



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 — An Ephrata reader wants a recipe to make a honey and mustard pretzel either as a sauce to pour on the pretzels or as a dip.

QUESTION — An Ephrata reader would like a recipe for raisin crumb pie that doesn't include milk in the ingredients.

QUESTION Nina Biddle, Tyrone, has identical recipes for sugar cookies, one using Pillsbury flour and the other Gold Medal. Why do they taste differently if the identical ingredients are used?

QUESTION — Recipes for one-dish meals and for using Thanksgiving leftovers are needed.

QUESTION — Mrs. Horst is looking for an old recipe for marble cake, which she remembers her mother had copied from this paper. The recipe is lost, but Mrs. Horst remembers it was a white cake batter. Part of the batter was separated and cocoa added to it. The recipe made a fluffy marble cake. She does not want a recipe with molasses, brown sugar or spices listed, just a plain white and chocolate batter.

QUESTION — A reader would like recipes to make candy bars that taste similar to Snickers and Nutrageous.

QUESTION — A Lebanon reader would like a recipe for peanut butter pudding.

QUESTION — Cindy Smith, Tyrone, wants recipe for a carrot salad she enjoyed as a child. She recalled that it had shredded carrots, raisins, pineapples, and a dressing.

QUESTION — S. Jones is trying to find a recipe to make black licorice coal candy like that sold in miniature coal buckets with a little hammer to break it.

QUESTION — Victor Chmura, Pottstown, would like to know how to can white mushrooms. He doesn't want pickled mushrooms, just plain mushrooms to can and use in recipes.

QUESTION — Gloria Miller, Christiana, lost the recipe for mini upside down pineapple cake, which is made in cupcake pans.

QUESTION — A fairly new homemaker wants recipes that are easy but taste wonderful to serve to guests. She would also enjoy any pointers to help entertain guests with ease.

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

ANSWER — For all those hunters who want to know what to do with the meat, Alma Martin, East Earl, should know. Last year, her family attained six deer. She sends in this recipe for deer jerky. She writes that her family likes to have plenty on hand to snack and chew on over the holidays and during an afternoon of family games. The men folks always want a bagful in their lunch—for healthy chewing. It's gone too soon.

Deer Jerky

3-5 pounds thinly sliced deer or beef meat.
Lay on trays in a single layer. Make brine with the following ingredients:
½ teaspoon black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 tablespoon salt
2 tablespoons liquid smoke
1 cup warm water

Pour over meat until covered. Let stand to soak one day. Turn meat, soak one more day. Soak meat in refrigerator. Put in food dryer approximately six hours or however you like it. Keep in dry place.

ANSWER — Eleanor Heinsey, Denver, mislaid the recipe for Pineapple Carrot Cake that had been printed in this column. Thanks to B. Weaver, Stevens, for sending a recipe that she says is delicious.

Carrot Cake

2 cups flour
2 cups sugar
½ teaspoon salt
1 teaspoon baking soda
2 teaspoons cinnamon
3 eggs
1½ cups vegetable oil
2 cups grated carrots
1 teaspoon vanilla
1 cup crushed, drained pineapple
1 cup coconut
½ cup chopped nuts

Combine ingredients and beat until well blended. Bake at 350 degrees for 50-60 minutes. When cool, frost with the following:

Cream Cheese Frosting:

6-ounces cream cheese
3 cups confectioners' sugar
6 tablespoons butter softened
1 teaspoon vanilla

Frost cooled cake and sprinkle with ½ cup nuts.

ANSWER — Pamela Hoy wanted to know where to find hickory salt for sausage making. Thanks to Mrs. A. Martin for writing that she purchased hickory smoke salt from Isaac and Elva Martin, 1178 Lebanon Rd., Manheim, PA 17545. Phone (717) 665-5013.

ANSWER — Tami Balzanna, Fawn Grove, wanted to know how to keep the shell from sticking to hardboiled eggs when trying to shell them. Thanks to D. Newswanger, Carlisle, for writing that she has had success with the following method: Bring water to a boil, immerse eggs in the water and continue boiling until hard boiled.

Thanks to Joyce Stuff, Mercersburg, who writes that eggs must be at least one week old. Keep them at a cool temperature (not refrigerated), and pour warm water over the eggs prior to cooking. After cooking, cool by running cold water over the eggs, drain, and cover slightly with cold water. Let eggs cool. Crack eggs around the "belly" until crumbly. Pick the shell open with a fingernail, and start peeling while dipping the egg frequently into the water to keep egg moist. Do not worry if the eggs aren't perfect, just make sure they taste good.

Here's another method from Shirley Orfanella, Quarryville.

Hardboiled Eggs

Place cold eggs in a single layer in a pan just big enough to hold them. Add cold water to cover by one inch. Cover pan and bring to a boil over high heat. Remove from heat and let stand 17 minutes for medium eggs or 20 minutes for large ones. Pour off water and rinse under cold water.

Here's another method from Toni Kellers, Bucks County. She writes that you must use "old" supermarket eggs because fresh eggs can't be peeled after boiling. Refrigerate the eggs for two weeks after purchasing before hard boiling.

ANSWER — Pollyanna Eby, Belleville, wanted recipes and instructions for making ice cream cakes such as that sold by Dairy Queen and Carvel. Thanks to D. Newswanger, Carlisle, for sending the following instructions for an ice cream cake that her family thinks is delicious.

