



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 LGOD.EPH@LNPNEWS.COM

QUESTION — Lillian wants a recipe for Friendship cake starter and for the cake that is made with the starter.

QUESTION — A reader would like instructions on how to use powdered vanilla. What is the amount of powdered vanilla needed to equal one teaspoon of liquid vanilla? Does using only the powder make good vanilla flavor or should it be dissolved in liquid first?

QUESTION — Charles Dodson wants a recipe for parched or toasted corn.

QUESTION — Claire Wedell, Lumberton, N.J., needs a recipe for a good sweet potato pie.

QUESTION — L. Z., Manheim, is searching for a casserole recipe called Straw Stacks, which is eaten with tortilla chips. She writes that this recipe is different than Hay Stacks or Mexican Hats.

QUESTION — A Lititz reader is looking for cookie recipes and hors d'oeuvres to serve during the holidays.

QUESTION — Cristy Updike Trass, Interlaken, N.Y., is searching for recipes for amaretto chocolate fudge and cherry vanilla fudge. She believes the cherry vanilla fudge contains maraschino cherries and walnuts.

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 — A faithful reader from Cumberland County would like recipes to make really light fluffy country-style biscuits and all kinds of doughnut recipes especially the cake type.

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

ANSWER — Helen Groff, New Bloomfield, wanted a recipe for Hungarian Goulash to make and serve with cooked noodles. Thanks to Hermie Potts, Pemberton, N.J., for sending one that he uses.

Hungarian Goulash

2 pounds beef chunk, cut up
1 cup onion, chopped
6 tablespoons shortening
1 tablespoon flour
1½ teaspoon salt
1 tablespoon paprika
8-ounce can tomato sauce
1 minced clove of garlic
2-3 beef bouillon cubes dissolved in 2 cups water

Brown beef, onion, and garlic in shortening until tender. Stir in flour, salt, paprika, and tomato sauce with the 2 cups bouillon broth. Cook 5 minutes or longer, until meat is done. Or, you may bake at 350 degrees for 90 minutes.

ANSWER — A Manheim reader requested recipes suitable for people following the Atkins Diet (high protein, low carbs). Thanks to Sharon DeLorenzo, Catawissa, for sending in recipes. She recommends buy low carb cookbooks written by Fran McCullagh. Another good cookbook to buy is "15-Minute Low Carb Recipes" by Dana Carpenter. More will appear on this cookbook in an article, but the cookbook was published by Winds Press and is available for \$19.95. Here are recipes from DeLorenzo.

Skillet Chicken Florentine

Olive oil
2-3 boneless, skinless chicken breasts
10-ounce package frozen chopped spinach, thawed
2 cloves garlic, crushed
¼ cup heavy cream
¼ cup grated Parmesan cheese

Warm a little olive oil in a heavy skillet, and brown the chicken breasts over medium heat to the point where they just have a touch of gold. Remove the chicken from the skillet.

Add a couple more tablespoons of olive oil,

spinach, and garlic, and stir 2-3 minutes. Stir in cream and cheese, and spread mixture evenly over the bottom of skillet. Place the chicken breasts on top, cover, turn the heat to low, and let simmer 15 minutes.

Serve chicken breasts with spinach on top.

Yield: 3 servings each with 5 grams carbohydrates, 3 grams fiber, for a total of 2 grams usable carbs and 33 grams protein.

Those Chicken Things

10 scallions
8-ounces cream cheese, softened
8 boneless, skinless chicken breasts
16-24 slices bacon

Clean, trim, and chop scallions, including a generous portion of the green. Mix the scallions into cream cheese, and set aside.

Butterfly the chicken breasts from the thinnest edge in toward the thickest. (This thickest edge will be the middle of the breast once it is opened up). Working one piece at a time, open the breast up, and put it in a heavy zipper-lock bag. Seal the bag, and with a rolling pin, hammer, dumbbell or whatever you can find, pound the chicken breast until it is ¼-inch thick all over. Repeat with remaining chicken breasts.

Once all 8 breasts have been flattened, place an equal amount of the cream cheese and scallion mixture on each. Wrap the chicken meat around the cheese mix so that it is completely enclosed.

Wrap a strip of bacon around the ball of chicken, stretching it a bit to provide maximum overlap. Wrap a second piece of bacon around the still exposed portion of the chicken, again giving it a bit of stretch. Secure with toothpicks. (Depending on the size of the chicken breasts, you may need a third piece of bacon. Most of the chicken should be covered by the bacon strips).

Refrigerate for several hours or overnight until well chilled.

Cover the barbecue rack with aluminum foil, and spray with nonstick cooking spray. (The foil helps prevent flare-ups from the bacon fat and also helps the chicken cook evenly). Preheat the grill to high.

Place the chicken on the covered rack, reduce heat to medium, and close lid. Turn about every five minutes, until all sides are nicely browned. When the cheese starts to ooze out in a few places, the meat is done. (Depending on the size of the pieces and the overall temperature of the grill, this should take 20-30 minutes). Remove toothpicks and serve.

Yield: 8 servings, each 1 gram carbohydrate, a trace of fiber, and 36 grams protein.

Dilled Chicken Salad

1½ cups cooked chicken, diced
1 large rib celery, diced
½ green pepper, diced
¼ medium, sweet red onion, diced
3 tablespoons mayonnaise
3 tablespoons sour cream
1 teaspoon dried dill weed
Salt

Combine chicken (wonderful with turkey too), celery, pepper, and onion in bowl.

In a separate bowl, mix together mayonnaise, sour cream, and dill. Pour the mixture over the chicken and veggies, toss, salt to taste, and serve.

