



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 — Melissa Evarts, Guilford, Ct., writes that her dad remembers his mother making a vanilla custard using 13 eggs. Does anyone have a recipe like that and also one for homemade ice cream that uses pudding and sweetened condensed milk and is hand-cracked.

QUESTION — Mary Templon, Grantsville, W.V., writes that she canned sauerkraut in jars this past summer, but the seal broke by six weeks, and the sauerkraut got brown and went bad. What went wrong? Should she have re-canned the sauerkraut after six weeks? Editor's Note: check out the sauerkraut instructions given as an answer further down in this column.

QUESTION — Mary Templon, wants the recipe for pina colada zucchini bread, which had been printed in this paper she thinks in August or September.

QUESTION — Esther Sheaffer, Kirkwood, requests a recipe to make good meatballs.

QUESTION — Shirley Schwoerer, Wysox, wants to know if it is true that butter can be made in a blender. If so, she wants instructions for making it. If not, she wants to know if anyone has an electric butter churn, with instructions, to sell.

QUESTION — Shirley Schwoerer, Wysox, wants to know if sesame seeds can be sprouted. She is familiar with alfalfa seed sprouting.

QUESTION — Ralph Kieffer, Halifax, wants a recipe for Aunt Flossie's tomato soup, which he heard is printed in a Lancaster County cookbook.

QUESTION — A steady reader wants to know how to make natural vinegar, which is a vinegar that gets a "mother" in it. Is there a place to buy such vinegar?

QUESTION — A reader wants low-fat recipes and diabetic recipes that other readers have tried and liked.

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

ANSWER — For Frank Bonk, Perth Amboy, N.J., who wanted fresh geese, a Lebanon reader writes that he has fresh geese and will clean if desired. Call (717) 949-3115.

ANSWER — Jane Freed, Mertztown, requested two different methods to make homemade sauerkraut: to can and one that ferments in a crock. Thanks to Doris Brenzle, Shippensburg, for sending instructions for both methods. She writes that making sauerkraut requires a little work, but the end product is delicious. Make and enjoy.

Sauerkraut (Jar Type on Counter)

Remove and discard outer leaves of cabbage heads. Cut in halves or quarters, discard core. Shred 5 pounds cabbage with a shredder or sharp knife. It should be no thicker than a dime. Sprinkle 3½ tablespoons salt over shredded cabbage and mix thoroughly by hand.

Pack cabbage into clean glass jars, pressing down with a wooden spoon. Fill to within

1½-2-inches from jar top. Be sure juice covers cabbage. Wipe off jar top, put on lids, but do not seal tightly. Set filled jars in shallow pans or on folded newspapers. The brine may overflow during fermentation. Keep at room temperature (70 degrees) for top-quality sauerkraut. Skim off film, if directions followed carefully, little or no film should form. Keep cabbage covered with brine. If necessary, add more weak brine made by dissolving 1½ tablespoons salt in 1 quart water. Let ferment about 10 days or until liquid settles and bubbles no longer rise to the surface. If sauerkraut is to be used soon, wipe mouths of jars and seal tightly. If desired to keep a long time, make sure jars are full to within 1-inch from top. Wipe off rims. Adjust lids, process in boiling water bath (212 degrees) quarts for 30 minutes. For 20-25 pounds cabbage, use ½ pound salt. Makes 8-10 quarts.

Crock Sauerkraut

Prepare cabbage same as for jar method: 5 pounds shredded cabbage mixed thoroughly with 3½ tablespoons salt. Pack firmly and evenly with a potato stomper or your fist. Repeat shredding 5 pounds cabbage and adding 3½ tablespoons salt, mixing and stomping thoroughly until crock is filled five inches from top. Make sure cabbage is covered with juice. Cover cabbage with a clean white cloth, tucking down against the inside of crock. On top, place a plastic bag filled with water to weigh down cabbage so juice comes up over cabbage. Fermentation will begin the day following the packing. Best product is made at 70 degrees room temperature. Remove film if there is any. When bubbling stops in 2-3 weeks, tap crock gently, if no bubbles rise it is finished. Pack into clean jars within one-inch from top. Cover with juice, if more juice is needed, combine 1 quart water with 1½ tablespoons salt. Wipe off jar rim. Adjust lids. Process in boiling water bath at 212 degrees for quarts at 30 minutes. Makes 15-18 quarts.

If you eat sauerkraut often, it will keep in crock all winter at room temperature 55 degrees or lower.

ANSWER — Thanks to Janet Burgenson, Middletown, Md., for answering Nina Biddle's question about why sugar cookies made with the same recipe but with a different brand of flour may taste differently. Janet writes that King Arthur flour is made from red Durham flour and is harder. It has a higher protein content than Gold Medal flour. The percentage isn't much but may be enough to change the texture and taste.

ANSWER — Sandra Smith requested a recipe for potato skin soup. Thanks to Anna Martin, Denver, for sending one.

Potato Peel Soup

Wash 4-6 potatoes, depending on size. Scrub with a brush. Peel and add peelings to the soup stock immediately.

