



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 — Eileen Nussbaum, Interloken, N.Y., wrote that she lost a recipe for Swedish meatballs that she clipped from this column several years ago. Someone have the recipe to share?

QUESTION — Jewelene Fuller, Hanover, would like a recipe for making the old-time dandelion wine.

QUESTION — Kenneth Jones has a question about the recipe for scrapple that appeared in the Dec. 1 edition: clarify what constitutes pork pudding.

QUESTION — A reader wants recipes using Anisette sugar (licorice flavored).

QUESTION — Jewelene Fuller, Hanover, wants a recipe to make cooked fudge.

QUESTION — It's time to start eating healthier after indulging in holiday sweets. Recipes are needed that are tasty, nutritious, and contain lower calories.

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

ANSWER — A reader wants a recipe for a red velvet cake that is fluffy and moist. Thanks to Charlene Kline, Wernersville, for sending a recipe, which she said family always request when they visit.

Red Velvet Cake

½ cup butter
1½ cups granulated sugar
2 eggs
2 ounces red food color
2 tablespoons baking cocoa
1 cup buttermilk
1 teaspoon salt
2¼ cups sifted flour
1 teaspoon vanilla
1 teaspoon baking soda
1 teaspoon vinegar

Cream butter, sugar, and eggs. Make a paste of cocoa and food coloring; add to the creamed mixture. Mix vanilla with buttermilk. Add alternately with flour and salt to creamed mixture. Mix soda with vinegar and fold in last. Do not beat after adding soda and vinegar mixture. Bake at 350 degrees for 30-35 minutes. Makes two 9-inch layers.

(Turn to Page B14)

Best Beef, Veal Recipes

(Continued from Page B6)

water, Worcestershire sauce, garlic, onion, bay leaves, and seasonings. Simmer 1½ hours. Remove bay leaves and garlic. Add carrots, potatoes, onions, and beans. Cover and cook until vegetables are tender. Remove vegetables and meat and thicken broth like gravy.

Note: May want to add more carrots and potatoes.

Jean Sarver
Millerstown

SWISS STEAK

2 pounds round steak (1-inch thick)
3 tablespoons melted shortening
1½ teaspoon salt
1 onion, minced
¼ teaspoon pepper
½ cup flour
½ cups tomatoes or tomato juice

Rub salt and pepper into steak. Dredge with flour. Brown quickly on both sides in hot shortening with onion. Put into roast pan; add tomatoes. Cover and bake at 350 degrees for 1½ hours. Serves 8.

This Swiss steak can be made with beef or veal. We are veal growers and our children really enjoy the baby calves.

We also enjoy veal burgers. I usually first marinate them a few hours in Italian dressing, then grill them. The burgers are delicious with bun and sliced tomatoes.

I have also marinated veal steaks in Italian dressing before grilling them. The steaks are very good also.

Allen and Marian
Zimmerman
Lewisburg

ROAST BEEF

This roast beef recipe is good for any size piece of beef and is great if you don't have time to spend in the kitchen. Best of all—you get an excellent meal at the end of the day.

Any size or of cut beef

Place roast in adequate size roast pan. Dice one onion over the top of the meat. Put around the meat the equal number of potatoes for the amount of people you are feeding. Pour into the pan, apple cider or grape juice or canned tomatoes with juice. Add enough liquid to almost cover the roast.

Bake in 350 degree oven for 3-4 hours. If you cover the meat with a lid, the liquid won't evaporate.

When you come in to eat, supper will be ready and you also got a day's work done.

Joel Steigman

FAVORITE BEEF ROAST

4-pound boneless chuck roast
3 tablespoons olive oil
2 teaspoons basil leaves
½ teaspoon garlic powder
½ teaspoon seasoned pepper
1 small sliced onion (separate the slices into individual rings)
1 cup hot water

In Dutch oven, brown chuck in hot oil. Sprinkle with basil leaves, garlic powder, and seasoned pepper; top with onion rings. Add hot water. Bring to a boil; cover and cook over low heat about three hours or until tender. Add more water if necessary. Remove meat to hot platter and slice. Yield: 6-8 servings.

Roasted beef is always a big hit with our family and friends. I usually present this roast with noodles.

Joann Frazier Hensley
McGaheysville, VA

HERB CRUSTED CHUCK ROAST

½ cup dry bread crumbs
2 tablespoons olive oil
1 garlic clove, minced
1 teaspoon ground mustard
Horseradish to taste
1 teaspoon dried savory
1 teaspoon pepper
½ teaspoon dried rosemary (crushed)
3 pounds top blade roast

Mix ingredients and rub over roast. Place on a rack in a shallow roasting pan. Bake, uncovered, at 325 degrees for 1½-2 hours or until meat is tender and reaches desired doneness. Medium rare, 145 degrees; medium, 160 degrees; well done, 170 degrees. Let stand 10 minutes before carving.

