



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

QUESTION — A Mifflinburg reader would like a recipe for a yellow cake mix. The reader has seen one in a cookbook but does not recall where, and would like to use it like any other cake mix and wouldn't mind if it is a recipe in bulk amounts.

QUESTION — An Ephrata reader would like granola bar recipes that taste like Sunbelt chewy honey and oats granola bars.

QUESTION — Gloria Craley, Navon, is looking for a recipe for "bag pudding," where dough and fruit are kneaded in a muslin bag, then the mixture is cooked in the bag in boiling water.

QUESTION — Alice Rohland, Lititz, recently purchased a home grain mill and now grinds her own whole wheat flour. She wonders if anyone had any pointers for using freshly ground whole wheat. She has read varying suggestions, such as adding wheat gluten or Vitamin C powder, dough enhancers, etc. Also, she would like to know where other Lancaster County bread-bakers purchase their wheat, rye, and oats to grind into flour. She wants to make rye and pumpernickel bread, but has not found rye.

QUESTION — A Fleetwood reader would like a recipe for Amish Friendship Bread using fruit juice. She has heard that it is delicious, but cannot find a recipe.

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 — 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 — 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. Shirley Smith writes that "after some research of my own I found that wheat flour is made from the centers of the wheat grains, bran is made from wheat grain hulls, and "shorts" or "middlings" is a mixture of bran and flour. . . these old cookbooks can be very interesting."

Mary Stauffer, Ephrata, also said that bran is the first layer of kernel wheat; shorts is the middle layer of wheat.

ANSWER — J. Howdyshell wanted to know how to preserve honey. Mary Templon, Grantsville, W.Va., writes that "being beekeepers for almost 20 years we found that the best way to keep comb honey is to freeze it in a sealed plastic bag or a freezer jar. It will keep fresh and keep moths off of the comb. Do not refrigerate any honey liquid at room temperature." Additionally, Jane Heckman, Effort, writes that the best way to preserve honey in the comb is to freeze it. It freezes well and does not turn sugary.

ANSWER — Several readers wrote in to ask about complete baking instructions for a Dump Cake recipe. Following is a recipe for the cake:

Dump Cake

One 16-20 ounce can of crushed pineapple, do not drain
1 can of cherry pie filling
1 box of yellow cake mix
1 cup chopped nuts
1 cup butter
Grease a 9X13-inch pan. Spread pineapple on bottom of pan.
Dump in pie filling. Gently spread out. Blend of don't mix up — your choice.
Pour cake mix over this. Sprinkle nuts. Drop butter by spoonfuls on top. Bake at 350 degrees for one hour.

ANSWER — Richard Deckner, Quakertown, wants a recipe for a dropped Welsh cookie. Thanks to Renee Kanaskie, Lewistown Valley, sent in her grandmother's recipe, writing that "she made the best Welsh cookies (or cakes, as she called them) around."

Welsh Cakes (Cookies)

1 stick butter and 10 heaping tablespoons shortening
4 eggs
2 cups sugar
5 cups flour
1 teaspoon salt
5 teaspoons baking powder
2 teaspoons nutmeg
1 cup milk
1 teaspoon vanilla
1 box raisins
Cream shortening and sugar; add eggs. Sift dry ingredients together. Add gradually to shortening mixture alternately with milk. Stir in raisins. Drop by rounded tablespoons on cookie sheet. Bake at 375 degrees for 15 minutes. Makes six dozen.

ANSWER — In response to the request for a pineapple pocket pastry — possibly Polish — here is one from Shirley Orfanella, Quarryville.

KOLACHKY

1 cup potato water
1 cup hot milk
2 yeast cakes
1 cup flour
2 eggs
6 cups flour
1 cup sugar
2 tablespoons salt
½ cup melted butter
Heat milk to the boiling point, then add cold potato water. Crush two yeast cakes into liquid, add one cup flour, beat until smooth, and let rise a half an hour. Add remaining ingredients except butter and knead until the dough forms a soft ball. Cover and let rise until doubled — about two hours. Roll out on a floured board until it reaches one inch thick. Cut into two-inch squares. Fill squares with fruit filling or jam. Pinch corners of squares together, being sure that fruit is enclosed. Place in a buttered pan and let rise one hour. Brush tops with melted butter and bake at 350 degrees about 45 minutes or until brown.

