



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 — A subscriber would appreciate if anyone would share a recipe for making a tasty apple pie spice from a combination of spices as cinnamon, cloves, and ginger.

QUESTION — A reader wants a recipe for making homemade noodles to cook with beef or chicken broth.

QUESTION — Herbert Spangler requests a recipe for dandelion wine.

QUESTION — A reader writes that many new dessert recipes are featured in magazines and newspaper, but she is reluctant to buy expensive ingredients for recipes that she isn't sure her family will like. She'd rather try recipes that other readers enjoy. The reader would like some new dessert recipes that other readers recommend.

QUESTION — Audrey Brown, Conneville, writes that her doctor put her on a fructose/sucrose-free diet. She is not allowed to eat anything with sugar, barley flour, brown rice, wheat germ, coldcuts, fruits, etc. She cannot find recipes for food that tastes good and makes a one-to-two person serving. Anyone able to help her?

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

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 — For the reader who wanted recipes to entice her family to eat vegetables, here are a few ideas from Vera Reid, Laramie, Wyo.

Sugar-Simple Brussel Sprouts

- 1 pound brussel sprouts, trimmed and cut in half lengthwise
- ½ cup chicken broth
- 1 tablespoon butter or margarine
- 1 bay leaf

In a large skillet bring all ingredients to a boil over medium-high heat; stir to coat sprouts with the broth. Cover and cook 8-10 minute until sprouts are barely tender and still bright green. Remove bay leaf. Makes four servings.

Zucchini and Corn Sauté

- 2 medium zucchini, thinly-sliced, or 4-6 baby zucchini
- 1 medium green pepper, thinly sliced
- 1 medium sweet red pepper, thinly sliced
- 1 tablespoon vegetable oil
- 2 cups fresh corn or 11-ounce can niblets, drained
- 1 teaspoon garlic salt (optional) OR ½ tea-

spoon salt and one large clove garlic, minced (also optional)

½ teaspoon Italian seasoning In large skillet, saute zucchini, peppers, and Italian seasoning in oil until crisp-tender, about four minutes. Add remaining ingredients; saute 3-4 minutes, or until corn is tender.

Broccoli Salad

- 2 heads broccoli
 - 1 medium onion, chopped
 - ½ cup sunflower seeds
 - 3-4 tablespoons sugar
 - ½ cup raisins
 - 3-4 Italian tomatoes, seeded and coarsely chopped (optional)
 - 1 cup mayonnaise (this could be half yogurt or half soft tofu, pureed in blender)
 - 4 tablespoons vinegar
 - 1 tablespoon oil
- Cut broccoli into florets; slice and add any tender stems. Steam three minute, rinse in cold water to stop cooking, and refrigerate to chill. Combine broccoli onions, sunflower seeds, raisins, and tomatoes in a large bowl. Mix sugar, mayonnaise, vinegar, and oil in small bowl. Add to vegetables and toss to coat.

ANSWER — For L. Wolf, Elkridge, Maryland, who requested good soup recipes, comes this recipe from Jane Brody.

Beef, Barley, and Kale Soup

- 1 tablespoon vegetable oil
 - 1 pound lean beef, cut into half-inch cubes
 - ⅔ cups chopped onion
 - 6 cups beef broth (can use homemade or 6 cups water and 5 teaspoons beef granules)
 - 2 cups sliced carrots
 - ½ cup pearl barley
 - 1 teaspoon dried thyme
 - 10-ounce package frozen chopped kale or 21 pound fresh kale, chopped
 - salt to taste
 - 8 ounces mushrooms, sliced (optional)
- Heat oil in a large heavy saucepan over medium-high heat. Add beef and brown. Add onion and cook until limp. Add broth, carrots, barley, thyme, and salt. Bring to a boil, reduce heat, cover, and simmer one hour or until beef and barley are nearly tender. Add kale and mushrooms and return to a boil. Reduce heat, cover, and simmer 5-10 minutes until beef, barley, and vegetables are tender.

ANSWER Here are more peach butter recipes to try:

Peach Butter

- 2 quarter peach pulp (about 1½ dozen medium, fully ripe peaches)
 - 4 cups sugar
- To prepare pulp, wash, scale, pit peel, and chop peaches. Cook until soft, adding only enough water to prevent sticking. Press through a sieve or food mill. Measure pulp.

