

***“Cat Head Biscuits  
And  
Garlic Fried Chicken”***

***Carolina Mountain Cooking  
With***



***Pearlie***



***And***



***Jewel***

***Enjoy The True Tastes Of Southern Mountain Cooking***



## Dedication

***“Cat Head Biscuits And Garlic Fried Chicken” was created from the recipes and memories of two of the Carolina Mountain’s most talented cooks and most gracious Southern Ladies.***

These two ladies spent their entire lives caring, loving, and providing for their families. Everything from keeping a good home for their children, tending gardens for food, to teaching their children, grandchildren, and great-grandchildren the true meaning of “family values”. The wives of loggers and farmers, money was often in short supply. They never had too many of the “finer” things of life but no one ever went to bed hungry, and no one ever felt unloved.

To Pearlie And Jewel:

***“Eventhough many of your wonderful recipes have been lost, the genuine love and caring that went into every meal and shown to each one of us will be fondly remembered and sorely missed for generations to come.”***



### ***Carolina Country Cooking***

Real Southern Recipes, And More From The Blue Ridge Mountains Of  
North Carolina

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***Carolina Mountain Cooking***  
**With**  
***Pearlie And Jewel***



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## ***A Little About Carolina Mountain Cooking***

***The mountain tradition of cooking is that food should be unpretentious, solid, and filling.***

Traditionally pork or chicken was the main source of meat, but beef, fish, and a wide variety of wild game were also enjoyed. Some form of homemade bread was served at nearly every meal. The two main types of breads were corn breads and biscuits. There are almost more ways to eat a "Cat Head" biscuit than you can imagine. Most everyone grew their own gardens and during the summer, large gardens would produce an abundance of fresh vegetables. Favorites vegetables tended to be green beans, cabbage, turnips, beets, garden greens, tomatoes, onions, carrots and potatoes. Not only did these large gardens produce fresh vegetables for the summer but also for canning and preserving for the coming winter months. Winter in the North Carolina mountains were extremely harsh at times and a stockpile of preserved meats and vegetables were a necessity for survival.

Often winter storms would keep people "snowed in" for days, weeks, or at times, even months with no way to get supplies from the few stores that did exist. Mountain people were, and still are, mostly self-sufficient. They quickly became highly respected and sought out for their survival skills.

Herbs and spices were not readily available. The main seasonings were salt and black pepper with cinnamon, nutmeg, and a few others mostly reserved for baking. Small quantities of meats such as "fat back" and bacon were often used to season vegetables.

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A wide variety of apples and cherries were grown as well as an abundance of wild berries such as strawberries, blueberries, blackberries, and grapes, all of which found their way into some of the best desserts you could ever imagine. Fresh fruit cobblers, pies, and cakes are some of the most incredible examples of mountain cooking you can find.

Salads as we know them today were not eaten. Instead, lunch and supper would contain dishes of fresh sliced tomatoes, onions, and cucumbers in addition to the regular cooked vegetables and various homemade pickles and relishes.

Traditional mountain cooking is made up of simple, easy to prepare, yet wonderfully delicious dishes. You never left the table hungry or unsatisfied.

The true art or magic of mountain cooking is that:

**Somewhere between seemingly empty kitchen cabinets and the dinner table, the cook was able to take a few simple ingredients and create something truly wonderful.**

## ***“The Truth About The Cherry Tree”***

**When we were children there was a cherry tree near our house. When they got ripe my younger brother would climb the tree and throw them down to us. The rest of us were afraid to climb.**

**One day after climbing the tree, he refused to share the sweet, ripe, cherries with the us, so we went into daddy’s woodshed, got a saw, and cut the tree down. We finally had our fill of cherries.**

**When our father saw his cherry tree on the ground, he became very angry. Needless to say none of us could sit down for awhile.**

**That was the last time we ever even thought of cutting down another cherry tree.**

## ***All work and no play in the 1920's***

**“Growing up in the 1920’s 30’s, entertainment was often the gathering of friends and neighbors in the evenings with friends and neighbors for bean stringings and corn shuckings. The teenagers would make a game out of the work. If a certain color of corn was found. That person would get a kiss. This was a way to have fun and get the work done at the same time.”**

## **Barbecued Chuck Roast**

4 pound Chuck roast  
1/4 cup of red wine vinegar  
1 cup of sliced onions  
2 tablespoons of shortening  
2 minced garlic cloves  
1/2 cup of catsup  
1/2 cup of water  
2 tablespoons of Worcestershire sauce  
1 teaspoon of rosemary  
1 teaspoon of salt

Melt the shortening in a heavy pan and brown the roast on all sides in hot shortening. Add onion and garlic. Cook until onion is soft. Combine catsup, water, vinegar, Worcestershire sauce, rosemary and salt. Pour over meat. Cover and cook slowly until meat is fork tender, about 2-1/2 hours. May be cooked in crock pot, but allow longer cooking time.

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## **Mountain Fried Rabbit**

2 young rabbits, washed and dressed  
2 beaten egg yolks  
3 cups of milk  
1 1/4 cups of flour  
1 teaspoon of salt  
1/2 cup of shortening

Dry the rabbits and cut into several pieces. Combine the egg yolks and 1 cup of milk and gradually add 1 cup of the flour, then add the salt and beat until smooth. Dip rabbit pieces into the batter and fry in hot fat until brown, or about 15 minutes. Reduce the heat and continue cooking until tender, about 30 to 40 minutes, turning frequently. To make gravy add the remaining flour to fat in pan, gradually add the remaining milk and stirring constantly, heat to boiling and season to taste with salt and black pepper. Pour over the pieces of rabbit.

## **Western North Carolina Style Barbecue Roast Chicken**

1 frying chicken cut in pieces  
2 teaspoons of sugar  
1/4 cup of butter  
1/8 teaspoon of red pepper flakes  
1 teaspoon of salt  
1 teaspoon of black pepper  
3/4 tablespoon of dry mustard  
1 teaspoon of chili powder  
2 tablespoons of vinegar  
1/2 teaspoon of Tabasco sauce  
1 teaspoon of Worcestershire sauce  
1 cup of water  
1 tablespoon of chopped onion  
1 clove of garlic, minced

Salt the chicken, brown in butter and put in a roasting pan. Mix the rest of the ingredients together in a pot and cook over medium heat for 4 to 5 minutes. Pour over the chicken and bake, basting often in a 325 degree oven for 1 1/2 hours.

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## **Garlic Fried Chicken**

2, 2 1/2 pound frying chickens cut in pieces  
2 tablespoon of lemon juice  
1 cup of sour cream  
1 clove of garlic, grated  
1/4 teaspoon of Worcestershire sauce  
1/2 teaspoon of salt  
1/4 teaspoon of black pepper  
1/4 teaspoon of celery salt

Wipe the chicken pieces with a damp cloth and store in container with tightfitting lid. Mix all ingredients together, pour over chicken, and let marinate in the refrigerator overnight. When ready to fry, drain the liquid from the chicken pieces and dredge them in flour, heat some vegetable oil in a large skillet over medium heat and brown the chicken pieces on all sides. Lower the heat and cover skillet and cook for 35-40 minutes.

## **Mom's Pan Fried Fish**

Growing up near the South Toe river in the mountains of North Carolina, my brother and I would make fishing poles out of sticks with line made of string and straight pins bent into hooks.

We would spend hours fishing, so we could have mom's fried fish for supper. She would clean the fish and roll them in equal amounts of flour and cornmeal mixed with salt and pepper, and pan fry them in hot oil until golden brown.

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## **Blue Ridge Mountain Pot Roast**

3-5 pound chuck roast  
3 tablespoons of flour  
2 tablespoons vegetable oil

Roll roast in the flour and brown in the vegetable oil in a large pot. Then stir in:

1 3/4 cups of beef broth  
1/4 teaspoon of peppercorns  
1 teaspoon of salt  
2 bay leaves

Bring this to a boil and reduce the heat to low and simmer covered for 2 hours. Then add:

2 pounds of potatoes, pared and quartered  
1 cup of sliced celery  
2 cups of sliced carrots  
1 pound of peeled white onions

If needed, put in more water or broth to cover the vegetables and cook for 1 more hour or until vegetables are tender. Put meat and vegetables onto a hot platter and sprinkle with parsley.

Pour off drippings and thicken with enough flour to make gravy.

## **Southern Style Pork Roast**

3/4 teaspoon of salt, divided  
1/2 teaspoon of black pepper, divided  
2 1/2 pounds of pork loin roast  
1/2 cup of flour  
1/4 cup of melted butter  
2 tablespoons of oil  
1 medium onion, chipped  
4 carrots cut into short pieces  
4 medium potatoes, peeled and cut in half

Rub 1/2 teaspoon of the salt and 1/4 teaspoon of the black pepper on the roast and dredge the roast in the flour. Brown the roast on all sides in butter and oil in a deep, large cast iron skillet. Remove the roast from the skillet and drain. Cook the onion in the skillet with the drippings until tender and place the roast over the onions. Add the carrots and potatoes and sprinkle the remaining salt and pepper over the vegetables. Cover the skillet and bake at 350 degrees for about 1 1/2 hours. Place the roast on a serving dish and place the vegetables around it. Slice and serve.

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## **Pork Loin And Gravy**

Pork loin sliced into 1/4" to 1/2" thick slices  
Flour  
Milk  
Salt and Black Pepper

Dip the slices of pork loin in flour coating until covered. Heat lard or oil in a cast iron skillet until hot. Place the pork slices in the skillet and brown both sides. When both sides are browned, cover the skillet and cook slowly until the pork is tender and juicy. Remove the meat from the skillet and place on a serving dish. Next, add two rounded spoons of flour to the drippings in the skillet and mix thoroughly. Add the milk and the salt and black pepper to taste. Cook slowly, stirring constantly until the gravy is smooth. You can then pour the gravy over the pork loin in the serving dish or into a bowl to be eaten with "cat head biscuits" and mashed potatoes.



## **Old Timey Chicken “N’ Dumplings**

1 Whole chicken  
Salt and Black Pepper

Cut the chicken up into quarters and place in a pot and cover with water. Simmer the chicken until tender. When the chicken is tender, add the salt and black pepper to taste. You can leave the bones in or take the meat off the bone; it's entirely up to you.

To make the dumplings:

Ingredients:

2 cups of flour  
3 tablespoons of baking powder  
1 teaspoon of salt  
3 tablespoons of lard or shortening  
1 egg, beaten well  
1 cup of whole milk

Sift together the flour, baking powder, and the salt. Cut in the lard or shortening and mix in the egg and milk. Drop the dumplings by spoonfuls into the pot of chicken and broth and cook for 15 minutes or until the dumplings are done.

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## **Church Social Meatloaf**

2 pounds of ground beef  
2 cups of cornbread crumbs  
3/4 cup of minced onion  
1/4 cup of chopped green pepper  
2 eggs  
2 tablespoons of horseradish  
1 tablespoon of salt  
1/4 cup of milk  
1/4 cup of catsup or thick tomato pulp  
1 teaspoon of dried mustard

Mix all of the ingredients together and form into a loaf. Spread additional catsup on top and bake at 400 degrees for 35 minutes.

## **Aunt Beth's Meatloaf**

1-1/2 pounds of ground beef  
1 onion chopped  
1 egg  
1/2 cup of fresh breadcrumbs  
1 teaspoon salt  
2-8oz. cans of tomato sauce  
1/4 teaspoon of black pepper  
1/2 cup of water  
3 tablespoons of vinegar  
3 tablespoons of brown sugar  
2 tablespoons of mustard  
2 teaspoons of Worcestershire sauce  
3 strips of bacon  
Parmesan cheese

Mix the beef, breadcrumbs, onion, egg, salt, pepper and 1 can of the tomato sauce. Form into a loaf and put in a shallow pan. Combine the remaining tomato sauce and all of the other ingredients except bacon and parmesan cheese and pour over meat loaf. Sprinkle with the parmesan cheese. Place the bacon on top of the meatloaf and bake at 350 degrees for 1 hour and 15 minutes. Basting occasionally.

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## **Aunt Abby's Chicken Patties**

6 cups of chopped, cooked chicken  
1/4 tablespoon of butter  
1 tablespoon of chopped onion  
1/3 cup of flour  
2 cups of milk  
2 teaspoons of salt  
1/4 teaspoon of black pepper

Brown the onion in butter and stir in the flour, salt, and pepper. Pour in the milk and cook until kind of bubbly. Remove from heat and mix with the chopped chicken in a shallow bowl. Cover and put in refrigerator over night. Remove from the refrigerator and shape into patties. Beat 3 eggs and dip patties in the eggs. Chill for 15 minutes and fry in hot oil until golden brown.

## Country Baked Chicken

2 cut up broilers or frying chickens  
6 medium potatoes, peeled and cubed  
1/2 pound of sliced bacon  
2 large onions, peeled and chopped  
6 large carrots, scraped and cubed

Brown the chicken parts on all sides in a large heavy pot. Layer the potatoes, carrots, and the chopped onions on top of the chicken and lay the bacon strips close together on top of the vegetables. Cover pot and bake at 350 degrees for 1 hour and 15 minutes. Remove the lid from the pot and bake to an additional 15 minutes or until the bacon is browned.

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## Country Fried Steak

2 pounds of cube steak  
1 1/2 teaspoons salt  
1/2 teaspoon of black pepper  
2 cups water  
1 can of Cream Of Chicken Soup  
Vegetable oil

Salt, pepper the cube steak and roll in the flour. Heat the vegetable oil in a skillet and brown the steak pieces on both sides. Remove the steak and place in crockpot. Add water and the cream of chicken soup and simmer until tender, about 2 hours.

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### ***Did You Know?***

Sprinkling salt on your cabinet shelves helps to keep ants away.

## **Company Pork Chops**

4 thick center cut pork chops with no bone  
A small amount of vegetable oil  
1 small onion, thinly sliced  
1/2 teaspoon of caraway seeds  
1/2 teaspoon of salt  
1/2 teaspoon of red pepper  
1/2 teaspoon of dill weed  
A dash of garlic powder  
2/3 cup of hot water  
1/2 cup of sour cream

Brown the pork chops in the vegetable oil. Drain most of the oil and remove the pork chops from the skillet. Sauté the onion and add the water and other seasonings. Put the pork chops back in the skillet, cover, and simmer over low heat for about 40 minutes. Do not let the pork chops get dry, add more water if necessary. Then remove the pork chops to a warm serving platter. Mix the sour cream into the juices in the skillet and heat but do not boil. Pour the gravy over the pork chops just before serving.

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## **Beef Barbecue Cups**

3/4 pound of ground beef  
1/2 cup of barbecue sauce  
1 tablespoon of minced onion  
3/4 cup of shredded cheddar cheese  
2 tablespoons of brown sugar  
1 can (10) biscuits (Use "Hungry Jack" if available)

In a large skillet brown the ground beef and drain. Add the barbecue sauce, onion and brown sugar. Set aside. Heat the oven to 400 degrees. Separate the biscuits and place in an ungreased muffin pan. Press the dough up the sides of the muffin cups to the edge to form a cup. Spoon the ground beef mixture into each biscuit cup, sprinkle with the cheddar cheese and bake for 15-20 minutes.

## Tomato Soup Meatloaf

- 1 can of tomato soup
- 1 1/2 pounds of ground beef
- 1 cup of small bread cubes
- 1/4 cup of finely chopped onion
- 1 egg, slightly beaten
- A generous dash of black pepper

Thoroughly mix 1/2 cup of the tomato soup with the rest of the ingredients and firmly shape into a loaf. Place the meatloaf into a shallow baking pan and bake at 350 degrees for 1 hour and 15 minutes. Blend the remaining soup with 1/4 cup of water and 2 tablespoons of the drippings from the meatloaf and pour this mixture over the meatloaf and bake for another 15 minutes.

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## Mother's Beef Stew

- 2 to 2 1/2 pounds of lean beef stew meat
- 2 tablespoons of bacon drippings or shortening
- 2 large onions, diced
- 5 large potatoes, cut into eighths
- 4 or 5 large carrots, cut into 2 inch slices
- Salt and black pepper to taste
- Garlic powder
- 1 – 10 3/4 ounce can of condensed tomato soup, undiluted
- 1 cup of diced celery (optional)
- 1 soup can of water

Brown the stew meat in the bacon drippings or shortening. Add the onions and cook until browned. Add the other vegetables and the seasonings. Add the soup and water. Simmer for about 3 hours or until the meat and the vegetables are tender adding more water as needed during cooking.

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### ***Did You Know?***

Quickly applying ice cold vinegar to a burn will give fast relief and help prevent blisters.

## Cabbage Rolls

1 pound of ground beef  
1/3 cup of uncooked rice  
1 egg, beaten  
1 1/2 teaspoons of salt  
1/8 teaspoon of black pepper  
6 large cabbage leaves  
1 medium thinly sliced onion  
2 tablespoons of butter or margarine, melted

For the sauce:

1 - 10 3/4 ounce can of tomato soup, undiluted  
1 1/4 cups of water  
1/2 cup of chopped celery  
1 teaspoon of fresh parsley, minced  
3 tablespoons of lemon juice  
1 teaspoon of sugar  
1 teaspoon of salt  
1/8 teaspoon of black pepper

Mix the ground beef, rice, egg, 1-1/2 teaspoons salt, and 1/8 teaspoon of black pepper together in a bowl and mix well. Cook the cabbage leaves in boiling water for 5 to 8 minutes or just until tender. Remove the cabbage leaves from the water and drain. Place equal portions of the meat mixture in the center of each cabbage leaf and fold the ends over, and fasten with wooden toothpick.

Sauté the onion in butter in a large skillet until tender but not brown. Add the tomato soup and the remaining ingredients, stirring well. Simmer for 10 minutes.

Place the cabbage rolls in the tomato mixture, cover and simmer for 1-1/2 to 2 hours.

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### ***Did You Know?***

Oil and grease stains wash out of clothing better with a little baking soda added to the wash water.