Make sure all the ingredients used are room temperature.

Shirley also sent in the following Polish recipe.

Pastry Fingers

1 pound butter
1 pound dry cottage cheese
4 cups flour
½ teaspoon vanilla
Put cheese through the grinder. Make with soft butter add flour, first cutting in with a knife, then lightly kneading. Make little balls the size of a walnut and set in refrigerator overnight. Roll each ball until very thin. Fill with dates, prunes, or jam. Seal edges and make small rolls (or pockets). Bake at 350 degrees until light brown, approximately 15 minutes. Sprinkle with confectioner's sugar.

Shirley writes that she had a hard time finding out what dry cottage cheese is. The closest product that she has found is the "farmers cheese" in the deli. Do not use regular cottage cheese, she writes.

For another pineapple recipe, Cristin Crile, Washington County Dairy Princess, sends the following:

Pineapple Upside Down Cake

1¼ cup cake flour, sifted
1¼ teaspoons baking powder
¼ teaspoon salt
¾ cup granulated sugar
4 tablespoons butter, softened
1 egg, well beaten
½ cup milk
1 teaspoon vanilla
4 tablespoons butter
½ cup packed brown sugar
4 pineapple slices, cut into wedges
1 cup pecans; broken meats

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Add butter.

Combine egg, milk, and vanilla. Add to flour mixture, stirring until all flour is dampened; then beat vigorously one minute. Melt four tablespoons butter in an 8X8X2-inch pan or an 8-inch skillet over low flame. Add brown sugar and cook and stir until thoroughly mixed.

On this arrange pineapple wedges and sprinkle nuts over top. Turn batter out on contents of pan. Bake 350 degrees for 50 minutes, or until done. Loosen cake from the sides of the pan with a spatula.

Turn dish upside down on dish with pineapple on top. Garnish with whipped cream if desired. Other fruits may be substituted for pineapple and nuts in this recipe. These fruits include sliced apples, sliced peaches, cooked apricots or prunes, or canned or fresh cherries, seeded.

ANSWER — David Manilla asked for BBQ sauce recipes, and Shirley Orfanella sent in the following:

Black Jack BBQ Sauce

1 cup strong black coffee
1 cup Worcestershire sauce
1 cup catsup
½ cup apple cider vinegar
½ cup brown sugar
3 tablespoons chili powder
2 teaspoons salt
2 cups minced onion
¼ cup minced hot chili peppers
6 cloves minced garlic

Combine all ingredients in a pan and simmer 25 minutes. Strain or puree in blender. Makes five cups.

Traditional BBQ Sauce

1 large onion, minced
¼ cup salad oil
6-ounce can tomato paste
½ cup water
¼ cup Worcestershire sauce
¼ cup white vinegar
2 tablespoons honey
2 teaspoons salt
1½ teaspoons liquid smoke
2 teaspoons tobasco sauce
1 teaspoon dry mustard
1 beef boullion cube
1 large garlic clove, minced

In medium pan, saute onion in oil until transparent. Add the rest of ingredients and mix well. Simmer 15-20 minutes.

Bargello Quilt Workshops

LANCASTER (Lancaster Co.) — Have you ever seen a Bargello quilt with all those small pieces and thought you could never make one?

Come to this Penn State Cooperative Extension workshop to learn an easy short cut. With stripping and rolling you will be able to develop your design with ease and minimal cutting.

Registration is required. A supply list will be sent when registration is received. A sewing machine is needed for this class.

These workshops will be conducted at the Farm and Home Center in Lancaster on Wednesday evenings, April 16, 23, and 30 from 6:30 p.m.-9:30 p.m. or on Thursdays, April 17, 24, and May 1 from 9:30 a.m.-11:30 a.m.

The cost is \$35. Class limit is eight. The instructor is Carol Lee Shirk. No refunds or cancellations can be made after the registration deadline of April 9.

Call Penn State Extension at (717) 394-6851 for information.

