



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 — Ralph Nissley wants to know how to make buttermilk.

QUESTION — Jane Zimmerman, Spring Mills, is looking for a recipe for chocolate pound cake.

QUESTION — Elizabeth from Schuylkill County, wants a recipe for a simple cream cheese frosting.

QUESTION — Faye Hopkins, West Grove, has hunted for a recipe for making chocolate-covered cherries with the liquid inside. She can only find a recipe for a soft confectioners' sugar mixture. She just found four metal chocolate cherry molds and would love to use them to make the chocolate-covered cherries the way her father remembers eating them during his childhood.

QUESTION — Recipes for making cookies from cake mixes is requested by Elizabeth, Schuylkill County.

QUESTION — Janet Lefever requests recipes for cookies made with instant pudding mixes.

QUESTION A working mother would like crock pot recipes and dinner recipes that can be made in a hurry.

QUESTION — Barbie Beiler would like to have a recipe for seasoned bread croutons. She also wants a recipe for cinnamon French bread sticks that taste like those served at restaurant breakfast buffets.

QUESTION — Mary Smucker, Kinzer, wants a recipe to make caramel candy.

QUESTION — A reader from Big Spring wants to find a recipe for old-time flannel cakes.

QUESTION — A reader wants some diabetic bread recipes that can be made in a bread machine.

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 — 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 — Martha King requested a recipe for peanut butter syrup, which is similar to chocolate syrup and used on ice cream, cakes, and other desserts. Thanks to Sharon Garber, Elizabethtown, for sending this recipe.

Peanut Butter Sauce Royale

½ cup brown sugar

⅓ cup milk

¼ cup honey

1 tablespoon butter

Cook above ingredients until sugar is dissolved and butter is melted. Remove from heat. Beat in ⅓ cup peanut butter until smooth.

Thanks also to a Churchville reader for sending a different recipe for the syrup.

Peanut Butter Syrup

⅔ cup sugar

⅔ cup water

6 tablespoons peanut butter

Boil sugar and water together about four minutes. Remove from heat and beat in the peanut butter. Cool.

ANSWER — Gloria Minckler requested recipes using rice flour. According to the U.S.A. Rice Council, more than 100,000 people are unable to eat foods from grains such as wheat, barley, rye, and oats; others may also react to millet and buckwheat. This condition is known as Celiac Sprue Disease and is basically a problem of malabsorption. The primary treatment calls for the omission of any product that contains certain proteins such as gluten.

Rice, a non-allergenic food, is ideal for a gluten-free diet, and is suitable for most allergy diets. You can also request more recipes from the USA Rice Council by sending a self-addressed business-size envelope to them at P.O. Box 740121, Houston, Texas 77274. More information is also available from the Gluten Intolerance Group of North America, P.O. Box 23053, Seattle, WA 98102-0353. Here are several recipes from the Rice Council and from Jeannette Calaman, Towanda. Note: Xanthan gum is requested in many recipes. This is a natural gum used as a stabilizer and available at health food stores.

White Bread

Cottage cheese enhances this bread which is hearty and satisfying. Quick rise yeast makes it easy to prepare. Use any of your favorite seeds and nuts to vary the taste.

2 cups rice flour, divided

½ teaspoon xanthan gum

½ teaspoon salt

1 (¼-ounce) package gluten-free quick rise yeast

½ cup low-fat cottage cheese

½ cup water

2 tablespoons olive oil

2 tablespoons honey

1 egg

Combine 1¾ cups flour, xanthan gum, salt, and yeast in large bowl. Heat cottage cheese, water, oil and honey in small saucepan or microwave in 2-cup glass measure on high 2 minutes, until very warm. Pour into flour mixture; add egg. Stir until well blended. Stir in remaining ¼ cup flour; knead dough in bowl until smooth and all flour is incorporated (dough will be somewhat sticky). Cover bowl; let rest 10

minutes. Shape into loaf; place in lightly greased loaf pan. Cover; let rise in warm place 30 minutes. Bake in 400 degree oven 30 minutes, or until golden brown. Remove from pan; cool on wire rack.

Variation: Nut 'N Honey Bread — Stir in ½ cup chopped pecans and 1 tablespoon sesame seeds to dough with last addition of flour.

Chocolate Cake

2 cups rice flour

1 package gluten-free chocolate pudding and pie filling (not instant)

1 envelope Dream Whip

1¼ cups brown sugar

¼ cup pure baking cocoa

2 teaspoons baking soda

1 teaspoon gluten-free baking powder

¼ teaspoon salt

2 eggs

1 cup water

¼ cup salad oil

1 teaspoon Xanthan gum

Preheat oven to 325 degrees. Grease 9x13-inch cake pan. Mix dry ingredients in large mixing bowl. Make a well in the center. Add in order: oil, water, and eggs. Beat with electric mixer on medium for 4-5 minutes. Pour into prepared pan. Bake 30-35 minutes or until cake tester inserted in center comes out clean.

