



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 "l."

QUESTION — An anonymous person e-mailed the following: "Many years ago, I spent my summers on my great aunt's farm, the Bowden & Northrup Peach farm on the main road between Danville and Bloomsburg. My great aunt, my grandmother (her sister), my mother, and my aunt Sara, for whom I am named, made the most delicious peach butter (not apple butter). No one in the family has the recipe. Since I have used (successfully) some of the recipes found in your wonderful newspaper, I thought readers might be able to help me track down the recipe."

QUESTION — Rosalie Nolt wants a recipe for New England clam chowder, similar to Friendly's or Campbell's soup.

QUESTION — Peggy Hess, Lititz, wants a recipe to make barrel dill pickles.

QUESTION — A Pine Grove reader wants recipes for different kinds of soft pretzels and different coatings for chicken and vegetables for deep frying.

QUESTION — Josephy Steffey wants a recipe for deer bag bologna that tastes like Lebanon bologna.

QUESTION — L. Wolf, Elkridge, Maryland, requests any good soup recipes.

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. A reader needs recipes to entice her family to eat them.

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 — In response to L. Wolf, Elkridge, Md., Marie Weaver, Lititz, sent this soup recipe, which is one of her family's favorites.

Cheeseburger Soup

½ pound ground beef
¾ cup onions, chopped
1 cup carrots, chopped
¾ cup celery, chopped
4 cups potatoes, chopped
1 teaspoon basil
1 teaspoon parsley flakes
3 cups chicken broth
8 ounces American cheese
4 tablespoons butter
¼ cup flour
1½ cups milk
¾ teaspoon salt
¼ teaspoon pepper
¼ cup sour cream
Simmer vegetables in chicken broth until

tender. Brown ground beef. Make a white sauce with milk, butter, and flour. Remove from heat and add sour cream. Add vegetables, meat, and cheese.

Thanks to Mable Hershey, Marietta, for sending one of her favorite soup recipes.

Creamy Ham And Cheddar Chowder

4½ cups diced potatoes
1 cup diced carrots
1 cup diced broccoli
½ diced onion
1 tablespoon salt
½ teaspoon pepper
5 cups milk
1 cup flour
4 cups cheddar cheese, shredded
2 cups diced cooked ham
5 cups water
½ cup butter

Cook veggies and water and spices for 10 minutes or until tender. Make white sauce in heavy pan with butter, flour, and 5 cups milk. Heat over medium heat, stirring until it thickens and boils. Add cheese and lower heat to simmer.

Add ham and undrained veggies. Gently stir to mix veggies through. Bring almost to a boil, but remove from heat before boiling. Serves 12-14. Makes about 16 cups.

ANSWER — A Cumberland County reader sent in this recipe for making homemade plain yogurt, which a Lancaster County reader had requested.

Homemade Yogurt

1 gallon milk
3 tablespoons unflavored gelatin
1 cup plain yogurt
1½ cups nonfat dry milk

Heat milk to 150 degrees. Soak gelatin in ¼ cup cold water. Stir gelatin into milk. Cool milk to 120 degrees. Stir in culture and dry milk. Mix well and put into pint jars. Place on yogurt maker or set jars into pan of warm water and place into oven. Keep oven at 120-130 degrees for about 4-5 hours or whenever the yogurt begins to thicken. Cool. Fruit can be added when cold or just spoon it on top when ready to serve.

Here is another version for making homemade yogurt from C. Faus, Hegins.

Homemade Yogurt

Heat 1 quart cow or goat milk to 180-190 degrees. Cool to approximately 125 degrees. Whisk in ¼ cup yogurt starter. Put in container, wrap in thick towel, and set in warm place for 4 hours. I place my containers in a cooler chest and set it near a heater.

~For yogurt starter, I buy plain yogurt — be sure it is labeled "active ingredients." After making the first batch, save a little yogurt from it to make your next batch. Eventually this starter does wear out and you will need to buy new starter to keep it going.

We often flavor plain yogurt with thickened fruit when we are ready to eat it. Your creativity is the limit of variations. Some that we use include rhubarb, cherry, and raspberry. Other options for flavoring is adding carob powder, jelly, mashed banana, or diced peaches.

ANSWER — Thanks to Frances Koch, Schuylkill Haven, for sending in another hint for helping to prevent soggy pie crusts: Try baking pie crusts at 325 degrees for 10-15 minutes.

ANSWER — For the reader who wanted vegetable recipes, here is one from C. Faus, Hegins, who writes that it is very good.

