



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** — Ralph Webb, Farm Grove, wants diabetic recipes, especially a diabetic icing recipe for cake.

**QUESTION** — Paul Earnest, Latrobe, would like a recipe for baked oatmeal.

**QUESTION** — Jacqueline-Robert Daniel had a recipe for a chicken coating that included wheat germ, romano cheese, and spices. Does anyone have the recipe to share?

**QUESTION** — Patricia Harden, Trappe, Md., wants a recipe for chow chow that tastes like that served at Shady Grove Restaurant.

**QUESTION** — Kathy Austin, Belchertown, Mass., wants recipes to make in a crockpot.

**QUESTION** — Richard Klickman, Quakerstown, wants a recipe for zucchini drop cookies and for pumpkin drop cookies.

**QUESTION** — Helen Groff, New Bloomfield, would like a recipe for Hungarian Goulash to make and serve with cooked noodles.

**QUESTION** — A faithful reader from Cumberland County would like the following recipes: a really rich pastry cream filling (the yellow type, not the fluffy white) for doughnuts; some recipes to make really light fluffy country-style biscuits; all kinds of doughnut recipes especially the cake type.

**QUESTION** — Jean Nestler, Halifax, wants a recipe for Jenny Lynn pie. We received many recipes for this that will be printed in next week's issue.

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

**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.

**ANSWER** — Joyce Shoemaker, Mount Joy, wanted a recipe for corn fries. Thanks to Lee Laverty, Mount Joy, who writes that she researched to find the ingredients for corn fries and this was as close as she could come.

#### Corn Fries

1½ quarts water  
1 tablespoon kosher salt  
¾ teaspoon freshly ground black pepper  
2 ounces butter  
1 pound course yellow cornmeal, plus more for breading  
1 cup cheddar cheese  
½ bunch cilantro, chiffonade (optional)  
3 cups canola oil, for frying  
Combine water, salt, pepper, and butter, and bring to boil. Slowly, in a thin stream, whisk in the cornmeal. When it starts to bubble, turn off heat or it will splatter (the mix is very hot at this stage and can burn). Stir with wooden spoon, partially cover and leave on the warm stovetop, stirring every few minutes so it does not stick, for 30 minutes. When thick, remove from warm stovetop, and add cheese and cilantro. Mix well. Pour into a 1x8x12-inch sheet tray or baking dish. Smooth out the mixture until it is level. Chill until firm, about 2 to 3 hours. Preheat the canola oil in a deep pot to 350 degrees F. Cut polenta in strips, about 1½ by 3 inches. Lightly bread the polenta "fries" with cornmeal. Deep fry in hot oil for 2 to 4 minutes or until crispy.

Serve with cheese sauce and salsa.

**ANSWER** — A Fleetwood reader is looking for a recipe to duplicate a cake purchased at the outdoor Farmer's Market, Coudersport. Thanks to Lee Laverty, Mount Joy, for sending a recipe.

#### Sunshine Cake

1 package Betty Crocker yellow cake mix  
1 (10 oz.) jar orange marmalade, less 3 teaspoons

2 teaspoons orange peel, grated

Heat oven to 350 degrees. Grease and flour 12-cup bundt cake pan. Prepare cake mix as directed on package, except decrease water to 1 cup and add marmalade and orange peeling. Bake until the cake pulls away from side of the pan and springs back when touched lightly in the center or when wooden pick inserted in the center comes out clean. Let cake stay in oven about 45 to 50 minutes. Cool for 10 minutes. Remove from pan when cake is cooled completely. Spread with glaze, allowing some to drizzle down the side. Garnish with mint leaves and orange peeling, if desired.

**GLAZE:** ¾ cup powdered sugar, 3 teaspoons orange marmalade, 2 teaspoons orange juice.

Blend powdered sugar, orange peel, and orange juice until smooth. If necessary, stir in additional orange juice, ¼ teaspoon at a time, until desired consistency.

**ANSWER** — Donna Bryerbach wanted a recipe to make tapioca pudding in a crockpot. Thanks to Lee Laverty for sending two recipes.

#### Seed Pearl Slow-Cooker Tapioca

Combine in crock pot:

2 quarts milk

1 cup seed pearl tapioca

1½ cups sugar

Cook on high three hours.

Mix together:

4 eggs

1 teaspoon vanilla

A little of the hot milk.

Add to crock pot. Cook on high 20 more minutes. Chill. Serve with whipped cream or fruit.

#### Tapioca Salad - Large Pearl

Combine in crockpot:

10 tablespoons large pearl tapioca

½ cup sugar

Dash salt

4 cups water

Cook on high 3 hours or until tapioca pearls are almost translucent.

Remove from crock pot and cool thoroughly in refrigerator.

Stir in 1 cup grapes (cut in half), 1 cup crushed pineapple (drained) and 1 cup whipped cream. Serve cold. This recipe makes a lot!

Variations: Add 1 small can drained mandarin oranges or some chopped maraschino cherries.

**ANSWER** — Carrie Sponsetter, Gettysburg, attended the South Mountain Apple Festival, where she had pumpkin funnel cake that tasted so good and wanted the recipe. Thanks to Lee Laverty, Mount Joy, for sending a recipe.

