



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** — Honor your mother, wife, grandmother and mother-in-law in recognition of Mother's Day, May 11. Send in a favorite recipe that one of them makes or has made that you enjoy. Make sure to include their name and a few sentences about them, and your name. These recipes will be printed in the May 10th edition. We will even print a photo if you send in a good clear shot. Must be received at the office by May 5. Send to Mother's Day Recipes, P.O. Box 609, Ephrata, PA 17522 or e-mail to [LGOOD.EPH@LNPNEWS.COM](mailto:LGOOD.EPH@LNPNEWS.COM).

**QUESTION** — Make sure you send in your recipe to be eligible for prizes in the June Dairy Month Drawing. Check for details on page B2.

**QUESTION** — Mary Bowles, Red Lion, requests a recipe for crockpot tapoca.

**QUESTION** — Mary of Smithsburg, Md., requests recipes to make a good ganola cereal.

**QUESTION** — Leda Stevens requests a recipe for a delicious peach pie. She writes that one had been published last year in this paper during the peach season. The pie was made with a pre-baked pie crust and fresh peaches, Karo syrup, cornstarch, and peach-flavored Jell-O, but she lost the recipe and doesn't know the measurements or how the filling was thickened. "It was to die for!" she writes. Did anyone else clip the recipe? If so, please send it in to be reprinted.

**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 breadbakers 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** — Julie Hoover, Douglassville, misplaced the recipe for Amish friendship bread starter and wanted it reprinted. Here is a recipe from Shirley Murray, Elkton, Md.

#### Amish Friendship Bread Starter

½ teaspoon active dry yeast  
1 ounce warm water  
1 tablespoon sugar  
1 tablespoon vinegar  
½ teaspoon salt  
1 cup flour  
1 cup milk, room temperature

Dissolve yeast in water. Add remaining ingredients and mix well. Cover bowl with plastic wrap and set in a warm place for two days to ferment. It will become bubbly and have a sour smell. After two days proceed with recipe (which Julie already has).

**ANSWER** — Melissa Wolfe, SUN Area Dairy Princess, sent in the following recipes in response to a past request for potato recipes. She also added a recipe for fried cabbage.

#### Baked Potatoes With Cheesy Veggies

2 cups chopped broccoli  
1 cup chopped onion  
1 cup finely-chopped carrots  
2 tablespoons butter  
2 tablespoons flour  
1½ cups milk  
1 cup shredded cheese  
8 baked potatoes

Cook broccoli, onions, and carrots in a small amount of water until tender.

In a saucepan, melt butter and stir in flour. Add milk slowly while stirring. Continue stirring and cook until sauce thickens. Add cheese and stir until melted.

Add drained veggies. Serve over hot baked potatoes.

#### Fried Cabbage

½ head of cabbage  
1 cup butter  
3 cold diced baked potatoes  
16 ounces of cooked egg noodles  
salt and pepper

In a large frying pan melt butter and add cabbage and baked potatoes. Fry until the cabbage begins to become tender and brown. Add cooked noodles.

Season with salt and pepper to taste. Cook on low for about 15 minutes. This will allow for all the flavor to blend.

Keep pan covered and flip ingredients often to keep them from burning. Add additional butter if needed.

Some individuals chose to include sausage in this recipe.

**ANSWER** — Here are some more potato recipes sent in by Lee Laverty, Mount Joy:

#### Sweet Potato Slaw

½ cup mayonnaise  
½ cup sour cream  
2 tablespoons honey  
1 teaspoon grated lemon zest  
½ teaspoon salt  
¼ teaspoon pepper  
3 cups shredded, peeled, uncooked sweet potatoes

1 medium apple, peeled and chopped  
8-ounce can pineapple tidbits, well drained  
½ cup chopped pecans

In a bowl, combine the first seven ingredients. Blend until smooth. In a large bowl, combine sweet potatoes, apple, pineapple, and pecans. Add dressing and toss to coat. Cover and refrigerate for one hour. Makes 6-8 servings. Note: fat free mayonnaise and sour cream can be substituted.

