



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 — Edd Young, 1336 W. Chew St., Allentown, PA 18102 is looking for cookie recipes in which the ingredients are put in a jar and given as a gift.

QUESTION — A reader would like a recipe for red velvet whoopie pies.

QUESTION — Sally Reinoehl, Valley View, writes that her white bread always gets a hard crust and becomes quite dark. What is she doing wrong or is it her recipe?

QUESTION — Sally Reinoehl requests a recipe for grape marmalade.

QUESTION — Ella Hartranft, Bernville, wants a recipe for fruit cake that includes all dried fruits such as apricot, peaches, pears, pineapples, raisins, and dates.

QUESTION — Lisa Urffer, Coopersburg, wants to know of a good book on butchering pork and tasty recipes for scrapple with a meaty flavor. She also wants hints about making scrapple and butchering.

QUESTION A reader wants instructions for freezing raw goat's milk so that it doesn't curdle after it is thawed and is drinkable.

QUESTION — A reader requests a recipe for Broccoli Ham Chowder, which includes celery, chicken broth, cheddar cheese. The recipe had been printed in this column a number of years ago, and was this family's favorite until it was lost. The reader thinks the original recipe had been submitted by Priscilla Grube.

QUESTION — Evelyn Bowers, Johnstown, is looking for recipes to use in a bread making machine.

QUESTION — Barbara Fanning, Southampton, N.Y., wants a recipe for vidalia onion relish. She is grateful for the person who sent in the recipe for Concord grape ketchup, which she made and heard raves about from her husband and brother-in-law. The grape ketchup is very good on pot roasts, hamburgers, and pork.

QUESTION — C. Clayville, Greenwood, Del., requested a recipe for turnip pie.

QUESTION — E. H. Martin, New Holland, writes that approximately two weeks ago an article was printed about apple preservation hints that suggested using ascorbic acid to prevent discoloration. She asks where tablets or a crystalline form of ascorbic acid can be found.

QUESTION — A reader wants nutritious recipes to make in a hurry.

QUESTION — Mrs. King, Christiana, wants to know where mincemeat can be purchased that tastes similar to the homemade variety that contains apples, vinegar, sugar, and salt. She does not want raisins in it.

ANSWER — Maggie Keeler requested recipes for making jams and preserves from zucchini, summer squash, and tomatoes. A reader contributed this recipe for tomato butter.

Tomato Butter

- 12 cups tomato pulp
 - 7 cups sugar
 - ¼ cup lemon juice
 - ½ teaspoon ginger
 - 1 teaspoon cinnamon
 - ¼ teaspoon cloves
- Wash and chop firm, ripe tomatoes. Cook until soft. Press through sieve or food mill. Drain off juice. Measure pulp and add 1 table-

spoon lemon juice and 1 to 1½ cups sugar to each pint (2 cups) pulp. Boil rapidly until thick. Pour hot, into hot jars. Process pints and quarts 10 minutes in boiling water bath.

ANSWER — A reader requested a reprint of a kiwi jam recipe printed earlier this year.

Kiwi Jam

- 3 cups chopped kiwi
 - 1 package powdered pectin
 - 1 cup unsweetened pineapple juice
 - 4 cups sugar
- Combine kiwi, pectin, and pineapple juice in a large saucepot. Bring quickly to a boil, stirring constantly. Add sugar, stirring until dissolved. Return to a rolling boil. Boil one minute, stirring constantly. Remove from heat. Skim foam if necessary. Ladle hot jam into hot jars, leaving ¼-inch headspace. Wipe jar rims and adjust lids. Process 10 minutes in a boiling water bath.

ANSWER — Anna Bryan wanted a recipe for freezing cole slaw. Pamela Fisher contributed the following.

Freezer Slaw

- 1 large head cabbage
 - ½ onion, chopped
 - 1 cup celery, chopped
 - 1 green pepper, chopped
 - ½ cup carrots
 - 1 teaspoon celery seed
 - ½ teaspoon mustard seed
 - 1 teaspoon salt
 - 1 cup vinegar
 - 2 cups sugar
- Shred or blend first five ingredients. Mix together with celery and mustard seed. Boil together last three ingredients. Let cool before pouring over slaw. Mix, put into containers, and freeze.

ANSWER — Debbie Nolt wanted recipes using only pure fruit juices for sweetening. Cindy Simpson contributed these.

Bran Muffins

- ⅔ cup raisins
- 1 cup apple juice concentrate
- ¼ cup orange juice concentrate
- 1½ cups whole wheat flour
- ½ cup wheat germ
- 1½ cups unprocessed bran
- 2 teaspoons baking soda
- ½ cup chopped nuts
- 1 teaspoon ground cinnamon
- 1½ cups buttermilk
- 2 egg whites (or one egg), slightly beaten
- ⅓ cup instant nonfat dry milk
- 2 tablespoons melted butter or margarine, cooled

Preheat oven to 350 degrees. Simmer raisins with ¼ cup apple juice concentrate all of the orange juice concentrate in a small saucepan for about five minutes. Combine dry ingredients and mix thoroughly. In another bowl, beat together the remaining apple juice concentrate, butter milk, egg, milk, and butter. Combine the flour mixture with the buttermilk mixture, blending thoroughly in a few quick strokes. Fold in the raisins and their cooking liquid. Fill greased muffin tins ⅔ full. Bake about 20 minutes until toothpick comes out clean when inserted. Remove from tins immediately.

