



Cook's Question Corner

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 — Mrs. E.H. Boger is looking for a recipe for Moravian cake, which looks similar to funny cake but has lemon on the bottom. The cake is sold at Leesport Farmers' Market.

QUESTION — An Adams County reader requests recipes for the following: breaded onion rings, Russian borscht, sauerkraut, and recipes using canned black-eyed peas.

QUESTION — Bonnie Reese, Wellsboro, writes that she lost the recipe for peanutbutter meltaways that had been printed in this paper a few years ago. She'd like the recipe in which the candy was made with white chocolate that was melted and combined with peanut butter. It was then cooled and dipped into milk chocolate. She wants it in time for Easter.

QUESTION — Beth, Hampstead, Md., requests a recipe for oriental chicken salad that tastes like that served at Appleby's.

QUESTION — Beth, Hampstead, Md., requests a recipe for a non-dairy whipped frosting like the frosting Walmart uses on their cakes. Beth writes that she has never tasted better icing but cannot seem to duplicate it at home.

QUESTION — Recipes for Easter candy are requested that do not use paraffin in the coating chocolate.

QUESTION — Nutritionists keep telling us to eat more vegetables. I need recipes to entice my family to eat them.

QUESTION — Fred Daddario wants a recipe for peanut butter fudge that is made with condensed milk.

QUESTION — Peter Nuskey, Southampton, wants to know why his corn bread sticks to cast iron corn-shaped molds. It's frustrating to have the corn bread crumbly and broken into several pieces. What kind of oil should he be using? What recipe works. How soon do you remove the cornbread from the molds after baking?

QUESTION — Mary Ann Lapp, New Holland, wants recipes for drink mixes in a jar, especially for cappuccino.

QUESTION — A reader from Potter County wants a recipe for salt rising bread.

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

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

ANSWER — Eva Burrell, Glen Gardner, N.J., wanted a recipe to make old-fashioned pearl tapioca pudding. Thanks to Mrs. Ray Keeny, New Freedom, who sends in her favorite recipe for tapioca. She sends instructions for making it in a crockpot and on top of the stove, but prefers the crockpot method, which doesn't require soaking tapioca before cooking it.

Small Pearl Tapioca

4 cups milk, heat on stove so that it doesn't take as long in the crockpot

- 1/2 cup tapioca
- Pinch salt
- 1 egg, beaten
- 3/4 cup or less sugar
- 1 teaspoon vanilla

Combine milk, tapioca, and salt in the crockpot. Cook on high until tapioca is almost clear. Stir occasionally. It requires about two hours or more. Mix egg and sugar. Mix 1/2 cup or so of the hot mixture into the eggs, then mix all into the hot milk and tapioca mixture. Cook about 15 minutes more. Remove from heat. Stir in vanilla.

To cook on top of stove: cook milk, tapioca, and salt about 20-25 minutes, stirring constantly until clear. Mix 1/2 cup or so of hot mixture into the egg and sugar. Stir into the hot mixture and cook one minute. Remove from heat. Add vanilla.

To prevent scum on top, cover while it cooks.

Here's a recipe from Shirley Orfanella, Quarryville, who writes that it is important to soak pearl tapioca at least one hour before cooking. If the liquid is not absorbed, throw the tapioca away because it is too old to use. Rice can be substituted for tapioca.

Pearl Tapioca Pudding

Soak overnight in refrigerator: 1 cup pearl tapioca in 1 cup milk.

The next morning, add tapioca mixture to 3 cups milk and cook three hours in double boiler over boiling water. Cool.

Heat oven to 325 degrees. Beat and add 5 egg yolks, rind of one lemon and juice of 1/2 lemon. Beat 5 egg whites until stiff but not dry. Line a baking dish with a layer of the tapioca mixture, a layer of egg whites, layer of tapioca, and another layer of egg whites. Bake 15 minutes. Serve warm or cold.

ANSWER — Helen Kofron, Claymont, Del., wanted a recipe for soft oatmeal cookies. Thanks to Mrs. Ray Keeny, New Freedom, for sending a recipe that she writes is very good.

Banana-Oatmeal Chocolate Chip Cookies

- 3/4 cup butter
- 1 cup sugar
- 1 egg
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg, optional
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1 cup mashed banana
- 1 3/4 cups rolled quick oats
- 1 cup chocolate chips
- 1/2 cup walnuts, optional

Cream together butter and sugar. Add egg and mix well. Mix dry ingredients and add alternately with the bananas. Add oats, chocolate chips, and nuts. Drop dough on lightly greased cookie sheet. Bake at 350 degrees for about 12 minutes.

ANSWER — Barbara Schaffer requested a recipe for mustard eggs. Thanks to Judy Showers, Gardners; Linda Hake, Dallastown, and others for sending similar recipes.

Mustard Eggs

- 3 tablespoons mustard
- 3/4 cup sugar
- 1/8 teaspoon salt
- 1/2 cup vinegar
- 1 cup water
- 2 drops yellow food coloring

Mix together mustard and sugar. Add salt. Add vinegar, water, and food coloring. Heat to boiling. Pour over 8-12 eggs. Refrigerate 24 hours before serving.

