

RECIPES FROM THE KITCHEN OF



Christmas, 1996

Jason, Seth and Lyda have spent many meals at Moma's table and each has their own favorite dish that she serves. As they grew up and started cooking for themselves, I thought it would be a good idea to gather Moma's favorite recipes and share them with the newest generation of cooks in my family. Some, but not all, of those favorite dishes have been passed down to my generation along with the stories that go with them. Who doesn't know that Moma always has a Frozen Lemon Pie on hand for company?

Jason, Seth and Lyda shouldn't have all the fun, so I am sharing this collection with you. Moma gathered her favorites - if you know that one is missing, let me know. I typed them from her cards. I hope I didn't make any major mistakes. But, if you have any questions, just call her. She'll dig through that little file box in the hall.

Enjoy! - Conchita/Moma/Aunt Chita

I asked Daddy to reflect on Moma and her cooking. He recorded these memories for me.

"When Teddy Townsend of Russellville Kentucky agreed to marry Ernie Saulmon, she admitted that she knew very little about cooking. Well, I thought cooking was an important item and really critical to the success of a marriage.

Teddy had an Aunt Pearl who made the best biscuits that were ever made. And I requested, and Aunt Pearl agreed that she would teach Teddy how to make biscuits like she made them. Teddy went out and went through all the steps, measured all the ingredients and all that. We were married the last of September, 1939 but we didn't get into our apartment until the first of December that year. But soon after we moved in, Teddy made some biscuits.

We never did determine what the ingredients were that were in there but I always felt that she must of used cement instead of flour. The biscuits turned out beautiful, pretty - but hard as rocks.

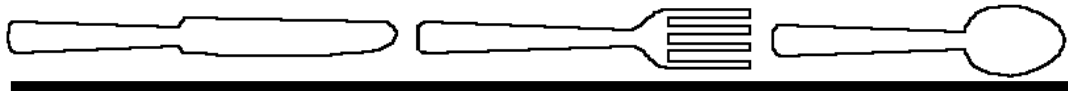
We took a jewelry box and put one of those biscuits in between the layers of cotton and wrapped it up as a gift and mailed it to Aunt Pearl and Uncle Eddie. The mail arrived on the second day of their annual hog killing. They had already killed the hogs the day before and they were rendering lard. Everybody was at their wits end and tired. It was cold. Uncle Eddie went out and got the mail and came back and told Miss Pearl, "look Teddy and Doc sent us a present". They opened it up and here was the hard biscuit. It made their day. They both admitted they might not have gotten through that second day of hog killing if we had not sent that gift.

Now I was concerned, as I said earlier, that learning to cook was an important requirement to a successful marriage, so one of the gifts I gave Teddy as a wedding gift was a copy of the book the Joy of Cooking. I'm sure that contributed a whole lot.

As I said, we were late getting into our apartment and on the way there, I stopped in to see a friend down in Stanford Kentucky and made a date to go quail hunting the next weekend. We went hunting. I was fortunate, I got a nice bunch of quail that I killed. I brought them home and I dressed them. I informed Teddy that success in preparing quail was a another requirement in a successful marriage. I may have even hinted that if she ruined a quail, she just might have to go back down to Russelville to live with her mother. Well she asked her Aunt who lived there in Danville her method of fixing quail, and Tad Knox who lived in the apartment below. And then of course I offered some advice too. I don't know how she combined all that but she cooked quail and it was delicious. She did a good job. So I managed to keep her the rest of these years.

Not too long after we had moved into the apartment in Danville, a cousin of Teddy's and her husband were in town, he was a traveling salesman and she came with him so she could visit us. Teddy had them out for Sunday dinner. She went out to the local grocery store and bought a nice big fat hen. And I'm sure looked in The Joy of Cooking to see what to do with the chicken. But she prepared it and we had a delightful meal. It was almost like one of our current oven stuffers. It was real good and we had a nice visit with the Pardues, Lizzie and Earl. They went back to their hotel that evening and we set down in the kitchen and were carving the meat off of the carcass of the baked hen and as I was carving it I looked and I said "For goodness sakes, you didn't even take the guts out". The expression on her face, you could tell she had not even thought about looking to see if the entrails were still in the bird. Now it turned out it was not intestines but the giblets and the neck, you know, were still in the bird. But that expression on her face, it could have been entrails, it could have been.

I have to admit, no it's not "have to", I'm proud to admit that the former Teddy Townsend who became Teddy Saulmon did become an excellent cook. Back when the children were growing and she did a lot of cooking, she did it all and did it fine and I'm proud of how good she has become and I think you'll appreciate her capabilities when you read this book."



APPLE CAKE

Topping:

1 cup brown sugar

1 tablespoon butter

1 tablespoon flour

1/2 cup pecans chopped, (you use another 1/2 cup in batter)

Blend sugar, butter and flour with pastry blender. Add nuts. Set topping aside.

Peel about three apples. Quarter and slice very thin as for pie - or use the wide blades on your shredder. You should have from two and one half to three cups of apples.

Cake batter:

3/4 cup white sugar

3/4 cups brown sugar

1/2 shortening

Cream sugar and shortening and add 2 eggs. Beat well.

Add sugar alternately with one cup water in about thirds with flour mixture below:

2 1/2 cups flour - sifted with

1/4 teaspoon cinnamon

1 teaspoon salt

1 teaspoon baking powder

1 teaspoon soda

Stir in 1/2 cup chopped nuts and two thirds of the amount of sliced apples. Pour into greased 9" X 13" pan. Scatter remaining apples over top of batter. Sprinkle topping over apples and bake at 350 degrees for 30 to 35 minutes. Test with finger for doneness. (Straw won't do)

Remove from oven and while still warm, dribble over the top powdered sugar and vanilla mixed with just enough light cream to pour. (I use a custard cup to make this mixture.) The cake is delicious served warm with ice cream.



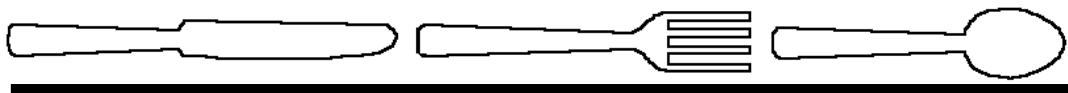
AUNT LOUISE'S[★] ORANGE SHERBET

4 oranges
2 lemons
1 pint cream
4 cups sugar
2 quarts milk
1 tablespoon vanilla

Juice oranges and lemons. Crush rinds and seeds. Add sugar to juice and rinds. Let stand 2 hours. Stir occasionally.

Put milk and cream into ice cream freezer. Pour strained juice of oranges and lemons, mixed with vanilla, into freezer and freeze.

★ Don't get confused, we don't have an Aunt Louise - at least not that I've ever met.

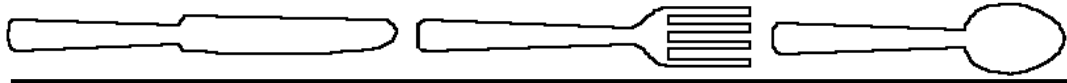


AUNT PEARL'S CHESS[★] PIE

3 eggs
1 1/2 cup sugar
1/2 cup butter
1 tablespoon corn meal (in sugar)
1 teaspoon vinegar
1 pinch salt
5 teaspoons cream

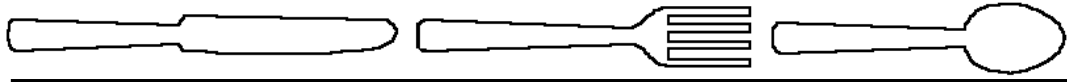
Cream butter. Add rest and mix well. Pour in pie shell and bake at 350 degrees for 50 minutes.

