

RECIPES FROM

The *Two Sisters' Café*

Compiled by Elena Yates Eulo and Samantha Harper Macy

PART 1



PART 1:

THE WHITE COTTAGE RESTAURANT:

Topsy Morgan's original Café
of The Heart

Compiled by Elena Yates Eulo

These recipes were contributed by friends of The Two Sisters' Café, some of whom actually ate in The White Cottage Restaurant, from which our café evolved, and others who are part of us in that place where the Sisters cook and heal and reach out in good fellowship.

We hope that more of our friends out there will contribute their own recipes as our circle continues to widen.



*When you're in the doghouse,
you're always welcome
. . . at the White Cottage!*

The White Cottage was managed by Elizabeth “Ezzie” Fishback who was less than five feet tall. Kids in Sligo would measure themselves by Ezzie, and celebrate the day they out-grew her. Ezzie was chief cook, waitress, cashier, dishwasher, busgirl, cleaner-upper, and maintenance super, which included hammering and nailing and painting the walls of the adobe courtyard where the parrot often sat. She cleaned his cage, too. She also pumped gas at the next-door gas station when its lessees, Mr. and Mrs. Staples, had to leave for any reason, did grocery runs to the small neighborhood store in her bright red Chevy, ironed sheets and cleaned the several-unit motel across the street from the Cottage, and found time to sew for us and heat up my bean soup, which was my breakfast every morning. She often interrupted her work to take me home at nights, read me a story and put me to bed. When there wasn’t time because the Cottage was rip-roaring, she put me down over the sink on a wide ledge, my favorite “bed” of all, complete with blanket and pillow, and right in the middle of the action.

My mischievous grandmother, Topsy Morgan, proprietor of the White Cottage, was the magnet that drew people from every town around and even Louisville, who wanted to visit with "Tops." Anyone with a problem or a sorrow found their way into what we called the Little Room, out back of the kitchen, and whispered or sobbed it all out to my grandmother, while I often sat and listened, a silent little presence under a comforter in the rocking chair, who never, ever spoke a word of the many secrets that were passed into Topsy's keeping.

Other people who worked at the Cottage and contributed to its magic were Virginia "Ginny" Winburn, such a funny and dear woman, Ethel Batts, who was one of the kindest, most patient women I've ever known, and the lovely Louise Allgeier whose spirit inspires everyone lucky enough to call her a friend. And of course there was my grandfather Jack, who tended a garden that furnished the Cottage's homegrown vegetables, shot rats in the corncrib, raised the chickens and pigs that I cried over when they became main courses, and was always there to keep things running.

Ezzie's Famous Pie Crust

(From the files of Elizabeth "Ezzie" Fishback)

Orange juice is her secret! The crust flakes in your mouth!

Pie Crust

4 cup sifted all-purpose flour
Pinch of salt
2 T. sugar
1 cup orange juice
Approximately 1 cup Crisco

Mix and roll on floured surface.

Ezzie's White Chocolate Cake

(From Ezzie's files)

¼ pound of white chocolate, melted over hot water and slightly cooled
1 cup butter or margarine
2 cups sugar
4 eggs
2½ cups cake flour
¼ t. salt
1 t. baking powder
1 cup buttermilk
1 cup chopped pecans
1 cup flake coconut
1 t. vanilla

Preheat oven to 350 degrees.

Cream together butter and sugar until light. Add melted chocolate, then the eggs, one at a time, beating well after each addition. Sift the flour with the salt and baking powder, then add to batter, alternating with buttermilk, beating well as you go. Fold in the vanilla, pecans, and coconut.

Pour into two greased and floured 9" layer pans and bake 35-45 minutes.

Ezzie's One-And-Only Jam Cake

(From Ezzie's files)

Elena's note: I just found out about the bacon grease, and I'm still alive to tell the tale.

1 ½ cup sugar
2 eggs
1 cup buttermilk
¾ cup bacon grease (If you don't have enough, substitute the rest with margarine)
1 cup blackberry jam
2 ½ cup flour
1 t. baking soda
1 t. vanilla
1 t. cinnamon
1 t. clove
1 t. nutmeg
1 t. allspice
½ t. salt

Mix grease and sugar. Put salt and spices in sugar. Add eggs. Dissolve the soda in the buttermilk and add to sugar. Add flour and mix. Add vanilla and lastly add the jam. Preheat oven at 350 degrees. Grease 3 pans and line with wax paper cut to fit the bottom. Pour batter in pans and bake 20-30 minutes. Cool before icing

Icing:

3 ¾ cups brown sugar
1 ½ cups evaporated milk
¾ stick of butter
1 ½ T. vanilla

Boil sugar, milk and butter until thermometer reaches soft boil stage (you can test this by dropping a dab of icing in cold water and if it forms a soft ball, it's done). Do not stir while boiling and do not cover. Let cool and beat with mixer. Add vanilla. (If too thick, add a little evaporated milk and if too thin, you can add a little powdered sugar.)

Ezzie's Chicken and Dumplings

(From Ezzie's files)

Cover chicken with water and 1 can of chicken broth. Stew chicken with salt and pepper, 1 small onion, chopped, and 2 stalks of celery, chopped. Cook Chicken until it falls off the bone.

In separate bowl, put 3 cups all-purpose flour. Add 2 T. salt, 1 t. pepper, 2 t. baking powder, 8 T. shortening, 1 cup milk.

In a mixing bowl, add baking powder, salt and pepper to flour. Using a pastry blender or large fork, cut in shortening until mixture resembles cornmeal. Add milk and stir well. Drop mixture a T. at a time into approximately two cups boiling broth. Cook dumplings for ten minutes then add shredded chicken to broth and cook for additional ten minutes. Thicken with mixture of flour and water as needed.

(Dumplings can be rolled out onto a floured surface and cut into squares instead of being dropped into broth.)

Ezzie's Bread and Butter Pickles

(From Ezzie's files)

4 qt. of sliced med. cucumbers
6 med sliced white onions
2 green peppers, chopped
3 cloves garlic
1/3 cups coarse salt
5 c. sugar
1 ½ t. turmeric
1 ½ t. celery seed
2 T. mustard seeds
3 cups cider vinegar

Do not pare cucumbers. Slice thin. Add onion, peppers, whole garlic, and salt. Cover with cracked ice. Mix thoroughly. Let stand 3 hours: drain thoroughly. Combine remaining ingredients. Heat just to boiling. Seal in hot, sterilized jars. Yield 8 pt.

Ezzie's Banana Bread

(From Ezzie's files)

3 overripe mashed bananas (4 if small)
1 cup sugar
2 eggs, beaten
1 ½ all-purpose flour
¼ cup melted butter
1 t. baking soda
½ t. salt
½ cup chopped pecans

Mash bananas with fork. Beat in sugar and egg. Stir remaining ingredients. Until well blended. Pour batter in a buttered 9x5 loaf pan. Bake in a preheated 325 degree oven for 1 hour until bread pulls away from sides of pan.

Ezzie's Hot water cornbread

(From Ezzie's files)

4 cups Water
1 T. salt
2 T. bacon grease
2 cups cornmeal
1 ½ cups water

Combine water, salt, and bacon grease and bring to boil. Make a paste of cornmeal and 1 ½ c. water. After water comes to boil, add second mixture a little at a time by spoonfuls stirring well between each and letting the liquid come to a boil each time. Cook until stiff enough to roll and shape. Cool enough to handle. Fry in skillet in about 1 inch of shortening until brown on all sides.

Ezzie's Oatmeal Cake

(From Ezzie's files)

1 cup quick oats
1 ½ cups boiling water (pour over oats and cool)
1 cup sugar
2 eggs
1 t. cinnamon
1 t. vanilla
1 cup brown sugar
1 ½ cup all purpose flour
1 t. baking soda
½ cup oil or butter
½ t. salt

Topping:

1 cup brown sugar
1 stick butter
1 cup nuts
1 cup coconut
¼ cup evaporated milk

Blend oil and sugar. Add eggs and mix well. Stir in dry ingredients and vanilla. Stir in cooled oats. Bake in a 9 x 13 pan at 350 degrees for 30 minutes.

Topping: Mix all ingredients. Bring to boil in saucepan, stirring constantly. Pour over cake when done and put under broiler until bubbly (just a few minutes).

Ezzie's Salmon Croquettes

(From Ezzie's files)

1 can of salmon
Remove bones and skin, drain
1 small onion
1 cup crumbled saltine crackers
¼ cup milk
1 egg
Dash of pepper
Mix well. Form into patties.
Fry in ¼ inch of oil or Crisco and brown on both sides.

Jackie's Vegetable Dip

(Contributed by Jackie Yates West
Topsy's second granddaughter)

1 cup sour cream
1 cup mayo (I usually use the light mayo)
1 t. dry parsley
1 T. onion flakes
1 T. dill weed
1 t. accent
1 t. seasoning salt
Dash Worchester sauce

You can adjust ingredients to suit your taste.

Chill at least one hour

Serve with raw vegetables of your choice.

I usually double the recipe when I make it, and it's still not enough!

Jackie's Dip with a Zing

(Contributed by Jackie Yates West)

1 5 oz. jar horseradish
1 6 oz. jar mustard (regular)
1 10-12 oz. jar apple jelly
1 10-12 oz. jar pineapple preserves

Mix together in blender.