## **Layered Hamburger Pie**

1 pound of ground beef  
1 egg  
1/4 cup of dry bread crumbs  
1 teaspoon of salt  
1 teaspoon of mixed herbs (oregano, basil, marjoram)  
1 teaspoon of dry mustard  
1/4 teaspoon of ground cumin  
1/8 teaspoon of garlic powder  
1 1/2 cups of sliced potatoes  
1 medium onion, sliced into rings and separated  
1 1/4 cups of mushrooms  
1 cup of shredded cheddar cheese  
1/2 cup of shredded swiss cheese  
2 tablespoon of parsley

Mix the ground beef with the egg, bread crumbs, salt, herbs, mustard, cumin and garlic powder. Pat evenly into a 9" pie pan to make a crust. Fill crust with a layer of potatoes, onion and mushrooms, reserving some mushrooms to ring the pie. Cover with aluminum foil and bake at 350 degrees for 1 hour or until the potatoes are done. Remove from the oven and take off the foil and sprinkle the cheese and parsley on top. Return to the oven just long enough to melt cheese.

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## **Crockpot Apple Glazed Pork Roast**

1 - 4 pound pork loin roast, trimmed  
1/4 cup of unsweetened apple juice  
Salt & pepper to taste  
3 tablespoons of brown sugar  
6 apples, quartered  
1 teaspoon of ground ginger

Rub the roast with the salt and pepper. Brown the pork roast under the broiler to remove any excess fat and drain well. Place apple quarters in the bottom of a crockpot. Place the roast on top of the apples. Combine the apple juice, brown sugar, and ginger. Spoon this mixture over the top surface of the roast, moistening well. Cover and cook on Low setting for 10-12 hours or until done.

## **Crockpot Au Gratin Potatoes and Ham**

6 medium potatoes, peeled and sliced  
1 medium onion, coarsely chopped  
1 1/2 cups of cooked ham, cubed  
1 cup of shredded american cheese  
1 can of cream of mushroom soup  
1/2 cup of milk  
1/2 teaspoon of thyme leaves

In a crockpot layer 1/2 of the potatoes, onion, ham and cheese, repeat the layers. In small bowl, combine the cream of mushroom soup, milk, and thyme and pour over top of the layers. Cover and cook on the HIGH setting for 3 hours then reduce to the LOW setting and cook for 2 to 2-1/2 hours or until the potatoes are tender.

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## **Creamy Chicken And Biscuits**

1 – 10 ounce package of frozen green peas  
2 cups of cut up cooked chicken  
1 can of cream of chicken soup  
1/2 cup of sour cream  
1/2 cup of milk  
1/8 teaspoon of black pepper  
2 cups of Bisquick baking mix  
1/2 cup of cold water  
1 1/4 cup of shredded cheddar cheese

Heat the peas, soup, sour cream, cut up chicken, milk, and the black pepper just to boiling. Mix the Bisquick baking mix and water and knead 5 times. Roll out the dough to 1/2 inch thick and cut out the biscuits with a biscuit cutter. Pour the chicken mixture into an oblong baking dish and sprinkle the shredded cheddar cheese on top. Bake for 20 minutes at 425 degrees.

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### ***Did You Know?***

Rubbing a little salt on your pancake griddle will help to keep pancakes from sticking.



## Country Meatballs

3 slices of white bread  
1/2 cup of milk  
1 pound of ground beef  
2 cups of cooked rice  
1 teaspoon of salt  
1/4 teaspoon of ground thyme  
1/4 teaspoon of garlic salt  
Cornflake crumbs  
Vegetable oil  
1 – 10 3/4 ounce can of cream of mushroom soup, undiluted  
1 1/4 cups of buttermilk

Soak the bread in 1/2 cup of milk until soft. Add the ground beef, rice, and the seasonings and shape into 12 – 1 1/2" meatballs. Coat each meatball with the cornflake crumbs and brown well in hot vegetable oil. Place the browned meatballs in a shallow baking dish and pour the mushroom soup and buttermilk over them. Bake uncovered for 30 minutes at 350 degrees.

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## Catfish With Bacon And Horseradish Sauce

3 catfish fillets (flounder or other fish can be used)  
4 strips of bacon  
1 – 8 ounce package of cream cheese, softened  
1/4 cup of chopped onion  
2 tablespoons of butter  
1/4 cup of dry white wine  
2 tablespoons of horseradish  
1 tablespoon of Dijon mustard  
1/2 teaspoon of salt  
1/2 teaspoon of black pepper  
2 tablespoons of minced parsley

Fry the bacon until crisp, drain and set aside. Place the fish fillets in a buttered baking dish. Fry the onions in butter until soft. Then in a small bowl blend the cream cheese, white wine, horseradish, mustard, salt, and the black pepper with the onions. Pour the onion mixture over the fish fillets and top with the crumbled bacon. Bake at 350 degrees for 30 minutes or until the fish flakes easily with a fork. Garnish with the parsley.

## **Creamy Skillet Chicken**

1 cut up frying chicken  
1 can of cream of chicken soup  
3/4 cup of Carnation milk  
6 medium onions  
8 carrots  
3/4 cup of chopped celery  
Salt and black pepper to taste

Brown the chicken in a lightly greased skillet. When the chicken is browned on all sides, add the vegetables, soup, cream, salt and black pepper. Cover the skillet and cook over low heat until the vegetables and chicken are tender.

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## **Barbecued Spareribs**

4 pounds of spareribs  
2 teaspoons of salt  
3/4 cup of catsup  
2 tablespoons of vinegar  
1/8 teaspoon of cayenne pepper  
2 medium-sized onions, sliced  
1/4 teaspoon of black pepper  
3/4 cup of water  
2 teaspoons of Worcestershire sauce  
1 teaspoon of chili powder

Arrange spareribs in large baking dish or roasting pan. Add the onions, and sprinkle with the salt and black pepper. Combine the remaining ingredients, and pour over spareribs. Cover, and bake in at 350 degrees for about 1 1/2 hours, basting often. Remove cover, and bake an additional 20 minutes longer.

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### ***Did You Know?***

Adding a spoonful of vinegar to fruit while cooking will improve the flavor.

## Chicken Fried Steak And Gravy

2 pounds of round steak, about 1 inch thick  
2 large eggs  
2 tablespoons of milk  
1/4 cup of unbleached Flour  
Salt and black pepper, to taste  
2 tablespoons of butter

For the gravy:

1 cup of milk  
1 cup of water  
1/4 cup of flour  
Salt  
Black Pepper

Cut the steak crosswise into 4 serving pieces and pound each piece to a thickness of about 1/4 of an inch. In a large plate, beat the milk and eggs together, in a second plate combine the flour, salt, and the black pepper. Dip each piece of steak first into the egg mixture and then into the flour mixture, coating completely. Shake each piece gently to remove the excess flour. Melt the butter in a skillet, using medium heat and fry the steaks, two at a time, for about 5 minutes on each side or until golden brown.

For the gravy:

Pour off all but about 4 tablespoons of the drippings from the skillet. Over medium heat, slowly stir in the 1/4 cup flour, stirring constantly. Combine the 1 cup milk and 1 cup water and slowly add to flour mixture, stirring constantly to loosen the brown pieces left on the skillet from frying the steak. Add salt and black pepper to taste and raise the heat to bring to a boil. When bubbly, lower heat and continue to stir until the gravy reaches the desired thickness.

Serve the steak and gravy with cat head biscuits and mashed potatoes.

## **My Favorite Beef Stew**

1-1/2 pounds beef stew meat  
5 medium potatoes, peeled and cubed  
7 cups of water  
4 medium carrots, diced  
1 medium onion, chopped  
1- 28 ounce can of tomatoes, undrained  
1 1/2 teaspoons of salt  
1/2 teaspoon of black pepper  
2 garlic cloves, minced  
1 bay leaf  
3 tablespoons of cornstarch  
1/2 cup of cold water

Place beef stew meat and 7 cups of water in a large pot and slowly bring to a boil. Reduce heat and simmer for 2 hours. Add the potatoes, carrots, onion, tomatoes, salt, pepper, garlic and bay leaf. Cover and simmer for 60 minutes. Combine cornstarch and cold water until smooth. Stir into stew and bring to a boil. Cook and stir for 2 minutes or until thickened.

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## **Pineapple Baked Ham**

1 cooked ham with bone in  
1/4 cup of pineapple juice  
1/2 cup of firmly packed brown sugar  
1-12 ounce can of sliced pineapple, drained  
Maraschino cherries  
Whole cloves

Score the surface of ham with diagonal cuts in diamond shapes. Insert cloves into diamonds. Place the ham into a roasting pan. Bake for 2 hours at 325 degrees. Combine the brown sugar and pineapple juice, and pour over the ham. Arrange pineapple slices and cherries on ham. Bake uncovered for an additional 30-40 minutes.

## **Salisbury Steak**

1 1/2 pounds of ground beef  
1 cup of chopped onion  
1/2 cup of cooked rice  
1/4 teaspoon of black pepper  
1 egg  
1 3/4 cups of sliced fresh mushrooms  
2 Tablespoons of Worcestershire sauce  
1/2 teaspoon of salt  
2 - 13 3/4 ounce cans of beef broth  
3 tablespoons of water  
2 tablespoons of cornstarch

Combine first five ingredients then divide into six equal portions. Shape each into a 1-inch thick patty. Coat a skillet with a vegetable oil and cook the patties about five minutes on eachside. Set aside and keep warm. Add the mushrooms to the skillet and cook for three minutes. Then add the Worcestershire sauce, salt, and beef broth. Cook for another ten minutes. Return the patties to skillet, cover, and simmer for 15 minutes. Place the patties on a platter and keep warm. Combine the water and cornstarch and add to broth mixture, stirring well. Bring mixture to a boil and cook one minute more. Serve over patties.

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## **Bacon Potato Pie**

1 pound of thick-sliced, lean bacon  
1 onion  
1 pound of baking potatoes  
1/2 pound of Cheddar cheese  
8 eggs

Cut the bacon slices into square pieces. Fry the bacon pieces until well cooked and then drain on paper towels. Peel the potatoes, grate them, and put them into a bowl of coldwater to keep them from discoloring while you prepare the other ingredients. Grate the cheese and mince the onion. Butter a 9 X 13 inch shallow baking dish and preheat the oven to 350 degrees. If you placed the grated potatoes on water, drain them well and squeeze them dry. Beat the eggs in a large bowl. Add all the other ingredients and stir. Pour the mixture into the baking dish and bake at 350 degrees for about 45 minutes, or until the eggs are cooked.

## Ham Loaf

1 pound of cooked ham, ground in a food processor  
1 1/2 pounds of lean ground pork  
1 egg  
1 cup of fresh bread crumbs  
3/4 to 1 cup of milk  
Salt to taste  
Black pepper to taste

For the glaze:

1 cup of brown sugar  
1/2 cup of vinegar  
1/2 cup of water  
1/2 teaspoon of dry mustard

Mix the first seven ingredients together and shape into a loaf, and place in a loaf pan. Mix the glaze ingredients together well and pour about 1/2 of the mixture over the loaf. Bake at 350 degrees for 2 hours, basting about every 15 to 20 minutes after the 1st hour of cooking. Remove the loaf from the pan and mix the remaining glaze with the pan juices and serve along with the ham loaf.

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## Cornbread Pie

Preheat oven 350 degrees. In a large iron skillet, brown 1 pound of lean ground beef and 1 large chopped onion. Add 1 can of condensed tomato soup, 2 cups of water, 1 teaspoon of black pepper, 1/2 teaspoon of cayenne pepper, 1 teaspoon of paprika, 1/2 teaspoon of cumin, 1/2 cup of chopped green peppers, 1 cup of whole kernel corn, drained, and salt to taste.

Combine 3/4 cup of corn meal, 1 tablespoon of sugar, 2 tablespoons of flour, 1/2 teaspoon of salt, 1 1/2 teaspoons of baking powder, 1 beaten egg, 3/4 cup of buttermilk (add more to make a thinner batter), and 1 tablespoon of vegetable oil. Pour the cornbread mixture to over the simmering ingredients in the skillet. The cornbread batter may disappear into the meat mixture but it will rise during baking and form a layer of cornbread. Bake for 20 or 30 minutes or until the cornbread is lightly browned.

### **Baked Trout with Fresh Herbs**

2 dressed trout, about 1 3/4 pounds  
Salt and black pepper to taste  
3 tablespoons of chopped fresh parsley  
2 tablespoons of minced green onions  
2 teaspoons of minced fresh sage  
2 teaspoons of chopped fresh chives  
1 teaspoon of minced fresh rosemary  
1 teaspoon of minced fresh thyme  
1 clove of garlic, minced  
1/4 cup of unsalted butter  
Lemon wedges

Sprinkle the trout with salt and black pepper to taste. Combine parsley and the next 6 ingredients in a small bowl and stir well. Stuff half of herb mixture in each fish cavity. Place fish in buttered 13 X 9 X 2 baking dish and dot the fish with butter. Bake at 350 degrees for 20 to 25 minutes or until fish flakes easily. Garnish with lemon wedges.

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### **Salmon Cakes**

1 - 7 1/2 ounce can salmon, drained and flaked  
1/3 cup of saltine cracker crumbs  
1 egg, slightly beaten  
2 tablespoons of chopped onion  
2 tablespoons of milk  
1 tablespoon of lemon juice  
2 tablespoons butter or margarine

In medium bowl, combine all ingredients except the butter, and blend well. Shape the mixture into 4 patties. Melt the butter in a skillet and fry the patties on both sides until golden brown and heated throughout.

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#### ***Did You Know?***

Soaking a pan with burned on food in a mixture of baking soda and water for 10 minutes will make it easier to clean.

## Beef and Cabbage Soup

1 pound of lean ground beef  
1/2 teaspoon of garlic salt  
1/4 teaspoon of garlic powder  
1/4 teaspoon black pepper  
2 stalks celery, chopped  
1 - 16 ounce can of kidney beans, drained  
1/2 of a head of cabbage, chopped  
28 ounces tomatoes, chopped and liquid reserved  
1 can water in empty tomato can  
4 beef bouillon cubes  
Chopped parsley

In a Dutch oven, brown the ground beef. Add all of the remaining ingredients except the parsley, and bring to boil. Reduce the heat and simmer, covered for 1 hour. Garnish with parsley.

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### ***Did You Know?***

Adding a little salt to the water will help your cut flowers to last longer.



## ***Childhood Fun On The Riverbank***

**“Growing up in the 40’s an early 50’s things were different, we no longer had bean stringings or corn shuckings, but we still got together with friends and neighbors on summer evenings.”**

**“One of my favorite memories is of a swing my dad and some friends hung in a tree on the riverbank near our house. Our neighbors would gather there in the evenings to cook out and swing. That swing would take us halfway across the river. Some of the very brave would swing out and drop into the river, but I was never that brave.”**

## **Mama's Young Peas And Potatoes In White Gravy**

3 cups fresh peas  
8-10 small new potatoes (scrape peeling off, it is very thin on young potatoes)  
1 teaspoon salt (more may be added if needed)  
1/4 teaspoon black pepper or as much as you like (the more the better)  
2 tablespoons of butter  
1 small can of evaporated milk  
3 tablespoons of flour

Cover peas and potatoes with water. Add salt and pepper. Cook in large pot until tender. Remove enough water from potatoes to mix with flour until fairly thin and pour back into the peas and potatoes. Stir well. Add the butter and evaporated milk and stir until well blended (more water or milk may be added if needed). Cook until the gravy is slightly thick. This is absolutely wonderful spooned over crumbled up cornbread.

***“This is a dish my mama would make in the spring when the peas and young potatoes were ready to gather in her garden, and was something everyone always looked forward to”.***

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## **Shuck Beans Or Leather Britches (Dried Green Beans)**

A popular way to preserve fresh green beans for the winter was to “string” them with a needle and thread and hang them up to dry. Once they were dried they would keep for a long time, also drying the beans gives them a wonderful smoked flavor when cooked.

Wash and dry fresh green beans. Remove the ends and the strings. Use a large darning needle with heavy white thread and pierce bean near the middle of each, pushing them along the thread so that they are about 1/4 inch apart. Hang the “stringed” beans up in a warm, well ventilated place to dry. They will shrivel up and turn greenish gray. When cooking in the winter, as my mother did, cover with water and soak overnight, drain, add new water and parboil slowly for 30 minutes. Drain again. Add more water and a ham hock or salt pork and cook until tender.

## “Kilt” Lettuce Salad

2 slices of bacon  
1/4 cup of cider vinegar  
2 tablespoons of water  
1 tablespoon of sliced green onion  
1 tablespoon of salt (more or less to taste)  
1 teaspoon of sugar  
Black Pepper to taste  
2 tablespoons of sliced, black olives  
2 heads of lettuce, rinsed, drained and cored

Fry the bacon until crisp. Drain fat but leave the bacon in the skillet. Crumble up the bacon and add the vinegar, water, onion, salt, sugar, and the black pepper to skillet and heat to boiling. Tare the lettuce into small pieces in a salad bowl and add the olives. Pour the hot bacon dressing over lettuce and toss to coat.

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## Fried Green Onions

3 or 4 slices of bacon  
2 cups of green onions including tops, chopped into small pieces (about 1/2")  
1/2 teaspoon of salt  
1/8 teaspoon of black pepper  
1 teaspoon of sugar

Fry the bacon in a heavy skillet until crisp, drain on paper towels and crumble into small pieces. Remove all but about 1 tablespoon of the bacon grease from the pan and add the chopped green onions, salt, black pepper, sugar, and the crumbled bacon. Stir in 1/2 cup of hot water and simmer for 20 to 25 minutes. Serve hot.

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### ***Did You Know?***

When frying bacon, sprinkling a pinch of salt in the frying pan will help to keep the grease from splattering.

## **Squash Fritters**

2 cups of shredded raw squash  
1 small onion, finely chopped  
2 tablespoons of cornmeal  
2 tablespoons of flour  
1 egg  
1 teaspoon of salt  
1/4 teaspoon of baking powder

Mix all of the ingredients together and drop by spoonfuls into hot oil. Fry until golden brown on all sides.