Yield: 2 servings, each with 5 grams carbohydrates and 1 gram fiber, for a total of 4 grams usable carbs and 24 grams protein.

Broccoli Salad

½ cup olive oil
¼ cup vinegar
1 clove garlic, crushed
½ teaspoon Italian seasoning herb blend
½ teaspoon salt
¼ teaspoon pepper
4 cups frozen broccoli cuts

Whisk together olive oil, vinegar, garlic, herbs, salt and pepper.

Don't bother to thaw the broccoli, just put it in a bowl and pour the olive oil mixture on top. Mix well. Let set for several hours in the refrigerator. Stir occasionally. Serve.

Yield: 6 servings each with 7 grams carbohydrates, 4 grams fiber, for a total of 3 grams usable carbs and 4 grams protein.

Chicken Waldorf Salad

1½ cups diced cooked chicken
½ cup diced apple
2 big ribs celery, diced
½ cup chopped walnuts
½ cup mayonnaise

Combine all ingredients, mix well, and serve.

Yield: 2 servings, each with 9 grams carbohydrates and 3 grams fiber, for a total of 6 grams usable carbs and 40 grams protein.

Strawberry Almond Pie

Almond Crust:

Butter for pie plate
1½ cups almonds with skins
1 tablespoon sugar
1½ tablespoons Splenda low-calorie sweetener
3 tablespoons butter, softened to room temperature

Preheat oven to 350 degrees. Butter a 9-inch pie plate. Place about 6 almonds in food processor and grind to dust; sprinkle the dust over the prepared pie plate. Grind remaining almonds along with the sugar and Splenda but not too finely — it's best to do this in short bursts.

Put the ground sugared almonds into a bowl with soft butter and mix together with fingertips.

When you have a sort of dough, press it into the bottom and sides of the pie plate, using the back of a soup spoon to make it as even as possible.

Bake crust 15 minutes — it should just be beginning to brown at the edge. If not, continue baking a few more minutes. When crust is done, let cool to room temperature.

Strawberry Filling

1 quart strawberries, halved
Pinch salt
1 tablespoon flour
Splenda low calorie sweetener to taste, about ¼-½ cup
8 ounces cream cheese
Heavy cream as needed
¼ teaspoon pure vanilla extract

In saucepan, cook strawberries with salt and flour over medium heat, breaking them up a little with a wooden spoon to release their juices. Don't let them scorch. Cook until thickened, like jam, about 10 minutes. Add Splenda to taste and remove from heat. Set aside.

In a food processor, break up cream cheese and beat until it's smooth, adding a little cream as needed. Mix in vanilla.

To assemble the pie, pour the cream cheese mixture over the almond crust and spoon the strawberries on top. Refrigerate the pie at least one hour and up to four hours.

Per serving, carbohydrate: 9.4 gram plus 5.8 grams fiber; protein 7.9 gram, fat 32.8 grams.

ANSWER — Thanks to Elisabeth Keeney for sending in her recipe for hot pockets, which had been requested by Margaret Grieff, Sidman. Keeney writes that she and her husband tasted this recipe when visiting the Russian Mennonite community of Goessel, Ks. Keener writes that this recipe may not be exactly what Grieff was looking for, but the sandwiches in a bun make a wonderful snack or light meal.

Bierocks

¼ cup butter (no substitutes)
¼ cup sugar
1 teaspoon salt
¾ cup warm milk
1 large egg
3 cups bread flour, more if needed
1 package yeast

Keeney uses her bread machine dough cycle to mix the dough. If you do not use a bread machine, mix the yeast dough. Let rise, punch down, and let rise 20 minutes. Roll out and cut into 4-inch squares. Put ¼ cup of the following meat mixture into each square. Fold edges over and seal. Let rise 15 minutes. Bake in a 350 degree oven for 15 minutes.

Filling:

1 pound ground beef, browned, drained
Saute the following and combine with browned beef:
1 onion, chopped
½ medium head cabbage, chopped
¼ cup butter

ANSWER — Mrs. Philip Miller, Gettysburg, requested a recipe for barley soup. Thanks to Lisa Zimmerman for sending one.

Chicken Barley Soup

2 cups cooked chicken
2 quarts chicken broth
1 cup carrots, diced
1 cup celery, diced
1 chicken bouillon cube
Basil leaves
½ cup barley
½ cup onion, chopped
1 teaspoon salt
½ teaspoon poultry seasoning
½ teaspoon pepper

Soak barley in water for a half day. Drain. Bring chicken broth to a boil. Add barley and remaining vegetables and seasonings. Cook until soft.

ANSWER — A faithful reader from Cumberland County requested doughnut recipes especially the cake type. Thanks to Lisa Zimmerman, for sending one.

Baked Donuts

2 heaping tablespoon yeast
2½ cups warm water

Beat together:

2 eggs
¾ cup sugar
¼ cup margarine
2½ teaspoons salt

Add yeast mixture. Add 4 cups Occident (bread flour). Beat well with mixer. Add 4 more cups flour with spoon into moistened. Do not overbeat.

Refrigerate overnight. Roll out dough and cut out donut shapes. Let rise one hour. Bake at 350 degrees for 10-12 minutes. Don't brown.

Filling:

6 cups confectioners' sugar
¾ cup warm water
1 cup Crisco shortening
1 teaspoon vanilla
Dash salt

Combine filling ingredients and beat well. Insert in baked donuts.

Variation: Roll and cut out. Let rise one hour. Push down to make a well in center. Put 1 tablespoon cherry pie filling in each. Bake at 350 degrees for 10-12 minutes. Put icing over the top.

ANSWER — Cristy Updike Trass, Interlaken,

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