★ Moma said this got its name when someone asked what the ingredients were and the response was, in a Kentucky twang, "It's jiss eggs, sugar and butter".



AUNT PEARL'S ICE CREAM

Combine equal amounts of crushed fruit (over ripe peaches or strawberries were her favorites) and sugar. Put in bottom of ice cream freezer. Pour in equal portions of whole milk and heavy cream. Freeze.



BANANA BREAD FROM THE FIRST JOY

2 cups flour - sifted
resift with: 1/2 teaspoon baking powder
 1/2 teaspoon soda
 1/4 teaspoon salt

Cream until light: 3/4 cup sugar and 1/4 cup butter.

Beat until light and stir in 1 egg

Beat in 2/3 cup mashed bananas.

Stir these ingredients into flour mixture in about 3 parts until only blended. Alternate with thirds of 3 tablespoons sour milk or buttermilk. (add lemon juice to fresh milk until it curdles to make buttermilk).

Optional - add 1/2 chopped cup nuts.

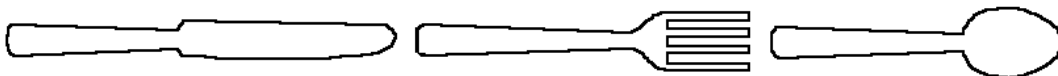
Bake in 8" X 4" greased pan at 350 degree for one hour.



BUTTER COOKIES

1 cup butter
1 1/2 cups powder sugar
1 egg
vanilla
2 1/2 cups flour
1 teaspoon cream of tartar
1 teaspoon soda
1/4 teaspoon salt

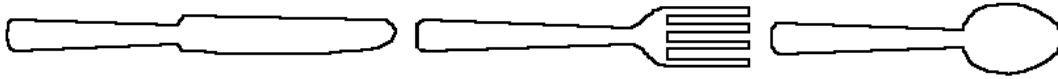
Cream butter and add sugar. Cream until fluffy. Add unbeaten egg and vanilla. Beat well. Blend the sifted dry ingredients into creamed mixture. Chill. Roll out and cut with cutters or make balls and press flat. Bake on ungreased cookie sheet for 6 minutes in 400 degree oven.



CAKE MIX FRUIT COBBLER

2 cans fruit pie mix (peach, apple, cherry, etc.)
Yellow Cake Mix
1 stick oleo

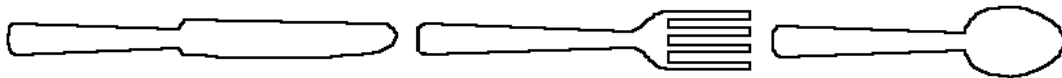
Put fruit in a 9" X 13" cake pan. Over the fruit dump one package of yellow cake mix (just mix no other ingredients). Melt stick of oleo and dribble over the top. Bake at 350 degrees about 40 to 45 minutes. Great served hot with ice cream.



CHERRY TOPPED CHEESE CAKE

- 1 package Duncan Hines Yellow Cake Mix
- 2 tablespoons oil
- 2 packages (8 ounce each) cream cheese, softened
- 1/2 cup sugar
- 4 eggs
- 1 1/2 cups milk
- 3 tablespoons lemon juice
- 3 teaspoons vanilla
- 1 can (1 pound 5 ounces) cherry pie filling

Preheat oven to 300 degrees. Reserve 1 cup of dry cake mix. In large mixing bowl combine remaining cake mix, 1 egg and oil (mixture will be crumbly). Press crust mixture evenly into bottom and 3/4 way up the sides of a greased 13 X 9 X 2 inch pan. In same bowl, blend cream cheese and sugar. Add 3 eggs and reserved cake mix; beat 1 minute at medium speed. At low speed, slowly add milk and flavorings; mix until smooth. Pour into crust. Bake at 300 degrees for 45 - 55 minutes, until center is firm. When cool, top with pie filling; chill before serving. Store in refrigerator.

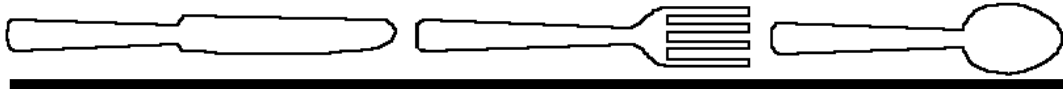


CHOCOLATE MERINGUE PIE

- 1/2 to 1 cup pecans or walnuts, chopped
- 1 package German sweet chocolate
- 3 tablespoons water
- 1 teaspoon vanilla
- 1 cup cream, whipped
- 1 package Betty Crocker meringue mix

Crust: Fix meringue mix according to directions on package. Form into pie crust (add nuts to meringue) in greased pie plate. Bake meringue in 275 degree oven for 1 hour. Turn off oven. Let sit in oven for 1 hour.

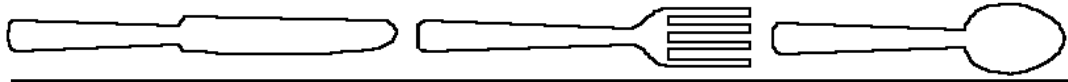
Filling: Melt chocolate in water over low heat, cool until thick. Add vanilla and whipped cream, pour into meringue shell. Chill for 2 hours.



CREAM CHEESE BITES

1/2 pound cream cheese
1 cup butter
2 cups sifted flour
Chill over night.

Roll out in 1 cup powdered sugar, very thin. Cut in small squares. Place nut or date in center and fold up. Bake 10 minutes at 370 degrees.



DATE FILLED COOKIES

1 cup shortening
2 cups brown sugar
1 cup nuts
3 1/2 cup flour
1 teaspoon soda
2 eggs
salt
1 teaspoon vanilla
1 cup dates
1/2 cup water

Cook dates and water until thick. Mix shortening, sugar, flour, soda, eggs, salt and vanilla to make dough. Roll dough out flat. Add nuts to dates. Spread date mixture over dough and roll up like jelly roll. Chill cut and bake[★]

[★] *No time or temperature was given - maybe 350 degrees for 8 minutes*



FROZEN LEMON PIE

3 egg yolks
1 egg white
1/2 cup sugar

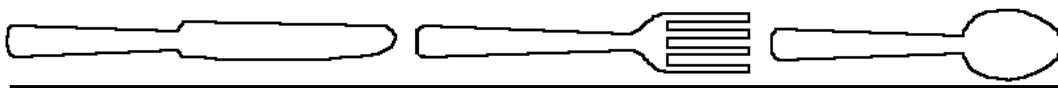
4 tablespoon lemon juice

1 cup whipping cream
grate 1/4 teaspoon lemon rind
pinch salt

Beat together egg yolks and all sugar except one tablespoon. Add lemon juice and rind. Cook in double boiler and stir until thick. Remove from heat and cool. Beat egg white and add tablespoon of sugar. Whip cream and fold all together.

Butter refrigerator tray[★] and cover with vanilla wafers crushed to form crumb crust. Pour in mixture and freeze. Better made day before serving.

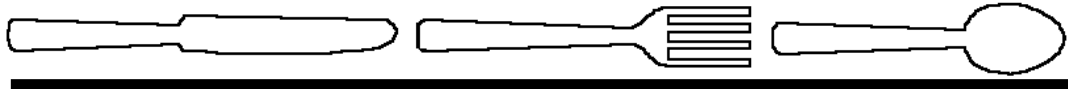
★ If you've never seen an old metal ice tray, this might throw you for a loop.



