



## Question Corner

(Continued from Page B8)

busy farm wife. Mix together and put in the oven for two hours while completing other chores. The rice pudding is delicious, Raub writes.

### Baked Rice Pudding

3 quarts milk  
1 cup long rice  
1 cup sugar  
Nutmeg sprinkled on top.  
Combine ingredients. Sprinkle with nutmeg. Place in 350-degree oven. Bake two hours.

**ANSWER** — E. Weaver, East Earl, would like a recipe for 100 percent whole spelt bread, without wheat flour or wheat gluten. Thanks to Lois Martin, Shippensburg, for sending a recipe.

### Spelt Bread

1 tablespoon yeast  
Dissolve yeast in 1/2 cup lukewarm water. Add:  
1 teaspoon sugar  
Let set 5 minutes. Combine the following:  
1 1/2 cups lukewarm water  
4 tablespoon canola oil  
2 tablespoon King syrup  
1 tablespoon Blackstrap molasses  
1 teaspoon salt  
2 tablespoons vinegar  
1/3 cup mashed potato flakes  
2 tablespoon ground flaxseed

2 cups whole grain spelt flour  
Mix together water, oil, syrup, molasses, salt, vinegar, potato flakes, flaxseed. Add 1 cup flour and yeast mixture. Beat 5 minutes. Stir in remaining flour. Knead 10 minutes, adding a little flour if sticky. Grease bowl, put dough in bowl, cover with tea towel, and let rise until double. Punch down, take rolling pin across dough to remove air bubbles, divide into two loaves. Place in greased pans. Let rise about one-inch above pans. Bake at 375 degrees until loaves sound hollow and are browned on top.

**ANSWER** — In answer to the request for blueberry recipes, here is one from Nancy Kramer, Newmans town. Check the "Home On The Range" section for many more blueberry recipes submitted by readers.

### Blueberry Buckle

1 1/2 cups flour  
1 3/4 teaspoons baking powder  
1/4 cup butter, softened  
3/4 cup sugar  
1 egg  
1/2 teaspoon vanilla  
3/2 cup milk  
2 cups blueberries, fresh or frozen  
2 tablespoons sugar

Sift together flour and baking powder into bowl. Set aside. In another bowl, beat together butter and 3/4 cup sugar until creamy. Beat in egg and vanilla until mixture is smooth and light. Add milk alternately with flour to sugar mixture, beating thoroughly. Spread less than

half of the batter into a 9x1 1/2-inch greased pan. Sprinkle with 1 cup berries. Spoon remaining batter on top, smoothing out carefully. Sprinkle with remaining 1 cup berries and top with 2 tablespoons sugar. Bake at 350 degrees for 45 minutes. Serve with milk or a dip of vanilla ice cream.

**CORRECTION** — Gloria Spangler, Thomsville, wrote that the recipe for Layered Banana Pudding printed in the June 21st issue was not clear. The person who sent in the recipe did not specify when to add the egg yolks. Here is the corrected version.

### Layered Banana Pudding

1/2 cup all-purpose flour  
2/3 cups packed brown sugar  
2 cups milk  
2 egg yolks, beaten  
2 tablespoons butter  
1 teaspoon vanilla extract  
1 cup whipped cream topping  
4-6 firm bananas, sliced

In medium saucepan, combine flour, brown sugar; stir in milk. Cook and stir over medium heat until thickened and bubbly; add beaten egg yolks and cook one minute more. Remove from heat. Stir in butter and vanilla. Cool to room temperature. Fold in whipped topping. Layer a third of the pudding in a glass bowl. Top with half the bananas. Repeat layers. Top with remaining pudding. Cover and chill one hour before serving.



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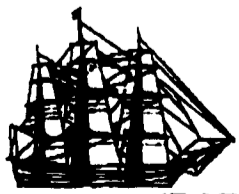
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