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## **Country Fried Squash**

3-4 yellow squash (washed and sliced length ways)  
1-1/2 cups of corn meal  
3 tablespoons of sugar  
1/2 teaspoon of salt  
1/4 teaspoon of black pepper  
Vegetable oil

Mix meal, sugar, salt and pepper. Dredge each piece of squash in mixture. Pour 1/2 inch oil in pan and heat. Add squash carefully and pan fry until golden brown.

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## **Bean Salad**

1 can of green beans  
1 can of kidney beans  
1 can of wax beans  
1 onion, chopped  
1 bell pepper, chopped  
1/2 cup of vinegar  
1/2 cup of salad oil

Drain the beans and mix all of the ingredients together.

## Homemade Baked Beans

3 cups of white beans  
3/4 pound of fresh salt pork  
1 tablespoon of prepared mustard  
1 teaspoon of ground ginger  
2 tablespoons of molasses  
Salt and Black Pepper to taste  
1 tablespoon of brown sugar

Soak the bean overnight. Rinse and drain in the morning. Cover with cold water, boil for 15 minutes and drain. Put the beans in a buttered baking dish and add the other ingredients. Place the salt pork in the beans with the rind exposed and cover with boiling water. Bake covered at 300 degrees for 6 hours. Remove the cover for the last 30 minutes to brown.

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## Nine Day Slaw

3 pounds of cabbage, shredded  
1 chopped green pepper  
2 small onions, sliced  
1 cup of sugar  
1 cup of vinegar  
1 cup of vegetable oil  
2 teaspoons of salt  
2 teaspoons of dry mustard

Mix the sugar, vinegar, vegetable oil, salt, and the dry mustard together in a saucepan and bring to a boil. In a large bowl mix the shredded cabbage, chopped green pepper, and the sliced onions together and pour the hot liquid mixture over the vegetables. Mix well and place in the refrigerator overnight. This slaw will “keep” for up to nine days.

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### ***Did You Know?***

You can add more flavor to frozen vegetables by cooking them in chicken, vegetable, or beef broth.

## Potato and Sausage Soup

1/2 gallon of diced potatoes  
1 pound of pork sausage  
2 cups of whole milk  
2 to 3 tablespoons of flour  
Salt and Black Pepper to taste

Wash, peel, and dice the potatoes into a large pot. Cook the potatoes with the salt and black pepper and enough water to cover the potatoes. While the potatoes are cooking, crumble the sausage and fry until done. When the potatoes are tender add the sausage and grease and about 1 1/2 cups of the milk to the pot and bring the potato mixture to a boil. Mix the flour with the remaining 1/2 cup of milk and pour into the potatoes. If desired add more salt and black pepper to taste. Continue to cook the potatoes until the soup is the desired thickness.

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## Bean and Bacon Soup

1/2 pound of navy beans  
6 slices of bacon  
1 onion, chopped  
1/2 cup of chopped celery  
Salt and Black Pepper to taste

Soak the navy beans in cold water for about 2 hours. Drain the beans and wash with cold water. Place the beans in a pot, cover with water and cook for about 45 minutes to an hour. Add the chopped onion, celery, salt, and pepper and cook for about a half an hour or until the beans are tender. While the beans are cooking fry the bacon until crisp. After the bacon has cooled crumble in the pot of beans and let simmer for a few more minutes.

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### ***Did You Know?***

You can add a teaspoon of cider vinegar to a main dish or vegetable dish to remove excessive sweetness.

## **Pinto Bean Soup**

2 cups of cooked pinto beans  
1/2 cup of chopped onion  
2 1/2 cups of chicken stock  
1/2 cup of tomato juice  
3 tablespoons of butter  
2 minced garlic cloves  
Sour cream

Cook the onions in the butter. Add the pinto beans, chicken stock, and the minced garlic and mix well. Pour into saucepan and simmer for 10 minutes. Add the tomato juice and cook until heated through. Serve with a spoonful of sour cream on top.

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## **Quick Corn Chowder**

1 strip of bacon, diced  
1 medium onion, diced  
1 – 14 1/2 ounce can of chicken broth  
2 cups of water  
2 large potatoes, peeled and diced  
1/2 teaspoon of salt  
1/4 teaspoon of black pepper  
1 – 15 ounce can of whole kernel corn, drained  
1 cup of milk, divided  
1/4 cup of all-purpose flour  
Chopped fresh parsley, optional

In a 3-quart saucepan, cook the bacon until crisp and remove onto a paper towel to drain. Cook the diced onion in the bacon drippings until tender and add the chicken broth, water and potatoes and bring to a boil. Reduce the heat, cover and simmer for 15 minutes or until the potatoes are tender. Add the salt and the black pepper and mix well. Next, add the corn and 3/4 cup milk. Mix the flour and the remaining 1/4 cup of milk until smooth and add to the soup. Bring the soup to a boil and cook, stirring constantly for about 2 minutes. Garnish with bacon and parsley if desired.

## Sour Cream And Chive Potato Soup

3 cups of diced, peeled potatoes  
1/2 cup of diced celery  
1/2 cup of diced onion  
1 1/2 cups of water  
2 chicken bouillon cubes  
1/2 teaspoon of salt  
2 cups of milk  
1 cup of sour cream  
2 tablespoons of flour  
1 tablespoon of chopped chives

In large saucepan, combine the potatoes, celery, onion, water, chicken bouillon cubes, and the salt. Cover and cook until the potatoes, onions, and celery are tender, or about 20 minutes. Do not overcook potatoes. They should be just tender, not mushy. Next, add 1 cup milk and heat through. In medium bowl, mix the sour cream, flour, chives and the remaining 1 cup milk. Gradually stir the sour cream mixture into the soup. Cook over low heat, stirring constantly, until thickened.

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## Fried Cabbage

1 head of cabbage, shredded or chopped  
1 teaspoon of hot red pepper (optional)  
Salt and Black Pepper to taste  
Grease or vegetable oil for frying

Heat a small amount (1/8" more or less) of grease or oil in a cast iron skillet. Pour the cabbage into the skillet and fry stirring constantly until the cabbage is shiny. Lower the heat and add the hot red pepper, salt, and black pepper. Continue cooking until the cabbage is tender.

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### ***Did You Know?***

Rolling raisins and nuts in flour before adding to cake batter will help to keep them from sinking to the bottom of the pan while baking.



## Vinegar Coleslaw

1 head of cabbage, chopped  
1/4 cup of vinegar  
Granulated sugar to taste  
1/3 cup of cold water  
A dash of salt and a dash of black pepper

In a large bowl, combine the cabbage, vinegar, water, salt, and black pepper. Mix well and sweeten with the sugar to taste.

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## Potato Dumplings

6 diced medium potatoes  
2 cups of water  
1/2 teaspoon of salt  
1/4 teaspoon of black pepper  
1/2 stick of butter  
3 cups of whole milk

For the dumplings:

1/2 cup of flour  
Milk  
5 tablespoons of shortening

Cut the shortening into the flour until crumbly. Add enough milk so that the dough sticks together. Roll out the dough and cut into small pieces.

Cook the potatoes in the 2 cups of water, salt, and pepper until tender. Add the 3 cups of whole milk and the 1/2 stick of butter and bring to a rolling boil. Quickly drop the dumplings into the potatoes, cover and cook for about 10 minutes more.

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### ***Did You Know?***

When cooking foods in a double boiler, adding a little salt to the water will make the food cook faster.

## Scalloped Corn

1/2 cup of dried breadcrumbs  
3 tablespoons of butter  
1/4 cup of chopped green onions  
2 tablespoons of flour  
1/4 teaspoon of dry mustard  
1/4 teaspoon of paprika  
Dash of black pepper  
3/4 cup of milk  
1 beaten egg  
12-oz. can corn, drained

Melt 1 tablespoon of the butter in a medium skillet. Stir in the breadcrumbs and cook over medium heat until browned. Remove the breadcrumbs and set aside. Melt the remaining 2 tablespoons butter in the same skillet and add the onions and cook until tender. Stir in the flour, mustard, paprika and black pepper and cook, stirring constantly, until bubbly. Gradually add the milk and the egg and cook, stirring constantly, until the mixture comes to a boil and thickens. Stir in corn and cook until heated through. Remove to serving dish. Sprinkle with the breadcrumbs and serve.

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## Fried Apples

4 large sweet apples (Such as Delicious or Macintosh)  
Oil  
1/2 stick of butter  
3/4 cup of sugar

Remove the core and thinly slice the apples. Fry the apples in the hot oil until browned. Add the butter and sugar and cook until melted.

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### ***Did You Know?***

Adding a little baking soda to water used to soak dried beans will make them more digestible.

## Spiced Rhubarb

2 cups of sliced rhubarb  
1/2 teaspoon of ground cinnamon  
2 cups of sugar  
1/4 teaspoon of allspice  
1/4 teaspoon of ground cloves  
1/4 teaspoon of ground ginger  
1/4 teaspoon of ground nutmeg

Cook the rhubarb in water until tender. Add the sugar and any combination of the spices that you happen to have on hand. Continue cooking, stirring often to prevent burning until the rhubarb thickens. Serve over fresh hot cat head biscuits.

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## Apple Pudding

1/2 cup of butter  
1 cup of sugar  
1 egg, beaten  
1/2 teaspoon of ground cinnamon  
1/2 teaspoon of ground nutmeg  
1/2 teaspoon of allspice  
1 cup of cooked apples  
1 cup of flour  
1 teaspoon of baking soda  
1/4 teaspoon of salt

For the sauce:

1/2 stick of butter  
1 cup of brown sugar  
6 tablespoons of milk

Cream the brown sugar and butter together and add the beaten egg. Sift together the cinnamon, nutmeg, allspice, flour, baking soda, and salt and add to the butter/brown sugar mixture. Fold in the cooked apples and pour into a greased 8" X 8" X 2" baking dish. Bake at 350 degrees for 30 to 35 minutes. Mix the 1/2 stick of butter, 1 cup of brown sugar, and the 6 tablespoons of milk together in a pot. Bring the sauce mixture to a boil and simmer for 5 minutes. Serve by pouring the warm sauce over the apple pudding.

## **Corn Pudding**

2 cans of whole kernel corn, drained  
Enough whole milk to cover the corn  
2 eggs  
1 tablespoon of sugar  
2 to 3 tablespoons of flour  
Butter

Drain the corn, and place in a medium sized, greased baking dish. Pour in enough milk to cover the corn. Stir in the 2 eggs, and the sugar. Sprinkle in the flour to thicken and stir. Cut a few small pieces of butter and place on top of the corn mixture. Place the baking dish in a 325 degree oven. After baking for about 5 minutes, when margarine melts, stir the corn mixture again and continue to bake for 45 minutes to 1 hour, or until lightly browned.

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## **Green Tomato Pie**

3 cups of thinly sliced green tomatoes  
1 unbaked pie shell

Mix together:

1 1/2 cups of sugar  
1/4 teaspoon of salt  
5 teaspoons of grated lemon rind  
1/4 teaspoon of cinnamon  
5 tablespoons of lemon juice  
2 tablespoons of butter

Layer the sliced green tomatoes into the unbaked pie shell, sprinkling each layer with the mixture of the other ingredients. Place the top crust on the pie and bake for 35 to 40 minutes at 350 degrees.

## Nanny's Scalloped Broccoli

2 cups chopped broccoli  
1/2 cup of grated cheddar cheese  
2 eggs  
1/4 cup of chopped parsley  
2 tablespoons of chopped onion  
1/8 teaspoon of black pepper  
1 can of cream of celery soup  
1/2 cup of soft bread crumbs  
2 pimientos, chopped  
1 teaspoon of salt

Beat the eggs in large bowl. Mix in all of the remaining ingredients. Pour into a buttered casserole dish and set in pan of boiling water and bake at 375 degrees for about 50 minutes or until firm.

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## Crockpot Baked Beans

1 pound of dried great northern, or navy beans  
2 medium onions, chopped  
1/2 cup of brown sugar  
1/4 cup of molasses  
1/3 cup of catsup  
1/4 pound of salt pork or bacon, diced  
1 tablespoon of salt  
1 1/2 teaspoons of dry mustard  
1/4 teaspoon of black pepper

Simmer the beans in 6 cups of water for 30 minutes. Allow the beans to stand, covered, for 1 1/2 hours or until softened and drain. Put all of the ingredients into a crockpot and add 1 cup water, stirring to blend. Cover the crockpot and cook on LOW for 10 to 12 hours or on HIGH for 5 to 6 hours, stirring occasionally.

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### ***Did You Know?***

You can use vinegar on fried and broiled foods instead of lemon juice.

## Broccoli Soufflé

1 – 8 ounce container of cottage cheese  
3 eggs  
1 package of frozen broccoli, cooked and drained  
3 tablespoons of flour  
4 tablespoons of butter  
4 ounces of shredded American cheese  
Salt and black pepper

Pre-heat the oven to 350 degrees. Put the cottage cheese in a mixing bowl and add the eggs and stir well. Next, add the broccoli, sprinkle the flour on top and mix well. Add the butter and stir in some of the shredded cheese. Season with salt and black pepper to taste. Pour the broccoli mixture into a buttered 1 quart casserole dish, sprinkle the remaining cheese on top and bake for 1 hour.

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## Squash Patties

1 1/4 cups of self-rising flour  
1/2 teaspoon of sugar  
3/4 teaspoon of salt  
1/2 cup of sour cream  
1 egg  
3 cups of coarsely ground or chopped squash  
1 medium onion, chopped  
Black pepper to taste

Combine the first 5 ingredients and beat until smooth. Stir in the squash, chopped onion, and black pepper. Drop by spoonfuls into a hot greased skillet and fry until golden brown on both sides.

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### ***Did You Know?***

You can reduce the amount that bacon shrinks by running it under water before frying.

## **Cabbage With Mustard-Horseradish Sauce**

1 small head of cabbage quartered  
2 tablespoons of finely chopped onion  
2 tablespoons of butter or margarine  
1 tablespoon of all-purpose flour  
2/3 cup of evaporated milk  
1 tablespoon of prepared mustard  
2 teaspoons of prepared horseradish  
1/4 teaspoon of salt  
A dash of black pepper  
Water

Cook the cabbage in salted, boiling water for 10 to 12 minutes and drain well. In a small saucepan cook the onion in the butter or margarine until tender. Blend in the flour, 1/4 teaspoon of salt, and a dash of black pepper. Add the milk and 1/2 cup of water. Cook stirring constantly until thickened and bubbly. Stir in the mustard and horseradish. Spoon the sauce over the cabbage.

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## **Baked Mashed Potatoes**

3 pounds of potatoes (about 6 large)  
1/4 cup of finely chopped onion  
1/4 cup of butter or margarine  
1 – 12 ounce carton of small curd cottage cheese  
1/4 cup of snipped parsley  
1 teaspoon of salt  
Margarine or butter, melted

Peel, cook, and mash the potatoes. In a saucepan cook the onion in 1/4 cup of butter or margarine until tender but not brown. Stir the onion, salt, parsley, and cottage cheese into the mashed potatoes. Spoon the potato mixture into a well greased 2-quart casserole dish. Drizzle melted butter over the top. Bake at 350 degrees for about 30 minutes or until the mixture is heated through and lightly browned on top.

## Split Pea Soup With Dumplings

2 1/4 cups green split peas (about 1 pound)  
2 ham hocks  
8 cups of cold water  
1 medium onion, sliced  
1 cup of diced celery  
1 cup of diced carrots  
1 teaspoon of salt  
1/4 teaspoon of black pepper

For the dumplings:

2 cups of sifted all-purpose flour  
3 teaspoons of baking powder  
1 teaspoon of salt  
3 tablespoons of shortening  
1 cup of milk  
1 egg, beaten

Combine the green split peas, ham hocks, cold water, onion, celery, carrots, 1 teaspoon of salt, and the black pepper in a Dutch oven. Bring to boiling, cover and simmer for 1 1/2 hours stirring occasionally. Remove the ham hocks and cut off the meat and dice, discarding the bones. Add the meat back to the soup and simmer, uncovered for 15 to 20 minutes more.

Sift together the all-purpose flour, baking powder, and 1 teaspoon of salt. Cut in the shortening. Combine the milk and the beaten egg and add to the flour mixture, stirring just until all ingredients are moistened. Drop the batter from a rounded tablespoon on top of the bubbling soup. (Dip the spoon into the hot soup before spooning each dumpling to prevent them from sticking to the spoon.) Cover tightly and return to boiling. Reduce the heat and simmer for 15 to 18 minutes.



### ***Did You Know?***

You can brown pale gravy by adding a bit of instant coffee straight from the jar. It won't taste bitter either.



## **Golden Baked Potatoes**

2 pounds of potatoes, peeled  
1 – 16 ounce can of diced carrots, drained  
Milk, heated  
2 tablespoons of butter  
Salt and black pepper

Cook the potatoes in boiling, salted water until tender and drain. Add the diced carrots and mash with an electric mixer at low speed. Slowly beat in enough milk to make light. Stir in the butter and a little salt and black pepper. Spoon the potatoes into a 2-quart casserole dish. Dot the top with additional butter. Bake at 350 degrees for 25 minutes.

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## **Mustard Greens**

2 1/2 pounds of mustard greens  
6 slices of bacon cut into 1-inch pieces  
2/3 cup chopped onions  
1 or 2 dashes cider or red wine vinegar  
Water

Wash the mustard greens very well and chop or tear into 1-inch pieces. Cut the 6 slices of bacon into 1-inch pieces. Fry the bacon in a pot large enough to hold the greens. Add the greens along with the chopped onions and cook, stirring with wooden spoon, until the greens are coated with the bacon grease. Cover the greens with water and season with salt. Bring to boil and cover the pot, reduce the heat, and simmer until tender. Stir occasionally and add water to prevent scorching. When the greens are the desired tenderness, increase the heat to medium-high, bring to a boil stirring often and boil off nearly all of the excess liquid. Add vinegar, salt, pepper and sugar to taste and serve hot.

## **Okra Fritters**

1 quart of okra  
Salt  
Black pepper  
2 eggs  
2 teaspoons of baking powder  
Flour

Boil the okra until tender then strain off water and mash. Season with salt and pepper to taste. Mix in the eggs, baking powder, and enough flour to make a still batter. Drop by one rounded tablespoonful at a time in hot oil and fry until golden brown.