Serve over cream cheese at room temperature. Mixture will keep in refrigerator for up to 6 months. Eat with snack crackers. Some like it on sandwiches.

JACKIE'S VEGETABLE PIZZA

(Contributed by Jackie Yates West)

1 8 oz. cream cheese
1 cup mayo
1 pkg. ranch dressing mix (dry, regular size)
2 pkgs. crescent rolls
Raw vegetables - whatever you like (use several like cauliflower, broccoli, onions, mushrooms, carrots, etc.)
Cheese (any but prefer cheddar)

Roll crescent rolls onto pan.
Bake per instructions, about 10 minutes or until golden brown.
Mix mayo, cream cheese, and ranch dressing.
Top crust with dressing mixture after crust has cooled
Top with vegetables and cheese (add tomatoes when ready to serve or anything else that has moisture)

Jill's BBQ Sauce

(Contributed by Jill Yates Dunlap, youngest of Topsy's three granddaughters)

1 cup catsup
½ cup lemon juice
3 T. Worcestershire sauce
½ T. prepared mustard
1 cup coffee
1 medium onion
2 T. vinegar
½ T. garlic powder
2 to 3 T. brown sugar (taste preference)
2 T. fat
1 to 2 t. pepper (taste preference)
2 t. salt
Hickory smoke liquid to taste

Mix all ingredients and simmer for 15 minutes. Good on chicken or ribs, or chopped pork or beef sandwiches. When doubling recipe, cut down amount of pepper. All ingredients can be varied to taste.

JILL'S HAM AND SWISS SANDWICH OR TURKEY AND AMERICAN CHEESE SANDWICH

(Contributed by Jill Yates Dunlap)

¼ cup butter	2 T. onion, grated
2 T. horseradish mustard	2 T. poppy seeds
Ham and Swiss cheese (or turkey and American cheese)	Buns

Cream butter; add mustard, onions, and poppy seeds. Spread on both sides of buns. Then put ham and Swiss cheese (or turkey and American cheese) on buns. Wrap in foil and heat until cheese melts.

Jill's Slaw

(Contributed by Jill Yates Dunlap)

4 c. shredded cabbage
4 T. sugar
½ t. dry mustard
½ t. celery salt
Juice of ½ lemon
Salt to taste
½ c. sour cream
½ c. mayonnaise
2-3 T. chopped onion

Mix and let stand at least 30 minutes.

Claudine's Glorified Cabbage

(From the files of Claudine Morgan Yates,
Topsy's only child)

1 medium head cabbage
1 onion, chopped fine
½ lb. Velveeta Cheese or desired cheese
¾ stick butter
1 can cream of mushroom soup
1 cup breadcrumbs
Salt and red pepper to taste

Chop cabbage fine and boil until very tender in salted water.
Wilt onion in butter, then add cheese and allow to melt on low heat. When cheese melts, add mushroom soup. Over low heat, blend soup and cheese mixture. When blended, add cabbage and mix well. Add breadcrumbs. Put in
1 ½ - 2 qt. Casserole.

Sprinkle with additional breadcrumbs on top. Dot with butter. Bake at 350 degrees
20-30 minutes or until bubbly.

Claudine's Cherry Roll

(From the files of Claudine Morgan Yates)

Nothing easier! Nothing better!

Melt ¾ stick butter in deep casserole.

Mix together: 1 cup flour, 2 t. baking powder, ¼ t. salt, ½ cup sugar

Then add ½ cup milk and mix again. Place this batter over melted butter. Then spoon one can drained unsweetened cherries over batter. Sprinkle ½ cup sugar over cherries and pour juice on top. Bake 30 to 40 minutes in 350 degree oven.

Claudine's Asparagus Casserole

(From the files of Claudine Morgan Yates)

1 ½ cups Ritz cracker crumbs
1 stick margarine
1 can cut green asparagus
½ cup toasted almonds

Sauce:

4 t. margarine
3 t. flour
1 ½ cup milk
1 jar Old English cheese
½ t. salt

Melt margarine and mix with cracker crumbs. In a casserole, layer the crumbs, asparagus and almonds. To make the sauce, melt margarine in a saucepan over low heat; stir in the flour and salt. While stirring, add the milk and cheese. When thickened, pour over asparagus and sprinkle ¼ c. crumbs on top. (May add more for extra-crunchy topping.) Bake at 450 degrees for 10-15 minutes, or until crumbs are brown.

Claudine's Lasagna

(From the files of Claudine Morgan Yates)

Brown 2 lb. ground beef and 1 ½ chopped onion (two if small). Add 1 bay leaf, 1 bud garlic, 2 pinches oregano, 2 large cans tomato sauce, 1 can tomato paste. Allow to simmer about one hour. Salt to taste and add 1 cup chopped green pepper. Cook 30 minutes.

Boil 1 pkg. lasagna with 2 T. oil. In square pan place layer of noodles, thinly cover with meat sauce, layer of mozzarella cheese, layer of noodles, meat sauce, and Ricotta cheese.

This can be put together two days ahead of time. When ready to serve, place in 350 degree oven until it bubbles. Serves 6-8. Can also be frozen.

Claudine's Bar-B-Cue in Crock Pot

(From the files of Claudine Morgan Yates)

1 crock pot (3-5 qt.)
3 lb. chuck or sirloin roast
2 cups onions, chopped
2 green peppers, chopped
1 (6 oz.) can tomato paste
½ cup packed brown sugar
¼ cup vinegar
¼ cup chili powder
2 t. salt
2 t. Worcester sauce
2 T. dry mustard

Cook on high heat for 8 hours. Then take a fork and break up. Serve.

When a Kentucky summer gets hotter than two goats in a pepper patch, the natives like to cool down with their favorite drink, a Kentucky Mint Julep! Here's how they make it!

KENTUCKY MINT JULEPS

Use 100 proof Kentucky Bourbon. Pick the mint early in the morning before the dew has left it. Fill silver cups or glass tumblers about one-fourth full of crushed ice. Add three or four mint leaves, no stems. Add syrup made of two teaspoons of sugar and a tablespoon of water. Stir until sugar is dissolved. Add one ounce of bourbon and stir well. Add more crushed ice, until ice is to the rim of the cup or tumbler. Fill in with more bourbon. Add a sprig or two more of mint. Then sip through a straw very slowly, inhaling the aroma. Be careful! One mint julep calls for another!

*Then there are friends of my personal Café Of The Heart. Like my “Little Alice.”
The kind of friends you cook with! And joke with! And sometimes cry with!*

Alice and Elena's Yams

(Contributed by Alice Marlis Noble and Elena Yates Eulo)

¼ cup sifted flour
3 T. unmelted butter
1/3 cup melted butter
3 T. brown sugar
½ t. cinnamon
1 t. salt
1 cup miniature marshmallows
2 t. vanilla
1 beaten egg
1/3 cup cream (whipping or half & half)
Yams to make eight servings

Cook yams until soft. Mash yams. Add 1/3 cup melted butter, egg, ¼ t. salt, ¼ t. cinnamon, 1 t. vanilla, and 1/3 cup cream. Put into buttered casserole.

Combine ¼ c. sifted flour, 3 T. brown sugar, ¼ t. cinnamon, and ¾ t. salt. Cut 3 T. unmelted butter into mixture until it resembles coarse crumbs. Sprinkle on yams. (May double this mixture if more crumbs are preferred.) Press marshmallows lightly into top of crumbs. Bake at 350 degrees for 25 minutes.

Then there are the friends you start off with back in grade school. The kind you play jacks and Canasta with, spend endless hours of doing nothing with, and wander the back streets of LaGrange with, lugging boxes of Girl Scout Cookies with hardly ever a sale and knowing that your world is complete with only the two of you in it. When my friend Dixie is with me, I still feel like that!

Dixie's Only Healthy Recipe

(Contributed by Dixie Hughes Britton)

1 medium zucchini
1 medium red bell pepper
1 medium yellow bell pepper
1 medium summer squash
1 lb. fresh asparagus
1 red onion
3 T. extra virgin olive oil
Salt & pepper to taste

Cut all vegetables into bite size, toss in oil, salt, and pepper. Spread in single layer.

Bake at 450 degrees for 30 minutes or until tender and browned.

Dixie's Death-By-Choice

(Contributed by Dixie Hughes Britton)

1 9" x 13" pan of cooked brownies crumbled
1 large chocolate pudding, prepared
1 small container Cool Whip
6 Heath Bars, crushed
Layer and chill overnight
Serve with fresh fruit

(Dixie notes that eating the healthy recipe first insures best chance of surviving this one! As the founder of her own insurance company, she should know.)

Country Recipe For Being A Good Neighbor

1 tongue that does not slander	2 eyes, overlooking other folks' faults
2 ears, closed to gossip	2 hands, extended to help others
1 heart, generous and kind	1 dash sunny disposition
1 mind, full of tolerance	1 dash cheerfulness
1 dash of wit	1 dash of smiles

Blend all together, form into one being, and serve generous portions daily to everyone you meet!

Speaking of friends and neighbors, my long-time Kentuckian friend and schoolmate, Helen Bisha DePrima, is a registered nurse, horse-lover, wildlife rescuer, enthusiastic traveler, and novelist. Helen is also a political activist (who happens to be on the other side of the aisle to my own politics), sails her own boat, and knows an unsettling amount about a lot of things, including how to cook up a storm. Here is a sampling of the food that graces her table.

