



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 — Shirley Orfanella, 1125 Slate Hill Rd., Quarryville, PA 17566, wants to know how to keep the bottom crust of a pie from becoming soggy. She has already tried flour and egg whites.

QUESTION — L. Wolf, Elkridge, Maryland, would like a recipe for lima bean soup. Also looking for any good soup recipes, and for a cake similar to Tastykake peanut butter tandy-cake.

QUESTION — A Lancaster County reader would like homemade yogurt recipes, including yogurt flavored with fruits such as strawberry, raspberry, and peach.

QUESTION — Clair Richcrick, R.D. 8, York, PA 17403, is looking for a coleslaw recipe that uses real cream. He also wants an old-fashioned ginger snap recipe.

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

QUESTION — Barbie Beller 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 — Peter Nuskey, Southampton, wanted to know why his corn bread sticks to cast iron corn-shaped molds. Terri Martz Bowles, St. Mary's County, Maryland, writes that the key is to preheat the pan to "piping hot" when the batter is poured in. The type of shortening, oil, or spray doesn't matter, as long as the pan is hot. When it is removed from the oven, the corn bread should be removed from the pan immediately.

ANSWER — An Adams County reader requested recipes breaded onion rings, Russian borscht, sauerkraut, and recipes using canned black-eyed peas. Anna Martin, Denver, contributed a recipe for Russian borscht and another reader sent one for sauerkraut.

Russian Borscht

10 cups water
2 chicken legs
3-4 small carrots, grated
1 large onion, diced
4-5 medium potatoes
1 small head cabbage, shredded
1 garlic clove, pressed or diced
2 teaspoons salt
1 teaspoon pepper
4 tablespoons tomato sauce
2 medium beets
1 tablespoon vinegar
Start by boiling the meat and making a broth,

then add carrots and onions. While this boils, peel the potatoes, dice and shred the cabbage, and add together. Add garlic, salt, and pepper. Cook until cabbage and potatoes are soft. Simmer.

Meanwhile, peel and grate the beets. Put in a separate frying pan to steam with vinegar and just a bit of water in the bottom until soft. Add this to the soup and simmer a bit more.

Serve with a spoonful of mayonnaise or sour cream, stirred in. Borscht usually improves on the second or third day, after the flavors have blended.

Homemade Sauerkraut

Reader who contributed this recipe prefers it above any other sauerkraut available.

Slice cabbage as thin as possible and pack in quart jars. Add 1 teaspoon salt to each quart, and fill with water to within an inch of the top. Put caps on loosely, and set jars in a pan or container, as some juice will run out.

Let set at room temperature for 10-12 days. Tighten caps and process in hot water bath for 15 minutes.

ANSWER — In response to an earlier request for chocolate-covered cherries, a reader contributed this recipe that does not use a mold.

Chocolate-Covered Cherries

60 cherries, drained
3 tablespoons butter or Oleo
3 tablespoons white corn syrup
¼ teaspoon salt
2 cups confectioner's sugar

Mix butter or Oleo with white corn syrup by melting on stove. Cool, then add sugar and salt. Knead until smooth. Pinch off small pieces and wrap around cherries. Refrigerate until cold and dip in chocolate. The cherries require about 1½ pounds of chocolate. They improve with age.

ANSWER — To the response for drink mix recipes, Mrs. Samuel King contributed this fruity drink recipe in addition to the one for cappuccino in last week's issue.

Strawberry or Cherry Tea Mix

1 cup strawberry or cherry drink mix powder
½ cup plus 2 tablespoons sugar
½ cup plus 2 tablespoons unsweetened instant tea

Place 2 tablespoons drink mix in a cup and add 1 cup water. Stir well, until completely dissolved. Using hot water will help the mixture dissolve. Add ice cubes.

A large box (eight-serving size) of regular peach or raspberry Jello can be used in place of the strawberry or cherry drink mix powder.

Raspberry Cultivars Vary In Nutrient/Cancer-Fighting Components

COLUMBUS, Ohio — Red raspberry cultivars have been found to contain varying levels of nutrient components and antioxidants, opening the doors to grow and market fruits that pack the healthiest punch.

Ohio State University evaluations of two summer cultivars (Lauren and Killarney) and two fall cultivars (Heritage and Caroline) showed varying measurements of dietary fiber, beta-carotene, vitamins A, E and C, and folic acid. Researchers, nutritionists and dietitians have speculated that the combination of such nutrient components produces greater health benefits than each one alone.