FUDGE

3 cups sugar
3/4 cups margarine
2/3 cup (5 1/3 fluid ounce can)
evaporated milk
1 12 oz. package chocolate chips
1 7 ounce jar marshmallow
cream
1 cup chopped nuts - or more
1 teaspoon vanilla

Combine sugar, oleo, and milk in heavy pan. Stirring constantly, bring to a boil. Continue boiling five minutes stirring constantly (234 degrees on a candy thermometer). Put remaining ingredients in a large bowl. Pour boiling syrup over to melt and blend well. Add nuts. Pour into well greased 13" X 9" pan to cool. Cut in small squares. Makes 3 pounds.



HOT APPLE SAUCE CAKE

Preheat oven to 350 degrees.

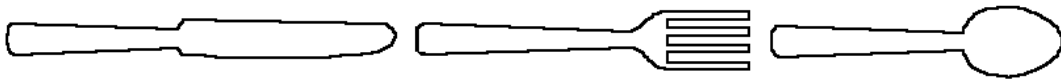
Heat together:

1 1/2 cups apple sauce
1/2 cup butter or margarine
2 teaspoon baking soda
1 cup sugar

Add to above:

2 cups flour
1 teaspoon cinnamon
1 teaspoon cloves
pinch of salt
1 cup chopped nuts
1 cup raisins

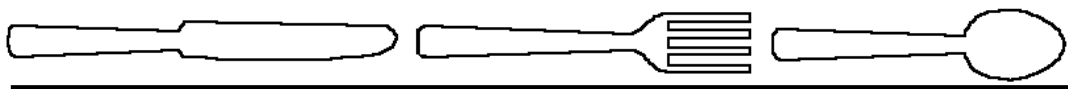
Stir well and pour into two buttered loaf pans. Bake 350 degrees for 15 minutes. reduce to 30 degrees and bake 45 minutes.



ICE CREAM PIE

1 cup flour
1 stick margarine
1/4 cup brown sugar
1/2 cup pecans, chopped

Mix together the flour, sugar and pecans. Add melted margarine and mix well. Place 1/4 of this mixture in a shallow pan and bake slowly at 350 degrees until brown to make topping. Pat remaining 3/4 of mixture in bottom and on sides of a large pan. Brown slowly at 350 degrees. Slightly soften enough vanilla ice cream to fill crust (approximately 1 quart). Spread in crust. Sprinkle with topping and refreeze.



MOTHER GRIDER'S JAM CAKE & EASY PENUCHE ICING *

3/4 butter	1 teaspoon nutmeg
1 cup sugar	1 teaspoon soda
3 eggs separated	1/4 teaspoon salt
1/2 buttermilk	1 cup jam
2 1/4 cups flour	1 cup raisins, cut night before and soaked in Bourbon
1 teaspoon cinnamon	1 cup nuts
1 teaspoon cloves	

Cream butter and sugar and add egg yolks. Add sifted flour with seasonings alternately with buttermilk (can use fresh milk with lemon juice added to curdle it). Beat egg whites until stiff. Add jam, nuts and raisins. Fold egg whites in last. Bake in two layer pans at 350 degrees for about 40 minutes. Ice with Easy Penuche icing.

Icing:

1/2 cup butter
1 cup brown sugar
1/4 cup milk
1 3/4 to 2 cups confectioner sugar

Melt butter. Add brown sugar and boil 2 minutes. Add milk, bring to boil. Cool. Add to confectioner sugar.

** This was a Christmas standard baked in square pans and served on the Moma's square tall pedestal fostoria cake server.*



MYSTERY BARS

1/2 cup shortening
1 1/2 brown sugar
1 cup flour plus 2 tablespoons
2 eggs
1/2 teaspoon baking powder
1/2 cup coconut
1 cup nuts
vanilla and salt

Cream shortening well. Add 1/2 brown sugar. Cream well. Add 1 cup flour. Mix well. Spread in ungreased pan. Bake at 300 degrees for 25 minutes.

Top: Combine 2 tablespoons flour, 1/2 teaspoon baking powder, 1 cup nuts, 1/2 cup coconut, vanilla and salt. Spread over first mixture and bake for 30 minutes at 350 degrees. Cool. Cut in squares.



PEANUT BRITTLE

2 cups sugar
1/2 cup white karo
1 cup water

Cook to 238 degrees then add 2 cups raw peanuts and cook to 300 degrees (hard crack).

Add 2 tablespoons butter or oleo and 1/4 teaspoon soda

Stir. Pour and spread thin on buttered cookie sheet.

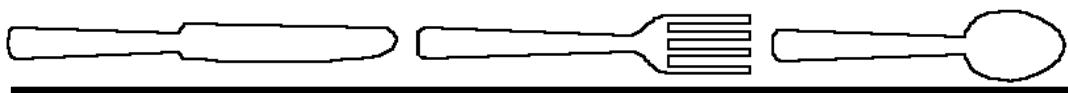


PIG CAKE (FROM MARIE POOL)

- 1 yellow cake mix
- 4 eggs
- 1 stick oleo
- 1/2 cup juice from a can of
mandarin oranges
- 1 teaspoon vanilla

Beat four minutes then add oranges and beat until pieces are small. Put in greased and floured 9" X 13" pan. Bake 25 to 30 minutes at 350 degrees.

For the topping blend 1 package vanilla instant pudding, juice from 1 pound 4 ounce can crushed pineapple. Add 1/2 cup powdered sugar. Mix then add 4 ounces whipped topping. Stir in and then add drained pineapple. Spread on cake and refrigerate.



PINEAPPLE CAKE

- 1 teaspoon soda
- 2 cups flour
- 1 1/2 cup sugar
- 20 ounce can crushed pineapple with juice
- 1 teaspoon vanilla
- 1 cup chopped nuts
- 2 eggs

Mix together and pour into an ungreased 9" X 13" pan. Bake 30 to 35 minutes at 350 degrees. Cake should be golden brown on top.

- Frosting:
- 8 ounce package cream cheese, softened
 - 1 stick softened oleo
 - 1 1/2 cups powdered sugar.
 - 1 teaspoon vanilla

Blend till smooth. Spread while still warm. Refrigerate at least 2 hours. Keep left over refrigerated.



SAND TARTS *

Sift together: 2 cups flour
 1/2 teaspoon salt
Cream thoroughly: 3/4 cup shortening
 1/4 cup butter
 1/2 cup confectioners sugar
Blend in: 1 tablespoon vanilla
 1 teaspoon almond extract
 1/2 cup chopped nuts
Add gradually: dry ingredients; mix until dough is smooth and
 well blended

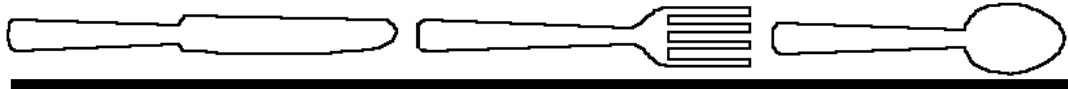
Shape into small balls (1 tablespoon for each). Place on ungreased baking sheet and flatten slightly.

Bake in slow oven (325 degrees) for 25 minutes.

Roll in confectioners sugar while the cookies are hot.

Variation: Do not add nuts to dough. Instead shape dough into fingers and roll in crushed nuts. Sugar after baking.

* For years a box of these cookies arrived in the mail from a friend out west and signaled the onset of Christmas.



