



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 — A Manheim reader would like recipes suitable for people following the Atkins Diet (high protein, low carbs).

QUESTION — Noramjean Weightman, La Plata, Md., gets together for afternoon teas with friends. She would like some really good recipes for scones to put a smile on her friends faces and hear them say, "This is an excellent scone."

QUESTION — Nancy writes that she needs a recipe to make grape jelly using Jell-O. She clipped the recipe from this column several years ago but lost it. She has three huge dishes of grapes and needs to make jelly right away.

QUESTION — Bonnie Hershey, Manheim, is looking for a recipe to make frozen fudge pops made with cornstarch. The fudge pops are very creamy like the store-bought variety.

QUESTION — Jenna Burns, Telford, is hoping to find a recipe for "Poor Man's Fruit Cake," which was a relative's recipe that was lost. The only thing that she knows about it is that it has boiled white raisins and was baked in a tube pan.

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

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

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

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

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 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 — 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 — Rita Oshman, Bloomsburg, requested the recipe for canned tomato juice cocktail that was published last year. She lost the recipe. Thanks to Rita Bayler, who sent in the recipe last year and this one.

Canned Tomato Juice Cocktail

- 12 large, ripe tomatoes
- 4 medium-sized carrots
- 2 large sweet green or red peppers

- 4 celery stalks, diced leaves included
- 2 onions, diced
- 1 garlic clove, minced
- ¼ cup lemon juice
- 2 tablespoons honey or to taste
- 1 tablespoon salt
- ½ teaspoon black pepper
- 2 bay leaves
- 2 sprigs fresh basil or dill or thyme (if desired)

Wash unblemished tomatoes; remove stems and cores; cut into small pieces. Scrub and grate carrots. Core, seed, and mince peppers. Combine all ingredients in large stainless steel or enamel kettle. Simmer over low heat 45 to 50 minutes, stirring occasionally, until vegetables are soft. Pick out herbs. Strain through sieve. To can: Return strained juice to kettle and bring to a boil. Pour into hot jars leaving ½-inch headspace. Adjust lids. Process quarts 30 minutes at 10 pounds pressure. To freeze, pour into freezer containers. Seal, label, date, and freeze. Yield: 4 quarts.

ANSWER — Norma Breining, New Tripoli, wanted a recipe to make wet walnuts similar to those used in making ice cream sundaes. Thanks to Sulaiha Lowe for sending instructions. She writes that she loves wet walnuts on ice cream but finds them much too sugary and gets a hypoglycemic reaction. She experimented with the recipe and found the following recipe to be better in every way — even taste.

Wet Walnuts

Brown rice syrup (found in health food stores or supermarkets). Brands have different levels of sweetness. She uses the middle level.

Walnut or pecan halves or pieces
Use equal amounts of syrup and nuts according to need. Warm syrup over low heat. Remove from heat. Roast nuts in toaster oven or dry frying pan until light nutty fragrance comes from them. Be careful not to burn them. Add hot nuts to warm syrup. Serve over ice cream.

ANSWER — Margaret Grieff, Sidman, wanted a recipe for fillings and dough to make "Hot Pockets." Thanks to a reader for sending these recipes.

Quick Method

Spicy Tomato Hot Pockets

- 2 (Pepperridge Farm's) pastry sheets (if frozen place in microwave. Don't overdo it).
- 4 tomatoes
- 1 big onion
- 2-3 green chilies
- 2 teaspoons red chile powder
- 1 teaspoon turmeric powder
- 1 teaspoon mustard seed
- 1 small bunch coriander leaves
- Salt to taste

Oil enough to saute the above
Chop finely onions and green chilies, set aside. When oil is heated, add mustard seeds. When it splutters, add onions and chilies, saute well. When onions are transparent, add chopped tomatoes, chili powder, turmeric powder, and salt. Mix well, let cook a few minutes until mixture boils well and turns into a thick consistency. Add chopped coriander leaves at the end.

