



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

QUESTION — Stephanie Luckenbaugh, Abbotstown, wants a recipe for Baby Ruth Cookies.

QUESTION — A reader requests the recipe for baked French toast made with a can of apple pie filling. The recipe had appeared recently in this column, she writes, but she lost it.

QUESTION — Gail Silveira would like a recipe for a corn, shrimp soup, which she recalls had been printed in a previous issue. Anyone have the recipe to which she is referring?

QUESTION — Terry Ulrich, Reinholds, frequents Austin's, a restaurant near Berkshire Mall in Wyomissing, which serves a delicious baked potato soup, which she thinks includes bacon, cheese, and chives. Anyone have a similar recipe?

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 — Fern Freeman, Elliottsburg, wants a recipe for black olive bread, which she thinks is a Greek recipe. She purchased some at the West Shore Farmers' Market in Lemoyne.

QUESTION — A Lancaster County reader would like a recipe for watermelon wine and other flavors.

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

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 — 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.

ANSWER — Thanks to Tioga County Dairy Princess Sara Derstine, Mansfield, for sending in this recipe for dessert lovers.

Strawberry Devonshire Pie

9-inch baked pastry shell
3-ounces cream cheese, softened
3 tablespoons sour cream
1½ cups crushed strawberries
1 quart whole strawberries
1 cup sugar
3 tablespoons cornstarch
Beat cream cheese until fluffy; add sour cream and beat until smooth. Spread on bottom of cooled pastry shell and refrigerate. Mix crushed strawberries, sugar, and cornstarch. Cook over medium heat, stirring until mixture is clear and thickened. Place whole strawberries in pastry shell with tips up; pour thickened strawberry mixture over the top. Chill.

ANSWER — Thanks to Marion Steger, Richford, N.Y., for sending this recipe for a nutritious and spectacular breakfast.

Make-Ahead Breakfast Eggs

12 eggs
½ cup whole milk
½ teaspoon salt
¼ teaspoon black pepper
1 tablespoon butter
1 cup sour milk
12 slices bacon, fried, crumbled
1¼ cups shredded sharp cheddar cheese
Beat eggs; stir in milk, salt and pepper. In a skillet, melt butter, pour in egg mixture, and cook until set, but still moist. Cool and stir in sour cream. Pour into buttered 12x7-inch pan. Top with bacon and cheese. Cover and refrigerate overnight. Preheat oven to 300 degrees. Bake uncovered for 15-20 minutes or until hot and cheese has melted.

ANSWER — Thanks to Leah Glick, Denver, for sending in a recipe for a delicious treat on a hot summer day. She uses the name Popsicles, which is a copyrighted brand name, so another name is substituted.

Children's Delight — Ice Pops

2 cups boiling water
2 cups cold water
1 package Kool-Aid to make 2 quarts
3-ounce package Jell-O (same flavor as Kool-Aid)
¾ cup sugar
Combine sugar, Kool-Aid, and Jell-O in boiling water. Stir to dissolve. Add cold water. Pour into pop molds and place in freezer.

Leah writes, "These pops are a nice consistency, not hard and icy. They disappear fast at our house!"

ANSWER — Lydia Nolt, Leola, requested a recipe to make homemade Bisquick mix. Thanks to Leah Glick, Denver, for sending one.

Master Mix

8 cups flour
1 -1½ cups nonfat dry milk
½ cup baking powder
2 teaspoons salt
1 cup cold shortening, margarine or butter
Blend dry ingredients well. Cut in shortening to consistency of cornmeal. Store in airtight container. Refrigerate if using margarine or butter. Makes about 11 cups. Store in cool, dry place, and use in recipes requesting Bisquick or biscuit mix.

Antioxidants From Food Sources, Such As Peanuts, Peanut Butter, May Protect Against Alzheimer's Disease

ARLINGTON, Va. — Eating foods with vitamin E, like whole grains, peanuts, nuts, peanut butter, vegetable oils, and seeds can help reduce the risk of Alzheimer's, according to two break-through studies just published in the *Journal of the American Medical Association*.

The same benefits did not hold true for vitamin E from supplements, making the case for getting antioxidants from a healthy diet, instead of a bottle of pills.

The first study comes from the Netherlands and looked at the diets of over 5,000 adults. The researchers saw an association between consumption of whole foods containing the antioxidants vitamin E and vitamin C and decreased risk of Alzheimer's. This was especially true for current smokers, who are at increased risk of developing the disease.

The second study, from the United States, was smaller (815 participants) and found an association only between decreased risk of Alzheimer's disease and diets higher in vitamin E. In this study, the group with the highest dietary intake of vitamin E had a 67 percent decreased risk of developing Alzheimer's compared to the group with the lowest intake of vitamin E. These findings add to the evidence for consuming antioxidant-rich foods to ward off chronic diseases, like cancer and heart disease, based on the theory that antioxidants protect against free radicals that can damage cells.

Vitamin E is a fat-soluble vitamin, which means that some fat is needed to maximize absorption of this impor-

Make It With Berries

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into 2-quart mold. Chill until firm.

Note: The Royal gelatin package must be labeled Concord grape or it is not Concord and the results will not taste the same. It is somewhat difficult to find the Concord grape flavor.

This is a special favorite gelatin salad enjoyed by family, friends, and all who use it.

Leah Glick
Denver

BEST LOVED BLUEBERRY MUFFINS

1 cup milk
½ cup butter, melted
1 egg, slightly beaten
2 cups all-purpose flour
½ cup sugar
1 tablespoon baking powder
1 teaspoon salt
1 cup fresh or frozen blueberries

Topping:

¼ cup butter, melted
¼ cup sugar

Heat oven to 400 degrees. In large bowl, combine milk, butter, and egg. Add all remaining muffin ingredients except blueberries. Stir just until flour is moistened. Gently stir in blueberries.

Spoon into greased 12-cup muffin pan. Bake for 24-28 minutes or until golden brown. Cool slightly; remove from pan.

Dip tops of muffins in melted butter, then sugar. 1 dozen.

Variations:

Lemon-Blueberry Muffins: Stir in 1 tablespoon grated lemon peel with flour.

Raspberry-White Chocolate Chip Muffins: Substitute 1 cup fresh or frozen raspberries for blueberries. Gently stir in ½ cup vanilla-flavored white chocolate chips with raspberries.

Leah Glick
Denver

BLUEBERRY BUCKLE

2 cups flour
¾ cup sugar
2½ teaspoons baking powder
¾ teaspoon salt
¼ cup shortening
¼ cup milk

1 egg
2 cups blueberries, well drained

Topping:

½ cup sugar
½ cup flour
½ teaspoon cinnamon
¼ cup butter, softened

Blend all batter ingredients except blueberries in blender for about a half minute. Carefully stir in blueberries. Spread mixture into a greased 9-inch square pan. Mix together all topping ingredients. Sprinkle over batter in pan. Bake at 375 degrees for 45-50 minutes. Makes 9-12 servings.

Leah Glick
Denver