



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 — Catherine Conrad, Pottstown, wants a recipe to make Chinese cookies called Hang Yang Bang, which contain almond flavoring and an almond pressed on top.

QUESTION — Wayne Erb, Mount Joy, wants to know how to freeze potatoes for French fries, and how long should they be cooked in oil so they don't turn black?

QUESTION — Ruth Klingler, Selinsgrove, is requesting a recipe for pineapple muffins. She had the opportunity to taste them at a Polynesian Luau she attended at Sea World, Orlando, FL. The muffins were absolutely delicious. Even her husband, who doesn't like pineapples, liked the muffins.

QUESTION — Betty Hopkins writes that she remembers as a young girl living in Arizona being served a refreshing drink that she'd like to make for her three children. Her neighbor made the drink in individual cups. She used orange sherbert and either ginger ale or orange soda. Does anyone have any idea what the drink was called and the proper proportions to use?

QUESTION — Malinda Renno, Fort Royal, wants a recipe for barbecued beans, which appeared in the *Farm Journal* sometime during the 1960s. She lost the recipe, but recalls that it had meatballs and a very good barbecue flavor.

QUESTION — Penny Haber from Bucks County writes that for several years she has used a Victoria Squeeze Strainer to prepare her tomatoes for canning. She has also tried to use it to prepare strawberries and raspberries for jelly making but the proportions have turned out wrong. She would appreciate if readers who have successfully prepared fruit this way send instructions and the proportions of sugar, fruit pectin, and fruit they used.

QUESTION — A reader from Greencastle writes that many years ago her grandmother made pan cake using corn meal. The cakes were soft and crunchy. The reader said her experiments with making corn meal pan cakes turn out thick like pancakes. She would like thin-crunchy ones. She has tried many different recipes with no luck. Can anyone help her?

QUESTION — Karen Ramseur, Williamstown, N.J., writes that she attended the Kutztown Pennsylvania German Festival recently. A Pennsylvania German cooking presentation demonstrated drying corn on a double-walled pan with a funnel adaptor at one end to add water. She also attended the country auction featured at the festival and brought a vegetable dryer. Anyone have recipes to instruct her how to dry vegetables? Karen also thanks readers who sent in "wonderful" lemon jelly and cornbread recipes in answer to her requests.

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

ANSWER — Martha Weaver, East Earl, requested homemade wine recipes that are sugarless. Thanks to Donald E. Truett, who writes that wine cannot be made without sugar because sugar makes the alcohol. If you don't use sugar, all you will have is juice.

ANSWER — A Lancaster County reader wanted a recipe for watermelon wine and for other flavors. Thanks to Donald Truett for sending the following wine recipe that can be used for a variety of fruits.

Fruit Wines

2 pounds fruit
2 pounds sugar
1 gallon water

Combine ingredients (crush the fruit for faster fermenting results) and put in container that can be sealed. Put hose in water and other end in container so that it can't get air. Let set where the temperature stays the same. Let ferment until it quits bubbling.

ANSWER — A Lebanon County reader is looking for a ketchup recipe that was printed last year called "Mother-in-law's Delicious Ketchup." Thanks to Pam Mummert, Glen Rock, for sending a recipe.

Mother-in-Law's Delicious Ketchup

2 gallons uncooked tomato chunks
2 onions
Boil together tomato chunks and onions. Put through tomato strainer. Add:
5 tablespoons salt
1 teaspoon cinnamon
1 teaspoon cloves
2 cups vinegar
Boil one hour, add:
6 cups sugar
7 tablespoons Clear Jel
Boil mixture an additional hour. Fill pint jars, adjust lid, and process 15 minutes in boiling water bath.

ANSWER — Thanks to Joan Hollinger, Ocala, FL., for sending in this light dessert recipe for a reader.

Lemon Fluff

1 can evaporated milk, ice cold
3-ounce package lemon Jell-O
Dissolve Jell-O in $\frac{3}{4}$ cup sugar and $1\frac{1}{2}$ cups boiling water. Add juice and rind of one lemon. When mixture is jelled, whip until light and fluffy. Whip the ice cold evaporated milk until the consistency of stiff whipped cream. Add the Jell-O mixture to the whipped milk, and beat until well mixed. Serve with graham cracker crumbs. (Before I beat the milk, I put the mixing bowl and beaters in the refrigerator for a little so they are cold when you put the milk in the bowl. The colder the milk, the better it will beat.)