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## **Potato Pancakes**

2 cups of cold mashed potatoes  
1 egg  
Salt  
Black pepper  
Finely chopped onion (optional)

Mix the 2 cups of mashed potatoes, the egg, a dash of salt and pepper, and if you like, some finely chopped onion (potato pancakes are good with and without onion). Flatten into pancakes about 3/4 of an inch thick. Fry in a butter or margarine until golden brown on both sides and the center is hot.

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## **Fried Grits**

Make a pot of grits the night before and pour into a lightly greased loaf pan. Set the pan in the refrigerator overnight. The next morning, turn the pan upside down on a baking sheet and hit the bottom a few times to loosen the "grit loaf". Slice to the desired thickness and roll each piece in cornmeal or flour. Fry in a little vegetable oil in a non-stick pan until crisp and brown. Eat them like hashbrowns with salt, pepper, and catsup or like pancakes with honey or syrup.

## Fried Corn

6-8 large ears of sweet corn, cleaned, rinsed, and kernels removed from cob  
1 green peppers, diced  
1/2 cup all-purpose flour  
1 tablespoon granulated sugar  
Salt & pepper to taste  
1/2 cup vegetable shortening

Combine corn kernels, green pepper, flour, sugar, salt and pepper. Toss to evenly coat vegetables. Heat the shortening until hot. Carefully add the corn mixture and fry until the corn is tender and starts to brown. Stir frequently to prevent sticking.

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## Hobo Beans

1 to 2 pounds of ground beef  
2 – 16 ounce cans of pork & beans  
1 can of kidney beans, drained  
1 can of butter beans, drained  
1 can of tomato soup or tomato puree  
1 cup of brown sugar  
1 package of Lipton Onion Soup Mix  
1 teaspoon of yellow mustard

Brown meat in 1/2 cup of water. Mix all of the ingredients together in a large casserole dish and bake uncovered at 350 degrees until desired consistency.

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### ***Did You Know?***

A slice of soft bread placed in a package of hardened brown sugar will soften it in a couple of hours.

## Southern Style Collard Greens

1 large bunch (about 3 pounds) of collard greens  
1 smoked ham hock  
1 onion, chopped  
2 teaspoons of minced fresh garlic  
3 teaspoons of cider vinegar  
3 teaspoons of dark corn syrup  
1 teaspoon of salt  
1/2 teaspoon of black pepper  
1/2 teaspoon of red pepper  
1/2 teaspoon of white pepper  
A few dashes hot pepper sauce

Cut off and discard base of stems on the greens, then coarsely chop the upper stems and leaves. Wash several times in cold water and drain thoroughly. Place 1 packed cup of greens in a blender or food processor and puree and set aside. Place the remaining greens and ham-hock in a large pot and cover with water. Bring greens to a rolling boil and add the onions, garlic, vinegar, corn syrup and seasonings to taste, reduce heat to medium. Add the pureed collards. Cover and cook for 2 hours or until cooked down and tender.

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## Corn Fritters

1 can of whole kernel corn, drained (reserving the liquid)  
Milk  
1-1/2 cups of flour  
3 teaspoons of baking powder  
3/4 teaspoons of salt  
1 egg, beaten

Add enough milk to the reserved corn liquid to measure 1 cup. Sift together the dry ingredients. Combine the egg, milk mixture, and corn and add to the dry ingredients. Mix just until moistened. Drop batter from a tablespoon into deep, hot oil. Fry until the fritters are golden brown, 3 to 4 minutes. Drain on paper towels.

## **Fried Green Pepper Rings**

3 large green bell peppers  
2 large eggs, lightly beaten  
2 cups of milk  
2/3 cup of Italian-seasoned bread crumbs  
1/2 cup of grated Parmesan cheese  
1 cup of all-purpose flour  
Vegetable oil

Slice the peppers into 1/4-inch rings and remove and discard seeds and membranes. Combine eggs and milk and stir well. Combine the bread crumbs and the Parmesan cheese, mixing well. Dip the pepper rings in egg mixture, and dredge in flour. Dip again in egg mixture, and dredge in the bread crumb mixture, coating well. Pour oil to depth of 2 inches into a large skillet or deep fryer and heat to 375 degrees. Fry the pepper rings for 1 to 2 minutes or until golden, turning once. Drain on paper towels and serve immediately.

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## **Black Eyed Pea Soup**

2 carrots, chopped  
2 celery stalks, chopped  
1 large onion, chopped  
2 quarts of chicken  
2 pounds of black eyed peas  
1 – 3 to 4 pound picnic ham w/bone  
2 bay leaves  
Fresh oregano or basil to taste  
Fresh ground black pepper to taste

Soak the black eyed peas in cold water for 6-8 hours and drain. Cut the ham into large chunks and combine all of the ingredients in a large pot. Add enough water to barely cover the ingredients. Cover the pot and simmer for 2-3 hours, stirring occasionally. Remove the lid and simmer for 1 hour. Can be served right away, but the longer it sits the better it gets.

## Tomato Cakes

1 – 14 to 16 ounce can of chopped tomatoes  
1/4 of a box of saltine crackers, crushed  
1/4 of a medium onion, chopped  
Salt and pepper to taste  
Vegetable oil

Drain about 1/2 the liquid off of the tomatoes. Mix together the tomatoes, onion, and crushed saltines and let sit for 15-30 minutes so the tomato juice soaks into the saltines. Stir again to evenly distribute ingredients. Heat the oil in a cast iron skillet over medium-high heat. When the oil is hot enough, shape the tomato mixture into patties and fry until thoroughly brown on both sides.

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## Wilted Dandelion Greens

A pan of dandelion greens  
1/2 pound of bacon  
1/2 cup of vinegar  
1/2 cup of water  
1/2 teaspoon of brown sugar  
Hard boiled eggs

Pick a pan full of small spring dandelion leaves with no buds, wash and thoroughly drain. Cut the bacon into 1 inch pieces and fry until crisp in a separate skillet. Add the vinegar water and brown sugar to the bacon and drippings and heat to a near boil and immediately pour over greens. Allow hot skillet to cover the pan of dandelion greens for a few minutes to steam. Add chopped hard boiled eggs.

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### ***Did You Know?***

You can easily remove the silks from corn on the cob by wiping downward with a damp paper towel.

## Ramps

One sure fire way to tell that spring has finally arrived here in the mountains is all of people along the sides of road selling ramps. It seems that every produce stand, every yard sale and flea market has signs advertising ramps for sale. Not car ramps or ATV ramps mind you but a local delicacy.

Ramps, also known as wild leeks, are a type of onion that grows wild in the Carolinas. They look like scallions with broad leaves. Although their flavor is stronger, they can be used in place of scallions, onions or leeks.

During ramp season, which begins in March and runs through June, ramps can be found in specialty stores or at ramp festivals. At the end of the season, their leaves wither and the plant lies dormant throughout the remainder of the summer, fall and winter.

Resembling the lily of the valley, the wild ramp has a woodsy and very wild aroma offering a delicious onion-garlic flavor that people either love to an unbelievable degree or hate to the same degree. Personally I think they taste like a cross between a very strong, sweet onion and garlic.

### **A word of caution:**

Ramps smell to the high heavens so it's best if you can cook them outside. They also leave you with breath that eating no amount of onions or garlic can even compare with. Also, if eaten in large enough quantities the odor will actually come through the skin. I know that this sounds really disgusting but ramps are really very good and an Appalachian spring tradition dating back to the earliest settlers.

Continued...

Here are a couple of the more popular Ramp recipes:

### **Ramps and Eggs**

6 eggs

1/2 teaspoon of salt

2 dozen ramps

1/4 cup of bacon drippings

Clean and cut up ramps, using 1/2 of the stems. Place bacon drippings in iron skillet; heat to sizzling. Put in ramps and salt; fry until tender. Scramble eggs; pour over ramps and stir until eggs are done. Serve with crisp bacon and cornbread.

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### **Potatoes and Ramps**

4 or 5 large potatoes, diced

1 lb. bacon

1 1/2 lb. ramps, cleaned and cut up

6 eggs (optional)

salt and pepper to taste

Fry bacon in skillet, remove from pan and set aside. Put the diced potatoes in bacon grease and let fry 3 to 4 minutes. Add cut up ramps and continue frying until potatoes are well done. Put previously fried bacon on top of the potatoes and ramps; let simmer for about 2 minutes.

If you want to add scrambled eggs, add after potatoes are done and before adding bacon.



## ***Just Where Do Eggs Come From?***

**“My brother and I became curious as to how eggs came out of a hen. We were about 4 and 5 at the time, so we went to the barn where the hens had their nests and lay quietly behind one of the hens and watched her lay and egg.”**

**“We weren’t so curious anymore.”**

## Sweet Potato Cakes

1 cup of mashed sweet potatoes  
2 cups of sifted flour  
1 1/2 teaspoons of sugar  
1 1/2 teaspoons of salt  
2 1/2 teaspoons of baking powder  
1/2 cup of vegetable oil  
1/2 cup of milk

Sift the flour, baking soda, sugar and the salt into a bowl. Mix the oil and milk with the mashed sweet potatoes until well blended. Add the sweet potato mixture to the flour mixture and mix lightly with fork until mixture holds together. Turn the dough out onto a floured board and knead gently until smooth. Roll dough out to about 1/4" thick and cut into rounds with floured biscuit cutter. Place the sweet potato rounds on a baking sheet and bake at 425 degrees for 10-20 minutes.

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## Johnny Cakes

1/2 cup of flour  
1 cup of cornmeal  
1 teaspoon of sugar  
1 teaspoon of salt  
1 lightly beaten egg  
1 cup of hot water or milk  
1 tablespoon of shortening

Mix all of the dry ingredients together and then stir in the egg, water or milk, and the shortening. Drop or pour into a hot, greased cast iron skillet to form small cakes, and fry until golden brown on both sides. Can be eaten with butter as bread or with molasses or syrup as pancakes.

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### ***Did You Know?***

You'll shed less tears if you'll cut the root end off of the onion last.

## **Gritted Bread**

Back in the “good old days” everybody grew his or her own corn. In the fall of the year when the corn was hard and dry they would gather all of the corn from the fields and have a big party called a “corn shucking”. The corn was then stored in a corncrib to be used as feed for both man and beast. Every community had a corn mill where people would take their corn and have it ground into meal. Around August of the following summer they would start to run out of the previous year’s corn. Instead of having biscuits with every meal they looked for a way to make cornbread out of the fresh corn in the garden and this is how this recipe was born.

10 to 12 ears of corn (the harder the better)  
1 cup of plain flour  
2 teaspoons of baking powder  
1/2 teaspoon of salt  
4 tablespoons of bacon grease  
2 eggs

Grate the corn off of the cob using a cheese grater or cut off the corn as if making cream style corn and run it through a blender. Mix all of the ingredients together with the corn. Put the bacon grease in a large iron skillet and heat until it is very hot. Pour the batter into the hot skillet and bake at 400 degrees until golden brown. The bread will be crispy on the outside and sticky on the inside. Serve with butter while hot. This is said to be the best of the corn breads.

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## **Whipping Cream Biscuits**

2 cups of self-rising flour  
2 teaspoons of sugar  
1 cup of whipping cream

Combine all of the ingredients into a stiff dough. Knead the dough and roll out to about 3/8” thick. Cut out the biscuits and bake in a greased pan for 10– 12 minutes at 450 degrees.

## Spoonbread

2 1/2 cups of boiling water  
2 egg yolks  
2 stiffly beaten egg whites  
2 cups of cornmeal  
1 teaspoon of baking powder  
1 teaspoon of salt  
1 1/2 cups of buttermilk  
3 tablespoons of melted butter

Gradually stir the cornmeal into the boiling water. After the cornmeal mixture has cooled add the egg yolks, baking powder, salt, melted butter, and the buttermilk. Fold in the beaten egg whites. Pour into a greased baking pan and bake for 45 minutes at 425 degrees.

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## Old-Time Dressing or Stuffing

2 tablespoons of bacon drippings  
3 cups of cornbread and biscuits (more cornbread than biscuits)  
2 tablespoons of butter  
1/2 cup of chopped onion  
1 1/2 teaspoons of ground sage  
2 eggs  
Milk  
Salt and Black Pepper to taste

Heat the bacon drippings and butter in a heavy skillet. Crumble up the biscuits and cornbread. Add the biscuits and cornbread, the salt, black pepper, sage, onion, and eggs to the skillet, stir and brown slightly. Add enough milk to make a soft batter and cook until fairly dry or bake for 25 – 30 minutes at 350 degrees.

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### ***Did You Know?***

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make you family think you've been baking all day!

## **Cat Head Biscuits (as big as a cat's head)**

2 cups of flour  
1/4 teaspoon of baking soda  
2 teaspoons of baking powder  
1 teaspoon of salt  
5 tablespoons of lard or shortening  
About 1 cup of buttermilk

Sift the dry ingredients together and cut in the lard or shortening. Add enough buttermilk to make a soft dough. Pinch off about a lemon sized ball of dough for each biscuit and pat out with your hands. Bake for 12 – 15 minutes at 450 degrees or until the tops are golden brown. Remove the biscuits from the oven and rub butter on the tops of the hot biscuits to coat.

### **Some Of The Different Ways We Eat “Cat Head” Biscuits:**

In the South, the infamous “Cat Head” biscuit was and still is used in a great number of ways. In fact this versatile bread can easily be eaten in different ways with every meal. Here are just a few ways I remember eating them:

Aside from the usual biscuit filled with various homemade jams and jellies, we would sometimes eat them hot from the oven, filled with a generous amount of brown sugar and butter. The butter melts over the brown sugar and creates a breakfast food that no store-bought brown sugar and cinnamon toaster pastry can even touch.

Split open or torn into small pieces and smothered with one of the delicious southern gravies such as Chocolate Gravy, Sausage Gravy, or one of the homemade “Fruit Jams”.

Not much in the world of food is as good as a sandwich made out of a big homemade biscuit with a large slice of a ripe, red tomato and a little salt or with a slice of pork tenderloin or ham.

Continued...

“Cat Head” biscuits make great desserts when covered with your favorite berries, ice cream, and whipped cream. This is a very easy way to make a wonderful strawberry shortcake.

Another way I remember eating them was to cream butter and honey or butter and molasses together and spread over the hot biscuits.

Try some for yourself and you will find that the biscuit is one of the most versatile and delicious foods ever to come out of your oven.

## Hushpuppies

1 cup self-rising flour  
1 egg beaten  
1 cup self-rising cornmeal  
1/2 cup chopped green onion  
1 cup buttermilk  
1 teaspoon sugar  
1/2 teaspoon salt

Combine the flour, cornmeal, and the sugar in a large bowl. Stir in the egg, onions, and 1/2 cup of the buttermilk to mixture. Gradually stir in the remaining 1/2 cup of the buttermilk until the batter is well mixed, but not runny. Drop by spoonfuls into hot oil and fry until golden brown.

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## Mountain Corn Bread

1 1/2 cups of cornmeal  
1/2 cup of flour  
2 teaspoons of baking powder  
1 teaspoon of soda  
1 teaspoon of salt  
1 beaten egg  
2 cups of buttermilk  
1/4 cup of melted butter  
2 tablespoons of sugar

Combine dry ingredients and mix well. Add buttermilk, egg and butter. Stir until moistened but don't beat. Pour into greased 8" square pan. Bake at 425 degrees for 20 to 25 minutes or until golden brown.

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### ***Did You Know?***

A few drops of lemon juice added to simmering rice will help to keep the grains separate.

## **Rhubarb Pecan Bread**

1 1/2 cups of brown sugar  
2/3 cup of vegetable oil  
1 egg  
1 cup of buttermilk  
1 teaspoon of baking soda  
2 1/2 cups of flour  
1 1/2 cups of diced fresh rhubarb  
1/2 cup chopped pecans

Topping:

1/2 cup of sugar  
1 tablespoon of butter

Combine the brown sugar, oil, egg, buttermilk, soda, flour, rhubarb and the pecans. Pour into 2 greased and lightly floured loaf pans. Mix topping ingredients together and sprinkle over batter. Bake at 350 degrees for 1 hour.

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## **Southern Style Hush Puppies**

2 cups of plain corn meal  
1/4 cup of sugar  
7 tablespoons of minced onion  
1 1/2 cups of buttermilk  
1 tablespoon of flour  
1 teaspoon of baking soda  
1 teaspoon of salt  
1 egg, beaten

Mix dry ingredients. Add onions. Stir egg and buttermilk together and add to mixture. Mix and drop by spoonfuls into hot oil. When done hush puppies will float to top.



## **Pearlie's Potato Biscuits**

1 cup of buttermilk  
1 cup of mashed potatoes  
1/2 teaspoon of baking soda  
1 tablespoon of butter  
1 tablespoon of honey  
2 teaspoons of baking powder  
1 tablespoon of brown sugar  
2 cups plain of flour  
1/2 teaspoon of salt

Mix potatoes and butter together. Dissolve the baking soda in the buttermilk and add the honey. Mix the baking powder, sugar and flour together in a bowl and mix in the milk and the potato and butter mixture. Roll out to 3/4 inch thick on floured surface and cut out biscuits with a biscuit cutter or a floured glass. Bake at 400 degrees until golden brown.

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## **Apple Roll**

1 1/2 cups of flour  
1/2 cup of shortening  
1 teaspoon of softened butter

Blend the flour and shortening in a bowl and then stir in enough water to make a stiff dough. Roll the dough out on a floured surface into a 10 X 14 inch rectangle and spread with butter.

For The Apple Filling:

4 cups of chopped apples  
1 1/4 cups of sugar  
3 tablespoons of flour  
1/2 cup of butter

Combine 3 cups of the chopped apples with 1 cup of sugar and spread over the pastry. Roll as if making a jelly roll and place in a crescent shape in a greased 8 X 12 inch baking pan. Mix the remaining apples, sugar, and flour together and place around the roll. Add 2 cups of water to the pan and dot the roll with butter. Bake at 375 degrees for about 45 minutes.