Ice Cream Cake

Prepare and bake one package of brownie mix in 9x13-inch pan according to directions on box. Cool cake. Using ½ gallon vanilla ice cream, make a thick layer of ice cream on top of brownies. Sprinkle 1 cup crushed Oreo cookies on top of ice cream. Drizzle chocolate syrup over cookies. Top with whipped topping of your favorite frosting. Garnish with a few cookie crumbs or decorate with frosting. Store in freezer. Allow to thaw slightly before serving.

ANSWER — Cindy Smith, Tyrone, wanted recipe for a cookie that tastes like the Little Debbie oatmeal cookies with filling.

Little Debbie's Chewy Oatmeal Cookies

3 cups flour
1½ teaspoon salt
3 teaspoons vanilla
4½ cups brown sugar
3 cups oatmeal
1¼ teaspoon baking soda
3 teaspoons nutmeg
2¼ cups margarine
6 eggs

3 cups raisins or chocolate chips (optional)
Mix together dry ingredients in a bowl, add margarine and eggs. Stir until moist. Add vanilla, mix well, then add raisins or chocolate chips (optional). Place by spoonful on cookie sheet.

Bake at 350 degrees for 10-12 minutes. Do not over bake. Makes 4-5 dozen. Use whoopie pie icing for filling recipe.

ANSWER — Melba Sheffer, Glen Rock, misplaced her sour dough starter recipe and has been lost without it. Thanks to Fern Schlegel, Dalmatia, for coming to her rescue with the following recipe.

Amish Friendship Starter Dough

½ teaspoon dry yeast
1-ounce warm water
1 tablespoons sugar
1 tablespoon vinegar
½ teaspoon salt
1 cup flour
1 cup milk, room temperature

Dissolve yeast in warm water. Add all ingredients in a bowl. Cover with plastic wrap and let stand in warm place for two days to ferment. Mixture will become bubbly and have a sour smell. After second day, start your bread recipe using this starter.

ANSWER — A steady reader is looking for an onion soup recipe. Thanks to Shirley Orfanella, Quarryville, for this recipe.

Best Onion Soup

6 large white onions, thinly sliced
¼ cup butter

1 teaspoon sugar—twice
2 tablespoons Dijon mustard
6 cups good beef stock
Toasted French bread
Grated Gruyere cheese

Melt butter and saute onions until translucent. Add 1 teaspoon sugar and cook over low heat. Stir in mustard and add second spoon of sugar. Can add ¼ cup Cognac if desired. Add stock and cook to a boil. Stir often. Lower heat and simmer one hour. Ladle into bowls and top with toast and cheese. Broil until lightly browned — watch closely.

ANSWER — Ralph Nissly, Lancaster, wanted a recipe to can pumpkin to make pies. Thanks to Shirley Orfanella, Quarryville, who send a recipe but also the comment: "Almost easier and cheaper to buy (already canned pumpkin).

Canned Pumpkin

Cut two washed pumpkins into large pieces. Discard seeds or keep separate. Steam or bake pumpkin until tender. Scoop out pulp. Put through food mill. Add boiling water to thin slightly. Pour hot into jars, leave one-inch headspace. Add 1 teaspoon salt to each quart. Process pints about 1 hour and quarts for 1 hour and 20 minutes at 10 pounds pressure.

Getting To Root Of Yam

COLUMBUS, Ohio — What is the official difference between a yam and a sweet potato?

That depends. Are you talking about "true" yams, or are you talking about what people across the United States call yams?

First, let's focus on true yams. These are very different from sweet potatoes, and you don't find them commonly in this country. They come from a different botanical family, from the genus *Dioscorea*, or "yam" family (surprisingly enough).

They have rough, scaly skin and are starchier than sweet potatoes. They have a reddish-colored flesh. True yams grow in tropical and subtropical climates, and aren't grown commercially in the United States.

Sweet potatoes are known by the scientific name *Ipomoea batatas* and are a member of the morning glory family. They are sweeter and moister than true yams. More than likely, you've officially got sweet potatoes on your Thanksgiving dinner table.

However, there are different kinds of sweet potatoes, and the most common are called — you guessed it — yams. And unlike true yams, these yams are sweeter and moister than other sweet potatoes. Their flesh is a deeper orange and, as you might guess, they have more beta carotene. Other sweet potatoes, the Jersey type, have pale yellow or light brown flesh.

Ironically, neither true yams nor sweet potatoes are closely related to white potatoes, which come from the *Solanum* family, same as the eggplant and tomato.

True yams and sweet potatoes are really enlarged roots. White potatoes, on the other hand, are special types of underground stems, similar to the above-ground stems we see.

According to the U.S. Department of Agriculture's Standard Nutrient Database, a baked, medium-sized orange-fleshed sweet potato (a "yam," about 5 inches long) has about 120 calories, 3.5 grams of fiber, 400 milligrams of potassium, 25,000 International Units of vitamin A as beta carotene.

Adding a tablespoon of both butter and brown sugar adds about 150 calories and 12 grams of fat. Or, one 2.5-inch by 2-inch portion of home-prepared candied sweet potatoes contains about 600 calories and 3.5 grams of fat — of course, your family recipe may vary.

Chow Line is a service of Ohio State University Extension and the Ohio Agricultural Research and Development Center.

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