



## 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](mailto:LGOOD.EPH@LNPNEWS.COM)

**QUESTION** — Charles Mason, West Decatur, would like to have a recipe for blueberry cake that the berries do not sink to the bottom of the pan.

**QUESTION** — Pam Bange, Hanover, wants a recipe for cherry vanilla pie (like those sold at Nell's Surefine Market in Hanover and East Berlin. The cherry pie has almond slivers on top and vanilla flavoring.

**QUESTION** — Help! Recipes to make Easter candy are needed. Instructions should be complete. Paraffin wax is not FDA approved so recipes including paraffin cannot be printed.

**QUESTION** — Jean Mitchell, Lewisburg, is looking for a recipe to make blueberry whoopie pies.

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

**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** — Peggy Wilson wanted descriptions for "shorts," a fireless cooker, and a Gem pan. These were referenced in a 1911 *Inglennook Cookbook* in recipes calling for graham flour. A reader writes that Chambers dictionary defines "shorts" as the bran and coarse part of meal, in mixture. Another reader cites Carla Emory's "Encyclopedia of Country Living" for this definition of graham flour: "'Graham' is an old-time word for home-ground flour or flour that is a trifle on the coarse side."

**ANSWER** — J. Howdyshell wanted to know how to preserve honey. Cheryl Hess, Paradise, writes that honey should be stored in a cool, dry place. Liquid honey will keep for up to a year; comb and chunk honey for six months. If you refrigerate honey, it will crystallize, but can be re-liquefied by heating it in a microwave or on a stovetop in a pan of shallow water.

**ANSWER** — Peggy Thoman, Hanover, requested recipes for fruit syrups for pancakes. A reader sent the following:

### Fruit Syrup For Pancakes/Waffles

- 1 cup fruit
- 1 cup water (or juice)
- ½ cup sugar
- 1 to 2 tablespoons cornstarch

Mix water, sugar, and cornstarch. Using a double boiler, heat and add half of the fruit, stirring constantly until mixture begins to thicken. Add remaining fruit and remove from heat. For blueberry syrup, add one teaspoon lemon juice. For cherry, add two drops natural almond flavor.

### Orange Syrup

- 2 cups orange juice
- 1 teaspoon grated orange peel
- 1½ tablespoons cornstarch
- ½ to ¾ cup sugar
- 1 tablespoon butter

Using a double boiler, heat orange juice, peel, sugar, and cornstarch, stirring constantly until mixture thickens. Remove from heat and add butter.

Vera Jane Newswanger, Morgantown, sent in the following recipes:

### Cranberry Waffle Syrup

- 1 cup sugar
- 1 cup packed brown sugar
- 1 cup cranberry juice
- ½ cup light corn syrup

Combine sugar and juice in saucepan; bring to a boil, stirring constantly. Boil four minutes. Add corn syrup, boil, and stir one minute longer. Serve over pancakes, waffles, and French toast.

### Strawberry Breakfast Sauce

- 1 cup sugar
- ¼ cup cornstarch
- ½ cup orange juice
- 6 cups sliced fresh strawberries
- 8 to 10 cups red food coloring, optional

In a saucepan, combine the sugar and cornstarch. Stir in orange juice; bring to a boil over medium heat. Add strawberries; return to a boil. Cook and stir for two minutes. Add food coloring if desired. Serve warm over waffles or pancakes.

### Blueberry Breakfast Sauce

- ½ cup sugar
- 1 tablespoon cornstarch
- ⅓ cup water
- 2 cups fresh or frozen blueberries

In a two-quart saucepan, combine sugar and cornstarch; gradually stir in water. Add blueberries; bring to a boil over medium heat, stirring constantly. Boil for one minute, stirring occasionally. Serve warm or cold over French toast, pancakes, or waffles.

### Apple Spice Syrup

- ¼ cup packed brown sugar
- 2 tablespoons cornstarch
- ¼ teaspoon ground allspice
- ⅛ teaspoon ground nutmeg
- 1¾ cups apple juice or cider

In a saucepan, combine brown sugar, cornstarch, allspice and nutmeg; mix well. Add juice or cider. Cook and stir over medium heat until the syrup is bubbly and slightly thickened.

### Blueberry/Rhubarb Breakfast Sauce

- 6 cups finely-chopped rhubarb
- 4 cups sugar
- 21-ounce can blueberry pie filling

In a saucepan, bring rhubarb and sugar to a boil. Boil for 10 minutes. Remove from heat; add pie filling and mix well.