#### Pumpkin Funnel Cakes

1½ cup all-purpose flour

1 egg

½ cup canned pumpkin

1 cup milk

4 tablespoons sugar

¼ teaspoon baking powder

1 teaspoon baking soda

¼ teaspoon salt

Confectioners' sugar for topping

Vegetable oil for deep frying

Heat vegetable oil to 375 degrees F.

Beat egg; add pumpkin, milk and stir until smooth. Sift dry ingredients, and add to the egg mixture. Mix until the batter is smooth and not too thick.

If batter is too thick for funnel, add small amounts of milk for desired consistency. The funnel should have an opening of at least ½ inch and be able to hold about ½ cup batter.

Put your finger over the bottom and add about a cup of batter. Remove your finger and allow the batter to pour into the center of the oil. Be careful, the oil may splash! Gradually swirl the batter outward in a circular motion, or crisscross back and forth to make a cake about 7 or 8 inches round. Check it with tongs and turn it when the bottom becomes golden brown. When both sides are done, remove with tongs and let it drain on a paper towel.

Sift confectioners' sugar over each funnel cake.

**ANSWER** — Nancy needed a recipe to make grape jelly using Jell-O. Thanks to Lee Laverty, Mount Joy, for sending a recipe.

#### Diabetic Grape Jelly

1 package plain Jell-O

½ cup cold water

1 grain saccharin

2 cups unsweetened grape juice

½ cup grated lemon rind

1 tablespoon lemon juice

¼ teaspoon salt

Add gelatin, water, and saccharin. Allow gel-

atin to soften and swell. Bring 1 cup grape juice to a boil and add to gelatin. Stir until dissolved. Add the other cup of grape juice to the lemon juice and rind and salt. Pour into gelatin. Pour into jars. When cold, cover and refrigerate.

**ANSWER** — Bonnie Hershey, Manheim, wanted a recipe to make frozen fudge pops made with cornstarch. Thanks for Lee Laverty, Mount Joy, for answering this recipe.

#### Frozen Fudge Pops

2 tablespoons cornstarch

1 cup hot (not boiling) water

6 tablespoons (2½ ozs.) sugar

2 tablespoons unsalted butter

2 ounces unsweetened chocolate, coarsely chopped

2 ounces bittersweet chocolate, coarsely chopped

Dash of salt

1 teaspoon pure vanilla extract

Stir the cornstarch into the hot water and continue stirring until completely dissolved, about 1 minute.

Pour the cornstarch mixture into a small saucepan and add all other ingredients except vanilla. Turn the heat to medium-high and whisk constantly until mixture starts to thicken, 3 to 5 minutes. Continue whisking until the mixture has the texture of a pudding, about 1 minute. Remove from heat immediately and continue whisking for another minute or so until mixture cools down somewhat.

Divide mixture equally among 6 to 8 standard-sized frozen pop forms. Freeze at least 4 hours before serving.

Storage: Up to 1 week in the freezer or, if serving as a pudding, up to 2 days in the icebox. If using as a pudding, place plastic wrap directly on the surface of each serving to prevent a skin from forming.

**ANSWER** — Pat Elligson-Millers, Md., wanted 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. Thanks to Martha Weaver, East Earl, for sending her family's favorite. She writes that the cabbage is cooked in a pressure cooker but could be made in a saucepan with plenty of water and drained before adding dressing, and brought to another boil.

#### Hot Slaw

1 cabbage, coarsely shredded

3 tablespoons butter

4-6 tablespoons brown sugar

⅓ cup vinegar

2 tablespoons chopped onion

1½ teaspoon salt

½ teaspoon dry mustard

½ cup water

1 tablespoons caraway seed (optional)

Combine all ingredients in a pressure cooker. Cook 5 minutes with regulator rocking slowly. Cool cooker all at once. Makes 4-6 servings. Delicious served with mashed potatoes.

Thanks to Lee Laverty, Mount Joy, for sending a recipe.

#### Carolina Slaw

1 large head of cabbage, finely chopped

1 medium bell pepper, finely chopped

1 medium sweet onion, finely chopped

2 carrots, grated

Dressing:

1 cup sugar

1 teaspoon salt

⅔ cup vegetable oil

1 teaspoon dry mustard

1 teaspoon celery seed

1 cup cider vinegar

Combine coleslaw vegetable ingredients: chopped cabbage, chopped bell pepper, chopped onions, and grated carrots in a large serving bowl. In a saucepan over medium heat, combine remaining ingredients; bring to a boil. Simmer, stirring, until sugar is dissolved; pour over vegetables and toss well. Cover and refrigerate until thoroughly chilled. Enough slaw for 8 to 10 servings.

**ANSWER** — Austin R. requested soup recipes in a jar for gift giving. Thanks to Sylvia King for sending the following recipe. Also, more recipes will be printed next week from Rachel Lantz, Myerstown, and from Sue Hurley, Newville.

#### Friendship Soup

Layer the following in a quart jar:

⅓ cup beef broth

¼ cup onion flakes

½ cup split peas

½ cup macaroni rings

¼ cup barley

½ cup lentils

⅓ cup rice (not instant)

Finish filling jar with any shape pasta.

Instructions to attach to jar: Brown one pound ground beef or beef stew meat in a kettle. Add contents of jar to kettle with 14 cups water.

If desired, add 1 cup diced celery and 15-ounce can diced tomatoes with juice. Let it come to a boil and simmer slowly until done.