



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 — Luci Essig, Bernville, wants a brownie cupcake recipe.

QUESTION — V. Martin, New Holland, wants a recipe for coffee cake called A-P cake, which is sold at Yoder's Store, New Holland.

QUESTION — Debbie Mullinix, Woodbine, Md., wants a recipe for peach pound cake using fresh peaches.

QUESTION — A Quarryville reader wants a recipe for cream cheese icing that can be used to decorate cakes.

QUESTION — Margaret Grieff, Sidman, wants a recipe for Kosher dills similar to those sold in refrigerated supermarket cases and marketed under the label Claussen Dill Pickles.

QUESTION — Margaret Grieff, Sidman, wants a recipe for fillings and dough to make "Hot Pockets."

QUESTION — Margaret Grieff, Sidman, wants to know the best type of molasses to use in cookies and shoo fly pies.

QUESTION — Margaret Grieff, Sidman, wants to know if Cool Whip may be interchanged with whipped cream in recipes.

QUESTION — G. Minckler, Wayne, wants recipes using rice flour.

QUESTION — Recipes needed to use end-of-summer produce such as tomatoes, corn, beans, and other vegetables.

QUESTION — Peaches and pears are so scrumptious in season, but how can I preserve them best to use later on, a reader inquires. Can they be frozen and used in dessert recipes? If so, how?

QUESTION — Anyone have a recipe for blueberry whoopie pies? Through some glitch in the system this earlier request was dropped without a recipe being printed. Jeremie and others have requested one.

QUESTION — A Coatesville reader wants a recipe for blueberry bars like the Amish sold at Steel City Farmers Market, Coatesville. The bars were very moist and had an icing glaze over the top.

QUESTION — Brenda Martin, Reinholds, wants a recipe to make soy sauce.

QUESTION — Joyce Shoemaker, Mount Joy, wants a recipe for corn fries that taste like those served at Oregon Dairy Restaurant. She writes that the corn fries look like French fries.

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.

ANSWER — Nellie Ibach wanted a recipe with exact amounts listed to make iced tea using regular tea bags and blue stem tea to give tea a minty flavor. Thanks to Kathy Wolf, Elizabethtown, for sending two recipes.

Meadow Tea Concentrate

5 cups fresh mint leaves, washed with large stems removed
5½ cups water
3 cups granulated sugar
Place washed mint leaves in a large bowl. Bring water and sugar to a rolling boil in a saucepan, stirring until sugar is dissolved. Pour over mint leaves. Cover and steep one hour. Strain mint leaves and discard. The remaining concentrate can be mixed at a ratio of three

cups water to one cup concentrate to make meadow tea. The concentrate can also be frozen for later use, or can be used to make mint tea (recipe follows.)

Mint Tea

4 Lipton tea bags
2 cups boiling water
Steep tea bags in water, covered, for 5 minutes. Discard tea bags. Pour tea over one cup ice cubes. Add 3 cups cold water and ½ cup meadow tea concentrate.

Serve with 2 or 3 additional ice cubes and sprig of fresh mint per glass. Serves 4. *This makes a refreshing and not overly-sweet beverage.*

ANSWER — L. Kauffman wanted 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. Thanks to Mary Stover, Loganton, for sending a recipe. Although she never tasted the B&G brand, she said this recipe sounds similar.

Italian Peppers

½ bushel sweet peppers, any color, dice and put in crock

Pour in 1 gallon water and 1 gallon white vinegar. Stir well.

Soak 10 days, drain well. Add:

1 cup oregano
¼ cup garlic salt
Place in jars, put clove of garlic in each jar. Mix together:

1 quart salad oil
1 quart olive oil
Cover peppers with oil mixture. Set lids loose on jars for three days. Tighten lids on third day.

ANSWER — Mary Lockhard, Columbia, requested a recipe to make pear butter. Thanks to Jean Wissler, New Holland; Anna Martin, Denver; and others for sending recipes.

Pear Butter

2 quarts pear pulp
4 cups sugar
Wash pear and remove core and peeling. (Hold pears in bowl of cold water so they don't turn brown). Cut pears into quarters. Add a small amount of water. Put them in blender and puree until you have 8 cups of puree. Pour into roasting pan (do three batches at a time), and stir in sugar until mixed well. Bake in 350-degree oven for three hours (no longer or it will scorch). Stir occasionally. Put in jelly jars and seal.

Pear Butter

2 quarts pear pulp
2 pounds sugar
Wash pears and remove core and peelings. Cut into quarters and add a little water. Cook until tender. To the pulp, add sugar and mix together well. Place in a 350 degree oven for three hours. Stir occasionally. Pour into jars and seal.

ANSWER — Those who are interested in making pear butter will probably like this recipe sent in by a reader.

Grape Butter

1 quart heaping full of grapes
2 pounds sugar
4 tablespoons water
Boil 15 minutes. Smash through strainer. Put into jars. Ready to use.

Pear Butter

Wash and slice ripe pears. Cook until soft. If needed, add water to prevent sticking. Press through sieve or food mill. Measure:

12 cups pear pulp
6 cups sugar
½ cup orange juice
1 teaspoon grated orange peel
½ teaspoon nutmeg
Boil until thickened. Pour, hot, into hot glass canning jars. Process pints and quarts 10 minutes in boiling water bath.

