



Cook's Question Corner

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 — A reader wants a recipe for green tomato pie and other recipes to use end-of-season produce.

QUESTION — How about some recipes for dried apple slices and other ways to use an abundance of apples?

QUESTION — Readers would like recipes for preparing pumpkin and squash dishes to serve as a vegetable or main course.

QUESTION — Pamela Hoy, Lewistown, wants to know where to purchase hickory salt, which is often listed as an ingredient in sausage recipes.

QUESTION — A Leola reader wants a recipe to make homemade French vanilla coffee creamer.

QUESTION — A Leola reader wants a recipe to make beef gravy like that served with Salisbury steak in restaurants.

QUESTION — Roxanne Bonifay, Salem, N.J., is looking for a very old recipe called Spanish bar cake, which is a heavy spice cake with raisins.

QUESTION — A reader from Lebanon wants a recipe for pizza sauce that tastes like the Ragu brand.

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 — 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. If we do not receive a response to this within the next two weeks, we will assume our readers do not know the answer and drop the request.

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. If we do not receive a response to this within the next two weeks, we will assume our readers do not know the answer and drop the request.

CORRECTION — A recipe had been printed for Fern Freeman, Ellitsburg, several weeks

Weigh All Factors To Determine Fat

COLUMBUS, Ohio — Can it be true that fried chicken has only slightly more fat than roasted chicken?

Ounce for ounce, that might be true — depending on what your definition of "slightly" is. But as usual, the answer is a bit more complicated than you might think. Let's take a look at the numbers and start there.

According to the U.S. Department of Agriculture's Nutrient Database (<http://www.nal.usda.gov/fnic/cgi-bin/nut-search.pl>), 100 grams, or about 3.5 ounces, of roasted chicken meat contains 190 calories and 7.4 grams of fat. The same amount of battered fried chicken meat contains 219 calories and 9.1 grams of fat.

That additional fat might not seem like much. However, that's if you eat just the meat. If you eat the skin, too, you've got a different story. In that case, 100 grams of roasted chicken contains 239 calories and 13.6 grams of fat. The same amount of fried chicken contains 289 calories and 17.4 grams of fat. (Now you know why weight-loss programs counsel participants to eat skinless chicken).

Still, there's another complication to take into account. When you batter and fry chicken, you add weight to each

piece of chicken normally consumed. To take this into account, the USDA's Nutrient Database averages the weights of "units," or pieces, from one-pound ready-to-cook chickens, and then compares the fat and calories for each unit. The results may surprise you.

The average unit of meat from roasted chicken weighs in at 146 grams, contains 277 calories and 10.8 grams of fat. The average unit of meat from fried chicken weighs 155 grams, contains 339 calories and 14.1 grams of fat. Are those differences still "slight" in your mind?

Now let's compare those numbers for chicken with skin. The average unit of meat with skin from roasted chicken weighs 178 grams, contains 335 calories and 19 grams of fat. But here's the kicker: The average unit of battered, fried chicken with skin weighs 280 grams, contains 809 calories and 48.6 grams of fat. That kind of difference is hard to overlook.

The bottom line: The battered skin on fried chicken skin adds quite a bit of weight to the piece of chicken, and could add quite a bit of weight to your hips as well.

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.

Rice For Every Reason

(Continued from Page B6)

BROCCOLI RICE CASSEROLE

¼ cup chopped onion
¼ cup chopped celery
2 tablespoons butter
3 cups cooked rice
1 (10-ounce) package frozen chopped broccoli, thawed
1 (10-¾-ounce) can condensed cream of chicken soup
4 ounces pasteurized process American cheese spread
¼ teaspoon salt
¼ teaspoon ground black pepper
½ teaspoon hot pepper sauce
½ cup (2 ounces) grated Cheddar cheese

Cook onion and celery in large skillet until tender crisp. Add rice, broccoli, chicken soup, cheese spread, salt, pepper and hot pepper sauce.

Spoon into buttered 1½ to 2-quart baking dish. Bake at 350 degrees 35 minutes, or until hot and bubbly. Top with grated cheese. Bake 3 minutes longer, or until cheese melts.

Microwave Oven Instructions

Melt butter in shallow 1½ to 2-quart microproof dish on HIGH ½ to 1 minute. Add onion and celery. Cover; cook on HIGH 1 to 2 minutes, or until tender crisp. Add broccoli, soup, cheese spread, salt, pepper and hot sauce. Cook on HIGH 8 to 10 minutes, or until hot and bubbly. Top with grated cheese. Cook on HIGH ½ to 1 minute, or until cheese melts.

Makes 6 servings.

Nutrition

Each serving provides 316 calories, 12 grams protein, 16 grams fat, 31 grams carbohydrate, 2 grams dietary fiber, 42 milligrams cholesterol and 1087 milligrams sodium.

