



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** — Sometimes readers send in requests or answers, which aren't clearly defined, to this column. For example Henry McMaster, Kemblersville, wants a cake recipe that calls for ½ cup maraschino cherries, ¼ cup cherry juice, and ½ cup ground pecans. I'm not sure if he is referring to a recipe that was previously printed or one that he heard about. Any readers able to help?

**QUESTION** — M.J. Wade is looking for a recipe to make a "natural" or healthier fruit roll-up. She writes, "My grandchildren love roll-ups, but after reading the label on the boxes, I am concerned about the sugar and chemical content."

**QUESTION** — A reader from Martinsburg requests a recipe for macadamia nut cookies.

**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 in this section.

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

**QUESTION** — Mary of Smithsburg, Md., requests recipes to make a good granola 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** — 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** — 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** — 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** — R. Diehl, Bloomsburg, wanted a recipe for hamburger pin wheel with gravy. Thanks to Kelly Hamilton, Highland Park, N.J., for sending the recipe that she uses. She writes the recipe is from a 1956 Cutco Cookbook.

#### Beef Roll Poll

##### Part 1:

1 pound ground beef or 2 cups cooked ground beef  
1 cup chopped mushrooms  
1 medium onion, chopped  
2 eggs, beaten  
Salt and pepper to taste  
1 tablespoons minced parsley  
Brown ground beef in skillet (if using cooked beef, add 1 tablespoon fat). Add mushrooms and onions; cook until tender, stirring occasionally. Drain fat.

Add eggs, salt and pepper, parsley, and mix well. Set aside to cool.

##### Part 2:

3 cups sifted all-purpose flour  
4½ teaspoons baking powder  
Salt to taste  
2 tablespoons sugar  
½ cup shortening  
1 cup milk  
Mix together dry ingredients. Cut in shortening, add milk to make a soft dough. Roll on lightly floured board to ½-inch thickness.

Spread with meat mixture; roll up as for jelly roll.

Cut into one-inch slices. Place in shallow baking pan; brush with butter

Bake 20-25 minutes in hot oven, 425 degrees.

Serve with brown or mushroom gravy (jar), heated, or make a sauce by adding 1 cup leftover cooked vegetables to 3 cups mushroom soup. Serves 8 generously.

**ANSWER** — A Fleetwood reader wanted a recipe for Amish Friendship Bread using fruit juice. Thanks to a Bradford County reader who sent in a recipe and writes that the recipe was in *Lancaster Farming* about 12 years ago.

#### 30 Day Friendship Cake Starter From Juice

Take juice from:  
1 large can peaches  
1 large can crushed pineapple  
1 large jar maraschino cherries

##### Add:

¾ cup granulated sugar  
Mix and measure to make 1½ cup mixture. Put into covered bowl or jar. Stir every day for 15 days until set. Do not refrigerate. Use in fruit salad or in the following cake recipe.

#### 30 Day Friendship Cake

1½ cups starter juice  
2½ cups sugar  
1 large can sliced peaches, juice  
Mix in large bowl. Cover with lid or plastic wrap, not foil. Stir every day for 9 days.

##### On Day 10, add:

1 large can crushed pineapple with juice

2½ cups sugar

Stir for 9 more days.

##### Day 20, add:

2 jars maraschino cherries, sliced, with juice from 1 jar cherries

2½ cups sugar

Stir for 9 days more.

Day 30: Drain juice from fruit. Divide juice into four 1½ cup portions. (Any extra juice can be put in fruit.) Keep one starter juice for yourself and give three portions to friends with a copy of the recipe.

To make: divide fruit into three equal parts. Use one part fruit, 1 box yellow cake mix, 1 cup chopped nuts, 1 cup raisins, 4 eggs, 1 small box instant vanilla pudding and ¾ cup oil.

Beat with spoon. Bake in greased and floured tube pan or bundt pan at 350 degrees for one hour or until toothpick inserted in middle comes out clean.

**ANSWER** — Elisabeth Keener writes: "I am concerned that readers following the recipes for McKinkley Pie printed last week will be disappointed with their results. Both recipes call for molasses; the first recipe is almost identical to the recipe I use for shoo-fly pie; the second seems more like a Montgomery Pie — except for the "molasses" as an ingredient.

In the Lancaster County area (and as far west as Franklin County, where I live) "molasses" is rather an ambiguous term; there is "table molasses" (meaning King Syrup or Karo Syrup or "baking molasses" (meaning a Br'er Rabbit type of molasses). The term "corn syrup" does not seem to be used at all. The misunderstanding of this can lead to a big disappointment in baking or in cooking.

Br'er Rabbit is molasses; King Syrup and Karo Syrup are forms of corn syrup. Molasses is made from sugar cane, and corn syrup is made from corn. Sorghum syrup comes from sorghum; I would not want to interchange any in a recipe.

In south-central Pennsylvania, shoo-fly pies are made with corn syrup even though the recipes list "molasses" as an ingredient.

My parents are from northeastern Pennsylvania, where the Pennsylvania Germans are the "fancy" sort: Lutherans and Reformed. My mother was from Luzerne County and my father from Northumberland County. Their heritage of shoo-fly pies were ones made with Br'er Rabbit molasses and the crumbs were white.

I married into a Mennonite family which has been in Franklin County for 200 years and whose shoo-fly pies were made with "molasses" called King Syrup. Fortunately, my husband prefers the ones I make compared to the ones he grew up with. My mother-in-law would tell me that my crust was very good, but she did not like the filling.

One year I entered two shoo-fly pies in a baking contest at a local fair: one made with true molasses under my name and one made with corn syrup under my mother's name. The crusts and the crumbs were identical. The one made with the corn syrup received a blue ribbon; the one made with molasses got no ribbon. Obviously, the people judging were not familiar with the shoo-fly pie that I grew up knowing.

Mother was a home economic teacher, and she was mystified by a recipe a student brought to school for candied sweet potatoes made with "molasses". Mother tried the recipe in school, but her student said the sweet potatoes didn't taste at all like she had at home. Mother asked what kind of molasses was used at the student's home. "King Syrup" was the answer.

Perhaps an explanation of the difference between true molasses and the corn syrup would be in order for your column, so that your readers who live outside this area will understand exactly what they are to be using in a recipe."

**ANSWER** — A Mifflinburg reader wanted a recipe for a yellow cake mix. Thanks to Shirley Orfanella, Quarryville, for sending a recipe for a yellow cake; however, I think the reader wanted a recipe for a dry mix to keep on hand for quick use.

#### All-Occasion Downy Yellow Butter Cake

6 large egg yolks  
1 cup milk  
2½ teaspoons vanilla  
3 cups cake flour  
1½ cups sugar  
1 tablespoon and 1 teaspoon baking powder  
¾ teaspoons salt  
12 tablespoons butter, softened

Mix together egg yolks, ¼ cup milk, and vanilla. Combine dry ingredients. Add butter and remainder of milk. Mix on low speed until just moistened. Increase to medium speed for 1½ minutes to develop cake structure. Gradually add egg mixture in three batches. Pour into two 9-inch prepared pans and bake approximately 25-30 minutes at 350 degrees. Grease pans and line bottoms with waxed or parchment paper.

**ANSWER** — To answer Nancy Wallace's question about fresh ground coconut, Bob Clipp writes that fresh coconut is available at the LONG's Horseradish of York stand in the New Eastern Market on Memory Lane in York. Coconut is available starting in November through Easter, Clipp writes.