



## 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 [LG00D.EPH@LNPNEWS.COM](mailto:LG00D.EPH@LNPNEWS.COM)

**QUESTION** — A Lancaster County reader wants a recipe to make homemade cream cheese.

**QUESTION** — Debbie Mullinix, Woodbine, Md., wants the exact recipe for Jell-O jigglers made with liquor.

**QUESTION** — A reader wants lowfat recipes and diabetic recipes that other readers have tried and liked.

**QUESTION** — A reader wants a recipe to make raisin bran muffins in which the mix can be refrigerated up to 30 days and used when needed.

**QUESTION** — A Narvon reader writes that she accidentally discarded two recipes, which she had clipped from this column, that her family really liked. One recipe was for waffles, and the lady who had submitted it wrote that she sold them at a stand when she was young. The other recipe was for biscuits that used cold butter cut into the flour. Anyone know to which recipes she is referring? Please send in to be reprinted.

**QUESTION** — Pat Elligson, Millers, Md., wants a recipe for good, moist old-fashioned fruit cake that is thick with fruit and nuts.

**QUESTION** — June Martin, Oxford, N.J., wants a recipe to make venison hot dogs.

**QUESTION** — Frank Bonk, Perth Amboy, N.J., wants to know where to find fresh killed geese and goose livers.

**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?

**ANSWER** — Here are a few more recipes for Carrie Sponseller, Gettysburg, who wanted recipes to make dips of different varieties.

### Slow-Ball Dip

1 large round loaf crusty unsliced bread (about 24 ounces)  
16 ounces softened cream cheese  
3 cans (6½ ounces each) chopped clams, drained (reserve ¼ cup liquid)  
2 tablespoons grated onion  
2 teaspoons Worcestershire sauce  
2 teaspoons lemon juice  
1 teaspoon hot pepper sauce, or to taste  
½ teaspoon salt  
Parsley sprigs for garnish (optional)  
Raw vegetables for dipping  
With sharp knife cut top from bread; set aside. Hollow loaf, leaving a 1½-2 inch thick shell. Cut removed bread in cubes and set both aside. In a large bowl beat cream cheese until smooth. Stir in clams with reserved clam liquid, onion, Worcestershire sauce, lemon juice, pepper sauce, and salt until well blended.

On baking sheet make a cross with two sheets of foil, each long enough to cover the loaf. Center bread shell on the foil. Pour clam mixture into the shell and cover with the bread top.

Wrap loaf with the foil.

Bake in preheated 250-degree oven for three hours for flavors to blend and clam mixture to get hot.

Toast bread cubes in the oven during the last five minutes of baking time.

Remove top; sprinkle dip with parsley. Serve loaf on large platter surrounded by the bread cubes and raw vegetables for dipping.

When empty, the bread shell can be cut or torn apart and eaten. Makes 12 servings.

### Bacon Horseradish Dip

1 cup mayonnaise  
1 cup sour cream  
¼ cup real bacon bits  
¼ cup prepared horseradish  
Stir all ingredients until well mixed. Cover and chill. Makes about two cups.

### Hot Crab Dip

3 ounces softened cream cheese  
½ cup mayonnaise  
6-ounce can crab meat, drained  
¼ cup minced onion  
1 tablespoon lemon juice  
⅓ teaspoon hot pepper sauce  
Beat cream cheese until smooth. Stir in remaining ingredients until well mixed. Spoon into small ovenproof dish. Bake in 350-degree oven 30 minutes or until hot and bubbly. makes about one cup.

### Hot Artichoke Dip

½ cup mayonnaise  
½ cup sour cream  
14-ounce can artichoke hearts, drained and chopped  
⅓ cup grated Parmesan cheese  
⅓ teaspoon hot pepper sauce  
Stir all ingredients until well mixed. Spoon into small ovenproof dish. Bake in 350-degree oven 30 minutes or until bubbly. Makes about two cups.

**ANSWER** — Linda Christman, Greencastle, wanted a recipe for apple dumpling syrup made with the little red cinnamon heart candies. Thank you to Teresa Sanders, Orrtana, for sending in this recipe.

### Spicy Apple Dumpling Sauce

⅔ cup sugar  
4 teaspoons cornstarch  
2 pinches salt  
½ teaspoon cinnamon  
1½ cups water  
4 tablespoons red hots  
Mix all ingredients in a sauce pan. Make sure to mix well and stir often as it comes to a boil. This makes enough for 6-8 large dumplings. Serve warm over warm dumplings.

If you don't have red hots you can use ½ teaspoon allspice and four drops of red food coloring.

