



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 — Blueberry recipes are wanted for July.

QUESTION — Alice Weaver wants a recipe to make cream cheese.

QUESTION — James Breon requests a recipe for stewed tomatoes, which uses tapioca as a thickening agent.

QUESTION — Isaac Kirk, Silver Spring, Md., wants a recipe for rhubarb jelly and for red beet jelly.

QUESTION — A reader wants recipes to make homemade cream cheese, cheese, yogurt, sour cream, cultured buttermilk and other dairy products.

QUESTION — Donna Rhine, Quarryville, wants to know if anyone has a "Lep Cookie" recipe.

QUESTION — Richard Kleckner, Quakertown, wants a recipe for Drop Welsh Cookies.

QUESTION — R.H. from Seneca Falls, N.Y., wants a recipe for a good Philly Cheesesteak. Also, for the recipe, do cooks use cubed or ground beef?

QUESTION — Lizzie Stoltzfus, Gap, noted that years ago they used to make a drink called soda water in the summertime. She can't find tartaric acid, however. Does anyone know where it can be obtained?

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 — 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 — R. Schrum, Dover, wanted a recipe with instructions on how to can zucchini that tastes like pineapples. Thanks to a subscriber for sending in the following recipe.

Zucchini Pineapple To Can

8 cups zucchini squash, peeled, shredded or ground
23-ounces unsweetened pineapple juice
¾ cup lemon juice
1½ cups sugar
Peel and shred or grind 8 cups zucchini squash. Add 23-ounce can unsweetened pineapple juice, ¾ cup lemon juice and 1½ cups sugar.

Bring to a boil and simmer 20 minutes. pour into sterilized jars; seal and process 15 minutes in boiling water canner (water must cover jar lids when boiling).

Use this as a substitute for crushed pineapple in cooking or for salads and other recipes that require crushed pineapple.

ANSWER — Recipes to make homemade crackers continue to arrive. Some are duplicates of those already printed in answer to A. Weaver's request, but here are some different ones from a reader who did not include her name.

Wheat Thins

Combine in mixing bowl:
2 cups whole wheat flour
2 tablespoons wheat germ
1 teaspoon salt
1 teaspoon baking powder
2 tablespoons brown sugar
2 tablespoons dry milk solids
Use pastry blender to cut in:
6 tablespoons butter
Combine separately and stir in:
½ cup water
1 tablespoon molasses
Knead until smooth. Grease two cookie sheets and sprinkle with cornmeal. Divide dough in half. Roll out half of dough onto cookie sheet with floured rolling pin, rolling dime-thin. Sprinkle lightly with paprika, garlic, onion or seasoned salt. Run rolling pin over once more. Prick with fork and cut into desired shape (pizza cutter works fine). Bake at 350 degrees for 10 minutes or until lightly browned. Yield: ¾ pound.

Mama's Crackers

3 cups oatmeal
2 cups unbleached flour
1 cup wheat germ
2 tablespoons sugar
½ teaspoon salt
¾ cup canola oil
1 cup water
Mix all ingredients together. Grease a cookie sheet and spoon some dough onto a pan. Roll out ⅛-inch thick. Try to leave about one-inch from pan edges to prevent burning. Sprinkle lightly with salt. With pizza cutter, cut into desired squares or shapes. Bake 350 degrees for about 10-13 minutes.

Note: Some melted butter may be substituted for some of the oil for a buttery flavor — about 3-5 tablespoons.

Graham Crackers

4 cups graham wheat flour
2 cups brown sugar
1 teaspoon salt
1 teaspoon vanilla
2 cups all-purpose flour
1 cup shortening
1 teaspoon baking powder
1 cup milk
2 eggs
Roll out onto cookie sheets and bake at 350 degrees until lightly browned.

ANSWER — Joyce Shoemaker wanted a recipe using club or saltine crackers to make something that tastes similar to peanut brittle. Anita Daniels, Waymart, sent is this recipe that is different than those previously printed.

Fool's Toffee

40 single saltine crackers (not square but rectangular)
2 sticks butter
1 cup light brown sugar
12-ounce semi-sweet chocolate chips
1½ cups chopped pecans or walnuts
Line 10½x15½-inch jelly roll pan or cookie sheet with heavy duty aluminum foil. Spray foil with cooking spray. Line crackers on foil.

Bring butter and brown sugar to a boil until it is foamy. Pour over crackers. Bake at 350-degrees for 12 minutes. Remove from oven and sprinkle chocolate chips over hot crackers. When melted, spread evenly. Sprinkle with chopped nuts, pressing into chocolate. Remove from foil quickly. Break into separate cracker pieces. Refrigerate. Also good without the chocolate.