SIMPLY DELICIOUS CAKE

Yellow Cake Mix

4 eggs

**1 1/2 packages instant vanilla
pudding mix**

can mandarin oranges with juice

**1 cup crushed pineapple with
juice**

pint of whipping cream

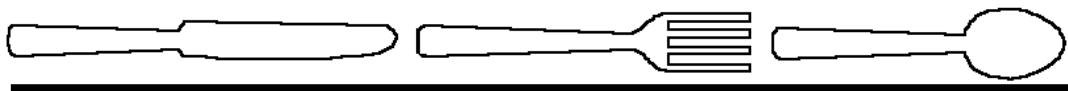
**Add eggs and can of oranges to mix and blend according to instructions.
Bake at 350 degrees for 20 to 30 minutes. (Test at 20 minutes). This
makes 3 layers or a large sheet cake.**

**Whip pint of cream. Add pudding mix to pineapple. Fold into whipped
cream. This is more "icing" than you may think you need. If doing a sheet
cake, be generous - add to sides as well as top. Beautiful on a large tray.**



AUNT ISABEL'S PORK CHOPS

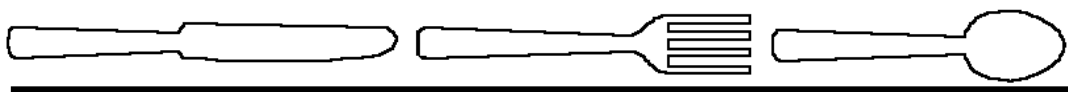
Pour corn flakes onto a piece of waxed paper. Press pork chops into the corn flakes to coat each one on both sides. Bake in flat pan about 20 to 30 minutes.



BLUE CHEESE POTATO SALAD

9 potatoes boiled and cubed
1/2 cup celery, chopped
can water chestnuts
1/2 cup scallions chopped
2 tablespoons minced parsley
2 1/2 teaspoons salt

pepper
1/2 teaspoon celery seed
2 cups sour cream
4 ounces blue cheese crumbled
1/4 cup wine vinegar

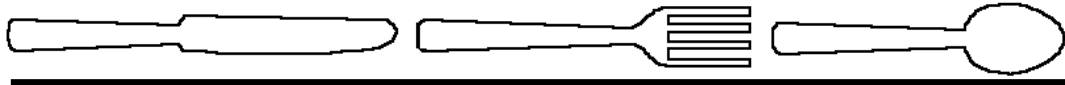


BOBBI'S CAESAR SALAD[★] DRESSING

1 can anchovies, drained
1 cup grated parmesan cheese
1 cup oil
1/2 cup vinegar
garlic - lots (4 cloves)
coddled egg

Blend above in blender. Serve on romaine lettuce with croutons.

★ This came from Aunt Bobbi and Moma has served it on a regular basis since she got it.



BREAST OF CHICKEN ON RICE

1 can cream of mushroom soup
1 soup can of milk
3/4 cup uncooked rice

1 can mushroom stems & pieces
1 envelope dry onion soup mix
2 chicken breast, split

Heat oven to 350 degrees. Blend soup and milk, reserve 1/2 cup of this mixture. Stir together remaining soup mixture, rice, mushrooms with liquid and half onion soup mix. Pour into ungreased baking dish. Arrange chicken breasts on rice mixture. Pour reserved soup mixture over chicken and sprinkle with remaining soup mix. Cover and bake 1 hour. Uncover and bake 15 minutes longer.



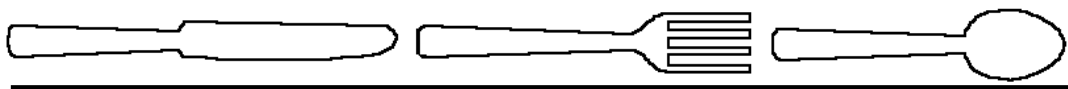
CHICKEN BREAST WITH WINE SAUCE

Place boned chicken breasts in large baking dish in balls. Cover with sauce and garnish with slivered almonds and pimento.

Sauce:

1 cup sour cream to which 2 tablespoons of flour have been added
1 can cream of mushroom soup
1/3 cup sauterne

Bake at 400 degrees about 1 1/2 hours. Holds well for late guests.



CHICKEN AND WALNUTS

- 1 medium onion cut in quarters and sautéed in 2 tablespoons butter
- 1 large green pepper - cut on slant
- 3 cups celery cut on slant
- 1 1/4 cups chicken broth
- 2 tablespoons soy sauce

Simmer about ten minutes. Add 1/2 cold water added to 2 tablespoons cornstarch to make a paste. Heat to boiling. Add 1 cup slivered chicken (cooked - left over - etc.) Just before serving add 1/2 cup chopped English walnuts.

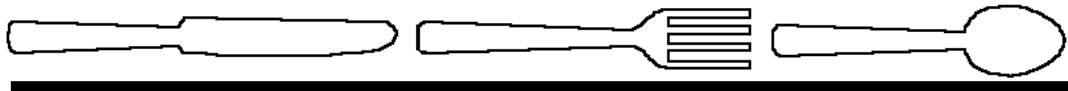
Serve over rice seasoned with saffron.



CORN PUDDING

- 1 can white cream style corn
- 1 tablespoon corn starch
- 1 to 2 tablespoons sugar
- 1 egg, beaten slightly

Mix above. Add enough milk to make a good pouring. Bake at about 350 degrees for about 30 minutes.



DINNER IN A DISH

Original Version

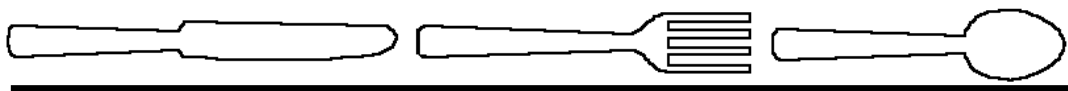
2 pounds ground round steak
1 pound American cheese, grated
2 cans tomato soup
1/2 pound butter
1 can kernel corn
1 can ripe olives, pitted
1 large onion, chopped
1 green pepper, chopped

Cook spaghetti. Dice or grate the cheese and butter. Mix all ingredients in a large pan and place in casserole. Top with any topping. Shredded wheat is nice. Bake in 350 degree oven for about two hours.

Easy Version

1 large can Franco-American Spaghetti with cheese and tomato sauce
2 pounds ground beef
salt
1 can corn
1 can ripe olives, pitted
1 large onion, chopped
1 green pepper, chopped

Brown meat in skillet and remove. Put chopped onion and green pepper in fat from meat and sauté. Drain off any excess fat. Mix all ingredients together and place in casserole. Sprinkle on topping. Since the meat has been cooked this will hold in the refrigerator for several days and improves with age. Bake about 45 minutes in a 350 degree oven. This is great for a party but even better to have on hand with house guests.

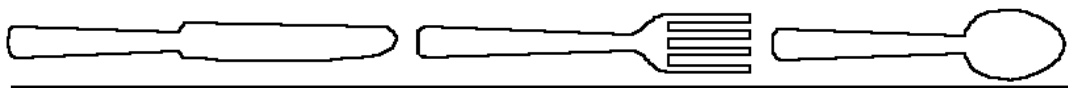


ELOISE'S GOULASH

1 pound ground steak
chopped large onion
#2 can tomatoes

#2 can kidney beans
salt, pepper
1/2 teaspoon chili powder

Brown onion in large pan. Add beef gradually and cook until meat is completely done. Add tomatoes, beans, seasonings and small amount of sugar because of tomatoes.

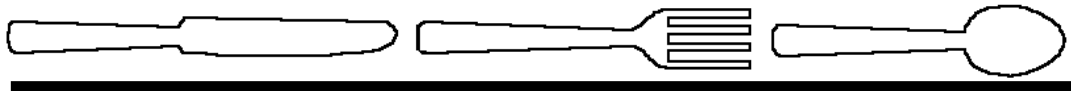


EGGS FOR LUNCH #1

Oil bottom of muffin tin. Line side with strip of bacon. Break egg into bacon lined tin. Bake in 350 degree oven until egg and bacon are done.

