



## Question Corner

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** — Patty Schuler, Richland, N.J., wants to know how to remove raspberry seeds to make seedless raspberry jam.

**QUESTION** — Recipes and ideas are needed for using all types of summer fruits and vegetables.

**QUESTION** — A reader wants recipes for dishes that work well to take to potluck dinners or covered dish events.

**QUESTION** — A reader wants recipes and ideas for quick summertime cooking.

**QUESTION** — A Lycoming reader wants a recipe to make chocolate chip mint cheesecake and other recipes for unusual cheesecake.

**QUESTION** — L. Kauffman would like a pepper recipe to can sweet peppers that taste like the B&G Sandwich Toppers available at supermarket. She knows it has some oregano in it.

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

**ANSWER** — Marlene Witmer just found out that her son cannot have wheat products, so she is looking for wheat-free recipes, and a source to buy rice flour. Thanks to Mary Hartman, Narvon, for writing that she highly recommends Bette Hagman's book, "The Gluten-Free Gourmet Cooks Fast and Healthy," which contains a wealth of wheat-free recipes. Hartman also writes that rice flour can be found in many bulk food departments of supermarkets such as Shady Maple, East Earl, and in Oriental grocery stores. Hartman purchases rice pasta and other baking needs at an oriental store at the corner of 11th and Elm Streets in Reading.

**ANSWER** — C. Faus, Hegins, sends this information for Marlene Witmer who inquired about spelt flour. Although spelt flour is available in most health food stores, it can be expensive. You can buy spelt flour freshly ground at Hinkletown (she did not send address or phone number) or call (570) 682-9159. Since the allergy problems their family deals with is protein, spelt flour solves the problem, but for those who have gluten allergies, spelt flour may not work.

Faus writes that spelt flour may be used in most recipes for cakes, cookies, gravy and others that call for flour. However, she found it difficult to roll out pie dough until she found the following method. Now her 8-year-old is delighted to make pie dough.

### Pie Dough Using Spelt Flour

3 cups spelt flour  
1½-2 sticks soft butter

Combine flour with butter and rub until mixed evenly. Firmly press about ¾ cup crumbs on bottom of pie plate.

Spelt flour does not contain as much gluten as wheat flour, so do not expect a light, fluffy bread. It can be rather crumbly. Faus found it more satisfactory to form into sandwich buns than loaves. Here is the recipe Faus uses to make homemade bread with spelt flour.

### Spelt Bread

2½ cups quick oats  
1 cup vegetable oil  
2 tablespoons salt  
¾ cup brown sugar  
15 cups spelt flour (approximately)  
4 cups water  
2 tablespoons yeast  
1 cup warm water

2 tablespoons sugar

Soak yeast in one cup warm water with 2 tablespoons sugar. Scald oats, oil, salt, and brown sugar with 2 cups boiling water. Add 2 cups cold water to cool. Stir 7½ cups flour into oatmeal mixture, add yeast. With dough hooks, beat five minutes on high (this strengthens the gluten). Let rise 5-10 minutes.

Stir down. Add remainder of flour and knead. Divide dough into 4 loaves; put in greased bread pans and allow to rise until doubled (one hour). Bake at 350 degrees for about 35 minutes.

**ANSWER** — Several years ago, Helen Spencer, Hopewell, N.J., had gotten a recipe for Shoo Fly Pie that is served at the Shartlesville Inn. She lent the recipe out and has not gotten it back. "It was the best tasting Shoo Fly Pie and I'd love to be able to make it again," she writes. Thanks to a Landisburg reader who sent a recipe, which she writes is not from Shartlesville Inn but has won first prizes. Everyone loves it, she writes.

### Shoo-Fly Pie

Crumb topping:

1 cup flour  
1 cup brown sugar  
2 tablespoons canola oil  
Mix together flour, sugar, and oil until crumbly. Save ¼ cup crumbs.

Filling:

1 egg  
1 cup molasses  
1 cup boiling water  
1 teaspoon baking soda  
Mix together egg and molasses. Dissolve baking soda in boiling water. Add to egg and molasses mixture. Add to crumbs. Mix well. Pour into 10-inch pie shell.

Bake 10 minutes at 400 degrees. Sprinkle reserved crumbs on top. Bake additional 30-35 minutes at 350 degrees.

Shoo fly pie should be baked as soon as the filling is mixed together.

**ANSWER** — Nona Deputy, York Springs, wanted to know how to preserve citron and where she could get some seeds. Thanks to a reader for sending the following information. Citron seeds can be purchased from R.H. Shumway's Fulfillment Center, 335 S. High St., Randolph, WI 53956. Phone (888) 437-2733.

