



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 — J. Howdyshell, Bridgewater, Va., would like to know how to preserve honey. She was given some honey on the comb and would like to preserve it for future use.

QUESTION — David Manilla, Worcester, and his family have enjoyed road side and fire house chicken barbecues. He would like the recipe for the spray that is applied at several intervals in cooking. This spray, he says, appears to be a combination of cider vinegar, Worcestershire and soy sauce, butter or margarine, and an assortment of seasonings. There is also a variety of seasoned rubs that may or may not be applied in conjunction with this spray. He is interested in a non-commercial rub that is not over powering.

QUESTION — A reader would like a recipe for McKinley Pie and any history on the pie.

QUESTION — Nancy Wallace, New Holland, is looking for a place in Lancaster County that she can purchase fresh coconut that is already grated. She needs it to make Easter eggs and fresh coconut cake for Easter. Years ago, she writes, it could be purchased at farmers markets.

QUESTION — Peggy Thoman, Hanover, writes that her church is planning for the first time a pancake breakfast for Easter morning. She would appreciate recipes for various syrups other than the traditional syrups — particularly fruit syrups.

QUESTION — Peggy Wilson, while reading a 1911 Inglenook Cookbook, found recipes calling for Graham flour. In the miscellaneous section of the book she found that Graham flour was listed as 20 pounds wheat flour, five pounds bran, and 2½ pounds shorts. Peggy would like to know what "shorts" are. In the same book she found recipes were mixed in a double boiler with boiling water underneath, then put in a fireless cooker. She would like to know what a fireless cooker is. Another utensil that was used to bake breads was called a Gem pan, and she was wondering what a Gem pan was.

QUESTION — Eileen Schuler, Fleetwood, asks where chocolate confectioners' sugar can be found. The ingredient was listed in the prize-winning recipe for the Greatest Cocoa Cake contest at the Pennsylvania Farm Show. Several other readers also inquired about this. We asked the person who baked the prize winning cake. She said it can be purchased at Weis Markets in the Adams County area. However, several people who looked for it in other areas, said that Weis did not carry chocolate confectioners sugar. No problem, according to the champion, Krista Cunningham. She said, "Make your own." She adds about ½ cup baking cocoa powder to a pound of regular confectioners' sugar or more to taste. If any of our readers know where chocolate confectioners' sugar can be purchased, let us know.

QUESTION — Helen Ross, Coatesville, wants the recipe for the starter to make Amish friendship bread. She has the recipe for the bread.

QUESTION — Richard Deckner, Quakertown, wants a recipe for a dropped Welsh cookie.

QUESTION — Joyce Shoemaker wants a recipe to make old-fashioned caramel custard. She remembers the butter and sugar is caramelized until it is hard like taffy. Milk is poured in to dissolve the caramelized sugar. Then the custard is boiled with some other ingredients until thickened.

QUESTION — Doris Myers, Hughesville, writes that her mother, who is 88 years old, lost her mother at a young age. She remembers her mother baking bread and reserving some of the

liquid to bake a chocolate cake. Doris would like to surprise her mother by baking a cake like that if someone can send in the recipe. The cake was baked the same day as the bread.

QUESTION — T.C. Wills, Frederick, writes that her mother made a cheese pineapple pocket during the Easter season. The dough was neither like a pie crust nor a pastry dough. It was sort of a solid dough. Wills has tried to duplicate the filling and the dough but cannot. She thinks it may be a Polish dessert, and would appreciate a recipe.

QUESTION — R. Diehl, Bloomsburg, wants a recipe for hamburger pin wheel with gravy.

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.

ANSWER — For the reader who requested low-fat recipes and diabetic recipes that other readers have tried and liked, Irene Horning, Mifflinburg, sent in the following recipes.

Pumpkin Creme

2 cups cold skim milk
2 packs sugar-free instant pudding
1 cup canned pumpkin
1 teaspoon pumpkin pie spice
1 cup whipped topping
Mix all ingredients together and beat for one minute. Makes eight servings.

No-Fat Bread

2 egg whites
1 tablespoon yeast
2½ cups warm water
½ cup sugar
1¼ teaspoon salt
Five cups flour
Beat egg whites in a large bowl until foamy. In another dish add yeast to warm water. Add this yeast mixture, along with sugar, salt, and flour — enough to make a sticky dough. Knead on a floured board until smooth. Let set in a large bowl about one hour. Divide into three loaves and put in a pan. Let sit about one hour. Bake at 350 degrees 35-30 minutes. Calories per slice: 90.

Low-Fat Cherry Angel Dessert

14-ounce can low-fat sweetened condensed milk
1 cup cold water
1 package sugar-free instant vanilla pudding mix
8-ounce carton plain fat-free yogurt
16-ounce container light whipped dessert topping
1 baked angel food cake, cubed
20-ounce can reduced-calorie cherry pie filling.

In a bowl combine sweetened condensed milk, water, and pudding mix. Beat until well combined. Chill for 15 minutes. Fold in the yogurt and dessert topping. In a three-quart baking dish, layer half of the pudding mixture. Place all of the cake on top. Top with cherry pie filling, then the remaining pudding mixture cover and chill before serving.

