



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

QUESTION — Joyce Shoemaker wants a recipe using Club crackers or Saltines that tastes almost like peanut brittle. She thinks the crackers have slivered almonds on top.

QUESTION — Shirley Schwoerer, Wysox, needs a recipe for mock pecan pie, which uses oatmeal in place of nuts.

QUESTION — Yvonne Scantling, Wrightsville, writes that as a girl in the 1950s, her family purchased goat's milk taffy at the F.W. Woolworth Stores in Columbia and Lancaster. The taffy came in vanilla, chocolate, and strawberry flavors. It was made in large sheets 15x15-inches and weighed about five pounds each, she estimates. A hammer was used to break the taffy whenever it was purchased. Yvonne would love to have the recipe to make the delicious taffy. Woolworths only sold it during the summer months.

QUESTION — A reader from Wellsville wants a recipe for macaroni salad that tastes like that manufactured by Winter Gardens Salads, New Oxford.

QUESTION — Bob Snyder, Akron, Ohio, wants a recipe for rivel soup.

QUESTION — A. Weaver is looking for recipes to make hard pretzels and for cracker recipes. She writes that she and her husband are going to a mission work area where pretzels and crackers are hard to find and expensive.

QUESTION — Dorothy Bauman, Philadelphia, needs recipes for a gluten-free diet. Her daughter has a health problem that prevents her from eating gluten.

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 — 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 — 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.

ANSWER — Henry McMaster, Kemblerstown, requested a cake recipe that includes maraschino cherries. Thanks to a reader for this recipe. Another reader, Rachel Himmelberger, sent in an almost identical recipe. She also included a recipe for the frosting, which follows the cake recipe.

Sweet Story Cake

- 2½ cups cake flour
- 1½ cups sugar
- 3½ teaspoons baking powder
- 1 teaspoon salt
- ½ cup shortening
- ¾ cup milk
- ¼ cup maraschino cherry juice
- 1 teaspoon vanilla
- 2 teaspoons almond extract
- 4 egg whites, unbeaten
- 18 maraschino cherries, drained, chopped
- ½ cup nuts, chopped

Sift dry ingredients into mixing bowl. Drop in shortening. Combine milk and cherry juice. Add ¾ of this liquid. Add flavoring extracts. Beat two minutes at low speed. Add remaining liquid and egg whites and beat two minutes longer. Add chopped cherries, nuts, and blend. Bake in two round 8- or 9-inch pans, greased, at 375 degrees 20-25 minutes. Cool.

Cherry Icing

- ⅔ cup shortening
- 1 pound confectioner's sugar, sifted
- ¼ teaspoon salt
- 3 tablespoons maraschino cherry juice
- 2 tablespoons milk
- 1 tablespoon lemon juice
- 3 tablespoons maraschino cherries, drained, chopped

Cream shortening with sugar and salt. Add cherry juice and milk; beat. Add lemon juice; beat until fluffy. Frost between layers. Stir cherries lightly into remaining icing. Frost two 9-inch layers.

ANSWER — Thanks to Rose Stoltzfus for sending this recipe for granola bars. She writes that she thinks these taste better than any store-bought ones.

Granola Bars

- ¼ cup butter
- ¼ cup vegetable oil
- 1½ pounds marshmallow
- ½ cup honey
- ¼ cup peanut butter
- 4½ cups rice crispy cereal
- 1 cup graham cracker crumbs
- 5 cups oatmeal
- 1 cup crushed peanuts
- 1 cup coconut
- 1 cup chocolate chips or M&M's
- 1½ cups raisins (optional)

Heat butter and oil on low heat until butter melts. Add marshmallows and stir until melted. Remove from heat and add honey and peanut butter. In a large bowl, add remaining ingredients. Make a well in center, pour marshmallow mixture into well. (When using M&M's, it helps to cool the marshmallow mixture so the colors don't melt too much). Stir and press into 11x15-inch cookie sheet. Cool and cut.

ANSWER — M.J. Wade is looking for a recipe to make a "natural" or healthier fruit roll-up. Thanks to Mary Stoltzfus, Millersburg, for writing that about 15 recipes for fruit leathers and roll ups appear in the cookbook, "Recipes for Life from God's Garden" by Rhonda Malkmus available in some health food stores and bookstores. She knows the book is available at Glick's Natural Products, 120 Geist Rd., Lancaster, PA 17601-5912.

ANSWER Shirley Schwoerer, Wysox, wanted to know if sesame seeds can be sprouted. Thanks to Mary Stoltzfus, Millersburg, for writing that according to the cookbook "Nourishing Traditions" by Sally Fallon, unhulled sesame seeds can be sprouted. The cookbook contains a whole chapter on sprouted grains, nuts, and seeds. It is very informative and helpful on many subjects of health, according to Mary. To sprout unhulled sesame seeds, soak in water overnight. Rinse four times daily. Tiny sprouts are ready in 2-3 days. Sesame seeds will not sprout once they are separated from their outer hulls. Unhulled sesame seeds should be available in health food stores such as Glick's Natural Products, 120 Geist Rd., Lancaster.