*This is a favorite of mine and is a winner with friends and family. I hope you enjoy it, too.*

**ANSWER** — For the reader who wanted recipes for a steak sauce or to use as a marinade, here are a few ideas.

### Southwestern Marinade

¼ cup prepared salsa  
2 tablespoons chopped cilantro  
2 tablespoons fresh lime juice  
1 tablespoon vegetable oil  
1 clove garlic, minced  
¼ teaspoon ground cumin  
Combine all ingredients and mix well.

### Red Wine Marinade

⅓ cup red wine vinegar  
2 tablespoons vegetable oil  
1 tablespoon Dijon-style mustard  
2 cloves garlic, minced  
¾ teaspoon dried Italian seasoning  
¼ teaspoon coarse grind black pepper  
Combine all ingredients and mix well.

### Marinade Hints

Marinades are an easy way to add flavor to beef. A tenderizing marinade must contain an acidic ingredient lemon juice, yogurt, wine, or vinegar. Less tender cuts of beef should be marinated. Cuts include top round steak, eye round steak, chuck shoulder steak, and flank steak.

Marinate in the refrigerator, not at room temperature. Marinate in a glass dish or food-safe plastic bag. Turn meat occasionally while marinating so all sides are exposed to marinade.

• Allow ¼ to ½ cup marinade for each one to two pounds of beef.

• For flavor only, marinate for 15 minutes to two hours.

• To tenderize, marinate for at least six, but not more than 24 hours.

• If marinade is to be used later for basting or as a sauce, reserve a portion BEFORE adding the beef.

The French believe it is the sauce that makes the dish edible. But a good sauce can improve the taste, texture, and eye-appeal of almost every food. Here are steak and burger sauce recipes.

### Classic Horseradish Sauce

1 cup sour cream  
¾ cup heavy cream, whipped  
1 teaspoon sugar  
Salt and pepper to taste  
¼ cup horseradish, drained  
Blend all ingredients; chill.

### Burger Sauce

1 cup mayonnaise  
1 cup chili sauce  
¼ cup prepared mustard  
¼ cup shredded onion  
⅓ cup sour cream  
2 tablespoons horseradish  
1 teaspoon oregano  
Hot pepper sauce to taste  
Mix all ingredients except sour cream and beat with a fork. Add sour cream and blend slowly. Refrigerate for several hours to combine flavors.



Students from St. Ann School in Arlington, Va. showed off their grand prize winning bone sculpture made of milk cartons.

## Big Bones Bash Is Smashing Success

PHILADELPHIA — The Mid-Atlantic Dairy Association teamed up with Cabot Creamery Cooperative to promote calcium education among teens through the Calcium Crisis Challenge. The Challenge was developed in response to statistics showing that nine out of 10 girls and seven out of 10 boys do not get enough calcium in their diets.

"America is in a calcium crisis," said Isabel Maples, registered dietitian and spokesperson for the Mid-Atlantic Dairy Association. "Low calcium intake is one of the most significant nutrient deficiencies identified in the federal government's Healthy People 2010. Children's bones are like a bank account where they can deposit and save calcium to help them later in life, and it's important to get this message to them now."

The Calcium Crisis Challenge targeted teen-agers in grades six through nine in Maryland, Virginia and the Washington, D.C. area. The competition invited teens to creatively design ways to inform their peers about the importance of calcium nutrition.

Entries were submitted as essays, Websites, teen-written magazines, educational posters, scientific models, and even a clothing line. From the 300 entries, 69 were chosen as finalists and were displayed at the X-Bones Bash conducted Oct. 26 at the Smithsonian's National Museum of Natural History in Washington, D.C.

During the X-Bones Bash, a team of judges selected grand prize winners from among the finalist entries. All contestants received a T-shirt and an official certificate of appreciation. Grand prize winners received cash payable to the sponsoring organization or school. Two \$1,000 awards, five \$500 awards and 10 \$100 awards were presented. Prize winners will receive cash payable to the sponsoring organization or school.

The two first-place winners were from Virginia. The St. Ann School in Arlington constructed a sculpture of a human bone of milk cartons. The number of cartons equated to the amount of milk a single student needs in a year to get adequate calcium. The Thomas Jefferson High School in Alexandria designed a Website whose "Champion of Calcium" provided an entertaining, informative and thorough way to change his family's and friend's perspective on teens' needs for calcium.

The five second-place winners were St. Augustine School, Washington, D.C.; Takoma Park Middle School, Silver Spring, Md.; St. John the Evangelist School in Clinton, Md.; Calvary Lutheran Middle School, Silver Spring, Md.; Nativity Catholic School, Burke, Va.



Finalists demonstrate their talents while showcasing yogurt, milk, and cheese.