ANSWER — Here are some answers to the request for tasty, nutritious, and low calorie recipes. Michelle Good sends the pancake recipe. She writes that she has clipped many favorite recipes from this column, and wants to thank many contributors to this column.

Cauliflower Pancakes

- 1/4 head cauliflower, chopped very fine in food processor
- 1/2 teaspoon baking powder
- 1 1/2 teaspoon soy flour (can substitute another flour but soy is very low in carbs)
- 1 egg

Mix together all ingredients and divide into 4. Drop onto hot pan that has a little oil on it. Flatten mixture with spatula. Cook like hash browns. Great with ketchup and salt.

Here are several "quick, nutritious, and delicious recipes" from Shirley Warzenluft, Robesonia.

Five Can Chili

- 15-ounce can chili with beans
 - 15-ounce can mixed vegetables, drained
 - 1 can whole kernel corn, drained
 - 10 3/4-ounce can condensed tomato soup, undiluted
 - 10-ounce can diced tomatoes and green chilies
- In a saucepan, combine all ingredients and heat through. Serves 6.

Quick Cranberry Relish (Ready in 15 minutes)

- 16-ounce whole cranberry sauce
 - 8-ounce can crushed pineapple, drained
 - 1/4 teaspoon apple pie spice
 - Pinch ground cloves
 - 1/4 cup chopped pecans
- In a bowl, combine all ingredients. Stir in pecans. Makes about 2 cups cups. Serve with chicken.

Flavorful Fryer Chicken (Ready in 1 hour)

- 3-4 pound broiler/fryer chicken, cut up
 - 10 3/4-ounce can condensed cream of mushroom soup, undiluted
 - 1 cup orange juice
 - 2 tablespoons onion soup mix
 - Hot mashed potatoes or cooked rice
- Place chicken pieces in a greased 13x9x2-inch baking dish. Combine orange juice, soup mix, and soup, pour over chicken. Cover and bake at 350 degrees for 45 minutes.

Uncover, bake 15-20 minutes longer or until chicken juices run clear. While chicken is baking, prepare mashed potatoes or rice. Serves 6. Serve with Quick Cranberry Relish.

Spiced Ham Steak (Ready in 10 minutes)

- 1 pound bone-in fully cooked ham steak
 - 1/4 cup orange marmalade
 - 2 tablespoons water
 - 1 tablespoon butter
 - 1 tablespoon prepared mustard
 - 1 tablespoon corn syrup
 - 1/8-1/4 teaspoon ground ginger
- In large skillet coated with nonstick spray, cook ham 4 minutes or each side until lightly browned, drain.

Meanwhile, combine remaining ingredients in a saucepan, bring to a boil. Spoon over ham. Cover and cook 1-2 minutes until heated through. 4 servings.

Honey-Garlic Angel Hair

- 1 pound package angel hair pasta
 - 2-3 garlic cloves, minced
 - 1/2 cup butter
 - 1/4 cup honey
 - 1 teaspoon dried basil
 - 1 teaspoon dried thyme
 - 1/4 cup grated parmesan cheese
- Cook pasta according to package directions. Meanwhile in skillet, saute garlic in butter. Stir in honey, basil, and thyme. Drain pasta, add to garlic mixture and toss to coat. Sprinkle with parmesan cheese. 8 servings.

Basil Orange Chops

- 4 boneless butterflied pork chops
 - 1 green onion, sliced
 - 1 tablespoon vegetable oil
 - 1 cup orange juice
 - 2 teaspoons dried basil
 - 2 teaspoons cornstarch
 - 2 teaspoons water
- In a large skillet, brown pork chops and onion in oil. Add the orange juice and 1 tablespoon grated orange peel and basil.

Cover and cook until meat juices run clear. Remove chops, keep warm. In a small bowl, combine cornstarch and water until smooth, add to skillet. Cook and stir 2 minutes or until thickened. Serve over chops. 4 servings. Ready in 30 minutes or less.

Zucchini Rice Pilaf

- 1/2 teaspoon dried basil
 - 2 tablespoons butter
 - 2 1/4 cups water
 - 1 1/4 teaspoons chicken bouillon granules
 - 1 cup uncooked long-grain rice
 - 1/2 cup shredded carrot
 - 1 small zucchini, halved, thinly sliced
- In skillet, saute basil in butter one minute. Add water and bouillon, bring to a boil. Stir in rice and carrot. Reduce heat, cover, and simmer 10 minutes. Add zucchini. Simmer 10 more minutes or until vegetables are tender. 4 servings. Nutrition facts: 1 cup serving: 235 calories, 6 g fat, 427 mg sodium, 16 mg cholesterol, 2 g fiber, 4 gr protein. Diabetic exchange: 2 starch, 2 vegetables, 40 g carbohydrates, 1/2 fat.