Fudge Brownies

- 1 cup whole wheat flour
 - ½ cup wheat germ
 - 2 teaspoons baking soda
 - 1½ cups apple juice concentrate
 - ½ cup butter or margarine
 - 6 tablespoons unsweetened cocoa
 - ½ cup low-fat buttermilk
 - 1 egg
 - 2 egg whites (or just two eggs)
 - 2 teaspoons vanilla extract
 - ½ cup chopped nuts
- Preheat oven to 350 degrees. Combine ingredients in a large bowl. Combine juice concentrate, butter, and cocoa in a small saucepan. bring to a boil, stirring frequently. Add to the dry ingredients and beat until smooth. Add the buttermilk, egg, egg whites, and vanilla. Beat until just mixed. Gently fold in walnuts. Pour the batter into a greased 15x10-inch jelly roll pan or a 9x13-inch pan. Bake about 20-25 minutes or until toothpick comes out clean. Cool before cutting. Makes about 35 2x2-inch brownies.

ANSWER — A reader contributed this additional pizza crust recipe from Betty Crocker's Cookbook.

Pizza Crust

- 1 package active dry yeast
 - 1 cup warm water (105 to 115 degrees)
 - 2½ cups all-purpose flour (if self-rising, omit salt)
 - 2 tablespoons vegetable oil
 - 1 teaspoon sugar
 - 1 teaspoon salt
- Dissolve yeast in warm water in large bowl. Stir in remaining ingredients. Beat vigorously for 20 strokes. Let rest for five minutes. Divide dough into half. Pat each half into 11-inch circle on greased sheet. Top as desired.

Lebanon County Dairy Maid Jessica Bross contributed this recipe for blueberry-cream cheese pie.

Blueberry-Cream Cheese Pie

- 24 Graham crackers
 - ¼ cup sugar
 - ¼ cup melted butter
 - 2 eggs
 - ½ cup sugar
 - 8 ounces cream cheese
 - 1 can blueberry pie filling
 - whipped cream
- Crumble Graham crackers. Mix in sugar and melted butter. Place in bottom of two-quart glass cake pan. Beat together eggs, cream cheese, and sugar. Pour on top of crumbs. Bake at 350 degrees until solid like custard. Cool. Pour blueberry filling on top. Spread with whipped cream and sprinkle with more Graham cracker crumbs. Refrigerate until ready to serve. Serves 12-14.

60 Percent Of Nutrition Bars Fail To Meet Claims In Consumer Lab Tests

WHITE PLAINS, N.Y. — ConsumerLab.com, an independent evaluator of dietary supplements and nutrition products, released results recently of its Nutrition Bar Product Review.

Often marketed as protein bars, energy bars, meal replacement bars, or diet bars, these products have become as ubiquitous as snack or candy bars — although nutrition bars are generally larger and claim to contain significantly more protein.

Neither the Food and Drug Administration (FDA) nor any other federal or state agency routinely tests nutrition bars for quality prior to sale. ConsumerLab.com purchased 30 products and tested them for the accuracy of their label claims of calories, fats, carbohydrates, sugars, proteins, cholesterol, and sodium.

An alarming 60 percent of the products did not meet their label claims upon testing, with only 12 products passing the review. Undeclared carbohydrate was the most common problem. In fact, 15 of the 30 products tested exceeded claimed levels of carbohydrates — often by as much as 20 grams, despite claims by some to be "Low Carb."

One possible explanation for this discrepancy may be the practice of some manufacturers not to count the ingredient "glycerin" as a carbohydrate on nutrition labels. Glycerin is commonly used in bars to add moisture and sweetness, and the FDA requires that it be counted as a carbohydrate on labels. However, this rule is not always followed and the FDA has, in response, sent warning letters to some manufacturers to correct their labels or face legal action. In addition, the FDA has warned manufacturers that the term "Low Carb" is not an authorized nutrient content claim and should not appear on labels.

Sugars (which are a type of carbohydrate) were found to be higher than claimed in eight products. These products contained, on average, an extra eight grams of sugar — equivalent to about two teaspoonfuls.

The testing also found that seven products contained more sodium than stated on the labels — some with more than twice the claimed amount. Two products exceeded the claimed amount of fat, respectively, by three grams and one and one-half grams.

Four products had higher than claimed amounts of "saturated" fat (associated with an increased risk for heart disease). One bar, for example, claimed one gram of saturated fat but had nearly three times that amount. All of the products were within range of their protein and cholesterol claims.

Other than for the 12 products that met their claims, consumers must take nutrition bar label information with more than just a grain of salt," cautioned Tod Cooperman, M.D., president of ConsumerLab.com. He advised: "If a bar claims less than 15 grams of carbohydrates, be skeptical; if it claims only two grams, don't believe it. If you're diabetic, know that the amount of carbohydrates coming from sugar may be much higher than the label indicates.

If you're concerned about salt, assume that you may be getting two to three times what it says on the label.

If you eat a lot of nutrition bars, try to minimize the saturated fat intake in the rest of your diet, as you may be getting more than you expect from the bars. And know that some bars contain additional ingredients, such as caffeine or even ephedra, so be cautious — particularly before offering them to kids."