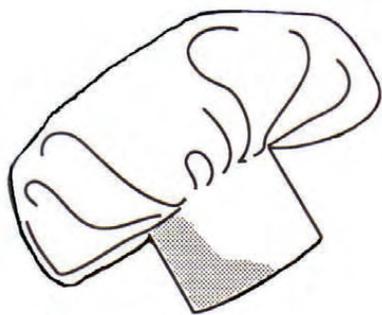


Second Edition  
Revised and Enlarged



# **Cooking** from **Kith & Kin**



Compiled  
by  
**Frank Wallace**

Edited by  
**Jane Wallace Fiero, John W. Fiero,  
Margaret C. Wallace, Neva Nabors Wallace,  
& Margaret Wallace Story**



**Printed at Lafayette, Louisiana  
August, 1994**

*Revised by John & Jane Fiero  
January, 2007*

## *Dedication*

This book is dedicated with love, admiration,  
and respect to

***Thomas Francis Wallace, Sr.***

*1905-1991*

Since it was his idea originally, it is rightfully his book.

***Margaret Copeland Wallace***

*1908-2001*

who inspired this revision

&

***Thomas Francis Wallace, Jr.***

*1932-2006*

who, as editor and chief contributor to the  
first edition, made this book a reality

## *FOREWORD*

The title, "Cooking from Kith and Kin," makes it obvious this is a cookbook. However, it is more than just another compilation of recipes.

What makes it more than a cookbook?

The answer is more complicated than the question. It is a symbol of family interest--good food. But to that family interest (the "Kin" in the title) one must add the interest of the family's friends in good food as well (the "Kith" of the title).

Does it stop there? Not at all. It is also symbolic of a lifestyle, a culture, even a mystique that is rapidly passing--that of friends and family regularly sitting down together to break bread. While the elements of the actual meal are important (they should tempt the palate and create enjoyment in and of themselves) there is much more to it than just staving off hunger. Maybe it is a different kind of hunger. The hunger for lively conversation. The hunger to feel free to express one's own point of view and have it at least listened to, if not accepted. Such feelings of pleasure and enjoyment cannot be garnered while stuffing down a Big Mac, with or without kith and kin, at a sterile, plastic-topped table!

It is the hope of all involved in this project that you will enjoy using, re-using, and modifying the recipes. More importantly, we hope as you prepare these recipes and serve them on your table in your home that their greater symbolism will become evident to you and those that gather with you around your table.

This endeavor had a long gestation period. In the summer of 1978, Neva and I, along with Mother (Margaret Copeland

Wallace) and Daddy (Thomas Francis Wallace, Sr.) made a nostalgic journey to visit "kith and kin" in South Carolina. First we went to Sandy Springs to visit "Mac" and Cornelia McCraw. Then on to Clinton, town of Mother's youth, to spend time with her sister "Sapie" (Sarah Copeland Nettles) and her husband, Harry. From there we went to St. Matthews where Mother and Daddy first made their home as newlyweds and where I was born. We spent a couple days there seeing old friends from years long gone by, especially Mary and Banks Wannamaker, their son Luther (the closest thing I have to a brother) and his wife Doraine.

The entire trip was a great joy to us all. Everywhere we went we enjoyed a great variety of excellent meals. As we drove along the highway toward Birmingham to Margaret and Wayne Story's home--the starting place of the trip--Daddy suggested that I compile a cookbook of recipes from the trip and of dishes we sort of considered "family trade marks". I agreed it would be a worthwhile and interesting project and then sent the thought to the back of my mind. It wouldn't stay there. As Neva and I wrote "thank you's" to our gracious hosts, we again savored together those wonderful meals each had prepared in our honor. So I blithely decided, "By gosh, I'll do it." We began by getting all the cards and scraps of paper together that comprised our own recipe files. We then went through our many cookbooks seeking recipes we particularly liked, and had, by marginal notations, modified so as to improve on them, at least in our way of thinking. Then I set about writing everyone from the South Carolina trip, bravely stating that I was "compiling a cookbook" and asked

that they send their favorite recipes. The response was, to my great delight, 100%. I began typing the recipes and adding a personal note to each. This was in the early 1980's. As I typed and wrote about each recipe, I realized I knew nothing about writing a cookbook, or any kind of book, for that matter. Some sort of format needed to be developed for uniformity in recipe presentation. The recipes needed to be categorized in a logical fashion. Would it be by contributor? or type of food? or what?