Cut pastry sheets into small rectangles. Slightly stretch each piece with your hand. Into each of these pieces, put two spoons tomato mixture and fold it with the mixture inside. Make small pockets like this out of the two pastry sheets and place in a preheated oven for 5 minutes at 200 degrees. Bake for another 20 minutes at the same temperature. The pastry sheet forms a layer cover for the tomato pocket, which is very tasty.

Chicken Hot Pockets Filling

- 2 cups cooked chopped chicken
 - 3-ounce package cream cheese, softened
 - 1 tablespoon chopped green onions or chives
 - 2 tablespoons milk
 - ½ cup grated cheddar cheese
 - Salt and pepper to taste
- Mix cream cheese with milk until blended. Add remaining ingredients and mix well. Follow above instructions for cooking.

ANSWER — A steady reader wanted a recipe for "snails," such as the ones sold at The Pie Shoppe, Laughlintown. Thanks to a Meyer-sdale reader for sending instructions.

Roll out regular pie dough as for a jelly roll. Spread dough with butter. Sprinkle with granulated sugar and cinnamon as much as desired.

Roll up and cut into one-inch lengths. Set on end in baking pan and bake at 350-375 degrees until lightly browned.

ANSWER — Mrs. Simon Yoder, Garrett, requested a recipe for pickled green tomatoes with dill. Thanks to Sue Hurley, Newville, for sending a recipe. Sue writes that this is a canning recipe, but she uses the same ingredients and keeps the mixture in jars without processing in the refrigerator. The jars keep a long time and the tomatoes don't get mushy. She also likes to put one hot pepper and cut up cauliflower along with the green tomatoes.

Dilled Green Tomatoes

- 5 pounds small firm green tomatoes
- 3½ cups distilled vinegar
- 3½ cups water
- ¼ cup canning salt
- 6-7 garlic cloves
- Fresh dill or dill seeds (I use dry)
- 6-7 bay leaves

Wash and core tomatoes, cut into halves or quarters. Combine vinegar, water, and salt; bring to a boil. Pack tomatoes into hot jars, leaving ¼-inch headspace. Add one garlic clove, 1 head dill or 2 tablespoons dill seeds, and 1 bay leaf to each jar. Pour hot liquid over tomatoes, leaving ¼-inch headspace. Adjust caps. Process 15 minutes in boiling water bath. Yield: about 6-7 pints.

Here is another recipe from Leona Matz, Galeton.

Hot Green Tomatoes

Boil 1 quart vinegar with 3 quarts water and 1 cup salt.

In bottom of quart jar, put 1 sprig dill, ⅛ teaspoon alum, 1 teaspoon mustard seed.

Layer tomatoes. Put 4 strips hot pepper (optional) along sides of jar and 2 whole garlic buds on top. Pour vinegar mixture over top and process 10 minutes in hot boiling water.

ANSWER — Brenda Martin, Reinholds, requested a recipe to make soy sauce. Thanks to Lee Laverty for sending the following information: Soy sauce is generally not made at home. It is labor intensive and takes months to complete the fermentation process. Once the bottle is opened, soy sauce reacts with oxygen in the air and loses some of its flavor for one month. It is best to keep soy sauce refrigerated in order to maintain its excellent flavor. It should stay tasty for at least six months. Soy sauce has a pH of about 4.8 and contains about 18 percent salt. The high salt content acts as a preservative.

ANSWER — Thanks to Gerry Seipt for sending in her favorite dressing for tossed salad. A friend gave her the recipe 30 years ago.

Honey Dressing

- ¾ cup sugar
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- ¼ teaspoon salt
- 1 teaspoon celery seed or 1 tablespoon poppy seed
- ½ cup honey
- ½ cup wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon finely chopped onion
- 1 cup salad oil

Mix dry ingredients (prefers to substitute poppy seeds for celery seeds). Add honey, vinegar, lemon juice, and onion. Pour oil into this mixture slowly, while beating it with an electric beater. Refrigerate between uses. Stir before serving. Makes 2 cups.

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- October
 - 18 — Autumn Flavors
 - 25 — Pumpkin, Squash Recipes
- November
 - 1 — New Green On The Scene
 - 8 — Scones and Tea Time