

Stir up hearty stews and a star fruit pie

By Ellen Folkman, Times Correspondent

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Janet Kaesemeyer requested recipes for holiday cookies and treats without nuts or eggs. Although no recipes have yet arrived, Andi Helmer shares the title of a cookbook she bought her niece, who has similar allergies.

The cookbook is *Bakin' Without Eggs* by Rosemarie Emro; Andi says it can be obtained through <http://www.abebooks.com/> and costs about \$11. Any recipes that come in for Janet will be published in the future, but this cookbook may give her some ideas for the holidays.

Faith Smith wanted a recipe for lamb stew. Marilyn Bradow shares two very different recipes for Faith to try.

Flip Miller wanted recipes that use carambola, or star fruit. Mary Lou Davis shares a carambola pie recipe that makes 2 pies, one to keep and one to share.

Recipe request

Deborah Griswold would like a recipe for Mississippi mud pie and Mississippi mudcake.

Send requests to You Asked For It, St. Petersburg Times, P.O. Box 1121, St. Petersburg, FL 33731 or e-mail youaskedforit@knology.net. Put "Recipe request" in the subject line. Be sure to include your name, city and phone.

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Lamb Stew

For: Faith Smith of Trinity

From: Marilyn Bradow of Bradenton

2 tablespoons fat

2 pounds lamb, cubed

2 teaspoons dill seed

Salt, to taste

1 cup broth or soup stock

3 tablespoons flour

1/2 cup water

1 pound fresh mushrooms or 1 can 6 ounces mushrooms

1 cup sour cream

- Heat fat in heavy skillet. Brown lamb.
- Add dill seed and broth and salt to taste. Simmer until lamb is tender.
- Mix flour and water until smooth. Add to skillet, stir. Add mushrooms.
- Cook until thickened, stirring constantly. Stir in sour cream and heat, but do not boil. Serve with rice, noodles or baked potato.

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Lamb Stew

For: Faith Smith of Trinity

From: Marilyn Bradow of Bradenton

1 1/2 pounds lean lamb shoulder (boneless), cut into 1- inch cubes

3 cups water

1 clove garlic, minced

2 teaspoons salt

1/4 teaspoon pepper

4 carrots, cut into 2-inch lengths

6 tiny onions

3 small potatoes, halved

1 (10-ounce) package frozen peas

2 tablespoons minced parsley

- Dredge lamb in flour; brown in a small amount of fat. Add water, garlic, salt and pepper.
- Cover; simmer 1 1/2 hours or till meat is almost tender.
- Add carrots, onions and potatoes; cook about 20 minutes. Add peas and parsley; cook 5 minutes.

Serves 5.

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Carambola Pie

For: Flip Miller of Tampa
From: Mary Lou Davis of St. Petersburg

Crust:

1/2 pound butter or margarine

1/2 pint sour cream

2 cups sifted flour

Filling:

10 small, ripe carambolas

2 cups sugar

3/4 cup water

2 tablespoons uncooked tapioca

1 teaspoon cinnamon

1/2 teaspoon nutmeg

- To prepare crust: Blend crust ingredients together (do not use a beater). Knead dough. Divide into two balls. Place in bowl, cover with waxed paper and refrigerate 2 to 3 hours or overnight. Then roll each ball of dough out to 1/4 inch thickness. Place in 9-inch pie pans. Crimp edges of crust.

- Filling: Cut fruit into small chunks; remove seeds. Place carambolas, sugar and water in medium saucepan and bring to a boil. Add tapioca and spices, stir until mixture thickens. Remove from heat and let cool. Place mixture in the pie crusts and bake 35 to 40 minutes at 325 degrees. Serve hot or cold with whipped cream.

Makes 2 pies.