Helen's Lebanese Bean Salad

(Contributed by Helen Bisha DePrima)

1 can chick peas, drained
1 can red kidney beans, drained
2 cups frozen baby Lima beans, defrosted, not cooked
1 small red bell pepper, diced
1 small red onion, chopped
12 large ripe olives, sliced
3 T. stuffed olives, chopped
4 oz. feta cheese, crumbled
½ cup fresh parsley, minced
¼ cup olive oil
2 T. lemon juice
Salt and pepper to taste

*Helen notes that this recipe was inspired by a visit to the Rain Blossom in Louisville, KY. She experimented with her own ingredients and feels she has mastered something close to the wonderful bean salad she ate there.
(275 cal./ cup. This recipe tastes better the next day!)*

Helen's Pasta Fazool (pasta and bean soup)

(Contributed by Helen Bisha DePrima)

(Helen writes: I always fix this soup for Christmas Eve. There's generally enough left for a light supper Christmas evening.)

1 lb. dried pinto beans (or 3 cans Goya pinto beans)
2 T. flour
Olive oil
3 cloves garlic crushed
2 cups celery stalks and leaves, chopped
1 cup carrots, chopped
½ cup butter or margarine
1 can Italian tomatoes, 28 oz. size
½ cup chopped parsley, firmly packed
2 cans (10 ½ oz.) condensed beef broth
Salt and pepper to taste
1 T. dried basil (or ¼ cup fresh basil chopped)
2 cups ditalini (or small macaroni)

1. Soak dried beans overnight, rinse and drain. (Or bring to boil, boil 1 minute, soak 1 hour.)
2. Place beans in large pot, add flour + 3 T. oil, shake until beans are coated.
3. Add 2 qts. Warm water and garlic, cover and simmer 1¼ hours.
4. Cook onions, carrots, and celery in 2 T. butter and olive oil in large skillet for minutes.
5. Add tomatoes and parsley to veggies, cover and simmer 1 hour, adding water as needed.
6. When beans are tender, add veggies to pot. Add broth and basil, simmer 15 minutes.
7. Cook ditalini very al dente, add to soup. Simmer together 5 minutes.

(Note from Helen: Original recipe says to put all but 3 cups cooked beans through food mill to give thicker consistency. I just mash around with a potato masher or electric hand blender.)

Helen's Napa Cabbage Salad

(Contributed by Helen Bisha DePrima)

1 large head Napa (or Chinese) cabbage
1 bunch scallions, chopped
2 packages Ramen noodles broken dry – do not use seasoning packet
¼ cup sesame seeds
3 oz. slivered or chopped almonds (about ¾ cup)
3 T. olive oil

Ingredients for dressing

1/3 cup soy sauce
2/3 cup salad oil
½ cup vinegar (I used apple cider vinegar)
1 cup sugar

Boil together 3-4 minutes.

Procedure

1. Brown almonds, sesame seeds, and noodles in olive oil. Cool.
2. Mix cabbage and scallions.
3. Just before serving, add dressing and noodle mix.
4. Toss and serve.

Noodle mix keeps swell in refrigerator.

Dressing: 45 cal./T.

Crunches: 30 cal./T.

My next friend and neighbor (her hometown of Cincinnati, Ohio is as close to Sligo as you can get without being inside Kentucky borders, almost as near as Louisville!) is Barbara Azrialy, whose many talents have included teaching children of special needs, being a professional sitcom writer for TV, writing articles for magazines, and writing a self-help book based on her experiences of being a “survivor child,” after her brothers were born damaged and died at early ages. Barbara has raised two successful and wonderful children who have given her lovely grandchildren, for whom she uses the following recipe.

Barbara’s Kentucky Fried Chicken

(Contributed by Barbara Azrialy)

“My favorite recipe for Southern Fried Chicken is used for important dinners for my most special people. First, I borrow my neighbor’s car to assure anonymity, and then I sneak out my back door in a mask and drive straight to the KFC! (Note: I order only the chicken. I can do the sides, like salad and corn.) I rush the chicken home, put it in a baking dish for warming, then dump the KFC bag, box, and receipt in my next-door neighbor’s garbage pail, on my way to returning her keys, and return to an evidence-free apartment. When my guests gush about how good my chicken is, I say the truth – that I’ve been making this chicken the same way for years and that I never disclose my secret. If they try to press me on it, I explain that it’s a family recipe of a gentleman who usually dresses in white. While so many people these days are lying about so many things, is my KFC cooking that big of a deal?”

RECIPES FROM

The *Sisters' Café*

Compiled by Elena Yates Eulo and Samantha Harper Macy

PART 2



PART 2:

THE OTHER SISTER'S KITCHEN:

A Taste of Magic from Miss Alma
and Her Friends

Compiled by Samantha Harper Macy

These recipes were contributed by kith and kin of Alma LeMaster, my maternal grandmother who inspired a soulful presence in THE TWO SISTERS' CAFÉ.

Though none of her recipes were written down (or if they were, they have not been found), the ones here capture the flavor of her table. Some are from family, some from friends of her children and grandchildren from across the Deep South, from South Carolina through Mississippi, Louisiana, Texas, and into Southern California.

Grits and Red Eye Gravy

Courtesy of Randy Ellis, Rock Hill, S.C., via Batesville, MS

How to Cook Grits:

For one serving of Grits: Boil 1.5 cups of water with salt and a little butter. [Use milk and they are creamier!] Add 5 Tablespoons of Grits.

Reduce to a simmer and allow the Grits to soak up all the water.

When a pencil stuck into the grits stands alone, it is done.

How to make red eye gravy

Fry salt cured country ham in cast iron pan. Remove the ham when done and add coffee to the gravy and simmer for several minutes. Great on grits and biscuits.

How to Eat Grits:

Immediately after removing your grits from the stovetop, add a generous portion of butter or red eye gravy. (WARNING: Do NOT use low-fat butter.) The butter should cause the Grits to turn a wondrous shade of yellow. (Hold a banana or a yellow rain slicker next to your Grits; if the colors match, you have the correct amount of butter.)

In lieu of butter, pour a generous helping of red eye gravy on your grits. Be sure to pour enough to have some left for sopping up with your biscuits. Next, add salt. (NOTICE: The correct ration of Grit to Salt is 10:1 I. E. for every 10 grits, you should have 1 grain of salt.)

To eat your grits: Always use a fork, never a spoon, to eat Grits. Grits should be thick enough so they do not run through the tines of the fork.

Ways to Eat Leftover Grits:

(Leftover grits are extremely rare.)

Spread them in the bottom of a casserole dish, cover and place them in the refrigerator overnight. The Grits will congeal into a gelatinous mass. Next morning, slice the Grits into squares and fry them in 1/2" of cooking oil and butter until they turn a golden brown.

Many people are tempted to pour syrup onto Grits served this way. This is, of course, unacceptable. (Note: Slices can also be dipped into beaten egg and fried.)

Southern Fried Chicken

Courtesy of Jack Lewis and Vicki Robison, Batesville, MS

Note from the cooks: This is the Robison family recipe.

Mix an egg in a large mixing bowl of milk. Soak pieces of chicken in it for about an hour, putting it in the refrigerator.

After soaking, shake chicken pieces in a paper bag containing flour and salt and pepper.

Use canola oil to fry the chicken until golden brown.

Southern Friend Catfish

Courtesy of Jack Lewis and Vicki Robison

Fry catfish in the same way you fry chicken in the recipe above, but use corn meal instead of flour.

W. M. (Son) Harmon's Stew

By Sarah Rollins Lewis, courtesy of Margaret Ellen Haltom, Batesville MS

1 hen, 1 lb beef (round steak); 1 lb pork (3 pork chops); 2 cans tomatoes; 4 Irish potatoes, cubed; 1 onion; ½ pkg. frozen mixed vegetables; salt and pepper to taste; 2 cans corn; piece of celery; 1 can stewed tomatoes; ½ pkg. frozen butterbeans or lima beans; Lowry's Season salt; red pepper.

Do not use back or neck of chicken. Cut beef and pork in small pieces.

Cook overnight in crock-pot. Put corn in last or it will stick. Cook chicken. Leave broth. Cook beef and pork in broth. Cook for 2 days. Start on High. Then put on Low. Stir real often. This makes lots. I put it in a big crock-pot. I freeze lots of it.

Hushpuppies

By Jack Pepper, Courtesy of Margaret Ellen Haltom, Batesville, MS.

Note from Margaret Ellen: This was my Uncle Jack who cooked these hushpuppies with freshly caught fish at their cabin at Wolf Lake near Yazoo City. Numerous guests enjoyed these treats. One who grew up as a classmate of his daughter and one who liked his “pup” grew to be a well-known author – Willie Morris.

½ cup sifted flour
1½ cups white corn meal
2 Tbs. Baking Powder
½ t salt
½ cup kernel corn
½ cup diced or grated onion
1 egg
½ c milk
3 T cooking oil

Sift flour, baking powder and salt into mixing bowl. Add corn, meal, onion, egg and milk. Stir well. Beat in oil. Drop by teaspoonfuls into hot fat (350 degrees) until browned. Yield – about 42 small “pups

Rotisserie Come-Back Sauce (Daddy's favorite)

Courtesy of Suzanne Brandon, Memphis TN via Como, MS

Note from Suzanne: (This was from an old restaurant in Jackson.)