#### Savory Sweet Potato Salad

3 pounds sweet potatoes, cooked, peeled, and cubed  
1 cup chopped sweet red pepper  
½ cup chopped onion  
1¼ cup mayonnaise  
1 teaspoon salt  
¼ teaspoon pepper  
⅛ to ¼ teaspoon hot pepper sauce

In a large bowl, combine potatoes, red pepper, and onion. In a small bowl, blend mayonnaise, salt, pepper, and hot sauce. Pour over

potato mixture and toss to coat. Cover and refrigerate for at least one hour. Makes 6-8 servings.

#### Chevy Oatmeal Raisin Cookies

3 eggs, beaten  
1 cup raisins  
1 teaspoon vanilla  
1 cup butter  
1 cup brown sugar  
1 cup sugar  
1 teaspoon salt  
1 teaspoon cinnamon  
2 teaspoon baking soda  
2½ cups flour  
2 cups oatmeal

In a small bowl, combine eggs, raisins, and vanilla. Soak one hour in the refrigerator.

In a large bowl combine butter and sugars. Add salt, cinnamon, soda, and flour. Mix well. Add raisin mixture and oatmeal. Drop on cookie sheets and bake at 350 degrees for 12 minutes.

**ANSWER** — LI Dairy Miss Lindsay Fessler of Berks County sent in two recipes for Easter dinner. Sorry we received them too late to print with the Easter dinner edition, but these sound so yummy, you will certainly want to use them year-round.

#### White Chocolate Mousse

1 cup whipping cream  
2 tablespoons sugar  
3-ounces cream cheese, softened  
3 1-ounce squares white baking chocolate, melted  
2 cups blueberries, raspberries, or strawberries  
Additional berries, optional

In a mixing bowl, beat cream until soft peaks form. Gradually add sugar, beating until stiff peaks form; set aside. In another mixing bowl, beat cream cheese until fluffy. Add chocolate and beat until smooth. Fold in whipped cream. Alternate layers of mousse and berries in parfait glasses, ending with mousse. Garnish with additional berries if desired. Serve immediately or refrigerate for up to three hours. Yield: 4-6.

#### Peanutty Ice Cream Pie

1½ cups finely chopped peanuts  
3 tablespoons butter, melted  
2 tablespoons sugar

#### Filling:

¼ cup peanutbutter  
¼ cup light corn syrup  
¼ cup flaked coconut  
3 tablespoons chopped peanuts  
1 quart vanilla ice cream, softened  
Miniature M&M's or semi-sweet chocolate chips

Combine the peanuts, butter, and sugar; press onto the bottom and up the sides of a 9-inch pie plate. Cover and refrigerate for 15 minutes. In a large bowl, combine peanutbutter and corn syrup. Add coconut and peanuts. Stir in ice cream just until combined. Spoon into crust. Cover and freeze overnight or until firm. Just before serving, sprinkle with M&Ms. Yield: 6-8.

**ANSWER** — Thanks to Paula Korda, Jackson Township, for sending in the recipe for meatballs. Paula writes, "I have been making these for years. The secret to the moistness is the water sprinkled on the bread."

#### Mouthwatering Meatballs

½ pound ground beef, pork, and veal  
1 egg  
2 cloves minced garlic  
¼ cup grated romano cheese  
¼ cup parsley  
3 slices white bread (pulled apart or cut into really small cubes and toss with 2 tablespoons water)  
¼ teaspoon salt  
¼ teaspoon pepper

Mix together ingredients and add ¼ cup dry bread crumbs and blend well.

Form into balls and either fry them in shortening or bake in oven to reduce fat content. Add to your favorite spaghetti sauce.

## National Beef Cook-Off Reaches Out To Consumers

DENVER, Colo. — Media efforts to generate entries for the 2003 National Beef Cook-Off in Fort Worth, Texas, Sept. 26-27 are running at a record pace. To date, actual coverage for the program included 1,096 media placements with 186.3 million media impressions.

The event gives America's amateur cooks a chance to showcase the ease and versatility of cooking with beef.

Twenty finalists will complete for \$100,000 in cash prizes, including a \$50,000 "Best of Beef" Grand Prize.

Since January, there have been one million visits from 21,974 unique visitors on the National Beef Cook-Off Web site, [www.beefcookoff.org](http://www.beefcookoff.org).

For more information on the National Beef Cook-Off, visit the event Web site or call Sherry Hill at (303) 850-3441.