



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** — Robert Loss, Middleburg, wants a recipe for soupies. He wants the exact ingredients, press time, and cure time. He requests an actual recipe and not advice to contact a sausage association.

**QUESTION** — Brenda Weidenhammer, Schuylkill Haven, is looking for a recipe to make fig bars that taste similar to Fig Newtons.

**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, Narvon, 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** — 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** — 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** — A reader requested a recipe for McKinley Pie and history about the pie. Thanks to Fern Freeman, Ellittsburg, and L. Boyer, no address included, who sent recipes, which are different. Fern's recipe is from the 1972 Pennsylvania State Grange Cookbook and had been submitted by Mrs. Frank Keim of the Sanatoga Grange No. 25. L. Boyer writes that McKinley and Montgomery pies are very similar. She was

told that Montgomery was named for the county where the recipe came from and McKinley was named after a commanding officer during the Civil War. Both are great pies, she writes.

#### McKinley Pie

- 1 cup molasses
- 1/2 cup brown sugar
- 1 tablespoon flour
- 1 egg
- 1 1/2 cups boiling water
- 1/2 teaspoon baking soda
- 1/4 teaspoon nutmeg

#### Crumbs:

- 1 1/2 cups sugar
- 1/2 cup shortening
- 1 egg
- 1 cup milk
- 3 cups flour
- 2 teaspoons baking powder

Line three 8-inch pie plates with pastry. Cream together sugar, molasses, and flour. Add egg and remaining ingredients. Cool. Put evenly in the three dishes. Mix crumbs and put on top. Bake at 375 degrees for 10 minutes and at 350 degrees for 30-35 minutes longer.

Fern Freeman  
Ellittsburg

#### McKinley Cake Pies

- 1 tablespoon flour
- 1 cup sugar
- Grated rind and juice of 1 lemon
- 1 egg, beaten
- 1 cup molasses
- 2 cups hot water
- 2 cups sugar
- 1/2 cup butter
- 2 eggs, beaten
- 1 cup milk
- 2 1/2 cups flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3 pastry shells, unbaked

Combine flour and sugar. Add grated rind and juice of one lemon. Stir in egg and molasses. Slowly add hot water. Stir until batter is well mixed. Set aside.

Cream together sugar and butter. Stir in eggs. Alternately add milk and dry ingredients sifted together.

Divide liquid into three 8-inch pie shells. Spoon batter over top. Bake at 375 degrees for 35 minutes.

L. Boyer

**ANSWER** — Thanks to L. Boyer for sending this recipe for Easter candy.

#### Easter Eggs

- 1/4 pound margarine
- 8 ounces cream cheese
- 2 pounds confectioners' sugar
- 1/2 teaspoon salt
- 1 1/2 teaspoon vanilla
- 1 1/2 cups peanut butter or coconut
- Chocolit wafers for coating

Mix together margarine and cream cheese. Add confectioners' sugar, salt, vanilla, and peanut butter or coconut.

Shape into eggs. Place into refrigerator to harden. Melt chocolate and dip eggs into chocolate and chill again.

**ANSWER** — Charles Mason, West Decatur, wanted a recipe for blueberry cake in which the berries do not sink to the bottom of the pan. Thanks to several readers for answering. Here are a variety of blueberry cake recipes.

#### Fresh Blueberry Cake

- 1 cup butter
- 1 1/2 cups sugar
- 3 eggs
- 3 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon pure vanilla extract
- 1 teaspoon pure lemon extract
- 1/2 cup milk
- 1 pint fresh blueberries
- 2 teaspoons sugar
- 2 teaspoons all-purpose flour
- Glaze, optional

Cream butter. Add sugar, cream until light and fluffy. Add eggs, one at a time, beating well after each one is added. Add next five ingredients alternately with milk. Beat well. Coat blueberries with two teaspoons sugar and 2 teaspoons flour. Fold into batter. Pour into greased and floured 10-inch tube pan. Bake in preheated 350 degree oven about 60 minutes or until cake tests done. Cool in pan 30 minutes before removing. If desired, drizzle cooled cake with glaze.

#### Glaze:

- 3/4 cup sifted powdered sugar
- 1/2 teaspoon lemon extract
- 1-3 teaspoons milk

Joann Frazier Hensley  
McGaheysville, VA

#### Blueberry Buckle

- 1/4 cup shortening
- 3/4 cup sugar
- 1 egg, beaten
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 2 cups blueberries, drained
- 1/2 cup sugar
- 1/3 cup flour
- 1/2 teaspoon cinnamon
- 1/3 cup butter

Cream shortening and sugar. Add egg. Set aside. Sift flour, baking powder, and salt. Add to creamed mixture alternating with milk. Pour into well greased 9-inch baking pan. Sprinkle blueberries over batter. Combine sugar, flour, cinnamon, and butter. Mix until crumbs form. Sprinkle over blueberries.

Bake at 40-50 minutes at 375 degrees.

L. Boyer

#### Blueberry Cake

#### Mix together:

- 3/4 cup sugar
- 1/4 cup vegetable oil
- 1/2 cup milk
- 1 egg

#### Combine and add to batter:

- 2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder

#### Fold into mixture:

- 4 cups fresh blueberries

#### Topping:

- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 1/3 cup flour
- 1/4 cup softened butter

Pour batter into 9x13x2-inch baking pan. Sprinkle with crumb topping. Bake at 350 degrees for 40 minutes.

*This is an excellent recipe and the berries do not sink to the bottom.*

Marie Yost  
Bath

**ANSWER** — Thanks to Jean Winters, Eglen, W.Va., for shedding insight on the request for the definition of "shorts," an ingredient listed in an old cookbook. Jean writes that shorts are the result of the milling process as were middlings. This isn't available anymore unless you can find a mill doing fresh grinding, according to Jean. A Miller should explain the process, but she remembers her family used to get an almost cracked wheat meal that they used to cook as cereal. She also thinks they used it in muffins, which were quite coarse.

She believes a mixture of whole wheat and bran can be substituted in the recipe that lists shorts as an ingredient.

Also, in answer to the request for the definition for a gem pan, Jean writes that it was a heavy pan with individual cups and the fireless cooker has no comparable modern pan. She suggests going to an antique store or museum to find the gem pan and fireless cooker. She thinks the hot water beneath a rack did the cooking when the kettle was covered with a tight lid.

Jean also writes that several of the recipes in the 1911 Inglenook Cookbook, which Peggy Wilson inquired about use half white and half graham flour, which indicates a very heavy cake. Jean believes that fine milled wheat (not whole) might be used for unbleached flour and bran can still be purchased. Add a bit of crunch with cracked wheat to use in place of graham flour or try whole wheat and bran.

Thanks to Harold Owens who also clarified the description of shorts. He writes that shorts are a byproduct of grain milling, most commonly wheat but may be most grain. Shorts are similar to bran but smaller with some other grain elements included. Most of the shorts are used in animal feed but some health food stores and local millers have them for human consumption. For more information, Owens recommends the web site <http://members.shaw.ca.bethcandlish/util.htm> for an article by Canada-Alberta Farm Business Management Initiative titled "Utilization of wheat other than Durum."