## Orange Nut Bread

- 1 orange
- 1 cup of raisins
- 1 cup of pecans
- 1 cup of hot orange juice
- 1 teaspoon of baking soda
- 1 cup of sugar
- 1 teaspoon of vanilla
- 1 beaten egg
- 2 cups of flour, sifted
- 1 teaspoon of baking powder
- 1/4 teaspoon of salt

Using a sharp knife, peel the outer rind from the orange. Grind the orange rind, raisins, and the pecans using the finest blade on a food processor and transfer to a bowl. Pour in the hot orange juice, mix in the baking soda, sugar, vanilla, egg, and the flour sifted with the baking powder and salt. Mix well and pour into a greased loaf pan and bake for 50 minutes at 350 degrees.

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## Zucchini Bread

- 3 eggs
- 1 cup of vegetable oil
- 2 cups of sugar
- 2 cups of peeled and grated zucchini
- 1 teaspoon of vanilla
- 1/4 teaspoon of baking powder
- 1 cup of pecans
- 3 cups of flour
- 1 teaspoon of salt
- 1 teaspoon of baking soda
- 3 teaspoons of cinnamon

Beat the eggs, sugar, and the vegetable oil together. Then add the vanilla and stir in the graded zucchini. Sift the flour, salt, cinnamon, baking soda, and the baking powder together and stir into the egg/sugar mixture. Mix in the pecans and pour into two well greased loaf pans. Bake at 325 degrees for 60 to 70 minutes.

## Always Perfect Pan Rolls

3/4 cup of sugar  
3/4 cup of shortening  
1 cup of boiling water  
2 packages of dry yeast  
1 cup of warm water  
2 eggs, slightly beaten  
6 to 7 cups of plain flour  
1 teaspoon of salt  
1 teaspoon of baking powder  
1/2 teaspoon of baking soda

Cream the sugar and shortening together and add the boiling water. Mix well and set aside to cool. Dissolve the yeast in the warm water. Add the eggs to the cooled shortening mixture and stir in the yeast mixture. Combine 5 cups of flour with the salt, baking powder, and the baking soda. Mix well and pour out onto a floured board. Knead in the remaining flour until the dough is not sticky. Roll out about 1 1/2 inch balls with your hands and place in greased baking pans. Put the pans of dough in a warm place and let rise for about 3 hours. Bake the rolls for 20 minutes at 400 degrees. Note: The rolls can be kept in the refrigerator until ready to let rise.

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## Refrigerator Bran Muffins

5 cups of flour  
3 cups of sugar  
2 teaspoons of salt  
5 teaspoons of baking soda  
1 cup of vegetable oil  
1 quart of buttermilk  
4 eggs, well beaten  
1 – 15 ounce box of Post Raisin Bran  
2 cups of chopped pecans  
2 teaspoons of ground cinnamon  
2 teaspoons of vanilla

Blend all of the ingredients together by hand. Fill greased muffin pans 2/3 full and bake for 10-15 minutes or until done, at 400 degrees. Note: The batter can be stored in a covered bowl in the refrigerator for up to six weeks.

## **Pumpkin Muffins**

2 cups of sifted flour  
1 tablespoon of baking powder  
1 teaspoon of salt  
1/4 teaspoon of cinnamon  
1/4 teaspoon of nutmeg  
1/4 teaspoon of ginger  
1/4 teaspoon of allspice  
1/4 cup of brown sugar  
1/2 cup of raisins  
1 egg, well beaten  
1/2 cup of milk  
3/4 cup of cooked pumpkin  
1/4 cup of molasses  
1/3 cup of melted shortening  
1/2 cup of chopped pecans

Sift the flour, baking powder, salt, and the four spices. Stir in the brown sugar, raisins, and the pecans. Mix together the egg, milk, pumpkin, molasses, and the melted shortening. Add the pumpkin mixture to the dry ingredients and stir until just moistened. Fill greased muffin tins 2/3 full and bake at 400 degrees for 25 minutes.

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## **Banana Bread**

1/2 cup shortening  
1 cup sugar  
2 eggs  
3/4 cup mashed very ripe banana  
1 tsp. vanilla  
1 1/4 cup sifted flour  
3/4 tsp. baking soda  
1/2 tsp. salt  
1/2 cup chopped nuts (optional)

Cream shortening and sugar until fluffy. Add eggs, one at a time, beating well after each addition. Stir in banana and vanilla. Sift dry ingredients together and add to banana mixture. Mix well. Pour into greased loaf pan or 9x9x2-inch pan. Bake at 350 degrees for 30 to 35 minutes.

## Oatmeal Blueberry Muffins

1 1/3 cups of all-purpose flour  
3/4 cup of rolled oats  
2 teaspoons of baking powder  
1/2 teaspoon of baking soda  
1/4 teaspoon of salt  
1 egg, beaten  
3/4 cup of milk  
1/2 cup of packed brown sugar  
1/4 cup of vegetable oil  
1/2 teaspoon of vanilla extract  
3/4 cup of fresh or frozen blueberries

Grease eighteen 1 3/4-inch or six 2 1/2-inch muffin cups or line them with paper baking cups and set aside. Preheat the oven to 400 degrees. In a bowl mix together the flour, oats, baking powder, baking soda and salt. Make a well in center of dry mixture. In a second bowl combine the egg, milk, brown sugar, oil and vanilla extract. Add the egg mixture all at once to dry mixture. Stir just until moistened (batter should be lumpy). Fold the blueberries into batter. Spoon 1/2 the batter into the prepared muffin cups, filling each to about 3/4 full. Bake at 400 degrees for 10-12 minutes for 1 3/4-inch muffins or 16-18 minutes for 2 1/2-inch muffins. Cool in muffin cups on a wire rack for 5 minutes. Remove muffins from pans and repeat with remaining batter.

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### ***Did You Know?***

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

## Rhubarb Muffins

1 1/4 cups of brown sugar  
1/2 cup of vegetable oil  
1 egg  
1/2 cups of milk  
1 teaspoons of vinegar  
2 teaspoons of baking soda  
1/2 teaspoon of salt  
2 1/2 cups of flour  
2 teaspoon of vanilla extract  
1 1/2 cups of rhubarb, cut up

For the topping:

1/2 teaspoon of cinnamon  
1/2 cup of sugar  
1 tablespoon of butter

Grease a muffin pan or line with paper baking cups. Mix the first 3 ingredients together and add the dry ingredients alternately with the milk. Add the vanilla extract and rhubarb, and stir by hand. Fill muffin cups 3/4 full. Top with topping mixture. Bake at 350 degrees for 20-25 minutes.

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### ***Did You Know?***

Rubbing the inside of the pot with vegetable oil will prevent noodles, spaghetti, and similar starches from boiling over.

## Molasses Oatmeal Bread

6 cups of flour  
2 cups of oats  
1 teaspoon of salt  
2 packages of yeast  
1 cup of water  
1/2 cup of milk  
1/2 cup of molasses  
1/2 cup of butter or margarine  
2 eggs

In a mixing bowl combine 4 1/2 cups of the flour, the oats, salt, and the yeast. Combine the water, milk, molasses, and butter or margarine in a pan and heat to 120-130 degrees. Let the milk mixture cool. With an electric mixer on medium, gradually add the liquids to flour mixture. Beat for 2 minutes. Add the eggs and 3/4 cup of flour and beat for another 2 minutes. Stir in enough additional flour to make a soft dough. Turn out the dough and knead for 8-10 minutes. Place the dough into a greased bowl, turning the dough to grease the top. Cover and let rise for 1 hour. Punch down the dough and turn out onto lightly floured surface. Divide the dough into 4 equal parts. Take 2 sections and role into 12" ropes, then twist them together, turn the ends under, and place in 8.5" x 4.5" x 2.5" loaf pan. Repeat for remaining dough. Cover the loaf pans and let rise 1 hour. Bake at 400 degrees for approximately 30 minutes. Toothpick should come out clean when the bread is done. Put the loaves out on a cooling rack until it's had the chance to dry out a bit.

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### ***Did You Know?***

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a snap.

## Sweet Potato And Apple Muffins

1 cup of flour  
1 cup of wheat flour  
1-1/2 cups of sugar  
1 teaspoon of baking soda  
1 teaspoon of baking powder  
1/2 teaspoon of salt  
2 teaspoons of pumpkin pie spice  
1 – 15 ounce can of sweet potatoes, drained  
1 egg  
1/2 cup of evaporated milk  
1/3 cup of vegetable oil  
1 cup of finely chopped, peeled apple

For the topping:

2 tablespoons of flour  
1/4 cup of packed brown sugar  
1/2 teaspoon of ground cinnamon  
2 tablespoons of butter  
3 tablespoons of finely chopped pecans

Preheat oven to 350 degrees. In a medium bowl, combine the flours, sugar, baking soda, baking powder, salt and pumpkin pie spice. In a large bowl, beat the sweet potatoes until mashed. Add the egg and beat until well blended and the mixture is smooth. Stir in the evaporated milk, vegetable oil and apples. Next, stir in the flour mixture and mix until just combined and moistened. Evenly spoon batter into greased or paper-lined muffin tins.

For topping, combine the 2 tablespoons of flour, brown sugar and cinnamon. Cut in the butter until the mixture resembles coarse crumbs. Stir in pecans. Sprinkle topping over the muffin batter and bake for 18 to 20 minutes or until done.



## ***Wooden Wheel Wagons And A Barn With No Nails***

**“My brother’s and their friends would build wooden wheel wagons out of scrap pieces of lumber and poplar trees. They would saw down a tree if it was perfectly round and suitable for wheels. They pulled nails out of daddy’s old barn to put it together with. To this day I wonder how the barn stood all those years with so few nails. Whenever we needed a nail, we just pulled it out of the barn. Anyway we would take the wagon to the top of the mountain in front of our house and ride it down.”**

**“It was very scary at times, but we loved it anyway.”**

## Sausage Gravy

About 1 pound of sausage  
2 tablespoons of flour  
1 1/2 cups of milk  
Salt and Black Pepper  
Water

Make the sausage into patties and fry over medium heat until brown and cooked through. Remove the sausage from the pan and discard about half of the grease. Brown the flour, stirring constantly, in the remaining sausage grease. Add the milk and enough water to make the gravy as thick or thin as you like. Crumble up a few of the sausage patties and add to the gravy. Add salt and black pepper to taste. Serve over cat head biscuits.

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## Chocolate Gravy

2 heaping tablespoons of cocoa  
1 cup of sugar  
3 tablespoons of flour  
4 cups of milk  
1 teaspoon of vanilla  
1 tablespoon of butter

Mix the cocoa, flour, and the sugar in a pot with a fork or whisk until well blended. Add all of the other ingredients and bring to a boil, stirring constantly, over medium heat. Continue cooking until the gravy is the desired thickness. Serve hot over cat head biscuits with lots of butter.

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### ***Did You Know?***

Thawing frozen fish in milk will draw out the frozen taste and provide a fresh-caught flavor.

## **Old Fashioned Chicken Gravy**

2 tablespoons of butter  
1 tablespoon of flour  
3/4 cup of chicken stock  
1/4 cup of light cream  
Salt  
Black Pepper

Pour the grease from the pan after frying the chicken and replace it with the butter. When the butter has melted, stir in the flour. When the butter and flour mixture is bubbly, stir in the stock and the cream. Cook until the gravy thickens. Season with salt and pepper as desired. Serve with the fried chicken or over biscuits or mashed potatoes.

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## **Old-Fashioned Tomato Gravy**

1/2 pound of diced bacon  
1 small onion, chopped  
2 tablespoons of flour  
1/8 teaspoon of salt  
A pinch of black pepper  
1 - 14 1/2 ounce can of diced tomatoes, undrained  
3 cups of tomato Juice

In a skillet, fry the bacon until crisp and place on paper towels to drain. Discard all but 2 tablespoons of the bacon drippings and cook the chopped onion in drippings until tender. Stir in the flour, salt and black pepper and cook, over low heat, stirring constantly until the mixture is golden brown. Gradually add the tomatoes and tomato juice and stir well. Bring the mixture to a boil over medium heat and cook, stirring constantly for about 2 minutes. Reduce the heat and simmer, uncovered, for 15 to 20 minutes or until the gravy becomes thickened, stirring occasionally. Stir in bacon and serve over cat head biscuits.

## Mama's Strawberry Jam

4 cups of fresh strawberries ( washed, capped and sliced in half)  
2 cups of water  
3/4 cup of sugar  
3 tablespoons of flour  
1 tablespoon of butter  
dash of salt

Combine strawberries, salt and water in medium pot. Cook over medium heat until strawberries are soft. Combine sugar and flour, pour enough hot juice from berries to mix very thin. Add to strawberries stir until mixed well. Add butter and stir occasionally until thickens. Serve with hot biscuits. Frozen strawberries may be used. If using other berries or fruits, adjust the amount of sugar to taste.

*This recipe is one of the things mama made for breakfast, when I was growing up. My brothers, sisters and I always looked forward to breakfast. In the summer we would pick wild strawberries for the jam.*

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### **Did You Know?**

Your gravy will have less lumps if you will add a pinch of salt to the flour before mixing it with water.

## ***No Water Was Too Cold To Have Fun***

**“There was a creek or branch as we call it in the mountains, in front of our house. We would get together with our friends and build a dam out of rocks, so we could go swimming on hot summer days. The water was so cold it would make your arms and legs ache after a few minutes, but we never seemed to mind. Another favorite thing to do was catch lizards, crawfish and stick bait to go fishing in the river near by. Those were simple times, but such wonderful memories.”**

**“I wish all children could experience some of that.”**

## Sour Cream Apple Pie

2 tablespoons of all-purpose flour  
1/4 teaspoon of salt  
3/4 cup of white sugar  
1/4 teaspoon of ground nutmeg  
1 egg  
1 cup of sour cream  
1 teaspoon of vanilla extract  
3 cups of peeled and chopped apples  
1 - 9 inch single crust pie  
1/3 cup white of sugar  
1/3 cup of all-purpose flour  
1 teaspoon of ground cinnamon  
2 tablespoons of butter

Stir 2 tablespoons of flour, salt, 3/4 cup sugar and the nutmeg together in a bowl. Combine the egg, sour cream and vanilla in another bowl and mix well. Add the egg mixture to the dry ingredients, mixing well. Stir in the apples and spoon mixture into the unbaked pie shell and bake in a preheated 400 degree oven 15 minutes. Reduce the temperature to 350 degrees and bake for 30 minutes more.

Remove pie from oven and increase the temperature to 400 degrees. Prepare the cinnamon topping and sprinkle over pie. Return to oven and bake 10 minutes more. Cool on a wire rack.

To Make the Cinnamon Topping:

Combine 1/3 cup of sugar, 1/3 cup of flour and 1 teaspoon of ground cinnamon in bowl. Cut in 2 tablespoons of butter until crumbly.

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### ***Did You Know?***

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

## Buttermilk Pie

1 tablespoon of flour  
1 cup of sugar  
3 well beaten egg yolks  
3 egg whites  
2 teaspoons of ground nutmeg  
2 tablespoons of melted butter  
1/2 cup of buttermilk with 1/4 teaspoon of baking soda added

In a bowl, mix the flour, sugar, and the nutmeg together and then add the egg yolks, melted butter. Add the buttermilk and mix well. Pour into an unbaked piecrust and bake at 325 degrees until set. Beat the egg whites with 6 tablespoons of sugar to form a meringue. Spread the meringue on the cooled pie and brown slightly in the oven.

---

## Chess Pie

1/4 pound of butter  
1/2 cup of brown sugar  
1 cup of white sugar  
3 eggs  
1 tablespoon of vinegar  
1/2 tablespoon of vanilla  
1 tablespoon of cornmeal

Melt the butter, brown and white sugars. Add the eggs, vinegar, vanilla, and the cornmeal and stir until mixed but do not beat. Pour into an unbaked piecrust and bake for 1 hour at 350 degrees.

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### ***Did You Know?***

Cream will whip better and faster if you first chill the cream, bowl, and the beaters well.

## Vinegar Pie

1 cup of water  
2 eggs  
2 tablespoons of vinegar  
1 cup of sugar  
2 tablespoons of flour  
1 tablespoons of butter  
1/2 teaspoon of lemon extract  
1 9-inch baked piecrust

Mix together the sugar, water, eggs, vinegar, and the flour in the top of a double boiler. Cook, stirring constantly until the mixture is smooth and thick. Remove the mixture from the heat and stir in the lemon extract and the butter. Pour into the baked piecrust and let cool. Top with whipped cream if you like.

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## Berry Dumplings

1 quart of your favorite berries  
1 quart of water  
1/2 stick of butter  
3/4 cup of sugar

Put the berries and water into a big pot and cook over medium heat until the berries are done. Stir in the sugar and butter.

Mix 2 cups of self-rising flour and 6 tablespoons of shortening with a fork and add 2/3 cups of milk. Mix to form a dough. Drop by tablespoonfuls into the boiling berry mixture. After all of the dumplings have been dropped into the berries, cover the pot and reduce the heat to low and cook for another 8 to 10 minutes. Be sure the berry mixture is boiling and do not stir the dumplings or they will stick together.



## Sweet Potato Pie

4 tablespoons of butter, softened  
4 cups of mashed cooked sweet potatoes  
2 cups of sugar  
4 eggs  
2 tablespoons of flour  
1 teaspoon of salt  
1/2 teaspoon of baking soda  
1 cup of buttermilk  
2 teaspoons of vanilla  
2 unbaked 9-inch piecrusts

In a large bowl, mix the sweet potatoes, butter, and eggs and mix well. Next in another bowl mix the sugar, flour, and salt together and then mix into the sweet potato mixture. Combine the buttermilk and the baking soda and add this to the sweet potatoes and mix well. Stir in the vanilla and pour the sweet potatoes into the two piecrusts. Bake at 350 degrees for 1 hour and 10 minutes or until the pies are set.

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## Bottom's Up Peach Cobbler

1 cup of flour  
2 teaspoons of baking powder  
A pinch of salt  
1 cup of milk  
3 or 4 cups of cooked, sliced peaches, drained  
1 cup of sugar

Sift together the flour, salt, and the baking powder and mix in the sugar and milk. Pour the batter into a large, glass baking dish and spread the peaches on top. Bake for about 1 hour at 350 degrees. The dough will come to the top while baking.