Here is a different version from Joan Yarnall, who writes that her mother and mother-in-law love this. They both had liked peanut brittle but couldn't eat that after getting false teeth.

Golden Graham Crunch

¾ cup butter
¾ cup granulated sugar
¾ cup firmly packed light brown sugar
½ cup light corn syrup
¼ teaspoon salt
24 graham crackers (5x2½-inches)
½ cup chopped M&M's plain chocolate candies
½ cup chopped pecans
Line 15½x10½-inch jelly roll pan with aluminum foil; lightly grease. Combine butter, sugars, corn syrup, and salt in heavy 3-quart saucepan. Bring to a boil over medium low heat; continue cooking over medium low heat exactly 5 minutes.

Remove from heat; immediately pour half the syrup mixture onto bottom of prepared pan, spreading evenly to cover. Immediately press graham crackers into syrup mixture.

Immediately pour remaining half of mixture over crackers, spreading evenly to cover. Bake at 375 degrees for 8 minutes. Remove from pan.

Immediately sprinkle with candies and nuts; press in lightly.

Here is another version from Carole Wynne.
Nutty Cracker Delights

42 club crackers
½ cup butter
½ cup granulated sugar
1 teaspoon vanilla extract
1 cup slivered almonds
12-ounces chocolate chips
Place crackers in a single layer in a foil-lined 15x10-inch baking pan. In a saucepan over medium heat, melt butter. Add sugar; bring to a boil, stirring constantly. Boil 2 minutes. Remove from heat; add vanilla. Pour evenly over crackers; sprinkle with nuts. Bake at 350 degrees for 10-12 minutes or until lightly browned. Spread chocolate chips over top as soon as removing from oven. Immediately remove from the pan, cutting between crackers if necessary, and cool on wire racks. Store in airtight container. Yield: 3½ dozen.

ANSWER — Alice Rohland, Lititz, wrote that she had recently purchased a home grain mill and wanted a recipe and had several questions about where to find whole grains and the use of additives such as vitamin C. Thanks to Mrs. Aaron W. Huber, Myerstown, who recommends Dutch Way of Sheafferstown and bulk food stores as sources for purchasing wheat and rye whole grains. She tried vitamin C but didn't taste the difference. She also uses whole wheat in cookies and cakes. Substituting one-third of white flour for whole wheat doesn't seem to make a difference in the finished product, she writes.

Ground wheat can be frozen. Here is one of Mrs. Aaron Huber's recipes.

Whole Wheat Bread

1 rounded tablespoon yeast
2½ cups lukewarm water
¼ cup vegetable oil
⅓ cup sugar
2¼ teaspoons salt
Put this in electric mixer bowl and stir; add:
1 tablespoon lecithin (granule or liquid form works)
1 tablespoon gluten
5 cups whole wheat flour
1 cup Occident (bread) flour

Sometimes a little less flour or a little more is needed to reach the right dough consistency. Add the last cup of flour until dough pulls away from side of bowl. Dough should be a little sticky to finger touch. Beat eight minutes. Let rise two hours. Punch down. Let rise another hour. Shape into three loaves. Let rise two hours. Bake at 300 degrees for 30 minutes or until golden brown. Brush tops with butter.

Whey Used In New Frozen Protein Bar

SAN LUIS OBISPO, Calif. — Athletes and other fitness devotees have a new protein source to meet their nutrient needs, thanks in part to checkoff-funded research by the California Polytechnic State University, located in San Luis Obispo, Calif. Cold Fusion Protein Bars are a frozen protein juice energy bar that uses whey protein isolate as its primary protein source to help provide muscle recovery and repair for sports enthusiasts.

"New product innovations, such as Cold Fusion, help achieve the objective of dairy checkoff-funded ingredient marketing and research," said Mike LaPolla, director of ingredient marketing for Dairy Management Inc., which manages the national dairy checkoff program. "Research identifies the nutritional properties and functionality of whey protein isolates and other dairy ingredients, and marketing programs, such as the 'Do it with dairy' campaign, promote dairy's unique qualities to food manufacturers."

According to its marketing materials, Cold Fusion "tastes like ice cream and works like an energy bar." The product is available in four flavors (Orange Passion, Berry Blast, Key Lime, and Chocolate Fantasy) at leading natural foods, grocery, and convenience stores throughout the western U.S., including Albertsons, Safeway, and Vons supermarkets.

For more information about checkoff-funded ingredient marketing programs visit www.doitwithdairy.com or www.dairycheckoff.com.