ANSWER — Betty Hopkins said that an elderly friend, who is no longer living, used to make cucumber salad that "was out of this world." Betty remembers the cucumbers were sliced very thin and boiled. She thinks onions were included. Thanks to Patricia Pflieger for sending a recipe; however the cucumbers are not boiled before using. If anyone has a recipe requiring the recipes to be boiled, please send it in.

Cucumber Salad

3 large cucumbers, sliced thin
1 large onion, sliced in thin rings and halved
 $\frac{1}{3}$ cup vinegar
3 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{3}$ cups water
Combine vinegar, sugar, salt and water in a salad bowl. (Adjust the vinegar/sugar ratio to suit your taste). Blend thoroughly. Add cucumbers and onions. Chill in refrigerator until ready to serve. This makes a sweet and tart flavor, which Patricia thinks is best. Makes enough for a large family.

ANSWER — A reader requests the recipe for baked French toast made with a can of apple pie filling. Thanks to Ruth Nolt, Leola, for sending a recipe.

Apple French Toast Bake

21-ounce can apple pie filling
3 eggs
1 cup milk
10 slices day-old bread
1 teaspoon vanilla
2 tablespoons melted butter
1 tablespoon sugar
 $\frac{1}{8}$ teaspoon cinnamon
1 small container vanilla yogurt
Spoon pie filling into greased 9x13-inch baking pan. In a bowl, beat eggs, milk, and vanilla. Dip bread slices into egg mixture. Arrange two rows of five slices bread, overlapping slices slightly in baking dish with pie filling. Brush bread with melted butter and sprinkle with cinnamon and sugar.

Bake, uncovered, at 350 degrees for 30-35 minutes or until lightly browned. Cut into squares and serve fruit side up with several spoonfuls of yogurt.

ANSWER — Rosalie Nolt requested a recipe for New England clam chowder, similar to Friendly's or Campbell's soup. Thanks to Ruth Nolt, Leola, for sending this recipe, which she likes although it isn't the recipe from Friendly's or Campbell's.

Favorite Fish Chowder

1 large onion, chopped
 $\frac{1}{4}$ - $\frac{1}{2}$ cup butter
4 cups water
6 cups peeled, diced potatoes
2 pounds fish filets, cut into chunks
2-3 tablespoons lemon juice
4 cups milk
 $\frac{1}{2}$ cup dry milk
 $2\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
Chopped fresh parsley
Saute onion in butter. Add water and bring to boil. Add potatoes, cook for 10 minutes. Add fish and lemon juice; reduce heat and simmer for 10 minutes.

Add milk, dry milk, salt, and pepper. Heat. Garnish with parsley and serve.
Fish is easy to cut into chunks if half frozen. A similar recipe, Ruth uses, includes 1 cup corn, $\frac{1}{4}$ teaspoon sage, and $\frac{1}{4}$ teaspoon thyme. Rosalie may want to experiment to acquire the flavor she prefers.

Do Leftovers Improve In Flavor?

COLUMBUS, Ohio — Some people believe that stews and soups always taste better after spending a day in the refrigerator, but other people despise leftovers, whether it's day-old meatloaf or yesterday's stew.

Many people believe that homemade foods such as soups, stews, chili and spaghetti sauce taste better after cooking them on the stove, and letting them sit in the refrigerator overnight. However, the scientific reasoning behind this phenomenon isn't clear-cut.

Many food scientists believe "flavor blending" is at work. That is, when you mix different ingredients together and add herbs and spices, their distinct flavors begin to merge. The longer they're together, the more they mingle. If scientists were to measure the compounds that produce

the food's overall taste, they would initially find many spikes and peaks of the distinct flavors. Over time, those spikes and peaks would dissipate as the flavors combined. The chili powder in chili would become less harsh; the beans in the mix would be less "beany" but more flavorful from the spices, tomatoes, and meat.

What's happening is that the chemicals and oils that produce flavor and aroma are being released from the different ingredients. That doesn't always happen quickly, and it may not totally occur while the food cooks.

You can see that kind of occurrence at work with the new "Magic Twist" Kool-Aid drinks. For example, the "Changin' Cherry" flavor starts green and turns blue — although it always tastes like cherry.

How does it work? It uses two colorings — one yellow

and the other blue. The initial color is a blend of the two, making the drink green. As more of the less-soluble blue coloring agent gets released, it overwhelms the yellow dye, changing the color of the beverage to blue.

A similar but more subtle type of thing happens with flavor compounds: Some may take longer than others to be released.

Another factor also may affect the flavor of leftovers: As you reheat the food, more water is released as steam. That alone can intensify the flavor of your favorite soup, making you think it tastes better the next day.

Chow Line is a service of The Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or filipic.3@osu.edu.