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### ***Did You Know?***

Celery will last longer if you wrap it in aluminum foil when putting in the refrigerator.

## Peach Dumplings

2 cups of sliced peaches  
2 cups of hot water  
1 tablespoon of butter  
1 cup of flour  
1 cup of sugar  
2 teaspoons of baking powder  
1/2 teaspoon of salt  
2 cups of cream or milk

Make syrup out of the hot water, sugar, and the butter and add the peaches to the pot. Bring the peaches and syrup to a boil. Mix the flour, baking powder, salt, and milk into a stiff batter and drop by large spoonfuls into the boiling peaches. Cover and cook for 20 minutes. This is so good served with vanilla ice cream!

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## Black Walnut Cookies

1/2 cup of flour  
1/2 teaspoon of baking powder  
1/2 teaspoon of salt  
2 cups of black walnuts, chopped  
2 cups of brown sugar  
4 eggs, beaten

In a bowl, combine the brown sugar and the eggs. Mix in the salt, baking powder, and the flour. Fold in the black walnuts. Drop by rounded teaspoonfuls onto a greased cooking sheet and bake for 12 minutes at 375 degrees.

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### ***Did You Know?***

When flouring a cake pan, use a bit of the cake mix instead of flour. It will work just as well and you won't have any of the white mess on the outside of the cakes.

## **Mom's Cherry Pie**

(Ordinarily the cherries would be the ones canned the previous summer but this recipe has been changed to the more readily available "store bought" ones.)

2 -16 ounce cans pitted tart cherries, undrained  
1 cup sugar  
3 tablespoons of cornstarch  
2 tablespoons of butter  
1/8 teaspoon of red food coloring  
2 -9 inch prepared pie crusts

Drain cherries, reserving 1/2 cup of the juice. Combine sugar and cornstarch in a large saucepan, stir in reserved cherry juice. Cook over medium heat, stirring constantly, until mixture comes to a boil 1 minute, stirring constantly. Remove from heat, and stir in cherries, butter and food coloring if desired, cool. Pour into prepared 9 in crust. Cut remaining crust into 1/2" strips. Arrange in lattice design over cherries even with edges. Roll bottom crust over edges and press with fork or fingers. Bake at 375 for 30 to 35 minutes.

***"As children, my brother and I would climb the cherry tree and pick cherries for mom to can and make preserves. We would have her delicious pies all winter."***

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## **Mom's Sugar Cookies**

2 3/4 cups of flour  
1 1/2 cups of sugar  
1 cup of butter  
2 eggs  
1 teaspoon of cold water  
1 teaspoon of baking powder  
1/2 teaspoon salt

Cream butter and sugar. Add eggs one at a time mix after each egg. Combine flour, baking powder and salt add to mixture and mix then add cold water. Add rest of flour mix well. Let set for 10 min. Drop by tablespoon on greased cookie sheet. Bake at 375 degrees until lightly brown.

## **Black Mountain Buttermilk Pound Cake**

2 sticks of butter  
3 cups of sugar  
1 teaspoon of lemon extract  
1 teaspoon of almond extract  
6 eggs, separated  
1/2 teaspoon of vanilla  
1/2 teaspoon so butter flavoring  
3 cups sifted flour  
1/2 teaspoon of salt  
1/4 teaspoon of baking soda  
1 cup of buttermilk

Mix butter and sugar at medium speed. Add the egg yolks one at a time, mixing after adding each egg. Add the flavorings. Sift the flour, salt and baking soda together. Add the dry ingredients to the butter and egg mixture alternating with buttermilk beginning and ending with dry ingredients. Beat egg whites until stiff but not dry and fold into the mixture. Pour into a greased and floured 10- inch tube pan. Bake in a 350 degree preheated oven for 1 hour and 15 min. Allow to cool for 15 minutes before removing from pan

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## **Chocolate Fudge Cupcakes**

4 squares of semisweet chocolate  
1 3/4 cups of sugar  
1 cup of flour  
4 eggs  
1 teaspoon of vanilla  
2 sticks of butter  
1 cup of pecan halves

Melt the chocolate and butter together and stir in the pecan halves, coating well. Set the chocolate/pecan mixture aside to cool. Combine the sugar, flour and the eggs mixing by hand, blend but do not beat, the batter will be stiff. Stir in the chocolate mixture and vanilla. Mix well. Fill cupcake pan full with batter. Bake in a 325-degree oven for 35–40 minutes. Do not over bake. Cool a few minutes before removing from pan.

## **North Carolina Date Cake**

1 1/3 cups of flour  
1 cup of light brown sugar  
1 teaspoon of baking soda  
1 teaspoon of baking powder  
1 tablespoon of butter  
3/4 cup of chopped pecans  
1 cup of chopped dates to which 1 cup of boiling water has been poured over.  
1 beaten egg

Cream butter and add the dry ingredients. Add nuts dates and water. Mix well. Stir in the beaten egg. Pour into a greased 8" X 8" pan and bake at 350 degrees for 45 minutes.

Topping:

1 cup of light brown sugar  
1/2 cup of sour cream  
1 cup of dates, finely chopped

Boil the brown sugar and sour cream together for about 10 minutes on low heat. Add the dates and boil for 5 minutes longer. Let cool and spread on cooled cake.

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## **Apple Topping For Ice Cream**

1/3 cup of Minute Tapioca  
1 cup of firmly packed brown sugar  
4 cups of sliced tart apples  
2 cups of water  
2 tablespoons of lemon juice  
2 tablespoons of butter  
1/2 teaspoon of cinnamon  
1/2 teaspoon of salt

Mix all if the ingredients together and let stand for 10-15 minutes to allow the tapioca to dissolve. Bring the mixture to a boil, stirring often. Reduce the heat to low and simmer until the apples are tender. Serve warm with a sprinkle of nutmeg over ice cream.

## Nanny's Homemade Chocolate Cake

2 cups of plain flour  
2 cups of sugar  
1 teaspoon of butter  
3/4 cup of cocoa  
2 eggs  
1 cup of boiling water  
1 teaspoon of baking powder  
1 teaspoon of baking soda  
1/2 teaspoon of salt  
1 cup of milk  
1 teaspoon of vanilla

Beat the sugar, eggs and butter together until creamy. Add the cocoa to 1-cup of boiling water and mix well. Add cocoa mixture to sugar mixture. Sift flour, soda, baking powder and salt together. Add to the sugar mixture alternating with the milk and vanilla, starting and ending with the flour mixture. Pour into well-greased and floured pans and bake at 350 degrees for 25 to 30 minutes.

### Frosting:

1 1/2 cups of sugar  
2 –1 ounce squares of chocolate  
1/2 cup of milk  
1 teaspoon of vanilla  
2 tablespoons of butter

Melt the chocolate in a pan and remove from heat. Mix in the sugar and milk and bring to a full boil. Cook the chocolate mixture until it reaches the soft ball stage (when a small amount dropped into a glass of cold water forms a soft ball). Remove the chocolate mixture from the heat and stir in the vanilla and butter. Spread on the cooled cake.

## **Micaville Pineapple Cake**

2 cups of sugar  
2 cups sifted, plain flour  
3 eggs  
1 stick of butter  
2 1/2 cups of crushed pineapple  
2 teaspoon of baking soda  
2 teaspoon of vanilla  
1/2 teaspoon of salt

Cream the sugar, butter and eggs together and stir in the remaining ingredients. Pour into a greased 9" X 13" pan and bake at 350 degrees for 35 minutes.

Icing:

1 1/2 cups of sugar  
1 cup of evaporated milk  
3/4 stick of butter  
1 1/2 cups of chopped pecans

Combine the sugar, butter and milk in a pan and boil for 3 minutes. Remove from heat and stir in the chopped pecans. Cook until mixture begins to thicken. Remove from heat and pour over cake.

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## **Strawberries In The Snow**

1 Angel Food cake, torn into pieces  
1 container of cool whip  
1 quart fresh strawberries  
1 package of strawberry glaze  
2 cups of powdered sugar  
1 – 8 ounce package of cream cheese

Mix strawberries and glaze together, set aside. Mix cream cheese and powdered sugar together, beat in cool whip until well mixed. In large glass bowl put layer of cake, then layer of cream cheese mixture, add layer of strawberries. Repeat layers and top with strawberries.

## **Creamy Pumpkin Pie**

1 –8 ounce package of cream cheese, softened  
3 eggs  
3/4 cup of granulated sugar, divided  
1 unbaked pie shell  
1 1/4 cups of cooked pumpkin  
1 cup of evaporated milk  
1 teaspoon of vanilla  
1/4 teaspoon of salt  
1 teaspoon of ground cinnamon  
1/2 teaspoon of ground ginger  
1/4 teaspoon of nutmeg

Mix the cream cheese, 1 egg, vanilla, and 1/4 cup of the sugar together and spread the mixture in the bottom of the unbaked pie shell. Next, mix the pumpkin, evaporated milk, the 2 remaining eggs, 1/2 cup of sugar, the spices, and the salt together in a large bowl. Pour the pumpkin mixture carefully over the cream cheese mixture and bake at 350 degrees for 50 minutes.

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## **Easy Strawberry Cake**

1 box white cake mix plus 2 tablespoons flour  
1 1/3 cups of frozen strawberries  
1 small package strawberry Jell-O  
2/3 cup of vegetable oil  
1/3 cup water  
4 eggs  
1/2 stick butter, softened  
3 cups powdered sugar

Thaw strawberries at room temperature. Drain and reserve juice for frosting. Mix cake mix, flour, Jell-O, cooking oil, water and eggs until well mixed. Pour into 9 X 13 inch pan. Bake at 350 degrees for 30 to 35 minutes. Set pan on wire rack to cool.

For The Frosting:

Cream softened butter and powdered sugar in mixing bowl while adding enough strawberry juice to make creamy and of spreading consistency. Frost cooled cake as desired.



## Homemade Banana Pudding

3 1/2 tablespoons of all-purpose flour  
1 1/2 cups of sugar  
1/4 teaspoon of salt  
3 cups milk  
3 eggs yolks, beaten  
1 teaspoon of vanilla  
5 or 6 bananas, sliced  
Homemade Vanilla Wafers  
3 egg whites, beaten until stiff  
1 teaspoon of vanilla  
1/4 cup sugar

Mix flour, sugar and salt in saucepan. Combine beaten egg yolks and milk. Stir to mix well. Add flour mixture and mix until well blended. Cook over medium heat, stirring constantly until smooth and thickened. Remove from heat and add 1 teaspoon of vanilla. Place a layer of vanilla wafers in bottom of a large casserole dish. Add a layer of sliced bananas over wafers. Top with the cooked custard mixture. Repeat layers as needed. Beat egg whites lightly and gradually add 1/4 cup sugar. Beat until stiff. Add 1 teaspoon vanilla. Spread meringue over pudding. Bake at 425 degrees until golden brown.

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## Homemade Vanilla Wafers

1/2 cup of butter  
1 cup of sugar  
1 egg  
1/3 cups of cream  
1 teaspoon of vanilla  
1/2 teaspoon of salt  
2 cups of all-purpose flour  
2 teaspoons of baking powder

Cream the butter and sugar together and mix in the egg and cream and beat until well blended. Add in the rest of the ingredients and mix lightly. Drop small portions of the soft dough onto a greased baking sheet. Flatten the tops of the wafers with the back of a spoon and bake for 8 minutes at 350 degrees. Remove from oven and allow to cool.

## **Peaches And Cream**

For The Crust:

- 1/2 cup of butter melted
- 1 cup of all purpose flour
- 1 1/2 teaspoons of baking powder
- 1/4 teaspoon of salt
- 2 tablespoons of sugar
- 1/2 cup of finely chopped pecans

Peach Filling:

- 1 – 8 ounce package of cream cheese
- 1 cup of sugar
- 2 cups of whipped topping
- 2 1/2 cups of peach pie filling

To prepare the crust, combining all of the crust ingredients together and press into a 9 inch square pan. Bake for about 20 minutes at 350 degrees. Remove from oven and allow to cool. Next prepare the peach filling by creaming the sugar and cream cheese together and then add the whipped topping and mix well. Pour the cream cheese mixture into the cooled crust and chill well. Top the cream cheese mixture with the peach pie filling. Cut into squares just before serving.

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## **Strawberry Pudding**

- 1 quart of strawberries, sliced
  - 1 -6 ounce package of strawberry Jell-O
  - 1/2 cup of sugar
- Combine and heat just until the sugar and Jell-O are dissolved.

- 2 - 3 ounce boxes of instant vanilla pudding
- 3 cups of milk
- 1 - 8 ounce carton of sour cream
- 1 - 12 ounce container of cool whip
- 1 box of vanilla wafers

Mix the instant pudding and milk. Add the sour cream and 3/4 of the cool whip. Layer the vanilla wafers, pudding mixture and the strawberry mixture. Make two layers of these 3 ingredients. Top with the remaining cool whip and garnish with a few sliced strawberries.

## Hummingbird Cake

3 cups of plain flour  
2 cups of sugar  
1 teaspoon of baking soda  
1 teaspoon of salt  
1 teaspoon cinnamon  
2 cups of chopped pecans  
1 1/2 cups of vegetable oil  
3 eggs  
1 1/2 teaspoons of vanilla  
1 – 8 ounce can of crushed pineapple  
3 bananas, mashed

Place all of the dry ingredients in a large bowl. Add all of the other ingredients and stir until mixed well. Do not beat. Pour into a greased and floured tube pan. Bake at 325 degrees for 1 hour and 15 minutes. Remove from the oven and allow to cool in the pan.

For The Frosting:

1 – 4 ounce package of cream cheese (at room temperature)  
1/2 stick of butter  
1 teaspoon of vanilla  
1/2 box of 10X powdered sugar

Mix all of the frosting ingredients together and beat by hand until smooth and creamy. Spread over the cooled cake.

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### ***Did You Know?***

You can remove the odor of onions or garlic from your hands by rubbing moistened salt on your hands and then rinsing with warm water and soap.

## Grandma's Spice Cake

2 cups of all-purpose flour  
1/2 teaspoon of baking soda  
1 1/2 teaspoons of baking powder  
1 teaspoon of ground cinnamon  
1/4 teaspoon of ground cloves  
1/4 teaspoon of ground ginger  
1/4 teaspoon of ground nutmeg  
1 1/2 cups of sugar  
1/4 cup of salted butter  
1/4 cup of vegetable oil  
1/2 teaspoon of vanilla  
2 eggs  
1 1/2 cups of buttermilk

Mix together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves ginger, and set aside. In A large mixing bowl beat the butter and oil with an electric mixer on medium speed for 30 seconds. Add the sugar and vanilla and beat until well mixed. Add the eggs, one at a time, beating after adding each egg. Add the dry flour mixture and buttermilk alternately into the egg and butter mixture, beating on low speed after each addition, just until combined. Pour into two greased and lightly floured 8 X 1-1/2 inch cake pans. Bake in a 350 degree oven for 35 to 40 minutes, or until toothpick comes out clean. Cool on wire rack.

### Creamy Nut Frosting:

Blend 2 1/2 tablespoons of flour and 1/2 cup of milk. Cook the flour mixture until it forms a thick paste and cool until it is lukewarm. Meanwhile cream 1/4 cup of butter, 1/4 cup of shortening and 1/2 cup of sugar together and add to lukewarm flour paste. Beat until fluffy. Add 1 tea- spoon of vanilla and 1/2 cup of chopped pecans. Blend in 1 cup of powdered sugar (more if needed). Beat until fluffy. Frost the cooled cake and sprinkle chopped pecans on top.

## **Banana Nut Oatmeal Cookies**

1 1/2 cups of sifted all-purpose flour  
1/2 teaspoon of baking soda  
1 teaspoon of salt  
1 cup of sugar  
3/4 teaspoon of ground cinnamon  
1/4 teaspoon of ground nutmeg  
3/4 cup of butter  
1 egg, well beaten  
1 cup mashed ripe bananas  
1/2 cup of chopped nuts (walnuts or pecans)  
1 3/4 cups of oatmeal

Sift the dry ingredients together. Cut in butter and add the egg, bananas, nuts and oatmeal and beat until well blended. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake in a 400 degree oven for 12 to 15 minutes.

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## **Fresh Apple Cobbler**

1/2 cup of sugar  
1 1/2 teaspoons of ground cinnamon  
1/2 cup of pecans or walnuts  
1 cup of self rising flour  
4 cups of thinly sliced apples  
1 cup of sugar  
1 egg, well beaten  
1/2 cup of evaporated milk  
1/3 cup of butter

Mix 1/2 cup of sugar, the ground cinnamon and 1/4 cup of the nuts together. Place the apple slices in the bottom of a greased baking dish and sprinkle with the cinnamon mixture. Sift together 1 cup of flour and 1 cup of sugar. Combine the milk, egg, and the butter and add the flour and sugar mixture all at once and mix until smooth. Pour this mixture over the apples. Sprinkle with the remaining 1/4 cup of nuts. Bake at 325 degrees for about 55 minutes. Serve warm with ice cream if desired.

## Coconut Cream Pie

2 1/2 cups of milk  
2 egg yolks  
1/4 cup of heavy cream  
4 tablespoons of cornstarch  
2 tablespoons of butter, softened  
2 teaspoons of vanilla  
1 1/2 cups of flaked coconut  
1 baked pie shell

Whisk milk, egg yolks and cream together. Mix sugar and cornstarch in heavy sauce pan. Mix in the yolk mixture and cool over medium heat, stirring occasionally, for 5 minutes. Then stir constantly until it comes to a boil, and cook about 8 minutes more. Remove from heat and stir in vanilla and butter. Pour into pie shell and smooth top. Cool pie in refrigerator. Top with whip cream. Sprinkle on flaked coconut. ( For chocolate cream pie increase sugar to 1 cup and melt 4 oz semi-sweet chocolate and add to filling in place of coconut).

## Whip Cream

1 cup of heavy whipping cream  
2 tablespoons of powdered sugar  
1/2 teaspoon of vanilla

Mix all ingredients and whip until cream hold stiff peaks

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### ***Did You Know?***

You can easily remove food stains from your fingers by rubbing the stained areas with a slice of raw potato and rinsing with water.

