

New Zealand has been heard from.

A couple of months ago, Yountville reader Nancy Gardner wrote that she had eaten a wonderful cookie on a trip to New Zealand. It was called an Afghan, she wrote, adding that she hasn't been able to find a recipe for this chocolate-iced delight here, and hoped an Exchange reader could help out.

Sure enough, Cecilia Enderman of Redwood City, a native of New Zealand, sent the recipe, and so did Peppy Yakes of Santa Rosa, who copied the identical recipe from "Edwards Cookery Book," published in Christchurch, N.Z.

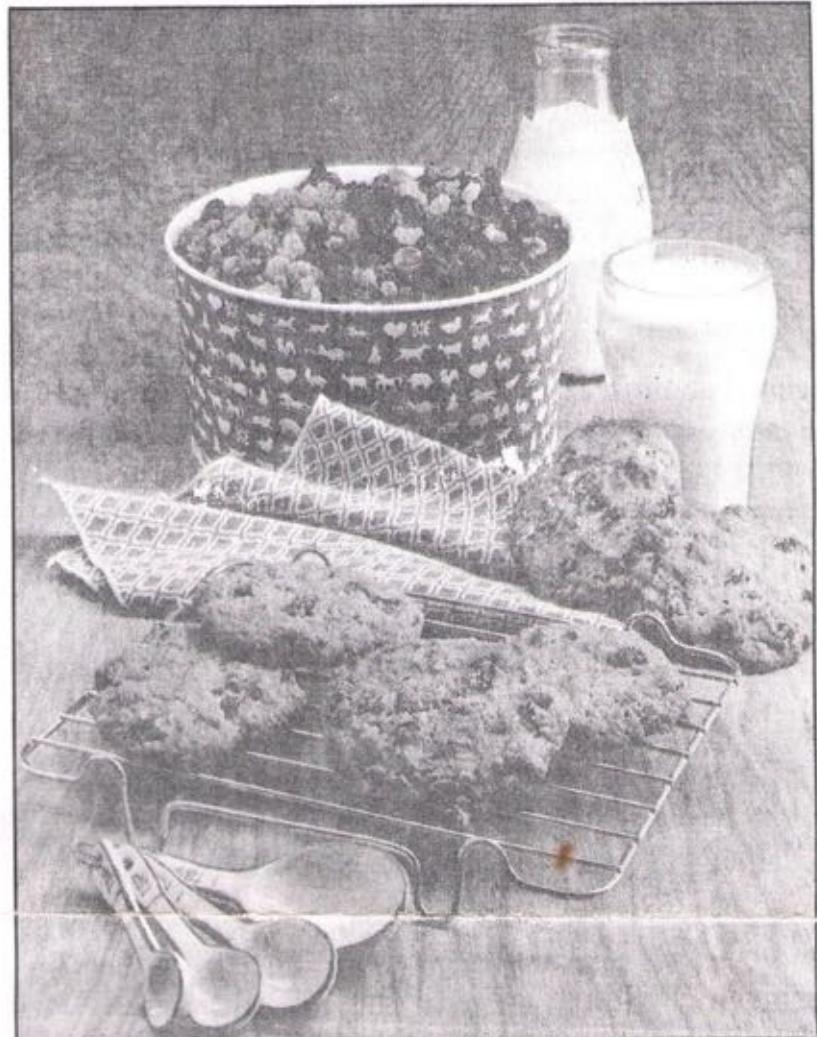
Another cookie request came in from Ellen Harrison, who wants to bake oatmeal cookies made with cooking oil rather than butter or shortening. We got a batch of recipes in response to that one.

In recent columns, Exchange readers have reminisced about dishes from the long-gone Townsend's restaurant on Geary Street. Now we could almost turn this space into a Townsend's column: Several readers write that they loved the creamed spinach recipe printed in the Exchange but would also like recipes for the luscious chocolate frosting on golden sponge cake (Kehoe of Woodside and Lenore Lynch of Greenbrae); the restaurant's melted cheese on toast (Nora McKee of San Francisco); as well as the custardlike cheesecake, probably made without gelatin and baked in a pie crust (Phyllis Mahoney, San Francisco).

Do we sense a Townsend's club in the making?

A wonderful meal in a wine country restaurant sparked a query by Diana Scafiro of San Bruno. She wonders if any reader has a recipe for Chicken Jerusalem, a chicken dish combining artichoke

THE EXCHANGE Karola Saekel



OATMEAL DELIGHTS: Oatmeal cookies baked with vegetable oil, not butter, are a healthy holiday treat

hearts with cream and sherry and spices.

Carolyn DeShazer of Redwood City wants to re-create a family favorite her mother made in the '50s. It was called butter brickle cake, though it had no candy in it.

Send requests and contribu-

tions to "The Exchange," Food Department, The San Francisco Chronicle, San Francisco, CA 94119. Include your name, address, daytime telephone number and the source for your recipe.

Recipes cannot be returned and have not been tested in Chronicle kitchens.

AFGHAN

INGREDIENTS:

- 7 ounces butter
- 3 ounces sugar
- 6 ounces flour
- 1 ounce cocoa
- 2 ounces cornflakes

INSTRUCTIONS: Soften the butter, then cream with the sugar. Add flour mixed with the cocoa. Mix well, then work in cornflakes. Drop by teaspoons onto a greased cookie sheet and bake at 350° until set, about 15 minutes. Remove cookies to a wire rack and cool completely before covering with chocolate ic-

ing. Makes 30 cookies.

Chocolate Icing: Melt 2 squares semi-sweet chocolate in the top of a double boiler or in the microwave. In a small saucepan, boil ½ cup sugar with 3 tablespoons water until it forms a thick syrup (don't let it color). Stir the syrup into the chocolate, adding a small pat of unsalted butter — about ½ teaspoon. Use immediately.

PER COOKIE: 110 calories, 1 g protein, 14 g carbohydrate, 6 g fat (4 g saturated), 15 mg cholesterol, 69 mg sodium, 0 g fiber.