ANSWER — A Kutztown reader requested a recipe for German Swhartzte Brod (black-bread). The Baker and Mestermacher are some companies that make this naturally fermented, dark, solid bread with whole grains such as rye, sunflower, and 4-grain flours. She writes: It is a most nutritious tasting, satisfying snack with yellow butter spread on top. It's also great for breakfast. Thanks to Lee Laverty, Mount Joy, for sending the following recipe.

German Peasant Black Bread (Makes two round loaves)

2 packages active dry yeast
½ cup warm water (110 to 115 F)
2¼ cups boiling water
1 teaspoon salt
¼ cup butter
⅓ cup blackstrap molasses
1 ounce square unsweetened chocolate
1 teaspoon instant coffee
2 tablespoons crushed caraway seeds
1 teaspoon crushed fennel seeds
3 tablespoons cider vinegar

2 tablespoons grated onion
3½ cups all-purpose unsifted flour (approximate)

2 cups dark rye flour
corn oil
1 tablespoon instant coffee mixed with 3 tablespoons water

1 egg white mixed with 3 tablespoons water and ½ teaspoon salt
yellow corn meal

Sprinkle yeast into the warm water in a large bowl; stir to dissolve and set aside.

Combine salt, butter, molasses, chocolate, instant coffee, caraway seeds, fennel seeds, vinegar and onion; pour the boiling water over and stir to melt chocolate and butter, blend all ingredients. Cool to 110 F.

Stir in yeast plus 2 cups of all-purpose flour. Beat until smooth. Add all dark rye flour and beat several minutes. Then add enough all-purpose flour to make a stiff dough — one that pulls away from sides of the bowl.

Turn out onto a floured board, cover with clean, dry kitchen cloth and let dough rest 15 minutes. Knead dough, adding flour to keep from being sticky. After 20 minutes of quick, gentle kneading, the dough should be elastic and satiny. Shape into a smooth ball.

Wash, dry and rub mixing bowl with corn oil; roll dough over in oil to coat. Cover with kitchen cloth and set in warm (80 F) draft-free spot. Let rise to double its bulk, about 1¼ hours.

Punch down, roll again in a bit of oil, cover and let rise in same warm spot for 40 minutes, til nearly double in bulk. Punch down and shape dough into 2 round loaves.

Butter two pie plates and sprinkle bottoms with corn meal. Place one loaf in each pan, or place on either one large or two small cookie sheets prepared the same way. Cover with a clean, dry cloth and let rise til double, about 30 minutes. Poke two fingers into dough at inconspicuous spot; if indentations stay, bread is oven-ready. Brush each loaf first with some of coffee wash, then with egg-white wash.

Bake in preheated 375 F oven about 35 minutes, or until bread sounds hollow when thumped with fingers.

ANSWER — Joyce Shoemaker, Mount Joy, wanted a recipe for stewed tomatoes with peppers, onions, and parsley. She likes the stewed tomatoes served at Country Table Restaurant. Thanks to Lee Laverty, Mount Joy, who writes, "I went to Country Table and asked if they would be willing to share their recipe for their great stewed tomatoes, but unfortunately, they won't. This is as close to their recipe that I can find. Enjoy."

Stewed Tomatoes

2 (#2½) cans tomatoes
2 to 4 tablespoon brown sugar
2 to 4 tablespoon butter
¼ to ½ teaspoon salt and pepper to taste
The longer these tomatoes cook, the better they taste. Pour tomatoes into large stew pan; bring to a boil. Turn heat low and cook uncovered 3 to 6 hours, stirring occasionally to prevent burning. When tomatoes are cooked down so that no juice runs from a serving on a plate, they are done. Season to taste. Finely chopped onion or green pepper may be added ½ hour before tomatoes are done if desired. Do NOT add sugar until tomatoes are done or they will burn. Serves 4.

Eat Eggs It Does A Brain Good

WASHINGTON, D.C. — A full 50 years after its discovery, choline's dietary importance was finally recognized by the National Academy of Sciences in 1998 when it issued recommended daily intake amounts for the nutrient. Since then, researchers have shown many vital functions that choline plays in our health and are currently exploring even more links.

A building block for every cell, choline plays an important role throughout the body and throughout life. Jangled nerves? Researchers have discovered that our nerve fibers are insulated by choline. Choline also helps the efficient conduction of electrical impulses between nerves. These findings make this essential nutrient extremely important in a society where people say they are feeling more stressed than ever before.

But more important than any other discovery is what researchers have found out about choline and its relation to brain function. Not only does choline play a major part in the development of children's brain and memory function, but its effect predates the child's birth. It has been found that prenatal deficiencies of choline have a negative impact on the development of the areas of the brain related to learning and memory. In fact, a growing number of studies show that when rats have been supplied with adequate choline both before and after birth, they showed enhanced memory and brain function throughout their lives, extending into old age.

So where can you find this amazing stuff? In your egg case. This cost-effective, nutrient-dense, source of high-quality protein now has another reason to boast. With 280 mg of choline, one egg provides over 50 percent of an adult's daily requirement.