EGGS FOR LUNCH #2

Butter a slice of bread. Top with a second slice which has a circle cut out with a round cookie cutter. Butter rim of second slice. Break an egg in circle. Bake 350 degrees for ten to fifteen minutes. Try not to overcook egg.



GRITS

1 quart milk
1/2 cup plus 1/3 cup butter
1 cup hominy grits (not quick cooking)
1 teaspoon salt
1/8 teaspoon pepper
1 cup grated Gruyere cheese
1/3 cup grated parmesan cheese

Bring the milk to a boil. Add 1/2 cup of butter, cut into pieces so it will melt faster. Then gradually stir in grits. Be sure not to use the quick cooking sort. Resume the boil and continue stirring all the while, until the mixture takes on the appearance of cooked farina[★].

Remove from the heat, season with salt and pepper and then beat hard with an electric mixer for 5 minutes, until the grits take on a creamy appearance.

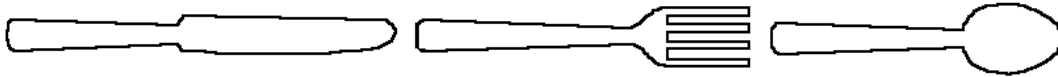
Pour into 13" X 9" X 2" casserole and allow to set.

Cut into rows of rectangular pieces. Place then one over another like rows of fallen dominoes in a buttered shallow casserole which may be brought to the table.

Over these, pour 1/3 cup melted butter and sprinkle with grated cheese.

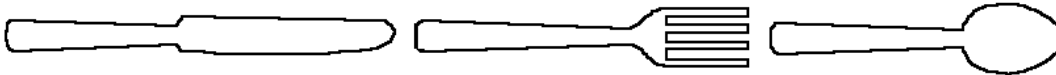
At serving time heat through in hot oven - 400 degrees for about 30 to 40 minutes and then, if you like under the broiler just long enough to obtain a light brown crust.

★ Since you never cook farina, never eat farina, probably don't even know what farina is - this doesn't mean a thing to you, does it?



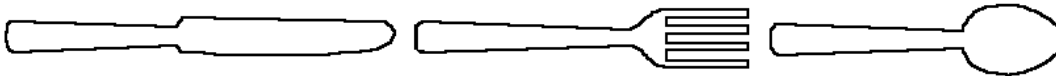
HAM WITH BROWN SUGAR AND MUSTARD

Take a center slice 1" to 1 1/2" thick from a tenderized ham. Remove skin and excess fat. Mix brown sugar (about a cup) and dry mustard (1 to 2 tablespoons) and sprinkle over ham in a baking dish. Pour milk around ham. Bake 45 minutes to an hour at 350 degrees.



KENTUCKY BOURBON YAMS

Open four cans of No. 2 1/2 yams. Heat potatoes and juice, mash well then add 2 cups sugar, 4 tablespoons butter, 4 tablespoons milk and 8 ounces of Bourbon. Beat mixture until light and fluffy. Pour into 1 quart casserole and top with marshmallows. Bake in 350 degree oven for 15 minutes.

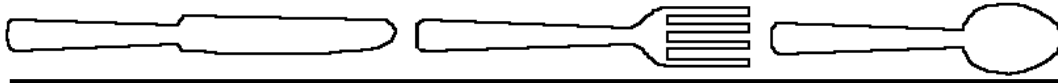


MARY'S^{*} ASPARAGUS CASSEROLE

Gather wild asparagus along the railroad track. Blanch. Boil six eggs (or more). Butter a casserole. Layer asparagus, sliced eggs & broken crackers. Dot each layer with butter. End with crackers & try to have at least 3 layers. Over the top pour about a cup of rich cream. Bake about 30 minutes in a 350 oven.

Realistic version: Boil about 6 or 8 eggs. Drain canned asparagus spears. Heat liquid from asparagus, adding a little butter, salt and pepper. Butter casserole. Layer asparagus, sliced eggs, crushed saltine crackers. End with crackers. (Try to have at least three layers). Pour liquid over layers and bake at 350 degrees for 20 to 30 minutes.

^{} Mary worked for Sam Holland, an old Kentucky friend and the source of many of Daddy's stories - that's another book.*



PACIFIC PASTA SALAD

1 head cabbage cut very fine. It is more interesting to use 1/2 head green cabbage and 1/2 head red cabbage.

6 green onions - chopped fine

6 tablespoons sesame seeds

6 tablespoons slivered almonds - toasted 5 - 7 minutes

2 packages top ramen noodles (uncooked, without seasoning) - lean on package and break it into bits, not too small nor too large

Dressing:

1 cup oil

6 tablespoons rice vinegar

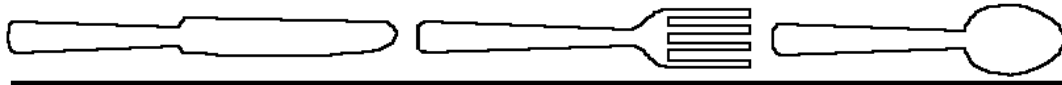
2 teaspoons Accent

1 teaspoon pepper

2 teaspoons salt (may be omitted)

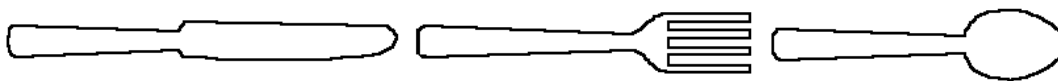
4 teaspoons sugar

Chop green vegetables and store in refrigerator until ready to serve. Combine dry ingredients. Mix dressing and shake well just before using. When you are ready to serve, combine dry ingredients with vegetables. Add dressing. Toss and serve. Try not to have leftovers, it is good, but not as good as when everything is crunchy.



PORK CHOPS

Place not more than six chops or slices of boneless loin in a baking dish. Pour over them a can of chicken gumbo soup, undiluted. Bake 350 degrees about 30 minutes.

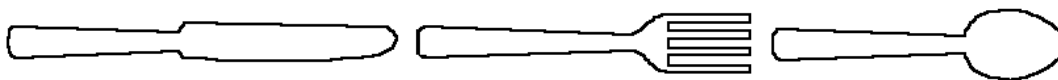


RED BEANS AND RICE ALA FRANK WHEELER

2 cups red kidney beans
5 cups water
1 teaspoon salt
1/4 teaspoon pepper
dash Worcestershire sauce
1 can tomato sauce

ham bone (with plenty of ham on)
1 medium onion chopped
1 large clove garlic, chopped
1 bell pepper, chopped
celery, chopped

Night before, wash beans and cover with water. Soak overnight. Drain off water but keep it for the 5 cups needed. Add water and other ingredients to beans. Simmer for 4 hours, watching the liquid level, add more water if needed. Start the beans at a simmer and never let them come to a full boil. Serve over rice.

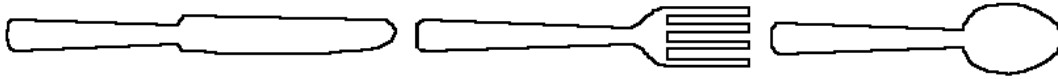


SPINACH ARTICHOKE CASSEROLE

1 large can artichoke hearts
2 packages frozen chopped spinach
1 (8 ounces) package cream cheese
1 stick oleo
can water chestnuts
bread crumbs

Cut artichokes in pieces and place in bottom of casserole. Cook spinach (very lightly) and drain well. While still hot, mix cream cheese, which has been cubed, and oleo with spinach, to melt. Add sliced water chestnuts. Spoon spinach mixture over artichokes. Sprinkle with bread crumbs.