Soup Stock:

4 cups chicken broth
1 cup sliced carrots
1 cup chopped onions
1 cup chopped celery
Salt and pepper to taste
Fresh dill, parsley, or desired herbs
Simmer broth, carrots, onions, and celery about 30 minutes or until tender. Add your choice of fresh herbs and salt and pepper. Add as much milk or half and half as needed.

ANSWER — Here are some dip recipes sent in by Holly Lutz, Jonestown, in request for dips.

Blueberry Brie

You can also make this with raspberry sauce or sun dried tomatoes, both of which taste excellent. This will cook in the microwave in about three minutes. Serve with warm French baguette slices.

2.2 pound wheel Brie cheese
16-ounce can blueberry cheese filling
Preheat oven to 350 degrees. Place Brie cheese in a baking dish. Pour blueberry pie filling over the top. Bake until hot, about 10-15 minutes.

Cucumber Yogurt Dip

Can be prepared in 45 minutes or less but requires chilling time.

2 8-ounce containers plain yogurt
1 pound cucumber, peeled, seeded, chopped fine
2 teaspoons finely chopped fresh dill plus dill sprigs for garnish
3 garlic cloves, minced
1 tablespoon extra-virgin olive oil
1 tablespoon fresh lemon juice
Pita loaves, cut into wedges as an accompaniment

Let the yogurt drain in a fine sieve set over a bowl, covered and chilled, for six hours. Pour the liquid from the bowl and in the bowl stir together the drained yogurt, cucumbers, squeezed dry between paper towels, the chopped dill, garlic, oil, lemon juice, and salt to taste. Let the dip stand, covered and chilled for

at least two hours and up to eight hours to allow the flavors to develop. Stir the dip, garnish it with the dill sprigs, and serve with pita wedges. Makes about 2 cups.

Roasted Garlic, Onion, and Red Bell Pepper Dip

1 garlic head, halved crosswise
1 medium onion, peeled, halved crosswise
4 tablespoons olive oil
1 red bell pepper
8-ounces cream cheese
½ cup crumbled feta cheese
6 Kalamata olives or other brine-cured black olives, pitted
1 tablespoon drained capers
1 French bread baguette, cut into ¼-inch slices

Preheat oven to 375 degrees. Place garlic and onion, cut side down on small baking sheet. Brush with 2 tablespoons olive oil. Bake until onion is tender and garlic is golden and tender, turning over halfway through baking about 30 minutes. Cool.

Char red bell pepper over gas flame or in broiler until blackened on all sides. Wrap in paper bag and let stand 10 minutes to steam. Peel and seed pepper. Chop coarsely.

Squeeze garlic from skin. Cut each onion half into quarters. Place garlic, onion, red bell pepper, and next four ingredients in processor and blend well. Transfer to small bowl. Cover and refrigerate until firm, about two hours. (Can be prepared one day ahead. Keep refrigerated).

Preheat broiler. Place baguette slices on baking sheet. Brush with remaining 2 tablespoons oil. Broil until golden brown, about 2 minutes. Stir dip and serve with toasted baguette slices. Makes 2½ cups.

Mexican Fiesta Dip Mix

This is an unusual Southwestern dip mix that can be presented in a small sombrero.

½ cup dried parsley
½ cup minced onion
¼ cup dried chives
½ cup chili powder
¼ cup ground cumin
¼ cup salt

In a large bowl, combine the spices and store in airtight container.

Mexican Fiesta Dip

Makes 2 cups

3 tablespoons Mexican Fiesta Dip Mix (above recipe)

1 cup mayonnaise or low-fat mayonnaise
1 cup sour cream or low fat yogurt
In a medium mixing bowl, combine the dip mix with mayonnaise and sour cream. Whisk the mixture until smooth. Refrigerate 2-4 hours. Serve with tortilla chips or fresh vegetables.

Ranch Dressing

Makes 1 cup

½ cup mayonnaise
½ cup buttermilk
1 tablespoon Ranch Dressing and Dip Mix (above recipe)

In a large bowl, whisk together with mayonnaise, buttermilk, and dressing and dip mix. Refrigerate for one hour before serving.

Ranch Dressing

Makes 2 cups

2 tablespoons Ranch Dressing and Dip Mix
1 cup mayonnaise or low-fat mayo
1 cup sour cream or low-fat yogurt
Combine Ranch dressing and dip mix with mayonnaise and sour cream. Refrigerate for two hours before serving with raw vegetables, or as a topping for baked potatoes.

Community Hospital Offers Free Health Screenings For Amish Community

LANCASTER (Lancaster Co.) — Community Hospital of Lancaster, (CHL) 1100 E. Orange Street, will offer a free Health Fair for the Amish Community at the Kinzers Fire Hall, Route 30, Kinzers, from 8 a.m.-noon on Saturday, February 8.

Inside the fire hall, there will be free vision and hearing screenings, blood pressure checks, information about men's and women's health and childhood immunizations.

Dr. Carol Struminger, D.O., of Harvest Drive Family Practice, will offer free osteopathic manipulative therapy, and Dr. David Abbot, D.O., will offer information about prenatal care and childbirth.

The Pennsylvania Blue Shield Health and Wellness Bus will also be on the premises to provide free cholesterol and blood pressure screens.

Free giveaways and light refreshments will be offered to all who attend.

For more information, call CHL Community Relations Department at (717) 239-4048.