1 button garlic, grated
1 cup mayonnaise
½ cup chili sauce or ketchup
1 tsp. mustard
½ cup Wesson oil
1 teaspoon Worcestershire Sauce Combine all. Serve on boiled shrimp or as a salad dressing.

Quick Chili

Courtesy of Joanne Boyles, Batesville, MS

(Serves 10-12)

3 lbs. ground chuck
1 large onion, chopped
1 can (28 oz.) tomatoes
2 cans (6 oz. each) tomato paste
2 green peppers, chopped
6 cans (16 oz. each) kidney beans
4 to 6 stalks celery, chopped
2 cans (16 oz. each) water
Salt and pepper to taste
Chili seasoning (3 to 4 tablespoons)

Brown ground chuck in a small amount of oil in a large kettle or Dutch oven. Add remaining ingredients and simmer until all ingredients are done and the desired thickness is reached. (This dish is delicious warmed up for reruns.)”

Mississippi Barbecue Sauce

By Ralph Meredith, courtesy of Margaret Ellen Haltom, Batesville, MS

Note from Margaret Ellen: Daddy gave me this recipe from his good friend, Ralph Meredith, who was known by anyone with farming interest in Panola County. Daddy graduated from Mississippi State in 1932 – Mr. M preceded him by a number of years!

1cup cooking oil
1pint cider vinegar
4Tbs. table salt (written that way in the recipe)
1 tsp. Red Pepper
1 tsp. Tabasco Sauce (once again, written that way, like Southerners ask, “what kind of Coke?”)
Add garlic to taste

Salt chicken about 2 hours before barbecuing, if desired.

Pimento Cheese

Courtesy of Joanne Boyles, Batesville, MS

Note from Joanne to Samantha: When you asked for these recipes, I could just taste many of the delicious foods we had at your house. I vividly remember you and me going to the "Ole Miss Beach" fortified with a container of your great cook Eloise's wonderful pimiento cheese---seems like it had a lot of garlic in it---I just remember how delicious it was and how chic we thought we were!!!

1 lb. sharp cheddar cheese
1 8 oz. package cream cheese
1 large jar minced pimientos
3/4 cups mayonnaise (I prefer Hellman's)
1/4 to 1/2 teaspoon garlic powder
1/4 to 1/2 teaspoon red pepper (cayenne)
Salt and pepper to taste
Grate cheese, add other ingredients, and mix with a mixer.

Egg and Olive Salad

Courtesy of Joanne Boyles, Batesville, MS

10 hard boiled eggs, minced
1 10 oz. jar of minced olives stuffed with pimientos (I prefer to mince the whole olives because I think they taste better)
Hellman's Mayo to taste
1 tsp. of Durkee's Sauce
Salt and Pepper to taste
1/4 to 1/2 teaspoon of cayenne

Mix all ingredients and serve on bread or crackers.

Pimento Cheese with Homemade Mayonnaise

Courtesy of Mary Lou Evans, Batesville, MS

HOMEMADE MAYONNAISE:

In blender put in 1 egg, juice of 1 lemon, salt and pepper and slice of onion (the salt, pepper, and onion to your taste not too much)

Blend while slowly adding about 1 cup vegetable oil.

You can use additional seasonings such as lemon pepper, Worcheshire, and dry mustard.

ADD OIL VERY SLOWLY, OR IT WILL GO BACK TO LIQUID.
YOU MAY ADD MORE OIL IF YOU WANT IT THICKER.

PIMENTO CHEESE RECIPE:

Leave about ¼ cup of mayonnaise in your blender and add ½ of a medium jar of chopped pimento (juice and all)

Add slowly: a slice of onion and other desired seasonings

8 ounces of grated sharp cheddar cheese

Blend until smooth and remove from the blender

Add the remaining ½ jar of pimento and stir.

ENJOY!

Sour cream corn meal

Courtesy of Mary Lou Evans, Batesville, MS

3 cups self-rising corn meal, 1/3 cup sugar, 6 eggs, beaten, 1½ cups cooking oil, 3 cups sour cream. 2 2/3 cups cream style corn.

Mix all ingredients well and bake for 30 minutes at 400 degrees.

Cucumber Finger Sandwiches

Courtesy of Joanne Boyles, Batesville, MS

Note from Joanne: When I think of Southern food, I remember countless showers where we were served cucumber finger sandwiches.

With a cookie cutter, cut bread into rounds. Top with softened cream cheese mixed with a little bit of mayo.

Place a slice of cucumber on top. Refrigerate until serving.

Crème Vichyssoise (Potato Soup) German

By Sarah Rollins Lewis, Courtesy of Margaret Ellen Haltom

1 ½ c minced onion
3 c sliced potatoes (Idaho Bakers)
3 c boiling water
6 chicken bouillon cubes
3 Tbs. Oleo
1 c light or heavy cream
1 c milk
1 tsp salt
½ tsp pepper
¼ tsp paprika

Cook onions with potatoes in boiling water until tender – about 40 minutes. Press without draining through a fine sieve into saucepan. Add bouillon cubes, oleo, cream, milk, salt, and pepper. Mix well. Reheat. When cool, package in freezer jar or rigid, moisture-vapor proof container. Label. Freeze. To serve, thaw. Heat. Serve hot, topped with paprika or minced parsley or leave off.

Delicious anytime, especially when you are sick.

Chicken Artichoke Casserol

Courtesy of Mary Lou Evans of Batesville, MS

2 14 oz. cans of artichoke hearts, drained
3 cups cooked diced chicken, (breasts better)
2 10 ½ oz. cans cream of chicken soup
1 cup mayonnaise
1 tsp. lemon juice
½ tsp. curry powder
1 ¼ cups grated sharp cheddar cheese
1 ¼ cups breadcrumbs
2 tbs. melted butter

Cut artichokes in halves or ¼ths. Then place them in casserole (9 by 13). Spread chicken on top of this. Mix soup, mayo, lemon juice and curry powder together and pour this on top in casserole. Mix butter with breadcrumbs, put this on top then top it with the cheese. Bake in 350 degree oven for 25 min or until bubbly. Serves 8

Rolls

By Norma Shuford Riser, courtesy of Margaret Ellen Haltom, Batesville, MS

Note from M.E.: Mrs. R took these all over town to folks who were sick or welcoming company

2 sticks butter or shortening (Crisco)	½ c sugar
1 ½ t salt	1 c boiling water
2 eggs, beaten	2 pkgs yeast
1 cup cold water	6 cups flour

Pour boiling water over shortening, salt, sugar, blend and cool. Add eggs.

Let yeast stand in cool water for 5 minutes. Add to other mixture. Stir in flour, blending well. (This will be very sticky).

Cover and keep in the refrigerator at least 4 hours and up to 1 week. About 3 hours before using, roll out on a lightly floured surface, using enough flour for gentle handling. Lightly butter tops and fold in half. Place on greased pan, barely touching. Allow to rise at room temperature for 2 hours or until doubled. Bake at 425 degrees about 15 to 20 minutes until brown.

Bundle of Beans

Courtesy of Kay Kay Smith, Batesville, MS

2 16oz. cans of cut green beans, drained and washed
1 sweet onion, sliced
1/2cup to 1 cup of brown sugar (I use 1 cup)
1/2cup vinegar
1 t. dry mustard
1/2 t. seasoned salt
4 slices of bacon, halved

Place beans in Pyrex and top with onion slices. Mix other ingredients and pour over all. Top with bacon. Bake uncovered for 30 minutes at 350 degrees, THEN covered for 30 more minutes.

Serves 6-8. I usually double this.

Sadie Vaughn's Green Bean Sauce

Courtesy of Suzanne Brandon of Memphis TN

Note from Suzanne (Miss Alma's great granddaughter): I remember Sadie's cook, Ivy, making this for us when we spent the night in Benton, Ms.. Granny and Aunt Ann decided to take all three of us on a weekend trip to visit Hays and Sadie! I insisted that Momma find out how to make the green bean sauce we had at dinner, which is what most people call lunch!!

1cup mayonnaise
1/4 medium onion, grated
1/2 tsp. dry mustard
4 Tbs. Wesson oil
Dash of salt
Dash of Tabasco Sauce
1 teaspoon Worcestershire Sauce
3 hardboiled eggs (large)
Juice of 1 lemon

Grate egg yolks, and slowly add oil. Add other seasonings; add mayonnaise, then lemon juice. Add grated egg whites as last ingredient. Best made a day ahead. Serve over green beans.

String Beans

By Sis Whitten – Mrs. J. Wesley Whitten, courtesy of Margaret Haltom

Note from Margaret Ellen: Mother gave this verbatim from the "Methodist Cookbook"

Snap 2 lbs beans in small pieces and wash good. Rinse 1½ to 2 inches of salt meat. Bring 3 cups water to a boil. Add the salt meat and the beans. Cook 3 hours. Add water as necessary. Season with salt and pepper to taste. About 45 minutes before beans get done, small peeled potatoes may be placed on top of beans. Salt. Cook beans down low.

Cooked Tomatoes

By: Lucy Carothers Haltom, courtesy of Margaret Ellen Haltom, Batesville, MS

Note from M.E.: Grandmother wrote this recipe for me in her own handwriting as she neared the age of 90 – and after I had almost threatened her, saying I needed it, the family wanted it preserved, etc. Since her death (at about age 98) I have shared it with all the family. And the family saying is that it is absolutely the only thing she ever really cooked! When Dick Haltom came home from WWII, paralyzed, his brother Bob Haltom drove him home saying, "Food isn't going to be real good here, Dick. Mama thinks if you get Mal Anderson to send her a can of salmon, and you slice a tomato, dinner is served." But all of us – Saxton girls next door included, remember her cooked tomatoes.)

