



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@lpnews.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 — Eva Burrell, Glen Gardner, N.J., wants to know how to make filet of beef on the grill by using wet newspapers and encasing meat in a paste made with kosher salt and water. Years ago, the Burrells used this method but can't remember exactly how it was done or the time required to cook per pound. This made the best filet of beef Eva has ever tasted and she would like to use it for several cookouts.

QUESTION — A Dauphin County reader wants to know how to make ketchup that tastes like the Heinz brand.

QUESTION — Debbie Reynolds, Wrightsville, misplaced her recipe for blueberry pudding cake, which she clipped from this paper a year or two ago. Does anyone have the recipe so that it can be printed in time for blueberry season?

Other berry recipes would also be appreciated.

QUESTION — Dave Wilder, Gladwyne, grows lingonberries in Berks County. He wants to know uses for this Old World fruit. The Latin name, Wilder writes, is *Vaccinium vitis-idaea*. Native varieties are sometimes called cowberry.

QUESTION — Martha Weaver, East Earl, would like homemade wine recipes that are sugarless.

QUESTION — Shirley Orfanella, Quarryville, wants a recipe for wet walnuts to put on ice cream.

QUESTION — Mrs. Thomas Vandzuna, Portage, requests a recipe for sweet sausage. Her son brought some and they love it. Their family buys half a hog and mixes its own mix, and would like to try sweet sausage the next time.

QUESTION — Stephanie Luckenbaugh, Abbotstown, requests a good recipe to make Lebanon bologna.

QUESTION — Sue Hurley, Newville, requests recipes to make different kinds of instant powdered tea mixes, such as raspberry and peach.

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

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 — A reader wants some diabetic bread recipes that can be made in a bread machine. If we do not receive an answer to this request within the next two weeks, we will drop the request.

ANSWER — Shirley Orfanella, Quarryville, wanted information on how to preserve walnuts since they harvest lots of English walnuts in the fall. Thanks to Fannie Fisher, Paradise, who writes that nuts can be preserved by filling canning jars with nuts. Put lids and rings on jars. Bake in a 225 degree oven for 45 minutes.

ANSWER — Karen Ramseur, Williamstown, N.J., requested a recipe for cornbread using both baking powder and baking soda, which causes it to rise nicely and is moist. Thanks to Shirley Orfanella, Quarryville, for sending a recipe.

Southern Corn Bread

¼ cup bacon drippings
1 cup cornmeal
1 cup all-purpose flour
1 tablespoon baking soda
½ teaspoon salt
2 eggs, beaten
1 cup buttermilk
Melt bacon drippings in 10-inch oven-proof skillet. Stir together dry ingredients. Combine eggs and buttermilk. Add to dry ingredients. Slowly pour bacon fat into mixture. Stir just until smooth. Turn batter into hot skillet. Bake at 425 degrees for approximately 20 minutes.

ANSWER — Karen Ramseur, Williamstown, N.J., requested a recipe for lemon-mint jelly. Thanks to Shirley Orfanella, Quarryville, for sending a recipe. Although it doesn't mention mint, the flavoring could probably be added with the lemon juice.

Lemon Jelly

2½ tablespoons gelatin
½ cup cold water
1 cup sugar
2 cups boiling water
½ cup lemon juice
Grated rind of ½ lemon
Soak gelatin in cold water 5 minutes. Add sugar and pour boiling water on mixture. Stir until dissolved. Add lemon juice and rind and mix well. Strain through cheesecloth if desired.

ANSWER — Barbie Beiler requested a recipe for cinnamon French bread sticks. Thanks to Rachel Glick, New Holland, for sending one.

Honey-Nut Breakfast Twists

1 package (¼-ounce) active dry yeast
¼ cup warm water
2 tablespoons sugar
1 teaspoon salt
2 tablespoons butter, melted
1 cup sour cream
1 egg
2½-3 cups all-purpose flour
Glaze:
½ cup packed brown sugar
3 tablespoons butter, melted
3 tablespoons honey, warmed
3 tablespoons heavy cream

Filling:
½ cup butter, softened
¼ cup finely chopped nuts
¼ cup honey
In a mixing bowl, combine yeast and water. Let stand 5 minutes. Stir in sugar, salt, and butter. Add sour cream and egg, beat until smooth. Add 1½ cups flour, beat at low speed until moistened. Beat 3 minutes at medium speed, scraping the bowl twice. By hand, stir in enough flour to make a soft dough. Turn onto a floured surface, knead until smooth and elastic, about 5 minutes. Place in greased bowl, turning once to grease top. Cover and let rise in warm place until doubled, about one hour.

