



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** — R. Emerson, Gordonville, wants to know where to buy a black diamond watermelon.

**QUESTION** — Mrs. Simon Yoder, Garrett, requests a recipe for pickled green tomatoes with dill.

**QUESTION** — Joane Merkel writes that her husband wants a recipe to make elderberry wine.

**QUESTION** — Norma Breining, New Tripoli, wants a recipe to make wet walnuts similar to those used in making ice cream sundaes.

**QUESTION** — A Lancaster County reader wants recipes for cream of mushroom soup that tastes like Campbell's condensed mushroom soup.

**QUESTION** — Rita Oshman, Bloomsburg, would like the recipe for canned tomato juice cocktail that was published last year. She lost the recipe.

**QUESTION** — Pat Elligson-Millers, Md., is looking for a recipe for cooked cabbage slaw in which the cabbage is chopped, cooked, drained, and tossed in a creamy yellow cooked sweet and sour dressing.

**QUESTION** — Esther Steinhauer, Clayton, Del., is looking for a recipe for quince jam and advice on how to process it. She also would like other good recipes using quinces.

**QUESTION** — Bea Johnson, Rising Sun, Md., writes that she remembers her grandmother making apple dumplings, but she did not use a whole cored apple. Instead, she peeled and sliced the apples to put them in the crust. Bea would like the recipe.

**QUESTION** — Luci Essig, Bernville, wants recipes to make trifles.

**QUESTION** — Sylvia King, Lancaster, wants recipes for cookies in a jar and also bars in a jar.

**QUESTION** — Marion Capp wants recipes using cooked red cabbage.

**QUESTION** — Peggy Chirico, Canadensis, wants a recipe to make pumpkin butter that tastes like the kind made by Baumans.

**QUESTION** — Ruth Klingler, Selinsgrove, requests recipes for vegetable breads.

**QUESTION** — A steady reader wants a recipe for "snails," such as the ones sold at The Pie Shoppe, Laughlintown. "Snails" are cookies made with pie dough and rolled in cinnamon and sugar.

**QUESTION** — A Fleetwood reader is looking for a recipe to duplicate a cake purchased at the outdoor Farmer's Market, Coudersport. It is a yellow cake with an orange marmalade glaze made in a 4x7-inch pan. The vendor called it a "sitting cake" because once you started eating it, you could not stop until it was gone. "How true," the reader reports.

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

**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./

**ANSWER** — Here is another recipe for muffins requested by a reader. Thanks to Nancy Kramer for sending it.

#### Blueberry Cream Muffins

4 eggs  
2 cups sugar  
1 cup vegetable oil  
1 teaspoon vanilla  
4 cups flour  
1 teaspoon salt  
1 teaspoon baking soda  
2 teaspoons baking powder  
2 cups sour cream  
2 cups fresh or frozen, drained blueberries  
In mixing bowl, beat eggs, gradually add sugar while beating slowly add oil and vanilla. Combine dry ingredients and add alternately with sour cream to the egg mixture just until moistened. Fold blueberries in very gently.

Spoon into greased or paper-lined muffin cups. Bake at 400 degrees for 20 minutes or until done.

**Note:** These muffins freeze well. They may be thawed and heated in a microwave. Also, it is very important to mix as directed. Overmixing may cause dry muffins. You may place a pan of water in the oven when baking muffins to help keep them moist.

**ANSWER** — Margaret Grieff, Sidman, wanted to know if Cool Whip may be interchanged with whipped cream in recipes. A reader answers that she substitutes Cool Whip for whipped cream all the time and has never had any problems with the substitution.

**ANSWER** — A reader wanted complete instructions and recipe to make cheese. Thanks to Joyce Bell, Lebanon, for sending a recipe she found in a 1981 magazine. If you are using raw milk, be sure the cows have not been treated with antibiotics for several days, as the medication kills the starter and prevents cheese from ripening.

Here are some basic cheese recipes that must be put in the freezer after five days to prevent spoilage. Thaw and cut off the amount needed. All but the cottage cheese can be re-frozen.

#### Mozzarella Cheese

Pour one gallon milk into container, add 3 tablespoons unpasteurized buttermilk or 1 tablespoon vinegar to milk. Stir well and let rest 6-12 hours.

Heat milk to 90 degrees and stir in ½ tablet rennet dissolved in one tablespoon cold water. Remove from heat, cover, let set in warm spot for 30 minutes or until curds are set.

Take your hands and break into small pieces. Place over slow heat, stirring occasionally with your hands. When curds begin to stick together, gather into mass and put into cheese press.

Press cheese for 30 minutes adding more weight every five minutes. Do not add too much weight as you want to keep enough whey in cheese for easy melting. Ten pounds should be enough.

Take cloth off cheese and put back into whey; heat to just below boiling, slowly on low heat. Remove cheese from whey and put into cloth — let drain overnight.