Peel and cut up tomatoes. Put in a bit of cold water. Stew on top of stove until thoroughly done. Mash with a masher. Salt and pepper to taste. Butter – a good bit. Sweeten to taste. Thicken with flour and water. Let boil on low until thickened to your desire.



BAKED VEGETABLES

Courtesy of Kay Kay Smith, Batesville, MS

Preheat oven to 400 degrees. Baking time will depend on the size of the baking dish and how the veggies are cut.

Design the vegetables by colors: (We omit the cauliflower and tomato because we LOVE the cabbage, carrot, broccoli and especially lots of onion).

- 1 small cabbage cut in wedges
- 1 bag of baby carrots
- 1 or 2 large onions, wedged
- 1 bunch of fresh broccoli
- 1 cauliflower
- 1 tomato

MIX:

1/2 c. of water	2 t. dried basil
1/4 c. of olive oil	2 t. salt
2 Bay leaves	3/4 t. pepper

Pour above mixture over vegetables, then sprinkle with Tony Cachere's or Old Bay seasoning.

COVER TIGHTLY WITH FOIL AND BAKE AT LEAST AN HOUR.

This is a super dish (if you like these vegetables). I use the largest rectangular Pyrex I have. You can also add quartered Irish potatoes, but run them in the microwave for a few minutes.

This will freeze.

The Sharp Family Jambalaya Recipe

Charleen Sharpe, Courtesy of Milly Hockingheimer, Oxford MS

Note from Milly: This is the recipe for the best jambalaya I have ever had! Carleen is my dear friend at the New Orleans Saints.

Peanut oil-1/4 cup (approx)
2 yellow onions chopped
2 ribs of celery chopped
1 lb smoked sausage sliced thin
2-3 links of hot sausage cooked and sliced
1 can tomato sauce (16oz)
1 lb Uncle Ben's rice
1 lb shrimp cleaned
1 qt. hot water
1 T. Tony Chacery's

(Note: Tony Chacery's is salt, pepper and other spices. It is a prepared mixture sold in a can in the spice section of the grocery store. It is very popular here. I don't know if you can purchase it across the country. The recipe serves about 15-20. It can be prepared in half or doubled and it will come out perfect every time. It is very important to use Uncle Ben's rice.)

Add peanut oil to large dutch oven to cover bottom and heat. Add onions and celery and cook until wilted.

Add tomato sauce, smoked sausage, and hot sausage. Cook about 10 minutes until bubbling.

Add water and Tony's seasoning. Bring to a boil.

Add rice and shrimp. Lower fire and stir continuously. When rice comes to the top cover and cook 15 minutes (on low heat).

Take lid off and stir and cook about 10 minutes with the lid off.

Gusta's Chicken Gumbo

Gusta Russel, Courtesy of Mississippi State Supreme Court Presiding Justice George C. Carlson and his wife, Jane

Note from George C. Carlson: Here is Jane's mother's recipe for chicken gumbo. Jane found the recipe, which was in my mother's handwriting.

For a novice like me when it comes to reading and writing recipes, I had never heard of "gumbo filet." In case any of you have not heard of this (though you probably all have), I Googled it, and it is ground sassafras. I try to learn something every day, so I just did. I know what gumbo filet is.

In a large pot, cook 3-4 lb. chicken covered with water. When tender, remove from stock, allow to cook. Remove meat from bones and cut into bite size pieces. Measure into large pot 2qts. of chicken stock. Add 1 can tomato paste.

In large skillet, measure 3 large cooking spoons of bacon grease. Add 3 large onions, chopped, 1 bud garlic, 1 lb. sliced okra, salt & pepper. Saute', stirring constantly, about 10 mins. Add to chicken stock. Simmer about 1 hr.

Add chopped chicken; 1 lb. (or more) peeled raw shrimp. Cook until shrimp is tender (low heat), no longer than 10 min. Add crabmeat, if available, minced clams and oysters. (Oops, sorry, oysters should be added when raw shrimp is put in. Never overcook seafood). Add gumbo filet, 1 T. or more, to taste. After filet is added, never allow to boil again, as gumbo will become "stringy." May heat to boiling point and remove from heat. Serve over cooked rice.

Serves 8-10 people generously.

Note from Milly Hockingheimer, who lived in New Orleans for many years: Gumbo is the staple food in Louisiana and the only ESSENTIAL ingredient is okra, which I note is in Gusta's recipe. That is quite a thing in Louisiana—no okra, no gumbo. Many people never know what they will have available to eat in the swamps, bayou, and woods—they throw in the pot whatever they can grow, hunt, or fish—squirrels, alligator, nutria (agghh!) but as long as they have okra they are eating gumbo. I had a friend who owned a swamp tour in the Honey Island swamp and lived on a houseboat. He could be totally self-sustaining. He had actually eaten things I would not even look at! One of his parents had been a horticulturist, and he would pull the boat over on the tours to plants that he used in cooking. When I went to see him, I just drank Maker's Mark and beer—no dining!

SENATE BEAN SOUP

Courtesy of Sis Long, Batesville, MS

Note from the cook: This soup is on the menu every day in the U.S. Senate in Washington, D.C.

1lb dried beans (Navy or Great Northern)
Water
Ham bone with meat on it
3 Medium Irish Potatoes cooked and mashed
1 cup chopped onions
2 cloves minced garlic
salt and pepper to taste

Wash and soak beans overnight with water in a large kettle. The next morning, add water to make 5 quarts. Add a ham bone with meat on it and simmer about 2 hours or until beans begin to mash. Add three medium potatoes which have been cooked and mashed. Add onion, celery, garlic, and two medium grated carrots. Simmer for one hour or until all is done.

Remove bone, cut up meat, and return to soup. Season to taste with salt and pepper. This recipe makes about 4 1/2 quarts. It freezes nicely. To re-heat, put on low heat and by the time the soup thaws it is thoroughly heated.

IT'S RECOMMEND TO SERVE JALAPENO CORNBREAD WITH THE SOUP

Cranberry Relish

By Ruth Bradley, courtesy of Margaret Ellen Haltom, Batesville, MS

Note from M.E: Ruth Bradley may have been the only person I know who could have found fresh cranberries in MS in 1960 when this recipe was given. The rest of us thought cranberries came in a can --- a solid gelled sauce!

4 cups raw cranberries
1 whole lemon
Grind these two ingredients
Add:
2 cups sugar
1 small ca crushed pineapple

Store in covered jar in refrigerator. Will keep several weeks.



“JALAPENO CORNBREAD”

Courtesy of Sis Long, Batesville, MS

2 1/2 cups corn meal
1 cup flour
2 T sugar
1 T salt
4 tsp. baking powder
3 eggs
1 1/2 cups milk
1/2 cup oil
1 lb can cream style corn
7 jalapeno chili peppers, chopped.
2 cups grated sharp cheese
1 large onion grated

Mix together the first 5 ingredients. Beat together the milk and eggs and add to the first mixture, then add the other ingredients. Pour into two well oiled 9X12-baking pans. Iron skillets do fine. Bake at 425 for 25 minutes.
The mix will keep a few days in the refrigerator to use later.

Holiday Turkey Dressing (Christmas and Thanksgiving)

By Nina Haltom, Courtesy of Margaret Ellen Haltom

Note: Iona Morris has contributed a gravy recipe that will be perfect with this dish. Find it at the end of the last section (Misplaced Southerners in California).

1 skillet cornbread (in total Southern tradition it would be made in 10" black iron Skillet)
1 loaf bread, white
1 box seasoned croutons
2 large onions
6 stalks celery
6 hardboiled eggs, crumbled
1 tube of crackers (white saltines)
6 cans of cream of chicken soup (the real makes-it ingredient)
3 cups broth from turkey
Salt and pepper to taste

Make cornbread. Cool. Lay bread out where it will dry overnight. Cut onions and celery and boil. Combine ingredients. Makes a lot. Butter pans and bake at medium heat.

Blueberry Pie

Courtesy of Mary Lou Evans, Batesville, MS

4 cups Blueberries
3 T. Cornstarch
1/8 tsp. Salt
1 cup Sugar
1 T. Margarine
1/4 cup apple Juice
1 tsp. vanilla

Combine sugar, cornstarch and salt in a sauce pan, add apple juice and 2 cups of the blueberries. Cook over medium heat, stirring constantly until thick (as you stir, mash blueberries against the side of the pan). Remove from heat. Stir in margarine and vanilla. Set aside to cool. When cool, gently stir in remaining blueberries and pour into baked pie shell.

Refrigerate

Serve with ice cream or cool whip on top. Enjoy!!

Karo Pecan Pie

Annette Saxton, Courtesy of Ann Trusty, Batesville, MS

Note from Ann: This was my mother's favorite Karo Pecan Pie.

3/4 cup of white sugar
1 T. flour
2 eggs beaten together
1 cup of dark karo
1/2 cup pecans
4 T. oleo
1t. vanilla

Mix altogether and pour in unbaked pie crust. Bake in 325 degree oven for 40 minutes.

