



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 — Anna Bryan, Oxford, N.J., wants a recipe for pickled red cabbage.

QUESTION — A reader wants 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 — 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 — 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 — 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.

ANSWER — Thanks to Anna Martin, Denver, for sending a squash recipe. More recipes are requested for pumpkin and squash dishes.

Baked Acorn Squash

3 acorn squash
6 tablespoons honey or syrup
1 teaspoon salt
1 pound pork sausage
1 teaspoon sage

Wash each squash and cut in half. Remove seeds and strings. Put a tablespoon honey or syrup in each half. Sprinkle with salt and powdered sage. Fill cavity with pork sausage and top with bread crumbs. Place halves in baking pan, add about one-inch water. Cover and bake at 400 degrees for 40 minutes. Remove cover and allow to brown. Serves 6.

ANSWER — A reader wanted a recipe for green tomato pie. Thanks to Anna Martin, Denver, for sending one.

Green Tomato Pie

3 cups green tomatoes, sliced
½ cup brown sugar
½ cup molasses
½ cup water
2 tablespoons flour
1 teaspoon cinnamon
¼ teaspoon nutmeg

Pastry for 2 9-inch crusts

Slice tomatoes in thin rings. Do not pare. Cover with boiling water and let stand 10 minutes. Drain. Put tomato slices in unbaked pastry shell. Combine sugar, flour, and spices. Add molasses and water. Pour mixture over tomatoes. Cover with top crust. Bake at 425 degrees for 15 minutes. Reduce oven temperature to 375 degrees and continue to bake 30 minutes. Makes one 9-inch pie.

ANSWER — Roxanne Bonifay, Salem, N.J., requested a very old recipe called Spanish bar cake, which is a heavy spice cake with raisins. Thanks to Charlotte VanBuskirk, Halifax, for sending one that she writes tastes better a day or so after it is made so the spices have a chance to blend.

Spanish Bar Cake

4 cups water
2 cups raisins
1 cup shortening
4 cups all-purpose flour
2 cups granulated sugar
2 teaspoons baking soda
1 teaspoon ground cloves
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 teaspoon ground allspice
½ teaspoon salt
2 eggs
1 cup chopped walnuts

Preheat oven to 350 degrees. Lightly grease 9x13-inch pan. Cook raisins and water for 10 minutes over medium heat. Stir in shortening. Remove from heat and let mixture cool.

Combine flour, sugar, salt, baking soda, ground cloves, ground nutmeg, ground cinnamon, ground allspice, and salt. Add flour mixture to the cooled raisin mixture and blend well. Stir in beaten eggs. Add chopped nuts (if desired). Pour batter into prepared pan. Bake at 350 degrees for 35 minutes.

ANSWER — Pamela Hoy, Lewistown, wanted to know where to purchase hickory salt, which is often listed as an ingredient in sausage recipes. Thanks to Shirley Orfanella, Quarryville, for recommending mail ordering it by requesting a catalog from Penzeys, Ltd. Spice Company, 582 W. 19362 Appollo Drive, Muskego, WI 53150.

ANSWER — Karen Ramseur, Williamstown, N.J., wrote that she attended the Kutztown Pennsylvania German Festival and saw a Pennsylvania German cooking presentation demonstrating 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. She wanted recipes to instruct her how to dry vegetables. Check out this week's and the next two weeks column "Well Preserved," which appears in B section of this paper. For three weeks, the column will include information about drying foods.

ANSWER — Evelyn Smith had requested a recipe for creamsicle fudge, which was printed in last week's issue. Thanks to a Shade Gap reader for sending the same recipe only she called it marbled orange fudge. Shirley Orfanella, Quarryville, sent in a recipe for white fudge in which she added orange extract.

Creamsicle Fudge

2 cups granulated sugar
½ cup sour cream
⅓ cup white corn syrup
2 tablespoons butter
¼ teaspoon salt
2 teaspoons vanilla OR orange extract
Nuts, optional

Combine first five ingredients and bring to a slow boil. Boil without stirring to 236 degrees. Remove from heat. Let stand 15 minutes. Do NOT stir. Add flavoring, beat until mixture loses its gloss, about 8 minutes. Pour into greased pan. Cool and cut into squares.