Bake at 350 degrees for about 25 minutes.



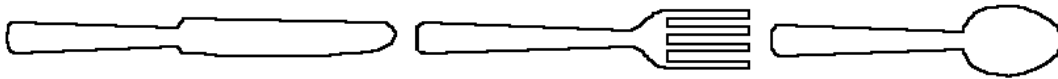
SWEET PEPPER RELISH - MRS. D. T. PORTER - GRACEY, KENTUCKY

12 red sweet peppers
12 green sweet peppers
12 small onions

3 tablespoons salt
1 pint vinegar
2 cups sugar

Remove seeds from peppers. Chop peppers and onions. Add salt, vinegar and sugar. Mix well and bring to a boil. Simmer 10 minutes. Seal in sterilize pint jars.

One of Moma's favorite childhood memories was a sweet pepper relish sandwich. She would take buttered bread, (butter to keep the relish from soaking into the bread) and add the relish.

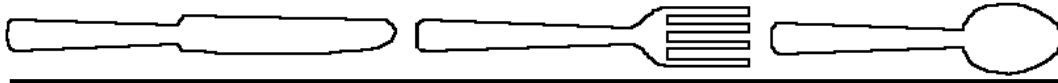


SQUASH CASSEROLE

3 cups cooked squash, drained
and mashed
1/2 teaspoon black pepper
1 cup chopped onion
3/4 stick oleo, melted

2 eggs slightly beaten
1 teaspoon salt
1 cup whole milk
1 cup grated cheese
1 to 1 1/2 cups herb stuffing

Mix. Put into greased baking dish. Sprinkle top with additional stuffing. Bake 40 minutes at 375 degrees. Serves 10.



TURKEY, STUFFING AND GRAVY

The recipes for Turkey, Corn Bread Stuffing and Gravy are taken from a very long letter written to help me roast my first turkey in 1970. The letter was great but the turkey didn't fair so well. Aunt Sally was there and can attest to the disaster. I misread the amount of salt and almost created turkey jerky and no one told me turkey parts are stuffed in both cavities - that was a little surprise that was found after the bird was cooked.

Turkey

Don't buy one smaller than 8 pounds - 12 is considered to be the perfect size. Toms are better than hens. Thaw in the refrigerator. Remove the giblets (neck, liver, heart, gizzard) and put on to boil in several cups of water. This water you use to moisten the dressing and later to make gravy. Rinse the turkey inside and out. Salt by adding salt to the cavity and by rubbing on the outside. Meat usually needs 3/4 teaspoon per pound.

Make the dressing. Pack the dressing lightly into the cavity. Also fill the cavity under the skin where the neck came off and tuck the skin back into the neck part. This makes your bird look rounded and fatter. After you have stuffed the inside you can tuck the legs back under that strip of skin they came tucked in and spread the skin back into the cavity as well as you can. All the books will tell you about sewing the bird up, etc. This isn't necessary.

Roasting hints: Lifting a well done bird from the pan on foil and keeping it in good shape is quite a feat - especially the 25 pounders we usually had at home. Daddy rigged one up for me once. He attached some wires to a rack which came with a roaster. We put the rack inside the foil before wrapping the bird and curved the wire handle around the side. Perfect for lifting out the foil - then into the platter and slip the rack out. Use heavy duty foil. Tear two long pieces and attach with several folds if necessary to make much wider than foil can be purchased. With a small bird you might be able to wrap one completely by crossing two pieces. The paper bag is cheaper than foil and really it works. Take a large sized, heavy paper bag. Dump about 1/4 cup of cooking oil inside and shake to coat the bag, put your stuffed bird inside, fold the end and staple or secure some way. Put it on the rack and roast. The bag becomes saturated with turkey fat and turns almost like leather. Unless you bump or tear it, the fat just sits there in the bottom of the bag. When you get ready to take the bird

out you can pull the rack forward, tear a hole in the bottom front of the bag and let the fat drain into a pan.

Scoot the bird - bag and all - onto a platter and tear the bag away. If you cook this during the day, you can keep an eye on it and watch the process. For peace of mind you can put the other rack just beneath the bird and place a pan or a large piece of foil crimped to make a pan. The first time I tried this I put the turkey bag in the oven, went to bed[★] and got up the next morning to a beautifully done turkey. No problem.

Don't rush a turkey. Start cooking well before the time you expect to eat it. The books say cook 20 to 25 minutes to the pound in a 350 degree oven. Allow 30 minutes to the pound and remember you added a pound or so of dressing. About 45 minutes before you think it's done, you can open the foil (or bag) and check on its progress. Leave the foil open and let the bird brown off. Collect some fat for gravy and finish the rest of your meal in this period while the turkey is browning.

Carving is something one learns by doing. First slash that band of skin which held the legs and remove one drumstick. There's the big beautiful side of a breast to start slashing. The leg can be sliced to get dark meat - unless you have a pig like Susan who prefers dark meat and insists she can eat a whole turkey leg - and proved her point.

★ Since 1970, thinking has changed about going to bed with a paper bag cooking in your oven. Moma lived through it but - "warning - don't try this at home".

Turkey Gravy

Giblets in turkey gravy is an old deep south tradition and some people don't like it. (Since Chico got big enough to complain, I have not used the heart and liver. That was always Pooche and Tober's[★] holiday treat.) The giblets should simmer until the meat on the neck comes loose. Set them aside to cool. Take them out of the water and on a chopping board or platter, chop the gizzard and shred the meat from the neck bone and cut it up.

There should be several cups of water left in the pan. Put this back on the unit and add some turkey fat which has been drained from the foil or paper bag. You just have to estimate this. The fat will float around on the top of the water. Put about three tablespoons of cornstarch in a cup or small bowl. Slowly stir in cold water until you have a paste which will pour. Pour a little at a time into the boiling water, stirring constantly.

When it thickens to the consistency you like for gravy, you've added enough cornstarch. If the gravy is a grayish, unattractive color, you can remedy this with a little soy sauce - also helps the flavor. Just before you are ready to serve the gravy you can add the giblets.

★ You can probably figured out that Pooche was the dog (big and white and much loved) and Tober was the cat (name Mr. O. C. Tober because we got him in October). Tober is buried in the back yard with a flagstone carved by Susan.

Corn Bread Dressing

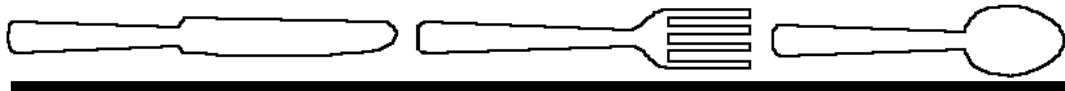
4 cups corn bread, crumbled
4 cups stale white bread, cubbed
large Spanish onion, chopped
several fingers of celery, chopped
(you can't over do the onion or the celery. Just guess when you have enough.)

Put all of the above in a large pan. Add about a stick of oleo, cut up. Season with salt, pepper and sage. (Go easy on the sage. It is very southern and some people greatly dislike it. Personally, dressing isn't dressing without sage.)

Pour boiling water to melt the oleo, a cup at a time and stir until you consider the dressing moist enough. This is something you have to learn to judge. Too moist dressing gets gummy. (Like Mrs. Mahoney[★] rice.)