### Citron Melon Preserves

2 pounds citron melon  
2 pounds sugar  
1 lemon

Cut melon into ½-inch slices, crosswise. Trim off green rind. Discard seeds. Split slices, keeping the inner and outer parts separate. These parts should be preserved separately because the outer portion requires longer cooking. Weigh. Cover with water and boil 25-35 minutes. Drain. Dissolve half the sugar in four cups water. Add citron. Boil 45 minutes. Let stand overnight. Add remaining sugar and sliced lemon. Boil until citron is clear. If syrup is too thick, add boiling water. If syrup is too thin when citron is cooked, remove citron and boil syrup until thickened. The amount of water needed depends upon the amount of citron melon used. Pour boiling hot mixture into jars. Seal immediately.

Note: Citron preserves may be drained and used as a substitute for regular citron. Commercial citron is made from a tree-grown fruit — not a melon.

**ANSWER** — Eric, Shade Gap, writes, "as a child growing up, I remember my grandmother serving for breakfast what I would call rivels that were sweet in a hot milk-like broth that was poured over bread or bread crumbs and then sprinkled with sugar. Does anyone know what this was and how it was made?" Thanks to Holly Lutz, Jonestown, for writing that this sounds like Dumph Knepp, which her mother often made when she baked bread.

### DUMPH KNEPP Steam Buttons

½ cup milk  
2 tablespoons sugar  
1 egg beaten  
½ teaspoon salt  
1½ teaspoons shortening  
1¾ cups flour  
1 tablespoon dry yeast

Heat milk to scalding (until a skin forms on top) cool to lukewarm. Add yeast and dissolve. Add shortening, salt, sugar, egg, and flour. Place in a greased bowl and let rise until doubled in bulk. Punch down and divide into fourths and shape into balls.

Place into a greased 10-inch round cake pan and let rise about 1 to 1½ hours.

Heat in a 12-inch skillet and pour in about ¾-1 cup water. Bring to a boil and place into a skillet on top of a small rack. Use two dinner knives. Let cook on medium heat for 20 minutes. Take skillet off stove and let stand a few minutes before removing lid.

Serve warm with sugar and milk. Swiss cheese was also served with this dish.

Dumph Knepp can be frozen and then reheated in microwave. Holly writes: Of course, we did not have a freezer or microwave at that time, so the family ate the whole thing at one sitting.

**ANSWER** — Sandy Evans, Berks County, requested a recipe for Red Velvet Cake Roll. Holly Lutz, Jonestown, sent a recipe for Red Velvet Whoopie Pies in which the batter can be adapted to make cupcakes or cake roll. Holly also writes that Duncan Hines sells a red velvet cake mix with a recipe to make a cake roll. Holly writes that one box makes one nice cake roll with batter leftover to make cupcakes or a small cake. She uses two boxes to make two nice-size cake rolls. One to keep and one to give away. Follow directions on box. (Any brand of cake mix will work).

Here's Holly's 'from scratch' recipe.

### Red Velvet Whoopie Pies

½ cup shortening  
1½ cups granulated sugar  
2 eggs  
2-ounces red food coloring  
2 tablespoons baking cocoa  
1½ teaspoons baking soda  
3½ cups flour  
1 teaspoon vanilla  
1 teaspoon salt  
1 cup buttermilk  
1 tablespoon vinegar

Make a paste of cocoa and food coloring; set aside.

Cream together shortening, sugar, and eggs. Add cocoa mixture and vanilla. Beat at medium speed for several minutes. Add flour, salt and buttermilk alternately to mixture. Beat several minutes again at medium speed. Fold in baking soda and vinegar. Do not beat.

Drop by tablespoonful onto greased cookie sheets. Bake at 350 degrees for 12-15 minutes or until done. Spread your favorite filling (two different recipes follow) on one, top with a second cookie.

Filling 1:

2 egg whites  
2 teaspoons vanilla  
¼ cup flour  
3 tablespoons milk  
2 tablespoons powdered sugar  
1 cup shortening  
2½ cups powdered sugar

Beat egg whites until stiff. Add vanilla, flour, milk, 2 tablespoons powdered sugar and mix. Add shortening and remaining powdered sugar, beating until fluffy. Spread between the cookies.

Filling 2:

1 stick butter  
1 cup Crisco  
2 cups confectioner's sugar  
2 teaspoons vanilla  
6 teaspoons marshmallow fluff.

With electric mixer, beat together butter, Crisco, sugar, and vanilla. Fold in marshmallow fluff. Spread between whoopie pie cakes.

**ANSWER** — A Lycoming County reader wanted a recipe to make A-1 steak sauce.

### A-1 Steak Sauce

½ cup orange juice  
½ cup raisins  
¼ cup soy sauce  
¼ cup white vinegar  
2 tablespoons Dijon mustard  
1 tablespoons grated orange peel  
2 tablespoons catsup  
2 tablespoons chili sauce

Bring all ingredients to a boil, then boil two minutes, stirring constantly. Remove from heat. Allow to cool to lukewarm. Pour mixture into a blender until it is pureed. Pour into a bottle and cap tightly. Refrigerate and use within 90 days.