"We are finding some excellent results with berries and we are slowly realizing they can be a part of the diet with people with specific health needs," said Dick Funt, an Ohio State small fruit specialist. "If a person, say, needs more vitamin A or vitamin E, berries with high levels of these vitamins can be a part of their diet and it's a more organic way of staying healthy, rather than taking supplements."

Funt and his associates measured the components of freeze-dried raspberries, speculating that the highest nutrient levels could be immediately preserved as soon as the berries were picked from the plant. For example,

in comparison to the U.S. Department of Agriculture Nutrient Database, freeze-dried raspberries contained four to 10 times as much dietary fiber as raw raspberries or any other raw fruit, such as apples, pears and plums.

In comparing cultivars, Caroline generally was 20-44 percent higher in beta carotene, 27-43 percent higher in vitamin A, 16-77 percent higher in vitamin E and 25-48 percent higher in vitamin C than the other raspberry cultivars tested.

Researchers also compared the Oxygen Radical Absorbency Capacity (ORAC) levels among the four cultivars. ORAC is a system of measuring the level of antioxidants (cancer-fighting agents) in food and is being recognized by scientists and nutritionists as the main method for determining overall antioxidant potential.

The higher the ORAC number the greater number of antioxidants present.

National research has suggested that the consumption of fruits and vegetables with a high ORAC (1,600 to 5,000 ORAC units per 100 grams or 3.5 ounces) may slow the aging process in both the body and the brain and has a significant impact on plasma and tissue antioxidant capacity.

In preliminary Ohio State studies, the Caroline cultivar

had 47 percent more ORAC units than Lauren or Killarney and 65 percent more ORAC units than the average of two Heritage fall red raspberry samples. The Caroline cultivar contains 2,130 ORAC units/100 g. By comparison, blueberries contain 2,400 ORAC units and strawberries contain 1,540

ORAC units. Research suggests that consuming 10 grams of freeze-dried Caroline red raspberries may provide 40-66 percent of the 3,000-5,000 recommended daily ORAC units.

Funt emphasized that the nutrient levels in the berries may vary from season to season, region to region and among soil types and levels of soil fertility.

Harvest procedures also have an impact on the level of such components. "Growers need to understand these factors when going to the market with their product," said Funt.

"Further studies need to be done that explain how these factors may effect nutrient components in different raspberry varieties."

Berks Society 1

Berks County Society of Farm Women Group 1 met at the Pleasantville Diner for a Valentine luncheon Feb. 13 with 12 members in attendance.

The county project for 2001 will be "Feed the Children," with more information coming to each group from the county board at bimonthly meetings.

Other county activities scheduled are Basket Bingo April 28 at the Ag Center, Leesport and Bingo at Berks Heim April 11.

Other group activities included several dates listed for trips to Blatt's Dinner Theater. The Spring Rally is scheduled May 15.

Red gifts in brown paper bags were exchanged among the members with a variety of surprises for all.

Berks County Society of Farm Women Group 1 met March 13 at the home of Mrs. Eva Siegfried, Oley with 10 members answering to roll call.

Berks Heim Bingo is the next upcoming event for the group's participation, including an angel



food cake and various prizes for the residents at the Heim and the Annex to make for an evening of fun enjoyed by all.

The Volunteer Banquet is scheduled April 26 and each group will donate monies for the centerpieces to be used for this occasion. Heim Fest this year will be Sept. 14 and the theme will be "Music, Music, Music."

Basket Bingo is scheduled for April 28 and the Spring Rally, scheduled for May 15, will be at the York Expo Center. The county convention is planned for the Ag Center Oct. 5.

Next meeting will be at the home of Mrs. Catherine Yanos with pink the color to be worn.

Society 18

Mrs. Edward Wissler was hostess to Farm Women Society 18 on March 16.

Mildred Kreider, president for 2002-2003, called the meeting to order.

Roberta Shepherdson led in devotions, reading the scripture account of the Passover Meal Christ had with His disciples before His crucifixion.

She also read two meaningful poems.

During the business session, Mildred reported on county affairs and the group heard from our committees.

The program by Sam Bender of Salunga gave a few memories of his months as a prisoner of War in Germany during World War II. Red Cross food was gladly received. An unexpected kindness of the Russians to the prisoners was a number of cattle slaughtered for meat to the relatively meatless prisoners. He did not report any severe treatment. After the program, Sam offered a "Basket of Kindness" one pound bags of black walnuts, shelled and ready to use.