



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 "l" for the lowercase "i (L)" needed in two places. If you are having problems reaching this address, please check to make sure you are typing a lowercase "i (L)" in both places and not a lower or uppercase "l" or "I."

QUESTION — Martha King wants a recipe for peanut butter syrup, which is similar to chocolate syrup and used on ice cream, cakes, and other desserts.

QUESTION — Joyce Shoemaker, Mount Joy, lost her delicious recipe for fruit cake, which she had clipped from *Taste of Home*. Ingredients included apple pie spice and candy pineapples, candy green or red cherries, and apples. Anyone have it to share?

QUESTION — Janet Spangler, York Springs, wants to know how sweet corn frozen with husks on should be prepared for eating. Check out the answer printed below from Arlene Hershey, Oxford.

QUESTION — Bonnie Koons, Harrisburg, requests a recipe for pork barbecue that is either pulled or shredded. Please include directions on how to cook the pork.

QUESTION — In the Nov. 10 issue of this paper, a recipe appeared for Ultimate Potato Soup, but it did not list the amount of bacon to be used. Can the person who sent in the recipe, respond with the correct amount, please?

QUESTION — Cheryl Miller, Hellam, asks if anyone will share the recipe for the salad dressing served by Friendly's Restaurant on their Oriental Chicken Salad. Is the sauce on the chicken a teriyaki sauce?

QUESTION — A reader wants a recipe for a red velvet cake that is fluffy and moist.

ATTENTION — Don't forget to enter the Pennsylvania Beef Contest and win one of the many wonderful prizes provided by the Pennsylvania Beef Council. Deadline for entries is Sat. Dec. 15. Contest winners will be printed in the Jan. 5 issue of *Lancaster Farming*. Choose a favorite recipe that includes a substantial amount of any cut of beef or veal — but not ground beef recipes. Write a short description on why the recipe is a hit with your family. We also welcome (although not required) photographs of the entire family to print with the recipe. Send entries to Lou Ann Good, Lancaster Farming Beef Recipe Contest, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.

QUESTION — An Ephrata reader wants a recipe on making homemade grape wine.

QUESTION — Eva Burrell, 110 Red Mill Rd., Glen Gardner, NJ 08826, is looking for a recipe for spiced pumpkin pecan butter.

QUESTION — M. Long of Maryland wants to know why water comes to the top of her pumpkin pie filling after it is baked and becomes cold. She uses the Libby pumpkin pie recipe.

QUESTION — Recipes for holiday entertaining are needed for buffets, snacks, and dinners.

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

ANSWER — Wilson Smith, Bel Air, Md., wanted to know the best way to freeze corn on the cob. Thanks to Arlene Hershey, Oxford, who

writes that a very successful method she uses is pick corn but do not break husk. Put 6-8 ears in a plastic bag and place in freezer. When ready to cook, remove from freezer and let sit at room temperature for one hour to make it easier to husk. Cook corn. Comes out delicious.

ANSWER — David Simpler, Elkton, Md., requests the recipe for crockpot applesauce. Thanks to Tessie Kizis, Newsoms, Va., for sending the recipe.

Chunk-Style Applesauce

8-10 large cooking apples, peeled, cored, sliced or cut into chunks
 ½ cup water
 1 teaspoon cinnamon
 ½-1 cup sugar

Put ingredients into crockpot. Cover; cook on low 8-10 hours or high for 3-4 hours. Serve warm. Add cream if desired.

ANSWER — Carrie Schrum requested a recipe for Polish sausage. Thanks to Tessie Kizis, Newsoms, Va., for sending a recipe for Polish Kielbasa, which she believes Carrie may want.

Polish Kielbasa

2 pounds coarsely ground pork butt
 ¼ pound finely ground beef
 1½ teaspoon coarse salt
 1½ teaspoons crushed peppercorns
 1½ teaspoons marjoram
 1 tablespoon paprika
 2 cloves garlic, minced
 1 teaspoon honey (optional)
 ½ teaspoon ground nutmeg
 6-foot sausage casings (optional)

Sausage casings are available from your butcher. Refrigerated they will keep for two years. If using casings, soak in water for two hours or overnight in the refrigerator.

Sprinkle the seasonings over the ground meat. Knead until thoroughly blended. Form into patties, a meatloaf or stuff into sausage casings by hand or with a sausage horn. Make a large roll or tie off in 5-18-inch links with a string.

Refrigerate in airtight containers for 2-3 days to allow flavors to blend. If you plan to use the sausage immediately, the spices will not be as strong.

Cooking instructions: Patties: Fry until golden brown. Loaf: Set loaf pan in another pan of hot water in oven. Bake at 350 degrees for 1½ hours or until meat thermometer reaches 160 degrees. Roll or links: Cover with water in fry pan. Simmer 20-30 minutes. Drain water and fry until golden brown. Or use in other recipes.

Only fresh ground meat should be used because the refrigerator life of preservative-free sausage is only 4-5 days. Curing takes 2-3 days. If you cannot use all the sausage, freeze it. It will keep for 1-2 months in the freezer.

Thanks to David Ott, Coal Township, for sending this recipe.