Bring to a boil. Remove from the heat and stir in gelatin. Store the sauce in jars or freezer containers. Refrigerate or freeze until ready to use. Serve with pancakes, waffles, toast, or English muffins. Makes seven cups.

**ANSWER** — Mary Houser, Spring Mills, requested recipes using buttermilk and instructions for interchanging buttermilk with sour milk. Thanks to Arvilla Keeny, New Freedom, who wrote that "buttermilk and sour milk can be interchanged successfully without any changes. When using a recipe that calls for either one, you can use the same amount of the other. I have done it many times." Arvilla also sent the following recipes:

### Extra Good Chocolate Cake

- 2¼ cups flour
- 2 cups sugar
- ½ cup cocoa powder
- ¾ cup shortening
- 1 cup sour or buttermilk
- 2 eggs
- 1 cup boiling water
- 2 teaspoons baking soda
- 1 teaspoon vanilla
- ½ teaspoon salt

Sift together flour, sugar, and cocoa powder. Dissolve the baking soda in the boiling water and add that mixture, along with the rest of the ingredients.

Bake at 350 degrees for 25 to 30 minutes or longer. Arvilla uses all-purpose flour. Take out two tablespoons flour and add two tablespoons cornstarch and sift four times. This makes the flour more like cake flour.

### Buttermilk Biscuits

- 2 cups flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- ½ teaspoon soda
- 4 tablespoons shortening
- 1 cup buttermilk

Mix dry ingredients and add shortening. Mix into crumbs and add buttermilk. Knead half a minute. Roll or press into half-inch thickness. Cut to desired sizes and bake at 450 degrees 12 to 15 minutes. Bake on an ungreased cookie sheet.



Antique tractors and horse and mule teams can be seen at the Southern Cove Power Reunion Association's Spring Plow Days and Antique Tractor Show, April 5 and 6, at the New Enterprise show grounds in Bedford County. In addition to the plowing demonstrations, events and displays include shingle mill, sawmill, rock crushing, chain saw carving, cider pressing, antique tractor pulls, steam engines, tractor games, kiddie tractor pulls, food vendors and a flea market.

## Search Begins For Susquehanna Dairy Princess, Ambassadors, And Maids

MONTROSE (Susquehanna Co.) — Susquehanna County Dairy Princess Rebecca Place will give up her reign on May 23 when a new Dairy Princess will be crowned. Rebecca is the daughter of Chuck and Mary Place of South Auburn.

Princess Rebecca has served her county well with the support of Dairy Ambassadors Amanda Miner, Abbey Puzo, Amy Roe, Alyssa Sprout, and Ashley Franklin, and Dairy Maids Abbey Hewitt, Alicia Roe, Jenna Sprout, Jessica Roe, Karin Mowry, and Lydia Carlin.

Susquehanna County is seeking candidates to serve as 2003 Dairy Princess. Single young ladies between 16-24 years old, from a dairy background or with an interest in the dairy industry should consider serving a year to help further the interests of the dairy industry.

The County Princess will represent her county at the Pennsylvania Dairy Princess Pageant in Harrisburg in September. Girls at least 10 years old may take part in the Susquehanna County Dairy Maid/Dairy Ambassador program. This program is a complimentary program, which functions within the county to assist the Dairy Princess in



Rebecca Place

carrying out her duties and to educate and train future princess candidates and promoters.

The Dairy Princess Committee has announced that the Susquehanna County Dairy Princess Pageant will be conducted Friday, May 23, at 7:30 p.m. at the Episcopal Church Hall in Montrose. The public is invited to attend.

Anyone interested in entering the Susquehanna County Dairy Princess contest or taking part in the Dairy Maid/Dairy Ambassador program or anyone with questions about our county program should contact Evie Goff, at (570) 278-1212 or (570) 278-1158 by April 25.

### Buttermilk Pancakes

- 2 cups sifted flour
- 1½ teaspoon baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 eggs
- 2½ cups buttermilk
- ½ cup softened shortening

Heat skillet to 350 degrees while mixing batter. Fry until brown on one side. Turn and brown other side. Serve with syrup, butter, peanut butter, or jelly.

### Buttermilk Biscuits

- 2 cups sifted enriched flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 5 tablespoons shortening
- 1 cup buttermilk

Sift flour, baking powder, salt, and soda; cut in shortening until the mixture resembles crumbs.

Add buttermilk all at once and stir until the dough follows the fork around the bowl.

Turn out and knead half a minute. Roll ¾ inch thick; brush with melted butter. Fold over an cut double biscuits. Bake on an ungreased cookie sheet in a 450-degree oven 12 to 15 minutes. Makes two dozen.