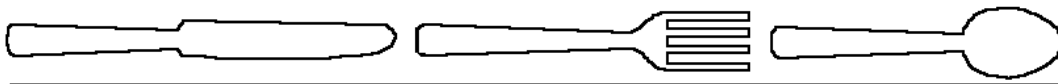
If you make more stuffing than you need to fill the bird, you can make it out in nice balls, put in a baking pan and bake that last 45 minutes you are browning the turkey.

★ Mrs. Mahoney was the cafeteria lady at Dufroc Elementary in Baton Rouge. She lives in infamy for her gloppy rice.



24 HOUR SALAD

Day before serving fill bottom of large salad bowl (glass looks prettier) with cut up lettuce. Add to bowl, layers of chopped onion, celery, green pepper and last, a drained can of green peas. "Ice" with Hellman's Mayonnaise (only Hellman's will work) Cover and store until serving time. Just before serving, garnish top with imitation bacon bits and grated Parmesan cheese.



WHITE CHILI - TIMOTHY'S RESTAURANT, LOUISVILLE, KENTUCKY

1 pound dried great Northern white beans, rinsed, picked over
2 pounds boneless chicken breasts
1 tablespoon olive oil
2 medium onions, chopped
4 garlic cloves, minced
2 4 ounce cans chopped mild green chilies
2 teaspoons ground cumin
1 1/2 teaspoons dried oregano, crumbled
1/4 teaspoon ground cloves
1/4 teaspoon cayenne pepper
6 cups chicken broth or canned stock

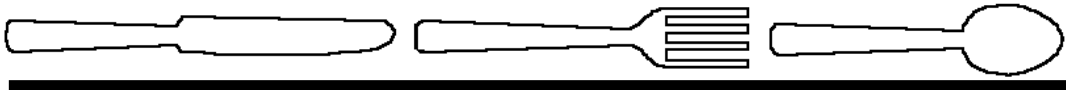
3 cups grated Monterey Jack cheese - about 12 ounces
sour cream
salsa
chopped fresh cilantro

Place beans in heavy large pot. Add enough cold water to cover by at least 3 inches and soak overnight. Place chicken in heavy large saucepan. Add cold water to cover and bring to simmer. Cook until just tender, about 15 minutes. Drain and cool. Remove skin. Cut chicken into cubes. Drain beans.

Heat oil in same pot over medium high heat. Add onions and sauté until translucent. about ten minutes. Stir in garlic, then chilies, cumin, oregano, cloves and cayenne and sauté 2 minutes. Add beans and stock and bring to boil.

Reduce heat and simmer until beans are very tender, stirring occasionally, about 2 hours. (Can be prepared 1 day ahead, covered and refrigerate. Bring to simmer before continuing.)

Add chicken and 1 cup cheese to chili and stir until cheese melts. Season to taste with salt and pepper. Ladle chili into bowls. Serve with remaining cheese, sour cream, salsa and cilantro. Serves eight.



YUMMY POTATOES - RUTH[★] HEFT

Boil 8 potatoes and 2 bay leaves in salted water until tender. Refrigerate till cold. (Can be cooked a day or two ahead). Cut into cubes or shred into 9" X 13" greased pan.

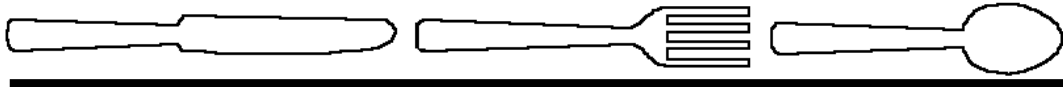
Pour this sauce over potatoes.

Sauce:

1 can cream of chicken soup (undiluted)
1 1/2 cups sour cream
1/4 cup melted margarine (4 tablespoons)
2 tablespoons onion
salt and pepper
1 1/2 cups grated cheese

Bake in 350 degree oven for 30 minutes. Put on topping of potato chips, cereal or bread crumbs and melted margarine and more cheese on top for last few minutes of baking. This can be made 2 - 3 days ahead and baked the day it is to be served.

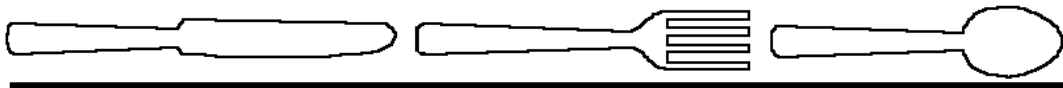
[★] Ruth is Moma's friend from Danville, Kentucky who Sally - Sarah Ruth - was named for.



BLUE CHEESE DIP

8 ounces cream cheese
cup sour cream
block of blue cheese

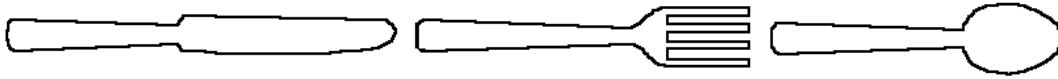
Blend all together. Heat. Cut off top of round loaf of bread and remove center. Heat loaf in oven. Serve hot dip in hollowed out bread. Use slices of French bread for dipping.



CUCUMBER SANDWICHES

Soften cream cheese and add finely chopped onion. Spread on thin white bread with crusts removed. Leave open.

Core cucumbers. Slice very thin. Add to cheese spread bread at last minute before serving. Season with salt, parsley and paprika.



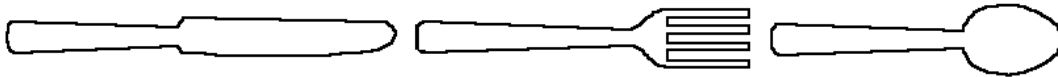
DILL BREAD

1 package dry yeast	1 tablespoon butter
1/4 cup warm water	2 teaspoon dill seed
1 cup creamed cottage cheese (sieved & heated lukewarm)	1 teaspoon salt
2 tablespoons sugar	1/4 teaspoon soda
1 tablespoon minced onion	1 unbeaten egg
	2 1/4 to 2 1/2 cups sifted flour

Soften yeast in warm water. Combine it with cottage cheese, sugar, onion, butter, dill seed, salt, soda & egg. Add flour gradually to form stiff dough, beating well after each addition.

Cover & let rise 50 to 60 minutes in warm place until dough is light and doubled in size. Stir down dough. Turn into a well greased round mold or casserole.

Cover and let rise 30 to 40 minutes in warm place. Bake at 350 degrees for 40 to 50 minutes. (Usually 50) Brush with soft butter and sprinkle with salt. If you prefer a crispy crusty, leave off this last step.



EGG NOG

Party Version

one quart bourbon
1 pint sugar
12 egg yolks
3 quarts heavy cream

Family Version

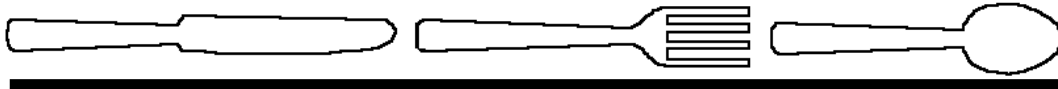
1 1/2 cups bourbon
2/3 cups sugar
4 egg yolks
1 quart heavy cream

Seven hours before serving, mix bourbon with granulated sugar. Allow to stand for three hours.

Beat yolks of eggs until light in color. Add whiskey mixture a little at a time, stirring constantly. This is necessary to prevent curdling.

Cover and let stand for two and one half hours. This cooks the eggs.

At end of this time, whip heavy cream and fold into mixture.