Sugar Free Strawberry Pie

1 small box sugar-free strawberry gelatin
1 small box sugar-free cooked vanilla pudding
1 teaspoon lemon juice
2 cups water
1½ cups fat-free whipped topping
1 cup strawberries
Reduced-fat graham cracker pie crust.
Mix first four ingredients together in a saucepan. Bring to a boil. Let cool. Add whipped topping and strawberries. Mix together. Pour into crust. Refrigerate. Serves 8.

J. Howdyshell, Bridgewater, Va., sent in the following recipe.

Soft Chicken Tortillas

1 pound boneless, skinless chicken breasts, cut into cubes
15-ounce can black beans, rinsed and drained
1 cup salsa
1 tablespoon taco seasoning
6 (8-inch) flour tortillas, warmed
Optional toppings: shredded lettuce, shredded cheese, diced tomatoes, sour cream

In a skillet that has been coated with non-stick cooking spray, cook chicken until juices run clear. Add beans, salsa, and taco seasoning; heat through. Spoon chicken mixture down the center of each tortilla. Garnish with toppings of your choice — fold or roll up. One taco: 271 calories, 2 grams fat, 23 grams protein.

ANSWER — A. Shull writes that she tried two different recipes to make pull taffy recently and was unsuccessful. One batch, before it

was cool enough to start pulling became extremely brittle. She thought perhaps she overcooked it and tried a second batch, which turned white and chalky as it cooled. Glenna Eisentrout, Bruceton Mills, W. Va., sent in her own recipe and taffy pull procedure.

Pull Taffy

1 cup sugar
½ cup water
⅔ cup white corn syrup
½ teaspoon salt
2 tablespoons butter
Combine all ingredients in a saucepan Cook to 248 degrees. Remove and add flavor and color. Pour onto a greased cookie sheet until cool enough to handle. Shape into a ball and let flatten naturally. Wrap in plastic wrap and store at room temperature overnight. Put on a cookie sheet and heat for six minutes at 300 degrees. Put butter on hands and be ready to pull.

ANSWER — Lynne Numidia, wanted a recipe for pickled mustard eggs that tastes like those sold at the State Farm Show. Thanks to a reader who sent in the following recipe.

Pickled Mustard Eggs

10-12 hard boiled eggs
3 tablespoons mustard
1 cup water
⅔ cup sugar
½ cup vinegar
Pinch salt
Mix all ingredients together except eggs and heat until warm. Add eggs and store in refrigerator for a day or so to develop the flavor. A blender or hand mixer makes the mustard mixture smoother.

ANSWER — Albert Condon, New Windsor, Md., wrote to ask for a recipe for old-time fashioned ginger cookie cakes. Thanks for Fawn Bartleson, Martins Creek, for sending her recipe.

Molasses Cookies

1 cup butter, room temperature
1½ cup sugar
1 egg
⅓ cup molasses
3 tablespoons dark corn syrup
2 tablespoons milk
4 cups flour
2 teaspoons baking soda
2 teaspoons cinnamon
1½ teaspoon ground ginger
1½ teaspoon ground cloves.

Preheat oven to 350 degrees. in a large bowl, beat together butter, sugar, and egg until light and fluffy. Beat in molasses, corn syrup, and milk. Add dry ingredients and beat in until well blended. Shape dough into 1½-inch balls. Roll in sugar and place on ungreased cookie sheets three inches apart. Bake 12-14 minutes until golden. Do not overbake or they will not be soft. Cool 1-2 minutes on sheet, then remove to racks to completely cool. Makes 40 cookies.

Sarah Keeny, York, sent in the following recipe. Keeny writes that when she was a teenager in the 40s and 50s she used to assist her mother in baking these cookies for market.

Old Fashioned Ginger Cakes

1½ cups Brer Rabbit molasses, dark
1½ cup sour milk
4 eggs
1 teaspoon salt
¾ teaspoon ground cloves
2 teaspoons ginger
3 teaspoons baking soda
1½ teaspoons cinnamon
1½ cups very soft lard
1 tablespoon baking powder
All-purpose flour

Beat three eggs, add sugar. Beat until mixture is light in color. Add lard and beat thoroughly on slow speed. Dissolve baking soda in sour milk and add to mixture. Put spices and salt in ¼ cup hot water. Mix well, add to first mixture along with the molasses. Mix well. Add flour and baking powder, mixing well. Continue to add flour until batter is stiff enough to hold its shape when dropped from a spoon. Beat one egg in a small bowl. Using a spoon, dip into egg and then gently rub the tip of each cookie as it is dropped onto the cookie sheet. This will give a smooth shiny topping on each. Bake at 375 degrees for about 15 minutes. Remove from pan onto rack to cool.

Additionally, Sharon Longenecker, Elizabethtown, sent in the following recipe. It is a favorite recipe of hers for dark molasses cakes handed down from her husband's Grandmother Garber.

Sugarless Molasses Cookies

1 quart baking molasses
¾ pint thick milk (sour milk or add one tablespoon vinegar per cup of milk)
¾ pint melted shortening
1 tablespoon baking soda
1 tablespoon cream of tartar
9 cups flour

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