Grandmom's Peach Pie

Janet Barrett Smith, Courtesy of Kay Kay Smith, Batesville, MS

Add 1 (3 oz.) pkg. of peach Jello to 3/4 cup of boiling water.
Add 1 cup of vanilla ice cream (gradually until melted)
Fold in 2 cups of fresh sliced peaches, then 12 oz. of Cool Whip.
Place in a vanilla wafer crust and refrigerate.

Strawberry Pie

By Joy Stone, courtesy of Margaret Ellen Haltom, Batesville, MS

3 egg whites. 1 c sugar, pinch of cream of tarter, 1 tsp vanilla
18 crushed Ritz crackers, 1 c chopped pecans. This is the crust,

Whip egg whites until stiff, adding sugar as you know how. Add crushed crackers and pecans, and place in greased pie pan. Bake 20 minutes at 375 degrees. It will fall flat when you take it out of the oven, and it's supposed to.

Filling: Whip 1/2 pt of whipping cream. Mash 3 Tbs of strawberries and add to whipped cream. Add sugar if you want to. Fill crust and chill or freeze. Kinda rich and it will go far. Good bridge dessert and it will freeze.

Boiled Custard

By Gray Ferrell, Courtesy of Margaret Ellen Haltom

1 qt scalded milk	1 t vanilla (can substitute almond)
4 eggs	2 T flour
3/4 c sugar	

Beat eggs and add sugar and flour. (Mix flour and sugar before adding to eggs.) Stir in scalded milk slowly. Cook over low heat (I always use double boiler), stirring constantly until it coats a plastic or wooden spoon. Cool to warm and add vanilla. Serve cold. Before you refrigerate custard it is best if you strain it.

Pralines

By Annette Saxton, courtesy Margaret Ellen Haltom, Batesville, MS

2 c white sugar
1 c buttermilk
1 t soda
1 c nuts (most folks like pecans)

Boil until brown and soft boil stage. Beat well. Add nuts. Drop onto well-buttered surface and allow to harden.

Boston Cream Pie

By Nona Flint, courtesy of Margaret Ellen Haltom, Batesville, MS

Sponge cake layers:

½ c cold water	2 eggs, separated
¾ tsp baking powder	1 c sifted granulated sugar
¼ tsp salt	1 c sifted cake flour
1 tsp vanilla	1 tsp lemon

Add water to egg yolks in large mixing bowl. Beat with hand or electric beater until foamy and tripled in volume, add sifted sugar gradually while beating. Continue to beat until thick and lemon colored (about ten minutes). Sift together flour, baking powder and salt. Gently stir into yolk mixture, with flavoring.

Beat egg whites stiff. Fold into mixture. Pour into 2 eight inch layer pans, 1 ¼ in, deep lined on bottom with greased paper. Bake in moderate oven (350 deg) for 25 or 30 minutes. Completely cool the cakes in pans on wire rack. Fill with cream filling and cover with chocolate filling.

Cream Filling:

2 egg yolks	2 c milk
2 Tbs. (heaping) flour	1 c sugar

Beat eggs and sugar while milk is heating. Combine mixture with hot milk. Use double boiler. Stir often and add butter when thick, vanilla when cool. Cover with your favorite chocolate frosting.

Fudge Pie

By Faye Wicker, courtesy of Margaret Ellen Haltom, Batesville, MS

3 eggs
¼ cup of cocoa
¼ cup of flour
1 stick of oleo
1 c sugar

Mix contents together and put in pie pastry. Cook around 30 min at 350 degree.

Scripture Cake

Mississippi Recipe from the 1800's, courtesy of Margaret Ellen Haltom, Batesville, MS

Note from M.E.: Mother passed this on as it was written from a church cookbook prepared to start the 20th Century. The recipe was unattributed.

Four and ½ cups I Kings, 4th Chpt, 22nd Verse; 1 cup Judges V, 5th Chpt, 55th V; 2 c Jeremiah, 6th Chpt and 20th V; 2 c Nahum, 3rd Chpt, 12th V; 2 cups I Samuel, 30th Chpt, 12th V; 2 cups Numbers 17th Chpt, 8th V; 2 Tbs I Samuel, 14th Chpt, 25th V; ½ cup Judges, 4th Chpt, 19th V; last clause, 2 tsp of Amos, 4th Chpt, 5th V; season to taste of II Chronicles, 9th Chpt, 9th V.

4 ½ c flour
1 c butter
2 c sugar
2 c raisins
2 c figs
2 c almonds

2 T honey
pinch of salt
6 well-beaten eggs
½ c sweet milk
2 t baking powder

Season to taste with all; kinds of spices and add 1 cup well chopped citron.

Orange Marmalade Cake

Courtesy of Mary Lou Evans, Batesville, MS

1 8 oz. jar of orange marmalade
1 box of lemon cake mix
1 stick of butter

Soften butter and mix thoroughly with marmalade.
Pour this into a greased Bundt pan.
Mix cake as directed on box, then pour over
Marmalade mixture.

Bake at 350 degrees for 50 minutes or check for
doneness with toothpick.



This section is from misplaced Southerners living in Los Angeles and New York City. These recipes have evolved from their country roots and are influence by California sensibilities to healthy diet and lighter flavors.

Vegetarian Black-eyed Peas

Courtesy of Rosemary Alexander, Valley Village, CA. via a Kentucky upbringing and a ten-year stint in Dallas, TX

Note from the cook: I eat 1/2 cup of beans most nights along with a salad, roasted root veggie or brown rice. I love black-eyes because they cook fast!

1 cup dried black-eyed peas (dry black-eyes cook in 45-60 minutes).

Rinse peas in cool water; throw out any bad ones.

Place 1 cup in a medium saucepan with 3-4 cups water. I use enough water in the pan to cover the peas two to three times – you can always add more water if they start to cook dry.

Add 1 bay leaf and ¼ chopped onion. If I'm busy I may skip the onion, but it does add a nice taste.

Bring to a boil, stir, then lower heat, cover and let cook about 30 minutes. Stir occasionally. Add salt, pepper to taste. Start with 1/4 teaspoon of salt and 1/8 of pepper. If you want to make them more flavorful, add any or all of the following:

1/4-1/2 teaspoon curry powder, the same of turmeric, basil, oregano, fresh chopped sage, and ¼ teaspoon ghee, butter or olive oil.

Allow to cook another 10-30 minutes until the black-eyes are tender.

Correct seasoning to taste.

Fresh black-eyes, which you can find in some grocery stores and health food stores, cook in 10-20 minutes.

Hoppin' John (Black-eyes and rice)

Courtesy of Rosemary Alexander

You can add cooked rice to the cooked peas or cook the rice with the peas. I prefer pouring cooked black-eyes over cooked brown rice.

To cook them at the same time, use 1 cup black-eyes, ½ cup brown rice, 4 to 5 cups water. Bring it all to a boil, stir, turn the fire down to low and cover. Simmer on low heat for 30-45 minutes, stirring occasionally. Add desired seasonings and allow to cook until rice and beans are tender – another 20 to 30 minutes.

Black-eyed Peas with Smoked Meat

Courtesy of Rosemary Alexander

Place a smoked ham hock or smoked turkey thigh in 6 cups of cold water with a bay leaf and simmer over very low heat, covered, for 2 or 3 hours until the meat starts to fall off the bone. Add 2 cups of washed black-eyes and more water if needed. Allow to simmer until black-eyes are tender – 45 minutes to an hour. Season as above with desired herbs.

Lima Beans

Wash limas, cover 2 x over with water, add a bay leaf, and bring to a boil on top of stove.

Cook 10 minutes or so over medium to high heat then put on low heat and cover. Cook until soft—probably an hour. Add salt, 1 teaspoon basil, pepper & 1/2 teaspoon curry powder. Optional: dry parsley or fresh chopped parsley.

Pinto Beans & Anasazi Beans

And other Medium sized plump beans

Courtesy of Rosemary Alexander

Measure 1/2 cup (for 1 or 2 folks for a meal or 3)

Wash beans and put into a small to medium saucepan with a well fitting lid. Cover with water about 2X over and soak overnight

Next morning, drain the soaking water, cover with fresh water

Add a bay leaf and bring to a boil

You may add 1/4 chopped onion

Put pan on back burner, turned down to lowest flame, cover and cook 1 to 4 hours (depending on size of pan, amount of beans and heat of low burner)

When the beans start to get soft (depending on your burner – might be an hour, might be 2 or more...add:

1/2 teaspoon olive oil

1/2 teaspoon sea salt

1 to 2 tablespoons instant powdered vegetarian chicken broth or instant vegetable broth

add 1 teaspoon dried or fresh chopped basil

10 shakes Rosemary

10 shakes Oregano

10 shakes black pepper

1/2 to 1 teaspoon Spike...or a few shakes

1/2 teaspoon curry powder

Cook beans low until beans are soft – but not mushy. Some firmness is okay. When beans are soft, taste and adjust seasoning to taste.

Note: if you don't soak overnight, bring to a boil & boil for 10 minutes, then turn fire down low and they will cook in 2 to 5 hours. Beans do well when cooked a long time over low heat.

Great Northern Beans cook in a little less time, they're smaller.

They're great with the same recipe

Great Northerns are also good when you add any or all of the following:

Fresh chopped tomatoes, chopped onion, chopped carrot, zucchini squash, chopped celery. When cooked add 3 tablespoons fresh chopped parsley. Cook a few minutes longer. Let stand a while...they get better and better.