## **Peanut Butter And Chocolate Oatmeal Cookies**

2 cups of sugar  
1 stick of butter  
1/2 cup of milk  
1/4 cup of cocoa  
1/2 teaspoon of vanilla  
1/2 cup of peanut butter  
2 1/2 cups of quick oats  
1/2 cup of coconut  
1/2 cup of chopped pecans or walnuts

Combine the sugar, butter, cocoa and the milk in a saucepan and bring to a boil and continue to boil for 2 minutes. Remove from heat and add the vanilla, oats, peanut butter, coconut, and the nuts. Stir until well mixed. Drop by spoonfuls onto wax paper and allow the cookies to cool.

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## **Orange Drop Cookies**

1/2 cup of butter  
3/4 cup of sugar  
2 cups of flour  
1 egg  
1/4 teaspoon of salt  
1/2 teaspoon of baking soda  
1/2 cup of orange juice  
1/2 cup of chopped pecans or walnuts  
1/2 cup of chopped dates  
1 teaspoon of shredded orange peel

Cream the butter and the sugar together. Add the egg and blend well. Sift the flour, salt, and the baking soda together and add with the orange juice. Fold in the nuts, dates, and the orange peel. Drop by teaspoonfuls onto a cookie sheet and bake at 400 degrees for 10 to 12 minutes.

## Coconut Black Walnut Cake

2 cups of sugar  
1/2 teaspoon of baking powder  
1 cup cooking oil  
1 cup buttermilk  
4 eggs, beaten  
1 cup of chopped black walnuts  
3 cups of flour  
1 cup of flaked coconut  
1/2 teaspoon of salt  
2 teaspoons of coconut extract  
1/2 teaspoon of baking soda

Combine the sugar, oil and eggs and beat well. Combine the dry ingredients and add to sugar mixture alternately with the buttermilk. Stir in the nuts and the coconut extract. Bake at 325 degrees for 1 hour and 5 minutes in a greased and floured tube pan. Pour hot coconut syrup over hot cake.

### Coconut Syrup

1 cup sugar  
2 tablespoons butter  
1/2 cup milk  
1 teaspoon of coconut extract

Mix together and boil for 5 minutes

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### ***Did You Know?***

You can perk up soggy lettuce by adding lemon juice to a bowl of cold water and soaking the lettuce for an hour in the refrigerator.



## Pumpkin Raisin Cake

- 2 cups of sugar
- 2 cups of flour
- 3/4 cup of vegetable oil
- 1 teaspoon of salt
- 1 teaspoon of ground cinnamon
- 1 – 8 ounce can of crushed pineapple, drained
- 2 cups of pumpkin
- 1 cup of raisins
- 4 eggs
- 1 teaspoon of baking powder
- 2 teaspoons of baking soda
- 1 teaspoon of allspice
- 2 teaspoons of vanilla
- 1 cup of chopped pecans

Combine the sugar, pumpkin, vegetable oil, and the eggs and mix well. Combine the dry ingredients and the spices and add to the pumpkin mixture and beat for 1 minute at medium speed. Stir in the pineapple, raisins, pecans and the vanilla. Pour the batter into a 9 X 13 inch baking pan and bake at 350 degrees for 55 minutes. Allow the cake to cool for 10 minutes in the pan then remove it from the pan as frost after cake is completely cooled.

For the Cream Cheese frosting:

- 1 – 8 ounce package of cream cheese
- 1/2 cup of butter, softened
- 1 – 16 ounce package of powdered sugar, sifted
- 1 teaspoon of vanilla
- 1/2 cup of finely chopped pecans

Combine the cream cheese and the butter, and beat until light and fluffy. Gradually add the powdered sugar and mix well. Stir in the vanilla and the chopped pecans.

## Pumpkin Roll

3/4 cup of self-rising flour  
3 eggs, beaten  
3/4 cup of sugar  
2/3 cup of pumpkin  
2 teaspoons of ground cinnamon  
1 teaspoon of ginger  
1/2 teaspoon of nutmeg  
1/2 cup of finely chopped pecans or walnuts  
3 cups of confectioners sugar  
1 – 8 ounce package of cream cheese

Combine the eggs, flour, and 3/4 cup of sugar and mix well. Add the pumpkin, cinnamon, ginger, and nutmeg to the flour mixture and mix until well blended. Grease a cookie sheet and spread the batter in the pan. Bake for 15 minutes at 375 degrees. Flip the thin cake onto a clean towel and using the towel, roll it into a roll. Allow to set until cool.

While the cake is cooling mix the confectioners sugar, cream cheese, and the chopped nuts together until smooth and creamy. When the cake is cool, unroll it and remove the towel. Spread the cream cheese mixture on the cake and roll it back up into a roll. Dust the roll with a little confectioners sugar before slicing.

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### ***Did You Know?***

It's not sunlight that ripens tomatoes, it's warmth.

If you store tomatoes with stems pointed down they will stay fresh longer.

## Blueberry Cheese Cake Pie

1 – 9 inch deep dish or 10 inch regular unbaked pastry shell  
1 – 21 ounce can of blueberry pie filling  
1 teaspoon of grated lemon rind  
1 – 8 ounce package of cream cheese, softened  
1 – 14 ounce can of sweetened condensed milk (not evaporated)  
2 eggs  
2 tablespoons of lemon juice concentrate  
1 teaspoon of vanilla

Place the oven rack in it's lowest position and preheat the oven to 425 degrees. Combine the blueberry pie filling with 1/2 teaspoon of the lemon rind and pour into the pastry shell and bake for 15 minutes.

Beat the cream cheese in a large mixing bowl until fluffy. Gradually beat in the sweetened condensed milk, then the eggs, 2 tablespoons of lemon juice, vanilla, and the remaining 1/2 teaspoon of the lemon rind. Pour this mixture over the blueberries. Reduce the oven temperature to 350 degrees and bake for 25 minutes or until set. Remove the pie from the oven and allow to cool. Chill well before serving.

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## Date Balls

2 eggs, beaten  
1/2 cup of granulated sugar  
1/2 teaspoon of vanilla  
1 cup of shredded coconut  
1 cup of chopped pecans  
1 cup of chopped dates  
Powdered or granulated sugar

Mix all of the ingredients together and place in a shallow baking pan. Bake at 350 degrees for 20 minutes. Remove from the oven and mix well. Roll into balls while still warm and then roll powdered or granulated sugar.

## Fudge & Caramel Lover's Cake

- 1 – 14 ounce package of caramels
- 1 – 14 ounce can of sweetened condensed milk (not evaporated)
- 1 1/4 cups of vegetable shortening, divided
- 2 cups of all-purpose flour
- 1/2 cup of unsweetened cocoa
- 1 teaspoon of baking soda
- 1/4 teaspoon of salt
- 2 cups of sugar
- 2 eggs
- 1 cup of water
- 1/2 cup of buttermilk
- 1 1/2 teaspoons of vanilla
- 1 1/2 cup of coarsely chopped pecans

Preheat the oven to 350 degrees. In a heavy saucepan, combine the caramels, the sweetened condensed milk, and 1/2 cup of the shortening. Over medium heat, cook and stir until the caramels are melted and smooth. In a medium bowl, combine the flour, cocoa, baking soda, and the salt. In a large bowl, beat the sugar and the remaining 3/4 cup of shortening until fluffy and then beat in the eggs.

In a small bowl, combine the buttermilk, and the vanilla and add to the sugar/shortening mixture, alternating with the flour mixture and beat well. Spread half of the batter into a greased 9 X 13 inch baking pan. Bake for 15 minutes, or until the center is set. Remove the pan from the oven and spread the caramel mixture evenly over the cake. Next, spread the remaining batter over the caramel and sprinkle with the chopped pecans. Return the baking pan to the oven and bake for an additional 40 minutes, or until the cake springs back when lightly touched. Loosen the cake from the sides of the pan while still warm. Allow the cake to cool before serving.



### ***Did You Know?***

You should never add salt to the water that you cook corn in. It will only make the corn tougher.

## **Caramel Apple Oat Bars**

- 1 3/4 cups of unsifted flour
- 1 cup of quick cooking oats
- 1/2 cup of firmly packed brown sugar
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of salt
- 1 cup of cold butter
- 1 cup of chopped walnuts
- 20 pieces of caramel candy
- 1 – 14 ounce can of sweetened condensed milk (not evaporated)
- 1 – 21 ounce can of apple pie filling

Preheat the oven to 375 degrees. In a large mixing bowl, combine the flour, oats, sugar, baking soda, and the salt. Next, cut in the butter until crumbly. Reserve 1 1/2 cups of the crumb mixture and press the remainder on the bottom of a 9 X 13 inch baking pan. Bake for 15 minutes. Add the nuts to the remaining crumb mixture.

In a heavy saucepan, over low heat, melt the caramels with the sweetened condensed milk, stirring until smooth. Spoon the apple filling over the baked crust and top with the caramel mixture. Sprinkle the remaining crumb/nut mixture on top of the caramel mixture and bake for an additional 20 minutes, or until set. Allow to cool or serve warm with ice cream.

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## **French Vanilla Cake**

- 1 box of Graham crackers
- 2 boxes of instant French vanilla pudding
- 1 medium container of whipped topping
- 1 can of milk chocolate cake frosting
- 3 cups of cold milk

Mix the milk with the pudding mix until thick and then mix in the whipped topping. Layer the Graham crackers and the pudding until you have used it all, ending with a layer of crackers on top. Top with the chocolate frosting and refrigerate.

## Blueberry Pound Cake

1 cup plus 2 tablespoons of butter, softened and divided  
2 1/4 cups of granulated sugar, divided  
4 eggs  
1 teaspoon of vanilla extract  
3 cups of all-purpose flour, divided  
1 teaspoon of baking powder  
1/2 teaspoon of salt  
2 cups of fresh or frozen blueberries, well drained

Grease a 10" tube pan with the two tablespoons of butter. Sprinkle the pan with 1/4 cup of sugar and set aside.

Cream the remaining 1 cup of butter, gradually add the remaining 2 cups of sugar and beat well. Add the eggs, one at a time. Add the vanilla, mixing well. Combine 2 3/4 cups of flour, baking powder and the salt. Gradually add to the creamed butter mixture, beating well. Dredge the blueberries into the reserved 1/4 cup of flour to coat well. Fold the blueberries into the batter and pour into the prepared pan. Bake at 325 degrees for 70 minutes. Cool in pan for 10 minutes then remove.

Glaze:

2 cups of sifted 10x confectioner's sugar  
2 or more tablespoons of milk  
1 tablespoon lemon extract

Mix until the right consistency and pour over the cooled cake.



### ***Did You Know?***

Lettuce loves fat. You can easily remove excess fat from soups and stews by dropping a few lettuce leaves in the pot. The fat will cling to the lettuce leaves.

## **Applesauce Cake**

1 cup of Crisco  
2 cups of sugar  
1 cup of strawberry preserves  
2 eggs  
2 teaspoons of salt  
1 teaspoon of nutmeg  
1 teaspoon of cloves  
1 teaspoon of cinnamon  
1 cup of black walnuts  
1 cup of pecans  
1 box of raisins  
4 1/2 cups of plain flour  
2 teaspoons of vanilla  
2 1/2 cups of applesauce  
2 teaspoons of baking soda mixed in with the applesauce

Cream the shortening and sugar. Add the eggs, strawberry preserves, and the applesauce. Mix in the flour and spices. Add the raisins and nuts and mix all together. Bake for 2 hours at 300 degrees. Wrap in aluminum foil until ready to serve.

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## **Chocolate Cornmeal Cookies**

1/2 cup of raisins (if desired)  
3/4 cup of butter  
3/4 cup of sugar  
1 egg  
1 1/2 cups of flour  
1/2 cup of cornmeal  
1/4 teaspoon of salt  
1 teaspoon of baking powder  
1 teaspoon of vanilla  
1/4 cup of cocoa  
1/4 cup of milk

Mix the butter and sugar in a large bowl, add the egg and beat well. Add the rest of the ingredients and mix well. Drop dough from a teaspoon on a greased baking sheet. Bake at 350 degrees for about 15 minutes or until lightly browned. Makes about 3 dozen cookies.

## **Cranberry Cheese Cake Bars**

1 package of butter cake mix  
1/2 cup of butter, softened  
1 egg  
1/4 cup of chopped pecans

For the filling:

1 – 8 ounce package of cream cheese  
1/4 cup of powdered sugar  
1/2 teaspoon of vanilla  
1 egg  
1 – 16 ounce can of whole berry Cranberry sauce  
1/4 teaspoon of nutmeg

Heat the oven to 350 degrees. Combine the cake mix, butter and 1 egg until crumbly, add the chopped pecans and press into an ungreased 9 X 13 inch baking pan. Bake for 5 to 8 minutes to set the crust. Combine the cream cheese, powdered sugar, vanilla and 1 egg. Beat and then add the nutmeg to the cranberry sauce. Pour the cream cheese mixture over the crust. Spoon the cranberry sauce over the cream cheese in 3 rows lengthwise, pull a knife through the rows to make swirls. Bake at 350 degrees for 30 to 40 minutes.

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## **Molasses Pie**

4 eggs, beaten slightly  
1 cup of thick dark molasses  
1 cup of sugar  
4 tablespoons of melted butter  
3 tablespoons of flour  
A dash of nutmeg  
1 unbaked pie shell

Mix all together except for the crust. Pour the mixture into the pie shell and bake at 325 degrees for 1 hour.



## **Applesauce Fruit Cake**

1 1/2 cups of brown sugar  
1 quart of applesauce  
1/2 pound of melted butter or margarine  
1 cup each of raisins, chopped figs, chopped dates, and chopped pecans  
1 teaspoon of cinnamon  
3/4 teaspoon each of cloves and allspice  
1/2 teaspoon of nutmeg  
3 cups of plain flour  
3 teaspoons of baking soda  
1/2 teaspoon of salt

Mix together the flour, baking soda, and the salt. In a separate bowl mix the nuts, fruits, sugar, and the spices together. Stir in the melted margarine and add the flour mixture. Mix well. Bake in a greased and floured tube pan at 350 degrees for about 1 hour and 15 minutes. This cake freezes well.

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## **Baked Rice Pudding**

3 eggs, beaten  
2 cups of milk  
1/2 cup of sugar  
1 teaspoon of vanilla  
1/2 teaspoon of salt  
1 1/2 to 2 cups of cooked rice  
1/3 to 1/2 cups of raisins (optional)  
Ground nutmeg

Combine the first 5 ingredients and mix well. Add the rice and raisins. Turn into a 10 X 6 X 1 3/4 inch baking dish. Bake, uncovered, at 325 degrees for 30 minutes, then stir. Sprinkle with nutmeg. Continue baking until a knife inserted in the center comes out clean (about 30 minutes more).

## Caramel Custard Pie

1 – 14 1/2 ounce can of evaporated milk  
2 eggs  
1 cup of brown sugar  
3 tablespoons of all-purpose flour  
2 tablespoons of butter  
1 unbaked 9-inch pie shell  
Water

Add enough water to the evaporated milk to make 2 cups and beat in the eggs. Combine the brown sugar and the flour and cut in the butter until the mixture is like coarse crumbs. Add the milk mixture to the brown sugar and beat until well blended. Pour into the pastry shell and bake at 400 degrees until a knife inserted in the center comes out clean (about 30 minutes). Allow to cool completely.

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## Mashed Potato Fudge

1/2 cup cooked potatoes, mashed  
2 tablespoons butter or margarine, softened  
1 pound of confectioners' sugar  
3 squares baking chocolate, melted  
1 teaspoon of vanilla extract  
A dash of salt

Put the mashed potatoes into a mixing bowl and add the butter or margarine and mix well. Add the confectioners' sugar, and mix well. Add the vanilla extract to the melted chocolate then add chocolate with salt to the mashed potato mixture. Press into a lightly greased platter or dish and chill. Coconut may also be added. When cool, cut into bars or squares.

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### ***Did You Know?***

If your soup or stew is too salty, you can add raw cut up potatoes. They will absorb the excess salt. Just remove them after they have cooked.

## **Huckleberry Coffeecake**

1/4 cup butter or margarine, softened  
4 ounces of cream cheese  
1 cup of sugar  
1 egg  
1 cup of all-purpose flour  
1 teaspoon of baking powder  
1/4 teaspoon of salt  
1 teaspoon of vanilla extract  
2 cups of huckleberries or blueberries  
Vegetable cooking spray  
2 tablespoons of sugar  
1 teaspoon of ground cinnamon

Cream the butter or margarine and cheese together and gradually add 1 cup sugar. Beat with an electric mixer at medium speed until well blended. Add the egg and beat well. Combine the flour, baking powder, and salt and stir into butter/cream cheese mixture. Stir in the vanilla extract and fold in the huckleberries or blueberries. Pour the batter into a 9inch round cake pan coated with cooking spray. Combine 2 tablespoons of sugar and the cinnamon and sprinkle over the batter. Bake at 350 degrees for 1 hour and let cool.

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## **Blackberry Pie**

1 to 2 tablespoons of butter or margarine  
1 1/2 cups of flour  
1/2 to 3/4 cups of sugar  
1 1/2 cups of milk  
1 1/2 teaspoons of baking powder  
3/4 teaspoon of cinnamon  
1/2 teaspoon of salt  
4 cups of blackberries

Melt the margarine in a 9 X 13 glass baking dish. Combine the flour, sugar, baking powder, cinnamon and salt. Add the milk and stir until moistened. Spoon the blackberries over the batter. Do not stir. Bake at 325 degrees for 45 minutes. Serve hot or cold with ice cream or whipped cream.