HONEY PECAN RICE STUFFING

1 (6 to 8 pound) turkey or other wild game, thawed
1 cup chopped onion
1 cup sliced celery
1 cup coarsely chopped pecans
½ cup raisins
1 tablespoon butter
¾ teaspoon cinnamon, divided
¼ teaspoon salt
4 cups cooked rice, cooked in chicken broth
¾ cup honey, divided

Remove giblet packet from turkey; rinse turkey with cool water. Drain; set aside. Saute onion, celery, pecans and raisins in butter in large skillet over medium-high heat until vegetables are tender-crisp. Add ½ teaspoon cinnamon and salt; cook 1 minute. Combine vegetables with rice in large bowl. Stir in ¼ cup honey. Spoon rice into cavity of turkey. Use wooden picks, soaked in water, to enclose filling. Place turkey breast side up in roasting pan on rack coated with cooking spray. Roast at 325 degrees 2 to 2½ hours or until internal temperature registers 180 to 185 degrees. Combine remaining ½ cup honey and remaining ¼ teaspoon cinnamon in small bowl to use as glaze. Glaze turkey occasionally during last hour of roasting. Cover with foil to prevent excess browning, if desired. Let stand 10 to 15 minutes. Remove stuffing before carving.

Makes 12 servings.

Time will be slightly less for unstuffed turkey. Difference in individuals turkeys may increase or decrease cooking time. Check package instruction for time table. Stuffing can also be used as side dish. Bake at 350 degrees in casserole dish 15 to 20 minutes or until thoroughly heated.

Nutrition: Each serving provides 636 calories, 56 grams protein, 28 grams fat, 38 grams carbohydrate, 1 gram dietary fiber, 159 milligrams cholesterol and 493 milligrams sodium.

ago. Sorry, but L.L. forgot to include the amount of flour. Here is the corrected recipe.

Black Olive Bread

3 cups bread flour
2 teaspoons active dry yeast
2 tablespoons granulated sugar
1 teaspoon salt
½ cup chopped black olives
3 tablespoons olive oil
1¼ cups warm water (110-degrees)
1 tablespoon cornmeal

In a large bowl, mix together flour, yeast, sugar, salt, black olives, olive oil, and water. Turn out dough on a floured board. Knead until smooth and elastic, 5-10 minutes. Set aside, and let rise about 45 minutes, until it doubles in size. Punch down. Knead well again, about 5-10 minutes. Let rise for about 30 minutes, until it doubles in size. Round the dough on a kneading board. Place upside down in a bowl lined with a lint-free, well-floured towel. Let rise until doubled in size.

While the bread is rising for the third time, put a pan of water in the bottom of the oven. Preheat oven to 500 degrees. Gently turn loaf onto a sheet pan that has been lightly oiled and dusted with cornmeal.

Bake loaf at 500 degrees for 15 minutes. Reduce heat to 375 degrees. Bake 30 minutes or until done.

ANSWER — Wayne Erb, Mount Joy, wanted a recipe to make French fries at home for freezing. Thanks to Mrs. Nathan L. Wadel, Chambersburg, for sending a recipe she received from a home economist several years ago. She writes that French-fried potatoes frozen at home do not have quite the flavor and quality that commercially frozen fries do because commercial freezing uses a flash freezing process that cannot be duplicated in home freezers.

French Fries

Prepare potatoes for French frying. Fry briefly in deep fat until barely golden. Remove from fat, drain well, and spread on cookie sheet taking care not to have potatoes touching. Freeze on cookie sheet in a single layer without covering. When frozen, place in plastic freezer bag, force out air, and tie securely.

Prepare for serving as you would commercially frozen French fries.

ANSWER — Evelyn Smith, Duncannon, requested a recipe for orange creamsicle fudge. Thanks to Pam Mummert, Glen Rock, for sending her recipe.

Orange Creamsicle Fudge

¾ cup plus 1½ teaspoons butter (no substitutes) divided
¾ cup sugar
¾ cup cream
10-12-ounce package vanilla or white chips
7-ounce jar marshmallow creme
3 teaspoons orange extract
12 drops yellow food coloring
5 drops red food coloring

Grease a 9x13-inch pan with 1½ teaspoon butter. In a heavy saucepan, combine sugar, cream, and remaining butter. Cook and stir over low heat until sugar is dissolved. Bring to a boil; cook and stir four minutes. Remove from heat; stir in white chips and marshmallow creme until smooth.

Remove one cup mixture and set aside. Add orange extract and food colorings to remaining mixture; stir until blended.

Pour into prepared pan. Drop reserved marshmallow mixture by tablespoonfuls over top; cut through mixture with a knife to swirl. Cover and refrigerate until set. Cut into squares. Yields: 2½ pounds.