Pinto Beans

Note from Rosemary: This is the way I cook them now! I doubt older Southerners used curry to season beans

Wash pinto beans a couple of times, throw out dirt balls & funky beans.

Cover the beans with water - twice as much water if beans are to soak overnight (they cook faster if soaked) or put them on to cook.

I bring the beans to a boil, add a bay leaf or 2 and sometimes 1/4 chopped onion.

When the beans start to boil, turn the fire down low and cover. Cook until the beans are tender, probably 1 1/2-2 hours if they are soaked - a little more if not. Keep an eye on them and add more water if needed. Depending on your burner - they may need to cook 3 hours to get soft. They're good cooked at very low temperature for longer if you have a "slow" burner. Crock pots are great for beans. Put them on in the morning and they can cook all day - or overnight.

When the beans are close to done (or after they have cooked at least an hour) season them:

1 teaspoon salt, 1/2 teaspoon black pepper
10 shakes of basil flakes and oregano
fresh basil & oregano are great - just chop it up fine

I also like fresh Rosemary chopped up fine - 1-2 tablespoons
I like 1/2 teaspoon curry (or to taste)
Spike or vegesal or vegetable seasoning mix (I sprinkle a teaspoon in to start - and add more to taste)
Red pepper flakes or a little cayenne pepper is good - start light (1/4 teaspoon)

Mock Fried Okra

Courtesy of Mary Jan Dorn of NYC via Camden and Sugar Tree, TN

Note from Mary Jan: My adaptation of my Grannie's wonderful fried okra is to roast okra in the oven with olive oil or chili oil in a 400 degree oven until crispy (not like fried but close enough). This is one way I can bring back my memories of her wonderful Southern cooking.

Kale Salad

Courtesy of Rosemary Alexander

Note from Rosemary: This Kale salad recipe came from a vegan friend – and it keeps in the frig for a week (at least). It's so dark and green and cooling. Plus if you make it with quinoa it has a lot of protein.

Wash a bunch or 2 of fresh Kale, cut off & discard tough ends and chop it. (I like it chopped on the fine side). You can use black kale, red kale or the traditional coarse dark green that's readily available – and it's okay to mix up several types.

For 1 bunch of Kale Make 1 cup of dressing using 1/3 cup each:

Extra Virgin Olive oil, Fresh lemon juice, and Tamari (wheat free for me).

Pour dressing over the chopped kale and squeeze/bruise it with your hands for a few minutes. This helps soften the Kale and makes it easier to chew. I start with about ½ the cup of dressing and gradually add more. Some dressing will be absorbed as the salad marinates.

I add ½ chopped tart apple, a handful of pine nuts, and ½-1 cup cooked quinoa (more or less to taste)

The salad should marinate 2 - 4 hours before serving - the dressing and bruising helps "cook" the tough kale. Leftovers are great in the refrigerator for several days. I love it served with avocado. Newell likes to squeeze a little fresh lemon on his.

YELLOW SUMMER SQUASH

Courtesy of Rosemary Alexander

Melt 2 tablespoons Ghee (rendered butter) in a skillet

Chop up a 2 or 3 yellow squash

Sauté until squash is tender.

Season with

Salt

Pepper

Few shakes of parsley flakes (or fresh chopped parsley)

Few shakes of Spike or Vegesal

Few shakes of basil flakes

ROSEMARY'S CORNBREAD

Courtesy of Rosemary Alexander

Pre heat oven to 425

Mix dry ingredients together in a bowl:

2 cup organic coarse ground yellow cornmeal

(or 1/2 cup blue cornmeal and 1 1/2 cup yellow meal)

2 teaspoon baking soda

2 teaspoon baking powder

1/2 teaspoon salt

1/4 to 1/2 cup pine nuts or chopped walnuts or pecans (optional)

Make a well in the middle of the dry ingredients:

Add 2 Eggs & lightly beat eggs then mix with dry mix

Add 1 1/2 - 2 cups buttermilk – add buttermilk gradually until batter is medium thick

Add 1/8 cup light vegetable oil or melted butter or ghee

or combination of oil and butter. I prefer Ghee, but

Safflower and corn oil work well.

Bake in a 12 inch (approx) iron skillet or bread pan

Put 1/8 cup butter, oil or mixture into baking pan

Place the pan in the hot oven for about 5 minutes

Or heat the pan on top of the stove. It needs to be very hot so the butter or oil is bubbling and even sizzling but watch that it isn't burned. This does not ruin the cornbread – but it's better if the oil is not scorched.

Pour the batter into the hot skillet and bake about 30 minutes @ 425 or until top is brown and knife inserted in middle comes out clean.

Serves 8-12

It's okay to add more buttermilk if it gets too thick to pour or

more cornmeal if it gets too juicy – experience will show you the best

consistency. If the batter sits for a while with the baking powder in it – it will thicken...

.don't panic, just add a little buttermilk.

I shop at a health food store that has whole grain cornmeal.

It makes a richer crunchier bread. You'll find buttermilk in the dairy case. Nuts are totally optional.

Have fun! Making Cornbread can be a joyful experience. While waiting for the bread to bake, sing a few songs or practice your instrument. Or pour joy into the next dish you're preparing.

French Cornbread

Courtesy of Rosemary Alexander

Note from Rosemary: This recipe sounds like most sweet cornbreads

Preheat oven to 425

Mix in a bowl:

3/4 cup yellow cornmeal

1 cup white flour

1/3 cup sugar

3 tsp. Baking powder

3/4 teaspoon salt

1 cup milk

1 egg

2 tablespoons melted butter

Mix well

Pour into a buttered 8" square baking pan. Bake 20 minutes or until a clean knife inserted in the middle comes out clean

Jennie's Soaked Ham

Courtesy of Mary Jan Dorn, NYC via Camden and Sugar Tree, TN

Note from M.J.: The original recipe involved soaking a large ham in a bucket of equal parts pineapple juice and beer for a couple of days in the fridge. I substitute apple cider for the juice.

After soaking, just bake in the oven with your favorite honey glaze. The soaking takes away most of the salt and makes the ham "so sweet!"

Aunt Faye's Pepper Dressing

Courtesy of Terry Lee Brannon, L.A. CA. by way of East Texas

Cook's note: Everybody wanted pepper dressing when they came to see us. We always had a lot of leftovers in the fridge. Aunt Faye made up this recipe by combining all the leftovers with cornbread and biscuits broken up.

Here it is: one half cornbread, one half biscuits
green peppers (chopped)
onion (chopped)
peeled tomatoes
eggs (4 for large amount, 2 for small amount)
1 cup of peas
bacon drippings
and anything else in the fridge leftover you want to add

Break up cornbread and biscuits, adding enough water to be soaked up in bread. Pulverize bread and chopped pepper, onion, tomatoes, eggs and peas, blending well. Add bacon drippings for seasoning. Cook in 325 degree oven for about an hour or until it looks done.

*We usually added some little hot peppers from the garden, as well. Yummy.
This recipe is damn sure Southern and probably unheard of outside my family.*

Chile Relleno Casserole

Courtesy Terry Lee Brannon

2 or 3 cans (7 oz. each) whole green chilies
4 corn tortillas, cut in wide strips
1 lb jack cheese, shredded
1 large tomato, sliced
8 eggs
1/2 cup milk
1/2 tsp each salt, pepper, ground cumin, garlic powder
1/4 tsp onion salt
paprika

Lay half the chilies in the bottom of a well-greased 9-inch square baking dish. Top with half the tortilla strips and half the cheese. arrange the tomato slices on top. Repeat layers, using up the remaining chilies, tortillas and cheese.

Beat together the eggs, milk, salt, pepper, cumin, garlic powder and onion salt. Pour evenly over casserole. Sprinkle lightly with paprika. cover and chill if made ahead, or bake, uncovered, in a 350 degree oven for 40 minutes, or until puffy and set in center. Allow 1 hour if cold.

Let stand about 10 minutes before cutting into squares for serving. Yum yum.

Pole Bean Vinaigrette

Courtesy of Mary Jan Dorn of NYC, via Camden and Sugar Tree, TN

Note from M.J.: My Grannie used to make pole beans which were cooked to death with bacon fat, my version is pole bean (or Roma bean, as they're called in the Northeast) vinaigrette.

Parboil the beans, removing them from the hot water while they're still a bit crunchy. Make the dressing with 1 tablespoon of good French mustard with 1 clove of pressed garlic (the inner stem is removed), some fresh basil, a pinch of salt and one tablespoon of red wine vinegar, mix well and add some fresh pepper then slowly add 3 - 4 tablespoons of extra virgin olive oil until it thickens. Add the warm beans and allow to come to room temperature, and then put in the fridge.

Cora's Old Fashion Custard Pie

Courtesy of Rosemary Alexander

Note from the cook: This is my mother's recipe. Regarding the crust: my sister, Darlene, wrote this note on Mama's handwritten recipe, "Momma used Lard, I use 0 fat Crisco." It may be served plain, with whipped cream or topped with Meringue.

5 eggs
½ cup sugar
1/4teaspoon salt
1Tablespoon Vanilla
2½ cups milk
Ground Nutmeg

Preheat oven to 450

Break the 5 eggs into a mixing bowl and beat slightly.
Add the sugar, salt, vanilla and milk and mix well.
Pour into a raw pie crust.
Sprinkle top with nutmeg.