## Peach Upside Down Cake

1 pound of peaches, peeled and sliced  
1 cup plus 2 tablespoons of sugar  
1 1/2 cups of flour  
1 teaspoon of cream of tartar  
1/2 teaspoon of baking soda  
1/2 teaspoon of corn starch  
1/4 teaspoon of salt  
1/2 cup of milk  
1 teaspoon of vanilla extract  
1/2 cup of butter, softened  
2 eggs, separated

Preheat the oven to 350 degrees. Spread the peaches into the bottom of a 9-inch baking dish. Sprinkle with 2 tablespoons of the sugar and let sit. Combine the flour, cream of tartar, baking soda, cornstarch and salt in a medium bowl then combine the milk and vanilla in another small bowl and set aside. Cream together the butter and the remaining 1 cup of sugar in a medium bowl. Add the egg yolks one at a time, beating to incorporate completely. Add the milk and flour mixtures in alternating additions, beating continuously. Beat the egg whites until soft peaks form and fold into the batter. Pour the batter over the peaches. Spread the batter over the peaches evenly and bake until a knife inserted in the center comes out clean, or about 1 hour. Let cool slightly and invert onto a serving platter.

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### ***Did You Know?***

You can prevent potatoes from budding by placing an apple in the bag with the potatoes. Just remember to change the apple every week.

## **Chocolate Chip Oatmeal Cookies**

1 cup Crisco  
3/4 cup of sugar  
3/4 cup of light brown sugar  
2 beaten eggs  
1 tsp vanilla flavoring  
1 3/4 cup flour with 1/2 tsp salt  
1 tsp baking soda  
2/3 cup of quick cooking oatmeal  
1 cup of nuts (optional)  
6 oz package of chocolate chips

Cream together the shortening and the sugars then add the eggs and vanilla. Sift together the flour, salt and baking soda and add to butter mixture. Add the oatmeal, nuts and chocolate chips to creamed mixture. Drop by teaspoonful onto baking sheet. Bake at 350 degrees for 12-15 minutes.

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## **Brown Sugar Pie**

1 - 9 inch pie shell, baked  
3 eggs, separated  
2 cups of milk  
2 cups of brown sugar  
4 tablespoons of cornstarch  
3 tablespoons of butter  
1 teaspoon of vanilla extract

Preheat oven to 350 degrees. Beat the egg yolks and add 1/2 cup of the milk. Stir in the brown sugar, salt, cornstarch and the remaining 1 1/2 cups of milk. Mix well and cook over medium heat, stirring constantly until bubbly and thick. Remove from heat and stir in the butter and vanilla extract. Pour into the prepared pie shell. Beat egg whites until frothy. Gradually add granulated sugar and beat until stiff peaks form. Spread the meringue over pie and bake in preheated oven until the meringue is golden brown.

## Upside Down Apple Pecan Pie

1 cup of chopped pecans  
1/2 cup of firmly packed brown sugar  
1/3 cup of butter or margarine, melted  
1 package of piecrusts for a two-crust pie  
6 cups of peeled, sliced, apples  
1/4 cup of sugar  
2 tablespoons of flour  
1/2 teaspoon of cinnamon  
1/8 teaspoon of nutmeg

Preheat oven to 375 degrees. In a 9-inch pie pan, combine pecans, brown sugar, and butter; spread evenly over bottom of the pan. Prepare the piecrusts according to package directions for a two-crust pie, place the bottom of crust over pecan mixture in pie pan. In a large bowl, combine the apples, sugar, flour, cinnamon, and nutmeg and mix lightly. Spoon into the piecrust lined pan. Top with the second crust, flute the edges, and cut slits in several places. Bake for 40 to 50 minutes or until crust is golden brown and apples are tender. Cool pie upright in pan for 5 minutes. Place serving plate over pie and quickly turn upside down. Carefully remove the pan. Some nuts may remain in pan; replace on pie with knife. Cool at least 1 hour before serving.

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## Kentucky Derby Pie

1 cup of sugar  
1 cup of flour  
1/2 cup of butter  
2 eggs  
1 teaspoon of vanilla extract  
1 cup of chocolate chips  
1 cup of chopped pecans  
1 ready-made pie shell

Preheat oven at 350 degrees. Mix the sugar, flour, eggs, vanilla and butter. Then pour into a pie shell along with the pecans and chocolate chips. Bake for 40 minutes at 350 degrees. Let cool. The pie should be chewy when you serve it and not runny.

## Chocolate Bread Pudding

3 large eggs  
1 1/4 cup of sugar  
1 1/2 teaspoons of vanilla extract  
1 1/4 teaspoons of ground nutmeg  
1 1/4 teaspoons of ground cinnamon  
4 tablespoons of unsalted butter, melted  
2 cups of milk  
1/2 cup chopped walnuts  
1/2 cup of chocolate chips  
5 cups of very stale and dry bread cut into 3/4" to 1" cubes

For the whipped cream:

1 teaspoon of vanilla extract  
1 pint of heavy cream  
Powdered sugar to taste

Be sure that the bread cubes are really dry so that they soak up the milk and egg mixture before baking. Beat the eggs on high speed in an electric mixer for about three minutes. Add the sugar, 1 1/2 teaspoon of vanilla, nutmeg, cinnamon and butter. Beat for about a minute until well blended. Add the milk, walnuts and the chocolate chips. Mix well. Grease or butter a bread or lasagna pan that is just large enough to hold all the bread cubes. Put the bread into the pan and pour the egg and milk mixture over it, stirring a couple of times. Let the mixture sit in the pan for 45 minutes. Preheat the oven to 350 degrees and stir the pudding once again. When the oven is hot, stir the pudding one last time and put it in the oven. Immediately lower the temperature to 300 degrees. After baking for 40 minutes, turn the oven up to 425 degrees and let the pudding bake another 15 to 20 minutes. While the pudding is baking, whip the cream with 1 teaspoon of vanilla and powdered sugar. Serve the warm pudding topped with the whipped cream.

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### ***Did You Know?***

If your tomatoes are too ripe, place them in cold salted water and leave overnight. They will be fresh and firm to the touch the next morning.

## **Apple-Raspberry Crisp**

2 cooking apples, peeled, cored, sliced thin  
1 tablespoon of lemon juice  
Vegetable cooking spray  
10 ounces of frozen raspberries in light syrup, thawed  
1 cup of regular oats, uncooked  
3 tablespoons of butter  
2 tablespoons of honey  
1 teaspoon of ground cinnamon  
1/2 teaspoon of ground nutmeg

Combine the apples and lemon juice and toss gently. Place the apples in a 10 X 6 X 2-inch baking dish that has been coated with cooking spray. Top the apples with the raspberries. Combine the oats and the remaining ingredients and sprinkle evenly over the raspberries. Bake at 375 degrees for 30 minutes or until lightly browned and the apples are tender.

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## **Blueberry Buckle**

1/2 cup of shortening  
1/2 cup of sugar  
1 egg, beaten  
2 cups of flour  
2 1/2 teaspoons of baking powder  
1/4 teaspoon of salt  
1/2 cup of milk  
2 cups of fresh blueberries  
1/2 cup of sugar  
1/2 cup of flour  
1/2 teaspoon of cinnamon  
1/4 cup of butter

Cream the shortening and sugar together and add the egg and mix well. Sift 2 cups of flour, baking powder and salt together and add to creamed mixture alternating with the milk. Pour into well greased 11 X 7 X 1 1/2 inch baking pan. Sprinkle the blueberries over the batter. Combine the remaining ingredients and sprinkle over the blueberries. Bake at 350 degrees for 45-50 minutes.



## Apple Turnovers

2 cups of flour  
1 teaspoon of salt  
3/4 cups of shortening  
5 tablespoons of cold water  
1 3/4 cups of canned or fresh apples  
1/3 cup of packed brown sugar  
1 tablespoon of butter  
1/4 teaspoon of cinnamon  
1/8 teaspoon of nutmeg  
1/3 cup of water  
1 tablespoon of flour  
1 teaspoon of sugar

Mix the salt and flour together and cut in the shortening. Add the water a tablespoon at a time. Form the dough into a ball and roll out on floured surface. This dough will dry out quickly, so use immediately. Preheat the oven to 425 degrees. Bring the apples and 1/3 cup of water to a boil in a saucepan, lower the heat and simmer for about five minutes. Stir in the remaining ingredients, except the butter, and bring to a boil once more. Boil for about a minute, then add the butter. Cut you're the dough into circles or squares and fill with the apples. Bake on a greased cookie sheet at 425 degrees for about 20 minutes or until golden brown. Drizzle a confectioner's sugar and water glaze over the turnovers when cool.

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### ***Did You Know?***

Apples absorb odors. They emit ethylene gas, which when placed with other unripe fruits will cause them to ripen quicker.

## Fried Apple Pies

2 tablespoons of butter  
2 pounds of apples, cored and diced  
1/2 teaspoon of cinnamon  
A pinch nutmeg  
1/4 cup of sugar  
1/4 cup of brown sugar  
1 1/2 cup of water  
The juice of 1/2 of a lemon  
1 teaspoon of vanilla  
1 tablespoon of cornstarch

For the crust:

3 cups of flour  
2 teaspoons of sugar  
1 1/2 teaspoons of salt  
1/4 teaspoon of baking powder  
6 tablespoons of shortening  
1 egg  
3/4 cup of milk  
Powdered sugar

Preheat oil in a skillet for frying. In a saucepan, melt the butter and add the apples and cook for 2 minutes. Stir in the cinnamon, nutmeg, 1/4 cup of sugar, and 1/4 cup of brown sugar. Continue cooking for 1 minute, stirring constantly to dissolve the sugar. Add the water and lemon juice. Bring the liquid to a boil and add the cornstarch dissolved in 1 tablespoon of water. Whisk the vanilla and the cornstarch mixture into the liquid. Reduce the heat to a simmer and cook for 15 - 20 minutes, or until the apples are soft. Remove from heat and allow to cool completely.

Mix together the shortening, egg, and 3/4 cup of milk. In a mixing bowl, sift the flour, sugar, salt and baking powder together. Gradually add the egg mixture to the flour mixture, working it to make a thick dough. Divide the dough into 12 equal portions. On a lightly floured surface, roll the dough pieces into thin rounds, about 5 inches in diameter. Put 1/4 cup of the apple mixture in the center of each round, fold the dough over and crimp the edges with a fork. Fry the pies, two to three at a time, in the hot oil, until golden brown. Remove from the oil and drain on paper towels. Powder the pies with the powdered sugar.

## ***Life Before Toys-R-Us***

**“Growing up, we had to make our toys and find ways to entertain ourselves. One of our favorite things to do was go into the woods in search of grapevines hanging from tree’s to swing on or fallen tree’s to walk on .**

**I recently took my little grandson into the woods and taught him how to swing on grapevines and walk on logs. He loved it and thought it was much more fun than playing with store bought toy’s or video games.”**

## **Dump Dish Dinner**

2 cups of long grain rice, cooked and salted  
3 cups of stew meat cooked, seasoned, and cut into small pieces  
2 tablespoons of butter  
1 1/2 medium onion, chopped  
1 cup of whole kernel corn, drained  
1 cup of peas, drained  
1 cup of beef broth  
1 can of cream of celery soup  
4 strips of bacon

Layer all of the ingredients in a casserole dish and pour the cream of celery soup and beef broth over mixture. Top with the bacon strips and bake in a 400 degree oven for 1 hour. Cover with foil if it starts to dry out.

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## **Burnsville Beef And Macaroni Skillet**

1 pound of hamburger meat  
1-6oz. can of tomato paste  
1-8oz. package of elbow macaroni uncooked  
1/2 cup of chopped green pepper  
1/2 cup of chopped onion  
1-20oz. can of chopped tomatoes  
1 cup of water  
2 teaspoons of chili powder  
1/2 teaspoon of allspice  
2 tablespoons of Worcestershire sauce  
Salt and black pepper to taste  
1 tablespoon of shortening

Cook the hamburger meat, elbow macaroni, onion and the green pepper in hot fat slowly until meat is lightly browned. Add the remaining ingredients to the skillet and bring to boil. Cover and simmer, stirring occasionally, for 20 minutes or until done.

## **Rice And Sausage Casserole**

4 cups of cooked brown rice  
3/4 cup of chopped onion  
1/2 cup of chopped celery  
1/4 cup of chopped green pepper  
1/4 cup of chopped red pepper  
1 cup of sliced mushrooms  
3 tablespoons of olive oil  
3 tablespoons of butter  
1 pound of cooked sausage, drained  
A dash of Tabasco sauce

Sauté all of the vegetables in the olive oil and butter for about 5 minutes. Mix the cooked vegetables along with the sausage and Tabasco sauce into the cooked rice. Place the rice mixture into a buttered casserole and bake at 350 degrees until hot. This is great for cool days or holiday cooking.

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## **Crescent Roll Casserole**

1 pound of ground chuck  
1 small can of mushrooms, drained  
1/2 cup of chopped onions  
1 teaspoon of salt  
1/2 teaspoon of black pepper  
1 – 8 ounce can of tomato sauce  
2 cups of shredded cheddar cheese  
1 – 8 ounce can of crescent dinner rolls  
1/2 cup of sour cream  
1/4 teaspoons of basil  
1/4 cup of oregano

Preheat the oven to 370 degrees. Brown the beef, mushrooms, and the onions and drain. Add the tomato sauce. Place the meat mixture into an ungreased 8 X 12 inch baking dish. Sprinkle generously with the shredded cheese. Separate the dough into 8 triangles. Mix in a small bowl, the sour cream, basil, and the oregano. Spread 1 tablespoon of the sour cream mixture onto each triangle. Loosely roll up each triangle of dough starting at the wide end and arrange on top of the casserole. Bake for 25 to 30 minutes.

## Onion Casserole

2 large Bermuda onions, sliced and separated into rings  
2 tablespoons of butter  
1/2 pound of Swiss cheese, grated  
1/4 teaspoon of black pepper  
1/2 cup of milk  
1 can of cream of chicken soup  
1 teaspoon of soy sauce  
8 slices of French bread, buttered

Simmer onions in butter until tender. Place in a casserole dish. Top this with the grated Swiss cheese and black pepper. Heat the soup and milk until well blended then add the soy sauce and stir well. Pour this mixture over the onions and cheese in the casserole dish. Stir lightly using a knife. Over lap the bread slices on the top of the casserole. Bake at 350 degrees for a total of 30 minutes. After the casserole has baked for about 15 minutes, push the bread down into the cheese and onions and continue baking for the remaining 15 minutes. You can use any type of onions that you like and also lots more than are called for.

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### ***Did You Know?***

You can prevent grease build-up in your oven by frequently wiping it with vinegar.

## **Ground Beef And Corn Casserole**

- 1 1/2 pounds of lean ground beef
- 1 cup of chopped onion
- 1 - 12 ounce can of whole kernel corn, drained
- 1 can of cream of chicken soup
- 1 can of cream of mushroom soup
- 1 cup of sour cream
- 1/4 cup of chopped pimiento
- 3/4 teaspoon of salt
- 1/4 teaspoon of black pepper
- 3 cups of noodles, cooked and drained
- 3 tablespoons of butter, melted
- 1 cup of soft breadcrumbs

Brown the ground beef; add the onion and cook until tender, but not brown. Add the corn, soup, sour cream, pimiento, salt, and pepper. Mix well; then stir in the cooked noodles. Taste and add more seasoning if needed. Pour into a 2-1/2 quart casserole dish. Add the melted butter to the breadcrumbs and sprinkle over top of the casserole. Bake at 350 degrees for 30 minutes or until hot.

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## **Chicken And Dressing Casserole**

- 3 pounds of cooked, boned, and skinned chicken (or boneless breast pieces)
- 1 can of cream of chicken soup
- 1 can of cream of celery soup
- 1 small can of pet milk
- 1 tablespoon of sage
- 1 package of cornbread stuffing mix
- 1 cup of chicken broth

Arrange the chicken in the bottom of a long cake pan or casserole dish. Pour the chicken soup, cream of celery soup, and the small can of milk over the chicken. In a large bowl mix the stuffing mix, the sage, and the chicken broth. Spread the stuffing mixture on top of the chicken and bake at 450 degrees for 20 minutes.

### **Three Bean Casserole**

- 1 pound of ground beef
- 1 cup of chopped onion
- 1 can of lima beans, drained
- 1 can of red kidney beans, do not drain
- 1 can of pork & beans, do not drain
- 1/2 cup of brown sugar
- 1/2 cup of catsup
- 1 tablespoon of vinegar

Brown the ground beef then add the onions and cook until tender. Mix in the other ingredients and bake at 350 degrees for 40 minutes or until heated through.

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### **Mixed Vegetable Casserole**

- 1 can of white corn, drained
- 1 can of french-cut green beans
- 1 can of cream of celery soup
- 1 cup of shredded sharp cheddar cheese
- 1 cup of chopped celery
- 1 cup of chopped green pepper
- 1 cup of chopped onion
- 1 – 8 ounce container of sour cream

Mix the above ingredients and place into a 9 X 13” baking dish.

For the topping:

- 2/3 box of cheese crackers
- 1 package of slivered almonds
- 1 stick of melted butter or margarine

Crumble the crackers and mix with the melted butter or margarine and the almonds. Sprinkle the topping mixture on top of the vegetables and bake at 325 degrees for approximately 30 to 45 minutes or until the casserole is bubbling and hot throughout.



## ***The Short End Of The Stick***

**“There were June apple trees near our home, that would ripen in June so we would climb the trees to get the best apple and dare anyone else to touch the prize. One day a friend spotted the biggest and most ripe apple and started to climb the tree, but she couldn’t reach it. So she asked my aunt who was standing on the ground to hand her a stick. My aunt decided to play a little trick on her and found a stick and a pile of cow manure. She rolled the end of the stick in the manure and took it to my friend in the tree. Without looking, she reached and took hold of the stick, and got more than she bargained for.”**

**“Needless to say that was one prize apple she forgot about.”**



## ***To Ski Or Not To Ski***

**My 9 year old brother wanted to learn to ski, but since he didn't have any skis, he decided to make his own. He took 2 long, narrow boards and nailed mini blind slats on the bottoms. He then proceeded to nail his new shoes to the boards.**

**There was a fresh layer of snow on the ground so he took his new homemade skis to the top of a hill near our house and came down head over heels. His only comment was:**

***"I bout' killed myself!"***

**When our parents found out what he had done to his new shoes, he almost wished he had.**

**In those days, new shoes were hard to come by, we usually only got one new pair a year.**



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