The dry ingredients may be mixed together and stored in a dry place for quick and easy use later. Just add eggs, water, and salad oil when a cake is needed.

Chocolate Chip Cookies

1½ cups rice flour

1 teaspoon gluten-free baking powder

1 teaspoon baking soda

½ teaspoon salt

½ cup butter

½ cup firmly packed brown sugar

½ package gluten-free vanilla instant pudding

1 egg

1 cup gluten-free chocolate chips

1 cup chopped walnuts

1 teaspoon Xanthan gum

Preheat oven to 350 degrees. Grease cookie sheets. In a medium-size bowl, mix rice flour, baking powder, baking soda, and salt. Set aside. In large bowl, combine butter, sugar, and pudding mix. Beat until smooth and creamy. Beat in egg. Gradually add rice flour mixture. Fold in chocolate chips and chopped nuts. The dough is very stiff. Drop by rounded teaspoonfuls 2-inches apart on cookie sheet. Bake 8-10 minutes. Yields 3½ dozen.

Variation: substitute chocolate pudding for the vanilla pudding and you have double chocolate chip cookies.

Note: One tablespoon corn bran may be added to this recipe to help obtain uate fiber in your diet.

Sunshine Cake

2½ cups rice flour

1 package gluten-free (4 serving size) vanilla pudding and pie filling (not instant)

1 envelope Dream Whip

1 cup sugar

2 teaspoons gluten-free baking powder

2 eggs

¼ cup salad oil

1 cup water

1 teaspoon Xanthan gum

Preheat oven to 350 degrees. Grease 9x13-inch cake pan. Mix dry ingredients in a large mixing bowl. Make a well in the center. Add in order: oil, water, and eggs. Beat with electric mixer on medium for 4-5 minutes. Pour into prepared pan. Bake 30-35 minutes or until cake tester inserted in center comes out clean.

Philadelphia Flower Show Celebrates Garden Pleasures

PHILADELPHIA — The sensual pleasures of the garden, inspired by nature and brought to fruition by man, will delight novices and experts alike at the Philadelphia Flower Show March 3-10, at the Pennsylvania Convention Center, 12th and Arch Streets, Philadelphia.

Victorian charm and elegance rise amid fields of lavender and hydrangea in the first of three theme related exhibits visitors will see upon entering the show.

J. Cugliotta Landscaping, N.J., celebrates its 20th anniversary as one of the show's major exhibitors by creating a Victorian mansion and five gardens devoted to each of the senses.

With more than 7,000 square feet, this is the largest single exhibit ever mounted at the show.

Romance, tradition, and innovation form the foundation for the show where more than 60 garden displays and 2,000 plants and floral designs will stretch over 10 indoor acres.

More than 300 free presentations conducted daily throughout show week are for home gardeners. Lively hourly demonstrations and seminars by local experts take place in "Gardener Studios" in the main exhibition hall and in lecture and demonstration rooms along the show's main concourse. The culinary artistry of area chefs is showcased in three presentations daily.

Advance tickets, good for one admission on any public day are \$18 for adults and \$10 for children under 12. Ad-

vance tickets and show information are available online at www.theflowershow.com or at any of the following participating retail outlets, including PNC bank branches, Septa ticket outlets, Acme Markets, AAA Mid-Atlantic regional stores, Clemens Markets, and Barnes and Noble Booksellers. Additional service charges may apply. See retail outlet for more information. Adult Box Office prices are \$24 on Opening Day, Sunday, March 3; \$20 Monday through Friday, March 4-8; \$22 on Saturday and Sunday, March 9 and 10. Admission for children under 12 is \$10 any day. PHS Full Members receive free tickets to the show. For membership information, call (215) 988-8776 or (215) 988-8832.

York Garden Flower Show Is March 1-3

YORK (York Co.) — York Garden and Flower Show, Memorial Hall at the York Fairgrounds Expo Center, York, has grown to become one of the largest such shows in the East. The show opens Thursday, Feb. 28, from noon to 9 p.m.; Friday, March 1, from 10 a.m. to 9 p.m.;

Saturday, March 2 from 10 a.m. to 9 p.m.; and Sunday, March 3, from 10 a.m. to 5 p.m.

Admission to the show is \$5.50 for adults, \$5 for seniors age 65 and more and \$2 for children ages 10 to 15. Group rates are available. There is plenty of free and convenient

parking. The York Fairgrounds Expo Center is on Carlisle Avenue, Rt. 74 south of Rt. 30 in York. Information is available by calling (717) 755-5885, or by visiting the show's Website at www.midatlanticgardenshow.com.