Combine glaze evenly in 9x13x2-inch baking dish. Set aside. Punch down dough. Roll out in a 9x24-inch rectangle. Combine filling ingredients. Spread over dough. Fold dough lengthwise into six 9x2-inch pieces. Twist each piece loosely and place over glaze in baking dish. Cover and let rise until doubled, about one hour. Bake at 350 degrees for 25-30 minutes or until golden brown. Invert pan to a large platter. Let set one minute before removing. Serve warm or refrigerate overnight. Yields: 6 servings.

Here is an easier version from M. Sauder, Mohnton.

Toast Sticks

8 slices whole grain bread
5-ounces liquid egg or frozen egg substitute, thawed
2½ tablespoons skimmed milk
Dash nutmeg
⅓ teaspoon cinnamon
1 teaspoon granulated sugar
Slice each piece bread into four slices. Mix egg substitute with milk. Blend spices with sugar and add to egg mixture. Dip bread pieces into egg mixture and cook on heated non-stick skillet until golden brown. Serve with powdered sugar and/or syrup. Makes 8 servings of 4 sticks.

ANSWER — Beth, Hampstead, Md., requests a recipe for oriental chicken salad that tastes like that served at Applebee's. Thanks to M. Sauder, Mohnton, for sending this recipe.

Oriental Chicken Salad

Dressing:

3 tablespoons honey
1½ tablespoons rice wine vinegar
¼ cup mayonnaise
1 teaspoon Dijon mustard
⅓ teaspoon sesame oil

Salad:

1 egg
½ cup milk
½ cup flour
½ cup corn flake crumbs
1 teaspoon salt
¼ teaspoon pepper
1 boneless, skinless chicken breast half
2-4 cups vegetable oil (for frying)
3 cups chopped romaine lettuce
1 cup red cabbage
1 cup Napa cabbage
1 carrot, shredded
1 green onion, chopped
1 tablespoon sliced almonds
⅓ cup chow mein noodles
Preheat oil in deep fryer or deep pan over medium heat to 350 degrees.

Blend together all ingredients for dressing in a small bowl with an electric mixer. Put dressing in refrigerator to chill while you prepare salad.

In small, shallow bowl, beat egg, add milk, and mix well.

In another bowl, combine flour with corn flake crumbs, salt and pepper. Cut chicken breast into 4 to 5 long strips. Dip each strip of chicken first into egg mixture then into flour mixture, coating each piece completely.

Fry each chicken finger for 5 minutes or until coating has darkened to brown. Prepare salad by tossing the chopped romaine with the chopped red cabbage, Napa cabbage, and carrots.

Sprinkle sliced green onion on top of lettuce. Sprinkle almonds over the salad, then chow mein noodles.

Cut chicken into small bite-sized chunks. Place the chicken onto the salad forming a pile in the middle. Serve with salad dressing on the side. Makes one dinner-sized salad.

ANSWER — Verna Juchy, Middletown, wanted a recipe for rhubarb crisp made in a microwave. Thanks to G. Minckler for sending the following recipe.

New York Rhubarb Crisp

2 cups rhubarb cleaned, cut into ½-inch pieces
2 tablespoons lemon juice
½ cup sugar
½ teaspoon grated lemon rind
1 cup brown sugar
¾ cup flour
¼ cup rolled oats
½ cup soft butter
Custard Sauce:

Combine rhubarb, lemon juice, and sugar; mix well. Spread on bottom of 9-inch square glass baking dish. Sprinkle lemon peel on top. Combine brown sugar, flour, rolled oats, and butter, mix well. Sprinkle on top of rhubarb. Bake uncovered in microwave oven for 15 minutes, turning pan three times. Let stand 5 minutes. Serve with custard sauce. Makes six servings.

Entries Being Accepted For Lebanon Area Fair Queen

LEBANON (Lebanon Co.) — Entries are now being accepted for the 2002 Lebanon Area Fair Queen Contest.

The contest is open to residents of Lebanon County who are at least 16 years of age and not over 20 years of age by June 1, 2002. Contestants must be single, never married, have no children, and must not marry during the reign. Former winners may not compete again, and all contestants must have a parent or guardian's consent to compete.

The competition consists of a 300-word written essay on "What My Fair Means To Me," as well as a three- to five-minute speech titled "Why You Should Come To My Fair." Entrants will be judged on poise, essay, speech, and interview.

The 2002 Lebanon Area Fair will run from July 27 to Aug. 3 at the Lebanon Area Fairgrounds and Expo Center.

Gifts will be given to all who enter and the winner receives an assortment of prizes provided by local businesses. The Lebanon Area Fair Queen will be eligible to enter the Pennsylvania State Fair Queen Contest where the winner receives a \$1,000 scholarship.

Entry deadline is July 12. For more information please contact the Fair Office at (717) 273-3795.