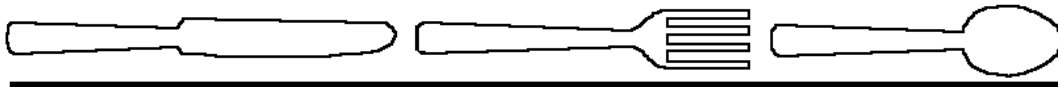


MUSHROOMS

3 cans button mushrooms
2 eight ounce packages cream
cheese

1 egg yolk
grated onion or garlic powder
Hollywood bread

Cut 5 rounds from each slice of bread. Toast one side. Turn and butter before toasting other side. Cream cheese with mixer. Add egg yolks and onion. Spread small amount on each piece of bread. Place mushroom on bread round and cover with cream cheese mixture. Run under broiler just before serving until golden brown. Serve hot.



NEVER FAIL ROLLS

4 cups all purpose flour
1 cup lukewarm water
1 package yeast
2 eggs

1/3 cup shortening
1/4 cup sugar
1 teaspoon salt

In large bowl dissolve the yeast in the lukewarm water. Add melted shortening or oil (using melted shortening speeds rising process, oil is less bother), sugar, beaten eggs and salt.

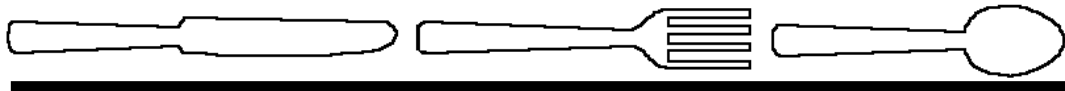
Add 2 cups of sifted flour and beat until smooth (mixer can be used at this beating).

Add remainder of sifted flour and mix until flour has been taken up. Dough will be lumpy -- does not need to be kneaded.

Cover lightly and set aside until double in size. Punch down, knead slightly and make out. *

Let rise and bake 10 to 15 minutes at 400 degrees to 425 degrees. A novice should consult a good cookbook for making out rolls. Rolls can be frozen as soon as taken from the oven and thawed just before serving by returning to oven about 10 minutes.

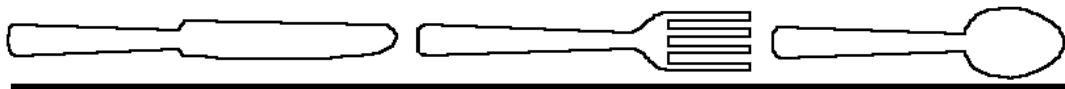
** This doesn't mean start kissing. In Moma's case she "makes out rolls" by squeezing off small round sections and putting three to a muffin tin to form a clover leaf roll.*



OYSTER CRACKER SNACK

2 packages oyster crackers
Hidden Valley dry salad dressing mix
1 tablespoon lemon pepper
1 tablespoon dill weed
1 1/2 tablespoon garlic salt
1 cup vegetable oil

Put crackers in large baking pan. Combine other ingredients and pour over crackers. Bake in slow oven 1/2 hour, turning frequently.



PEARLIE'S BISCUITS - TEDDY'S VERSION

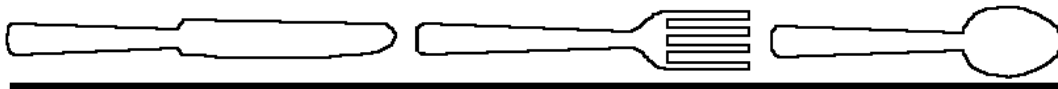
In sifter mix:

2 cups all-purpose flour
1 teaspoon salt
2 teaspoons double acting baking powder

Sift into bowl.

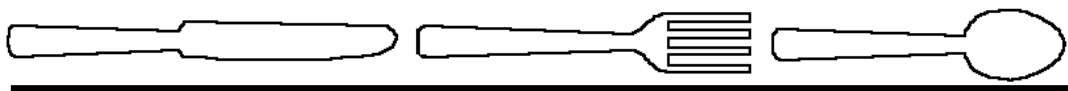
With fingers mix into flour until mealy - 4 lumps of shortening the size of a walnut.

Use fork to make a hole in the middle of mixture. Pour into the hole 2/3 cups milk. Blend with fork. Flour surface and dump dough and knead until smooth. Roll out and cut. Bake 10 to 12 minutes in 400 degree oven.



HAM BISCUITS

Take half of dough and roll out thin and cut. Put on cookie sheet. Top each with a piece of ham. With remaining dough, roll thin, cut and put on top of each piece of dough and ham. Bake 10 to 12 minutes in 400 degree oven. Can be made several days before serving and baked 8 minutes or so and frozen on cookie sheet, covered. Do not thaw in microwave. Heat oven and thaw and finish cooking before serving time.



PIMENTO CHEESE - MRS. SMITHSON

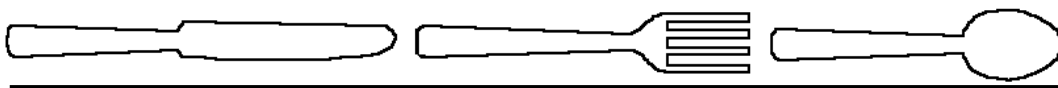
8 tablespoons vinegar
16 tablespoons water
12 shells[★] sugar
dash of red pepper

Boil slowly until begins to thicken (20 to 25 minutes)

Set aside to cool.

Grind 1 pound cheese and 1 large can of pimento together. Save liquid. Salt to taste. Add dressing to cheese and make "wet" as it dries out. Keep unused dressing to add to cheese later if necessary.

★ Mrs. Smithson was obviously one of those southern ladies who had a silver sugar shell in her sugar bowl.

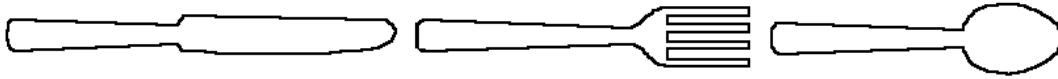


RUSSIAN TEA

1 cup Tang
1/2 cup instant tea
1/2 cup sugar

1 teaspoon cinnamon
1 teaspoon cloves
1/2 package lemonade mix

Add 2 teaspoon per cup of hot water



SPICED MEAT BALLS - ABOUT 40 BALLS

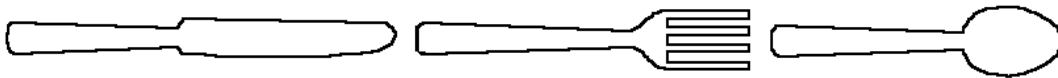
Meatballs:

1 pound ground beef	few drops Tabasco
3/4 cup bread crumbs	1/2 teaspoon horseradish
2 tablespoons finely chopped onion	2 eggs well beaten
1 tablespoon finely chopped shallot	1/2 teaspoon salt
1 tablespoon catsup	1/4 teaspoon black pepper
	1/2 teaspoon Accent
	1 tablespoon parmesan cheese

Shape into meatballs about 1/2" to 3/4" in diameter. Brown in butter until done - can be frozen and thawed in sauce.

Sauce: Combine and cook about 15 minutes.

1/2 cup catsup	sauce
1/4 cup chili sauce	1 teaspoon Accent
1/4 cup cider vinegar	dash Tabasco
1/2 cup brown sugar	1/2 teaspoon dry mustard
2 tablespoons finely chopped onions	3 drops bitters
1 tablespoons Worcestershire	1 teaspoon salt
	1/4 teaspoon pepper



SPINACH DIP

1 package frozen chopped spinach cooked according to instructions on box	1/2 cup chopped green onions
1 cup sour cream	1 teaspoon oregano
1 cup mayonnaise	1/2 teaspoon dill weed
1/2 cup chopped parsley	2 teaspoons seasoning of your choice
	salt and pepper to taste

Squeeze spinach until moisture is removed. Mix with remaining ingredients. Chill overnight.