To make butter, add sugar, cook until thick about 30 minutes. As mixture thickens, stir frequently to prevent sticking. Meanwhile, sterilize canning jars. Pour hot butter into jars, leaving ¼-inch headspace. Wipe jar rims and adjust lids. Process five minutes in a boiling water bath.

Peach Butter

- 12 cups peach pulp
 - 6 to 8 cups sugar
- Wash, scald, pit and peel ripe peaches. Cook until soft. If needed, add water to prevent sticking. Press through sieve or food mill. Measure, add sugar, boil until thick. Pour, hot into hot jars. Process pints and quarts 10 minutes in boiling water bath.

Peach Butter Spiced

Ginger, nutmeg, or other spices to suit taste may be added to peach butter just before pouring into jars.

From Franklin County Dairy Princess Barbara Reichard comes a few healthy snack ideas. She writes, "Not only are these drinks good, but they are also good for you. With warmer weather upon us these would certainly hit the spot and refresh you and your family. Make time for your children and make this special treat with them. They'll not only get a great nutritious drink, but they will also receive the many key nutrients found in milk."

Chocoberry Milk Chiller

- 1 cup lowfat chocolate milk
 - 4 tablespoons chocolate syrup (divided)
 - 2 tablespoons raspberry syrup
 - multi-colored sprinkles
 - fresh or frozen raspberries (optional garnish)
- Stir two tablespoons of chocolate syrup and two tablespoons of raspberry syrup into chocolate milk and mix thoroughly. Chill mixture in freezer for five minutes.

While mixture is chilling, dip two glasses upside down into sprinkles to coat edges, if desired. Drizzle remaining chocolate syrup on inside and bottom of glasses.

Pull mixture out to the freezer. Pour into chocolate-drizzled glasses. Garnish with raspberries, if desired.

Featured Recipe

Lancaster County Dairy Ambassador Apryl Becker, 14, is concerned that her generation is not consuming enough calcium to combat "the most debilitating bone disease known to mankind — osteoporosis."



May is Osteoporosis Awareness Month, and Apryl wants people to know that the disease can be prevented if teens consume enough calcium now.

She wrote a 14-page research paper on the subject for her eighth grade English class. She writes that usually no symptoms of the disease show up until a fracture occurs. As bones become more fragile, falls or bumps that would not hurt most people can cause fractures.

More than half a million fractures are caused annually by osteoporosis. Complications from osteoporosis ranks fourth on the list of diseases that kill women.

"Small changes today for better bones tomorrow may be more important than a person might guess," Apryl said. She recommends consuming 3-4 servings of dairy products daily and exercise as effective preventive care.

"Adolescents who make a five percent gain in bone mass can reduce the risk of osteoporosis by 40 percent," Apryl said.

Try this recipe as a start for better nutrition.

STUFFED ZUCCHINI

- 4 medium zucchini (about 2 pounds)
 - ¼ cup butter
 - 1 medium onion, chopped
 - 4-ounce can chopped green chilies, drained
 - 2-ounce jar diced pimientos, drained
 - 1½ cups herb-seasoned stuffing mix
 - ¾ cup shredded mozzarella or Monterey Jack cheese.
- Heat 2 inches water (salted if desired) to boiling. Add zucchini. Heat to boiling; reduce heat. Cover and simmer 8-10 minutes or just until tender, drain. Cool slightly.

Cut each zucchini lengthwise in half. Spoon out pulp, coarsely chop. Place zucchini, cut sides up, in ungreased 9x13-inch baking dish.

Heat oven to 350 degrees. Melt butter in 10-inch skillet over medium heat. Cook onion in butter, stirring occasionally, until onion is tender. Stir in chopped pulp, chilies, pimientos and stuffing mix. Fill zucchini halves equally with stuffing mixture. Sprinkle each with about one tablespoon cheese.

Bake, uncovered, 30-35 minutes or until hot.

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

May
25 — Grill It

June
1, 8, 15, 22, 29 — Dairy Recipe Entries

Lip-Lickin' Limeaid Milk Chiller

- 1 cup fat free milk
 - 1 cup lime sherbet
 - ¼ cup frozen limeade concentrate, not thawed or diluted
 - lime slices (optional)
- Place milk, sherbet and limeade concentrate in blender container. Cover; blend until smooth. Pour into frosted glasses; garnish with lime slices, if desired.