Green Bean Casserole

Combine and cook gently:
2 tablespoons flour
2 tablespoons butter. Remove from heat. Stir in:
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon grated onion
1 cup sour cream OR plain yogurt
Fold in:

1 quart green beans, cooked
Place in baking dish and cover with ½ pound grated cheese. Sprinkle with ½ cup cornflake crumbs mixed with 1 tablespoon butter. Bake 30 minutes at 350 degrees.

ANSWER — For the person who wanted a recipe for chocolate pound cake, here is one from a celebrity that a reader sent in.

Alan Jackson's Chocolate Pound Cake With Chocolate Icing

3 cups sifted flour
½ cup unsweetened cocoa
1¼ cups milk
6 eggs
½ teaspoon baking powder
3 cups sugar
½ cup shortening
1 cup butter
2 teaspoons vanilla

Online Nutrient Directory Caters To Consumers

BELTSVILLE, Md. — Nutrient-conscious consumers and dietary professionals keen to make informed food choices now are tapping a new data resource available through the Agricultural Research Service (ARS).

Scientists with the ARS Nutrient Data Laboratory (NDL) in Beltsville, Md., recently launched an online directory where users can look up the amount of a specified nutrient within any one of 1,147 food items.

The consumer appeal of the new online directory is evident from the number of e-mail inquiries that have originated from the NDL home page, which has already received more than 100,000 visitors so far this year. To aid consumers, data in the new online directory are served up by commonly consumed portion sizes.

The Nutrient Database for Standard Reference, or SR14, features more than 6,000 food items and provides a foundation for most public and private nutrient databases in the United States.

To access the database, go to:

<http://www.nal.usda.gov/fnic/foodcomp>.

Click on "Reports by Single Nutrients" — the link is on the left about 10 lines from the top. The resulting page has a table listing nutrients such as protein, calcium, fiber, carbohydrate, cholesterol or fats. By clicking on the button by each nutrient's name, a web visitor can sort the 1,147 food items in the directory according to the content of that nutrient.

For example, a person whose doctor recommends eating more dietary fiber might look up all foods in the directory by fiber content from highest to lowest. A consumer concerned about increasing calcium intake might look up the calcium content of various foods.

The same individual might also choose to view all 1,147 food items alphabetically from A to Z, with a parallel column at right displaying each food item's corresponding calcium content.

NDL does not provide dietary advice, but instead recommends nutrition counseling by qualified professionals referred by dietetic associations, health departments or hospitals.

U.S. Beef Producers 'Deserve A Break Today'

WASHINGTON, D.C. — The National Farmers Union (NFU) board of directors, in a letter to McDonald's Chairman and CEO Jack Greenberg last week, urged the fast food chain to reconsider its recent decision to serve imported meat.

McDonald's, a company synonymous with American beef products, is changing its policy to use imported Australian and New Zealand beef in its U.S. restaurants, citing a lack of domestic supply. The Farmers Union Board disagrees and urges McDonald's to recommit to using U.S. beef.

"The United States is the world's largest producer of beef, and as our producers struggle to survive, beef and live cattle imports continue to rise," said NFU President Dave Frederickson. "To borrow McDonald's own catch phrase, American agriculture producers 'deserve a break today'."

According to the U.S. Department of Agriculture's Economic Research Service, beef imports hit a record high in 2001. Imports from Australia alone increased more than 12 percent. The surge in imports has resulted in independent producers losing an ever-increasing share of the domestic market and in profitability.

"If McDonald's chooses to use imported beef in its U.S. restaurants, we believe consumers have a right to know where the meat originates," the Frederickson said. "At the very least, McDonald's should inform customers by labeling the imported products."

The letter, which was signed by the 26 state presidents that make up the NFU board, also described the "ripple effect" the U.S. beef industry has on the rest of the nation's economy.

"Economically, the livestock industry is the largest U.S. agricultural sector," Frederickson said. "More than one million ranchers or farms are actively involved in raising cattle, and \$1 in cattle sales generates approximately \$5 in additional business activities."

¼ teaspoon salt

Mix sugar, shortening, and butter. Add eggs, one at a time, mixing well. Combine dry ingredients; add alternately with milk. Add vanilla. Pour mixture into large greased and floured tube pan. Bake at 325 degrees for 1½ hours.

Chocolate Icing

½ cup butter-flavored shortening
¼ cup unsweetened cocoa
2 cups sugar
¾ cup milk
¼ teaspoon salt
⅛ teaspoon vanilla

Put ingredients in heavy saucepan. Bring to boil, stirring constantly. Boil 3 minutes. Ice cake while icing is warm, adding small amount of hot water if icing gets too thick.