ANSWER — Thanks to Pen Leicht, Manchester for sending this dessert recipe, in answer to a request for dessert recipes.

Cherry Graham Dessert

Graham cracker crumbs
8-ounce container whipped topping
2 cans cherry pie filling

Spread graham cracker crumbs on the bottom of a bowl. Layer one can of cherry pie filling and half the whipped topping. Add more graham crackers, and second can of cherry pie filling. Top with remainder of whipped topping and a few graham cracker crumbs for decoration.

It's Not Tough To Tenderize Meats — Just Make Marinade

UNIVERSITY PARK (Centre Co.) — Nothing ruins a dinner faster than a tough cut of meat. However, a meat scientist in Penn State's College of Agricultural Sciences says even the most unforgiving meats can be tenderized, given enough time and the right marinade.

"Giving a marinade time to work is the key," says Ed Mills, associate professor of dairy and animal science. "The ingredients that break down the connective tissue in the meat must be able to penetrate all the way through the cut. Cooks should prepare the marinade the night before, put the meat in, and let it marinate overnight in the refrigerator."

Although would-be gourmets can soak meat in anything and call it a marinade, Mills says any marinade must contain some type of acid to be an effective tenderizer. Acidic molecules in fruits, vegetables and vinegar break down and soften the connective tissue in meat over time. The alcohol in wine works in much the same way, but it is not as effective as stronger acids.

"The idea behind marinating meat is to add flavor and to tenderize," Mills says. "If you marinate a steak for 20 minutes right before you cook it, the flavor will be enhanced, but that isn't enough time to improve tenderness."

Mills recommends that every marinade include three essential elements:

- Flavor. Using seasonings and spices, cooks can give a variety of meats unique flavors.

- Acids or alcohol. Effective acids are found in tomato products, lemons, fruit juices and vinegar. Almost all marinades containing alcohol are made with wine, Mills says.

- Salt. The acid in a marinade may cause meat to lose its ability to retain water, Mills explains. Add salt improves juiciness and allows the meat to retain the marinade's flavors.

"Marinades aren't limited to less tender cuts of meat," Mills says. "All cuts of beef, pork and poultry can benefit from a marinade. It's also an easy way to add unique flavors to the dinner table."

Mills says home tenderizing products also work, although marinades can penetrate through meat more quickly. "Commercial home tenderizers usually contain papain, a derivative of the papaya," Mills explains. "Papain takes longer to penetrate into the meat because the tenderizing agent is a protein, which is much larger than the acids in fruit juices, vinegars or alcohol. Given enough time, it will penetrate and tenderize the meat but by then the surface will be soft and mushy. When using either marinades or meat tenderizers, it is helpful to use a fork to make small holes that speed up penetration."

Checkoff Helps Develop New Pork Sandwich At McDonald's

DES MOINES, Iowa — Pork producers, through their investment in the Pork Checkoff, helped develop the new "Breaded Pork Loin Sandwich" that McDonald's is offering in more than 400 locations in Indiana, Kentucky and Missouri.

"Growing demand for pork is a primary goal of all pork producers," said National Pork Board member Mark Reding, a pork producer from Howardstown, Ky. "Through new product offerings such as this sandwich in the foodservice segment, we have opportunities to build demand."

This Breaded Pork Loin Sandwich was developed for the Indiana marketplace. "The quickserve restaurants were looking for a way to use a long-time favorite sandwich," Reding said. "Pork producers are always looking for ways to get more pork on menus."

When this sandwich promotion is successful, there is the potential for the sandwich to be available in McDonald's restaurants across America. Part of the sandwich promotion is featuring the Pork. The Other White Meat logo in television advertising in Indiana, Kentucky and Missouri.

ANSWER — Thanks to Lancaster County Dairy Princess Kari Martin for sending this recipe using sweet potatoes.

Sweet Potato Pudding

2 cups mashed sweet potatoes
2 eggs
1 cup cream
6 tablespoons sugar
1 teaspoon salt
2 tablespoons butter
8 marshmallows or ½ cup marshmallow whip

Cook sweet potatoes with skins on until soft. Peel and mash sweet potatoes. Add sugar, salt, melted butter, and cream. Beat eggs well, and add to mixture. Pour in a buttered baking dish and top with marshmallows. Bake at 350 degrees for 45 minutes. Serves 6.