Bake at 450 degrees 10 minutes. Reduce heat to 325 for 25 to 30 minutes Or until a knife inserted in the middle comes out clean.

Irene's Chocolate Pie

Courtesy of Mary Jan Dorn of NYC via Camden and Sugar Tree, TN

Note from Mary Jan: My recipe comes from my grandmother Irene. Among all our relatives, friends and especially my brother Chip and I, she was famous for her chocolate pie in Camden, Tenn. There was always one waiting for us when we went for a visit along with an ice-cold coke in a those little bottles. It was heaven on earth after a long hot car ride!

For two pies

5 eggs
2 cups of sugar
4 tablespoons of cocoa
4 tablespoons of flour (though her original recipe called for cornstarch)
2 cups of milk
1/2teaspoon salt
2 tablespoons of butter
1 teaspoon of vanilla

(Separate eggs, saving whites for meringue)

Mix and cook ingredients in double boiler until thick (this takes awhile so be patient) Keep stirring to prevent lumping. Add vanilla after cooking. Pour filling into baked pie shells.

Meringue:

5 egg whites
1/4 teaspoon salt
6 tablespoons sugar

Beat egg whites and salt until frothy. Beat in sugar, one tablespoon at a time. Beat until stiff and glossy. Place on top of pie and bake at 350 degrees for 12 to 15 minutes or until brown.

Gravy

Iona Morris of Los Angeles, CA is the daughter of a West Virginia Belle.

Note from Samantha Harper Macy: This recipe is intricate and had to be the grand finale of the friends and family of Alma's section. It is a cooking lesson as well as an entertainment. Enjoy. Thanks to all, and good eating, everyone!

Here is the greatest recipe I've ever seen for gravy in the words of the cook, Iona Morris:

Gravy - Made with flour, water, and seasonings. How hard can that be? Oh... the horror stories we could all tell.

Gravy is just as important to your Thanksgiving dinner as the turkey. I wish I could just write a short recipe for you, but as you see, though the ingredients are simple, the art of making gravy is a practiced event that is well worth any cook's time. Gravy is a "feel" recipe and a "taste" recipe. So, if you get started with what I have shared with you here, you can then take your flair and adjust where you desire. So, here we go.

You will need the following things:

Utensils and pots

- 1 large skillet with a top or anything you can use to cover
- 1 teapot or medium to slightly larger pot (you boil water in this)
- 1 medium sized pot
- 1 pancake turner or spatula
- 1 whisk

(Do not even think a large spoon will do. I should add, our grandmother's used a spoon or a fork, but these women were one of a kind and trust me, if they add access to a whisk, they would have used it.)

- 1 strainer (if needed after you make your gravy)
- 1 paring knife
- 1 cutting board

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Mixture

White flour

Sea salt (you can use Morton's if you like)

Pepper (black or white pepper. I like the color black pepper adds)

Garlic powder

Unsalted butter (optional.)

Pam or another spray to keep your gravy from sticking

Optional

Giblets (from the inside of a turkey or buy them packaged separately)

1 onion

If this gravy is for Thanksgiving, take the juices from your turkey and those little pieces of meat that get left on the cutting board while you're carving and place them aside.

Okay, in short, we're browning the flour, adding some seasonings, boiled water and after you get the consistency you want, if you like, adding the cooked giblets along with the water it was boiled in and the onions, also tossing in all the juices from the turkey and the small pieces of meat left after carving. But, like a good cake, it's in how you mix your ingredients.

Recipe

You can make your gravy the day before and put it in the refrigerator. If you do that, take it out, put it back in a pot or skillet, heat it up and make sure it is still the consistency you want. It has a tendency to thicken, so you could need to add more water. If this is the case, use boiled water to thin out your gravy. I like to make my gravy the day of because I use the juices from the turkey.

And, here we go...

First - If you are making gravy with giblets (the insides of a turkey) take a medium sized pot, and cook the giblets on high heat along with 1 cut up onion, salt, pepper and garlic to taste. Put in enough water to clearly cover the giblets. You can't use too much water. Set it on boil and let it boil for 30 minutes to 45 minutes. Make sure the meat is cooked through. Check on the pot from time to time, because you will have to add more water, as it cooks up and evaporates. You want the water to always cover the giblets. When the giblets are cooked through, let them cool, then, take out and slice or dice them into little pieces. Place the giblets and cooked onions to the side in a small bowl. DO NOT THROW OUT THE WATER. You will use this in the gravy as well.

Now, the mixture - Take a large skillet, PAM it first (do not use any oils or butter just yet), evenly sprinkle approx. 3 to 4 cups of flour in the skillet; enough to cover the bottom of the skillet generously. Add a little salt, pepper and garlic powder. Later on, after your gravy is done, you will have an opportunity to add more seasonings, if you find you need more flavor. Turn the heat on medium to medium-high. You need to brown the flour. This is what gives your gravy color. Depending on your pleasure let it darken lightly or let it get nice and very dark. I like real dark gravy. But, this is what I've learned, -- Because the skillet is hot, the flour will continue to brown as you are adding your water, so just when you almost have the dark color you want, turn down the heat and start adding your water. Again, the flour will continue to brown.

Now, back to browning, after you evenly sprinkle your flour into the skillet, let the flour sit in the heated skillet, don't start moving it around until you see the first signs of browning. Of course, a watched pot never boils, but an unwatched flour can burn on you. So, keep an eye on this first browning because when it starts to brown it can continue very quickly and you don't want it to get away from you. While you're waiting for the flour to brown, fill your teakettle or another medium sized pot with water and boil it. When your flour has browned, you always want to use hot water to make the "rue."

After you see the first signs of your flour browning, take your pancake turner or spatula and start moving the flour around so all of it gets brown. You will move it around and let it sit for another minute, then move again... watch your flour and you'll know what to do. Get all the flour from the bottom of the pan, but you don't want to scrape it too hard, as this could clump up the flour and if you do see some clumping, because you will, take those pieces out and toss them. This will save you a lot of trouble later. Leave nothing on the bottom to stand, too long so it doesn't burn. Once your flour almost reaches your desired color, turn that flame down to low and start adding your hot water.

Move your flour to the outsides of your skillet making a bowl or empty space in the center of your flour. Slowly adding the hot water from your teakettle into the center of your skillet, use your whisk adding in flour from the outside in, whisking the whole time. If you are using a pot to boil your water, use a ladle or a cup to pour small amounts of water into your skillet. You add the water and then bring in some of the flour and whisk. Once you start, you'll get the hang of it. Patience, my gorgeous darling, neither Rome nor Manolo Blahniks were built or made in a day. You've got to do this fairly quickly and smoothly, as the skillet is still hot and the flour still browning. (But, do not rush. No need to panic, we want our gravy flour to be brown anyway). Mix the flour and water up real well, with your whisk, from the center out; a little flour with the water at a time. DO NOT mix too much at once. Most clumps happen because either you add too much water at one time or too much flour is mixed in with too little water. The whisk will help you cut down on the clumping.

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You want to get all the flour mixed in with the water. It will get thick and pasty looking just keep adding hot water. When all your flour is whisked into the water and you've got thickened gravy, this is the moment of decision... and I want to give you a perfectly fine out. (Smiles) If your gravy is clumped beyond repair – throw it out and start over. There is no shame in that. You've just learned what to do and what not to do. It's only flour, water and some seasonings. Start over, no problem. I've thrown gravy away before and had to start over. Big deal. Now, if you're looking good and yes, you may have some clumping, do not fret, keep going. Next, add in the water your giblets were boiled in a ½ cup to 1 cup at a time. You may not use all of this water that is fine. This is mainly for flavor. Still leaving your gravy a little thick because we want to add all the

Juices from the turkey, but before we do that, let's deal with any little clumps or small white balls floating in your delicious gravy. You can either, take a fork and break them up, take a strainer and strain the gravy through it into another skillet or pot, or forget about it because it's really not that much and you've got so many left over delicious small pieces from your turkey to add as well as the giblets, which will cover any small white balls anyway. Up to you and what you are comfortable with. I would strain it, if you have a lot of little white balls. Now, that you've handled your clumping issue, you add the juices from the turkey or if you prefer, you can add ¼ to ½ stick of butter. This adds so much flavor!!! Oh, this is going to be good. I can smell it now!

After you add your turkey juices or butter, you can now make sure that your gravy is the consistency you want. So, add more of the giblet water, if need be, or more hot water, whatever you need so that the gravy is as thin as you'd like. Now, for the finale, add the giblets and onions, along with the delicious pieces left over from the turkey carving. Oh, my . . . this is good! Walla! Perfect, fabulous, delicious gravy! And, once again, the giblets, etc. will thicken your gravy, so if you want it a little thinner, add more water, slowly, mixing the whole way. I'd like to advise this, if you are not ready to place your gravy in a bowl and serve, turn off your heat and place your top on your skillet. The top will make your gravy sweat from the heat, so know that your gravy is going to get a little thinner from the inside moisture, take that into consideration, so if you like thin gravy, don't make it quite so thin because science will help to add more water to it. Now, if after all this you still need more seasonings, add salt and pepper to taste.

Suggestion: I make two gravies at Thanksgiving; one with giblets, etc. and one without.

I partially apologize for the length of this, but I wanted to give you a complete home-made, tried a true way to make your gravy step by step.

Have good time!