#### Melting Cheese

One gallon milk heated to 86 degrees. Stir in ¼ tablet Rennet dissolved in one tablespoon cold water. Let set covered in warm place for about 30 minutes. Cut curd into pieces with a long knife and stir a little, put on low heat and bring up to 120 degrees without stirring.

Heat until curds mat together and float in the whey. Take out of whey and knead into ball. Hang up to drain in cloth and then refrigerate. Yields about one pound.

#### Cottage Cheese

Put one gallon milk into container, heat on low heat to just under boiling point — 200 degrees.

Remove from heat immediately and stir ½ cup white vinegar into milk. Milk will instantly form curds or look curdled.

Let stand uncovered until lukewarm and then strain through a colander lined with a cloth.

When drained, immerse into cold water to finish draining whey from cheese. Drain thoroughly and store in refrigerator until needed or add salt to taste and then freeze.

Thaw uncovered and add cream if desired.

**CORRECTION** — The recipe for Chocolate Chip Applesauce Cake that was printed in this column on Sept. 13, did not list applesauce. The recipe should have listed 2 cups applesauce.

**ANSWER** — James Breon wanted a recipe to make a Reuben sandwich. Thanks to a reader for sending a recipe. Use the amount desired for each sandwich.

#### Grilled Reuben

2 slices rye bread, butter on each slice for grilling  
Swiss cheese  
Corned beef  
Sauerkraut  
Make sandwich and grill in skillet until lightly browned.

If desired, turkey can be substituted for the corned beef, coleslaw for the sauerkraut, and add fried onions.

**ANSWER** — Thanks to a reader for sending a recipe for quick summer cooking, which she writes is very refreshing.

#### Sandwich Ring

2 tubes refrigerated French bread dough  
Form circle with dough, pinching ends to seal. Sprinkle with Italian seasoning and three garlic cloves.

Bake at 350 degrees for 26-30 minutes until golden. Cool.

Cut in half through middle (sandwich style). Sprinkle top and bottom sandwich lids with 3 tablespoons each Italian salad dressing. Layer with cheese, ham, turkey, thinly sliced lettuce, tomatoes, and onions. Put sandwich top and enjoy.

**ANSWER** — G. Minckler, Wayne, requested recipes using rice flour. Here are two a reader sent.

#### Rice Flour Cookies

1 cup rice flour  
½ cup oil  
4 tablespoons honey  
¼ teaspoon pure vanilla extract  
1 egg, slightly beaten  
1 cup nuts, ground  
Blend all ingredients thoroughly. Chill for several hours or overnight. Roll into balls the size of walnuts. Arrange on well-oiled cookie sheets. Press flat with bottom of glass. Bake at 350 degrees about 12 minutes. Makes 2 dozen.

#### Rice Flour Muffins

Preheat oven to 450 degrees. Have all ingredients about 75 degrees. Measure into bowl:

1 cup rice flour  
½ teaspoon salt  
2 teaspoons double-acting baking powder  
1-2 tablespoons sugar

Melt:  
2 tablespoons shortening. When slightly cool, add:

1 well-beaten egg  
1 cup milk  
Mix dry ingredients well and with a few light strokes, combine with the liquid mixture, about 10 strokes are all that is necessary.

The muffins are less crumbly if you add the following before the ingredients are completely moistened:

½ cup raisins or 2 tablespoons orange or pineapple marmalade

If you add the marmalade, omit sugar. Bake 12-15 minutes and serve at once. Makes about two dozen 2-inch muffins.

## Obesity Due To Dairy Is Myth

ALBANY, N.Y. — A new study confirms what dairy farmers in New York State have been saying for years — drinking milk is good for you.

The September issue of the *International Journal of Obesity* dispels the myth put forth by animal rights and anti-dairy groups that drinking milk will make teenage girls overweight. In fact, nutritional experts agree that dairy products are an essential component of a diet during adolescent development.

The study concludes that dairy consumption in adolescent girls is not associated with a higher body mass index (BMI) or is an increase in percentage of body fat. This study, which followed the girls from pre-adolescence through adolescence, is the first in children to analyze the relationship between dairy food consumption and body weight status over time.

Research has shown that getting the calcium required to build bone mass in adolescence may help prevent osteoporosis.

Nearly nine out of ten teenage girls do not get the calcium they need, and this deficiency is largely driven by low dairy intake.

"This is the most important time of year to get the message to today's youth that milk is an essential part of a healthy diet," said John Lincoln, President of New York Farm Bureau and a dairy farmer in Bloomfield, New York. "As students return to school, they will be making the decision what to drink during the school day. We can't emphasize enough that their decision should be to drink milk."

"Many young women cut out dairy for fear of fat. This study shows that they can keep milk, cheese and yogurt in their diets and maintain a healthy weight," said Deanna Rose, registered dietician, National Dairy Council.

"Dairy foods are the best natural sources of calcium and provide a unique nutrient combination of nine essential nutrients. Parents and health professionals should encourage teens to enjoy 3-4 servings of dairy a day, which is as easy as having a slice of cheese, a glass of chocolate milk and a container of yogurt."