ANSWER — Alice Rohland, Lititz, recently purchased a home grain mill and now grinds her own whole wheat flour. She requested 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 wanted 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. Thanks to Mary Stoltzfus, Millersburg, who writes that if she cannot find rye grains in health food stores, she should contact Natural Way Mills Inc., Middle River, Minn. Phone (218) 222-3677.

Also, an informative chapter on breads and flour products are found in the cookbook, "Nourishing Traditions" by Sally Fallon. Editor's note: Ironically a feature about an upcoming Sally Fallon workshop is featured on B6. Read it for more information. Here is a recipe that Mary sent that she uses.

100% Whole Wheat Bread

- 1½ tablespoons fresh baking yeast
- ½ cup warm water
- 1 teaspoon honey
- 1 quart warm water
- 1½ tablespoon salt (less may be used, preferably unrefined)
- 1 tablespoon apple cider vinegar
- 4 tablespoons vegetable or olive oil
- 3 tablespoons liquid lecithin or granules
- 2 tablespoon blackstrap molasses
- ¾ cup honey
- 11-12 cups fresh ground whole wheat flour
- ¼ cup oil for kneading

Combine yeast, ½ cup warm water with 1 teaspoon honey. Let set 10 minutes. Combine 1 quart warm water, salt, vinegar, 4 tablespoon oil, lecithin, blackstrap molasses, ¾ cup honey, and 4 cups flour. Stir well.

Add yeast mixture and 2 more cups flour. It is important to mix this very well.

Add 1 cup flour at a time, working it in well. Keep adding more flour until the dough is not too sticky and not too dry. It takes about six cups flour.

Cover dough and let rise in warm place. Pour ¼ cup oil in a bowl, and use as needed for kneading to prevent dough from sticking to fingers. Knead well three times about one hour apart.

If dough is too sticky when you're ready to put into pans, add more flour. If too stiff, add one unbeaten egg (this is rarely needed).

Shape into loaves and put into buttered or oiled pans. Prick with fork. Allow to rise about one hour, or to the size and shape loaf you want. Preheat oven and bake at 350 degrees about 40-45 minutes. Make sure oven is hot before putting the bread into the oven.

Makes 5 to 6 loaves.

ANSWER — Ralph Kieffer, Halifax, wanted a recipe for Aunt Flossie's tomato soup. Thanks to Yvonne Scantling, Wrightsville, for sending two recipes. She found one recipe in an Amish cookbook from Lancaster County and another one printed in a Chester County cookbook.

Lancaster County Tomato Soup

- 3 cups canned tomatoes
- 1 teaspoon baking soda
- 4 cups milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter

Bring tomatoes to a boil. Simmer for 10 minutes. Mash tomatoes. Add baking soda. Let foam subside, add milk, salt, pepper, and butter. Heat but do not boil. Serve hot. Serves 4.

Chester County Hot Tomato Soup

- 1 large can tomato juice
- 2 cans beef broth
- 1 teaspoon lemon juice
- ¼ teaspoon celery salt
- ½ bay leaf
- Pinch basil
- ¼ cup sherry
- Dash tabasco

Ground pepper to taste

1 tablespoon parsley

Combine all ingredients. Heat to a boil and serve. Great in thermos at a ball game or activity in the fall. Serves 6 to 8.

ANSWER — Leda Stevens requested a recipe for a delicious peach pie made with Karo syrup, cornstarch, and peach-flavored Jell-O. Thanks to Regina Mack, New Bethlehem, for sending the recipe.

Peach Of A Pie

- 1 cup sugar
- 4 tablespoons cornstarch
- 2 tablespoons corn syrup
- 1 cup water
- Lemon juice, optional
- 3 tablespoons peach or orange Jell-O
- 4-6 sliced or diced peaches

Mix sugar, cornstarch, and corn syrup together. Slowly add water. Boil until clear. Remove from heat, add Jell-O. After mixture has cooled, add peaches. Pour into baked pie crust. Let pie set one hour in refrigerator before serving. Top with whipped cream if desired.

ANSWER — In response to the request from Mary of Smithburg, Maryland, Regina Mack sends this recipe.

Granola

- 10 cups oatmeal
- 2 cups brown sugar
- 2 cups coconut
- 1 cup wheat germ (optional)
- Stir together dry ingredients.
- ½ cup peanut butter
- ½ cup oil
- ½-1 cup honey (optional, if adding honey, cut back on brown sugar amount)
- ½ cup corn syrup
- 1-2 teaspoons vanilla
- 1-2 teaspoons salt

Heat until peanut butter is melted. Pour over the remaining ingredients. Bake at 325 degrees for 30-40 minutes or until nicely browned. Add 1 cup raisins when hot. Stir while cooling. May add chocolate chips and nuts if desired.