½ teaspoon salt
1 cup sugar, divided
9-inch baked pie shell

In a double boiler, beat egg yolks slightly adding ½ cup sugar, pumpkin, milk, salt, and spices. Cook 10-15 minutes until thickened. Soften gelatin in water, add to mix. Blend well and cool. When mixture begins to thicken, fold in stiffly beaten egg whites with ½ cup sugar added. Pour into pie shell and chill. Top with cream.

Pumpkin Orange Pie

1½ cups pumpkin
3 tablespoons maple syrup
1 cup evaporated milk
6-ounce can frozen orange concentrate, thawed
2 beaten eggs
¾ cup sugar
1½ teaspoon cinnamon
1½ teaspoon pumpkin spice
½ teaspoon salt

In bowl, beat in one at a time the above items, stirring until smooth. Spoon into 9-inch unbaked crust. Bake 15 minutes at 350 degrees, reduce heat to 350 degrees and bake 40 minutes. Cool. Serve with whipped topping and crushed walnuts.

ANSWER — A. Guidas wanted old-fashioned recipes for soups and chilies and pumpkin funnel cakes. Here is a recipe, but send in more for soups and chilies and if you have a different one for funnel cakes.

Pumpkin Fritters

1 egg
½ cup sugar
Dash salt
1½ cups pumpkin
1 cup flour
1 teaspoon baking powder
¼ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon ginger
1 tablespoon melted butter

In bowl, beat egg, sugar, salt and pumpkin. Stir in remaining ingredients. Drop batter by tablespoons into 1-inch deep oil at 375 degrees. Makes 1½ dozen.

ANSWER — A reader wanted a recipe on how to can cooked and blended pumpkin. Thanks to Nancy Wiker for sending these directions from Penn State Extension.

Canned Pumpkin And Winter Squash

Quantity: An average of 16 pounds pumpkin or winter squash is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints.

Quality: Pumpkins and squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small size pumpkins make better products.

Procedure: Wash, remove seeds, cut into 1-inch-wide slices and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. Caution: Do not mash or puree. Fill jars with cubes and cooking liquid, leaving 1-inch headspace. Adjust lids and process in dial-gauge canner pressure at 11 pounds or with a weighted gauge pressure canner at 10 pounds for 55 minutes, pints, or 90 minutes quarts.

When ready to make pies, drain jars, strain or sieve cubes.

Beef Industry To Kick Off National Nutrition Advertising Burst

DENVER, Colo. — The beef industry will once again run a national advertising burst of its "Beef. It's What's For Dinner" campaign in support of nutrition on cable and network television and in print starting January 1. The ads will be targeted to women ages 25-54, and be seen by more than 50 million women an average of 5.5 times during the month.

Coordinated by the National Cattlemen's Beef Association for the Cattlemen's Beef Board, the campaign reinforces the fact that women can feel good about eating and serving beef, because not only does it taste great, it has the nutrients she needs. The burst will precede a national burst that focuses on convenience in February.

"The timing of this burst coincides with the new year, as many people are making resolutions during this time," according to Paige Miller, director of marketing communications for the National Cattlemen's Beef Association. "Women in this age group need to understand that beef can fit wonderfully with balanced, healthy diets."

Consumers will see television spots on such cable networks as Food TV, Arts & Entertainment, Lifetime and Home & Garden. The ads will also appear on ABC's "Good Morning America" and "All My Children", as well as syndicated programs such as "Martha Stewart Living," "Wheel of Fortune" and "Rosie O'Donnell."

The magazine effort will showcase beef's nutrition message in 22 national magazines that will hit the newsstands in January, including Parents, Good Housekeeping, Health, Country Home, Cooking Light, Glamour, People and TV Guide.

Gallup research shows that efforts to improve consumer perception of beef have been successful. The percentage of consumers who believe that beef contains important nutrients has increased by 11 points since October 1999, while the percentage of consumers who believe the nutrients in beef are important to teens and children has increased by 10 points. And since last October, the percentage of consumers who believe beef is an important part of a balanced diet has increased by nine percent.

Re-Inventing The Potato

DENVER, Colo. — "Re-inventing the Potato," is both the title of the National Potato Promotion Board's newly published retail report and its program goal. "This industry has been treating potatoes as a commodity," said Tim O'Connor, president and chief executive officer of the board. "We must break out of that mentality and assign more value to our crop."

By way of illustration, he points to the benchmarking portion of the retail report, documenting how potatoes are frequently sold at deep discounts, even during holidays when consumers are obviously going to buy them. On the other hand, consumers report their purchase decisions are driven by quality, type (for specific meals), and new menu ideas, not usually price.

The board recommends a new approach, a "segmentation strategy" based on consumer needs. "Visualize a four-level pyramid with your 'specialty,' gourmet and trendy potatoes on top with the highest prices," said Jon Brownell, chairman of the board's marketing committee. Next is the "premium" section for the consumer who wants the best quality. Shippers can deliver this quality in several ways, such as tighter sorting for loose and smaller bags with uniform potatoes.

Consumers have told us they will pay more for higher quality," says Brownell. "Why are we (as an industry) leaving this money on the table?"

The next two levels of the pyramid are "mainstream," all varieties in five-pound bags for consumers shopping for specific menus, and the "bargain bag" section for price-conscious shoppers.

Brownell says one reason he believes this approach is the correct one is that all potato shippers can find ways to move product up the pyramid by adding value and commanding higher prices.

Implementing this strategy will require investment; investment by retailers to change their pricing and discounting practices, and investment by growers and shippers to create higher quality offerings. For this approach to succeed, O'Connor emphasizes, retailers, growers and shippers must receive a return on their investments.

The board's "segmentation strategy," along with updated packaging, cross merchandising in other departments and new layouts for the potato section of the produce department are currently being tested. Results of work to date, plus consumer meal planning, shopping, and eating profiles, will become part of a potato category toolkit for retailers and shippers.

The toolkit, scheduled for winter completion, is an important first step in creating a consumer-directed marketing approach for potatoes, but is definitely not the final word. New promotional concepts will be developed, tested and refined as the marketplace and consumer trends change.

For more details or to work with the board on this strategy, contact the board's vice president of marketing, Mac Johnson, at (303) 873-2312.