Mrs. Bob Gochenaur
Willow Street

POT ROAST

3½ pounds rump or chuck roast
1 onion
½ teaspoon salt
½ teaspoon pepper
2 tablespoons fat
½ cup hot tomato juice or water

Rub salt and pepper into meat and dip in flour. Brown meat and onion in 2 tablespoons fat until seared on all sides.

Place meat in casserole, Dutch oven, or electric skillet. Add hot tomato juice or water. Cover and bake at 350 degrees for three hours.

Our family loves beef and this is one way they like it. It's good served with mashed potatoes and a vege-

table or two. Can use the pan drippings as a gravy.

Marlene Burkholder
Ephrata

SAVORY SWEET ROAST

3-4 pounds blade roast
1 onion
1 can mushroom soup
½ cup water
¼ cup brown sugar
¼ cup vinegar
2 teaspoons salt
1 teaspoon mustard
1 teaspoon Worcestershire sauce

Brown meat on both sides in skillet. Add onions. Blend together remaining ingredients. Pour over meat. Cover and simmer 2½-3 hours or until tender. The juice is good to cook noodles in or for gravy, after the roast is done.

This can also be put into a crockpot and cooked on low for 12-16 hours.

I always enjoy browsing through cookbooks and look forward to B section of Lancaster Farming each week.

We live on a dairy farm and raise our own beef to butcher each year.

Edna Horning
Lebanon

BEEF STEW

2 pounds lean beef cubes
2 tablespoons shortening
2 tablespoons flour
Roll beef cubes in flour. Heat shortening in a skillet, add beef cubes. Brown on all sides. Put into a soup pot and add the following:

1 pint tomato juice
2 teaspoons salt
2 cups water
½ teaspoon thyme
¼ teaspoon pepper

Cover and cook on low for 1½-2 hours. Add:

6 onions
6 potatoes
6 carrots

Cook 30-40 minutes longer, or until the vegetables are tender. Add:

1 cup frozen peas

Cook 5 minutes. Serves four hungry people. Serve with homemade cornbread or biscuits.

Doris Brenize
Shippensburg

COUNTRY FRIED STEAK

1 round steak
1 beaten egg
2 cups Italian bread crumbs
10¼-ounce can cream of mushroom soup
Salt and pepper to taste

Cut steak into pieces the size of your closed fist. Dip into beaten egg, and generously cover with bread crumbs.

Heat a small amount of vegetable oil in a skillet, and brown both sides of steaks until crispy. Put in a 9x13-inch pan in a single layer. Mix cream of mushroom soup with a soup can of milk; spread over steaks. Cover with foil; bake at 350 degrees for 1½-2 hours or until tender.

This is a delicious way to use steaks.

Janet Weaver
Shippensburg

BEEF AND SPINACH ROLL-UP ON FETTUCCHINE

2 portions of ½ cup servings of chopped onion (½ cup for beef and ½ cup for sauce)
2 portions 3 cloves fresh garlic, chopped (3 cloves for beef and 3 cloves for sauce)
1½ pounds sliced roast beef (from deli counter)
½ pound fresh mushrooms, sliced (½ for beef and ½ for sauce)

2 boxes frozen leaf spinach
½ pound muenster cheese, cubed
½ cups olive oil

1 large can whole tomatoes, crushed by hand
1 can tomato sauce
1 jar artichoke hearts (separate by hand)

½ cup pitted black olives, sliced
1 tablespoon basil, dried
2 tablespoons parsley, dried
1 teaspoon black pepper
Salt to taste

Parmesan cheese as needed
Preheat oven to 325 degrees.

Saute garlic and onions in margarine or butter.
Drain thawed spinach in colander.

Mix garlic, mushrooms, and cubed muenster cheese into spinach.
Put a small amount into beef and roll.
Place in 9x13-inch baking pan and bake 30-40 minutes (no longer).

In olive oil, saute remaining mushrooms, garlic, and onions. Add salt, pepper, basil, and parsley and saute 10 minutes. Add crushed (by hand) tomatoes, artichoke hearts (include the oil they are in) and olives. Simmer 25 minutes.

Serve with cooked fettuccine. Pour sauce over meat and noodles and sprinkle with parmesan cheese.

Darlene Auken
Akron