Italian Sausage

1½ pounds ground pork
 1 medium onion, minced
 1½ teaspoon salt
 1 clove garlic, minced
 1 bay leaf, finely crumbled
 ½ teaspoon black pepper
 ½ teaspoon fennel seed
 ¼ teaspoon paprika
 ⅓ teaspoon thyme
 ⅓ teaspoon cayenne pepper
 3 feet sausage casings

Mix together ingredients except casings. Add a little water if mixture looks dry. Place in sausage stuffer to fill casings. Makes 2 pounds.

ANSWER D. Groff, Leola, wanted a salad dressing recipe that tastes like that served by Olive Garden Restaurant. Thanks to Pat Johnson, Lancaster, for sending the recipe. She recommends that readers check out the Website www.copykat.com, which boasts "You've tried it in the restaurant, now make it at home! The website has a long list of recipes that tastes almost like those in restaurants."

Olive Garden Salad Dressing

½ cup mayonnaise
 ⅓ cup white vinegar
 1 teaspoon vegetable oil
 2 tablespoons corn syrup
 2 tablespoons Parmesan cheese
 2 tablespoons Romano cheese
 ¼ teaspoon garlic salt or 1 clove garlic minced
 ½ teaspoon Italian seasoning
 ½ teaspoon parsley flakes
 1 tablespoon lemon juice
 Olive Garden Salad Mix
 Sugar (optional)

Mix together all ingredients in a blender until well mixed. If this tastes a bit tart for your per-

sonal tastes, add a little sugar.

Olive Garden Salad Mix

1 bag American Blend Dole Salad
 4-5 slices red onion
 4-6 black olives
 2-4 banana peppers
 ½ cup croutons

1 small tomato, quartered
 Freshly grated Parmesan cheese

Chill one salad bowl in freezer for at least 30 minutes. Place salad mix in bowl. Place on top of lettuce: red onion, black olives, banana pepper, tomatoes, and croutons. Add freshly grated Parmesan cheese if you like, and add plenty of Olive Garden Salad Dressing on top.

ANSWER — Mrs. King, Christiana, wanted 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. Janet Spangler, York Springs, sends a recipe that is from the Kauffman family Amish recipes or use any recipe and omit the raisins if desired.

Mincemeat

1 quart ground meat
 2 quarts cider or grape juice
 1 quart sour cherries
 ¼ teaspoon ground cloves
 Juice and rind of 2 oranges
 1 quart ground apples
 5 cups sugar
 ½ teaspoon cinnamon
 ¼ teaspoon allspice
 Salt to taste

Mix all the ingredients and boil slowly for two hours. Stir frequently to prevent scorching, adding more cider if necessary. Pour into hot sterilized jars and seal at once. Cold pack 30 minutes. Can also be cooled and frozen.

Holiday Diet Tips

Holiday parties will soon be here and if you're trying to watch your diet, this time of year can be especially difficult. Clip this column and keep it on your refrigerator for the next few weeks as a reminder to help keep your eating under control. (Remember even five pounds is a lot easier to put on than take off).

Entertaining Tips (When Host or Hostess)

1. Plan and prepare food ahead of time. Freeze until the day of the party to avoid last minute pressure that can lead to extra eating.
2. Plan activities other than eating at celebrations and holidays. Build snowmen, go caroling, try moonlight ice-skating or cross country skiing.
3. Try updating your holiday recipes by using ¼ to ½ less fat and sugar than originally called for.
4. Although eggnog is a seasonal beverage, hot spiced tea, wassail or cranberry juice are lower calorie alternatives.
5. Garnish foods with watercress, parsley, carrot curls or green onion fans rather than high calorie toppings.
6. Concentrate on quality foods rather than quantity. Make one spectacular dessert rather than many rich desserts, or serve a fresh fruit platter or a fruit and nut quick bread.
7. Let guests decide how much food they want — don't be a food pusher.
8. Thank guests for high-calorie food gifts, then put out for everyone to share. Parcel out leftovers for guests to take home.
9. Remember to continue to eat regular meals during holiday preparations so you are not tempted by extra food.
10. Invite a friend over as your cooking partner. Encourage discussion rather than snacking.

Entertaining Tips (When Guest)

1. Have a small snack, like low-fat yogurt, before a party if you are hungry. You can relax and visit when you are not starved.
2. Preview food at large buffet-style meals before serving yourself. Choose only those foods you really want to try.
3. Bring a low calorie ready-to-serve dish or flowers as the hostess gift.
4. Collect nibble foods on a plate to help you judge how much you're eating. Take advantage of fruit and vegetable trays.
5. Concentrate on conversation rather than the food.
6. Keep a distance between you and the food-laden table.
7. Avoid high-calorie alcoholic beverages that may weaken your will power. Mix beverages with seltzer water, ask for extra ice or non-alcoholic drinks.
8. Don't feel pressured to eat more than you need. It is polite to say "no, thank you."
9. Choose single-crust pies over double-crust pies and meringue topping rather than whipped cream.
10. If you do overindulge, don't give up. Instead eat less at the next meal and exercise more.
11. Wear a tight belt; you won't dare overeat.
12. Holiday parties are rarely surprises. Therefore, you can plan ahead and eat less for several days prior to the event so you can enjoy a small dessert.