About this time, we moved from Missouri back to Shreveport and the entire project, with all the unanswered questions, was put on hold. We were re-establishing ourselves in Shreveport, and I was embarking on a new career. Book compilation became a low priority. We held onto the recipes and added to them, bit by bit, stuffing them into a manila folder stored in the top drawer of our china cabinet. When asked, "Are you still working on the cookbook?" the answer was, "Yes, but it is progressing slowly."

There matters lay until the summer of 1994. Mother called late one afternoon and said, "Wheat (Margaret Wallace Story's daughter) is getting married. Jane [Wallace Fiero] and I thought it would be a great wedding gift if you would finish the cookbook in time to give her a copy as a wedding gift. Jane and John will help. Is that OK with you?" Nobody has the nerve to deny such a matriarchal request, especially when expert assistance is offered. Here is the book, only because of Jane and John Fiero's Herculean efforts in typing, layout, format, and editing. Without their help, the manuscript would still be stuffed in the top drawer of our china cabinet.

Enjoy!

Frank Wallace  
Shreveport, LA  
July 1994



## Online Use of This Book

When Jane and I decided to update and revise *Cooking from Kith & Kin*, we thought that rather than produce a physical book we would make it an online publication available to anyone with a computer and Internet access. It is, of course, the cheapest method of distributing the book.

If you are reading this page, it means that you have already downloaded the work and are reading it on your computer monitor using a version of the free Reader provided by Adobe. If you choose to print the whole work on your home printer, fine. And if you want to print a copy for other family members and friends, that is also fine. But rather than do that, you might consider printing pages only as you need them, since, as you know, you can elect to print just the “current page” when you give instructions to your printer.

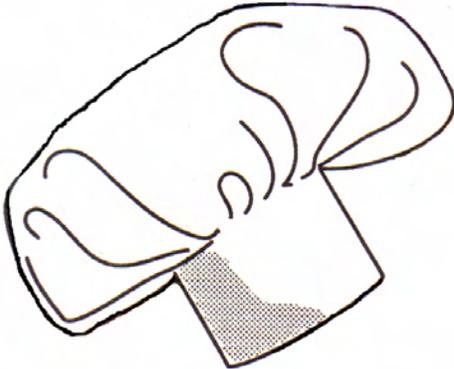
By creating internal links in the book, we have made both the Table of Contents and Index very useful online navigation aids. If you use your mouse to click on a recipe identified in the Index, the program will take you to the page in the book where the recipe starts, making it very simple to access what you want. The Table of Contents also has links, but only to sections of the book. It is useful for looking for a recipe that you have not used before but might want to try for the first time. For example, if you wanted to try a new recipe using shrimp, you could go to the start of the shrimp section and start looking over your choices. You could also do the same thing using the Index.

Obviously, there will be no links if you decide to print and use a hard copy of the book. You will have to use both the Table of Contents and Index in the old-fashioned way. However, note that the Index is only arranged alphabetically within sections, meaning that you would have to guess as to which section includes the recipe you are looking for.

We will be updating the book from time to time, making corrections and perhaps adding new recipes sent to us. New items will have to be stockpiled for a time because revision with additions is a fairly involved process.

Good luck using this revised edition of *Cooking from Kith & Kin*. If you elect to use it strictly online but run into any snags, please feel free to e-mail me for help at [john@jwfiero.com](mailto:john@jwfiero.com). Or, if you wish, call me at 337.504.4672.

—John W. Fiero



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# Hors d'Oeuvres &



# Appetizers



## Dips & Spreads

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### **BROCCOLI/CHEESE DIP ►**

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We served a similar dip at Margaret and Tres's wedding reception, and it was well received. A later edition added the Rotel tomatoes, which give it more "zip." Easy to prepare, it keeps well and guests like it.

3 stalks celery, chopped rather fine  
 ½ cup finely chopped onion  
 1 can Rotel tomatoes with green chilies  
 1 10 oz. package frozen chopped broccoli  
 1 can cream of mushroom soup  
 1 roll garlic cheese  
 3 Tb butter or oleo  
 Louisiana Red Hot Sauce (optional)  
 Salt and pepper to taste

Sauté the chopped onions and celery in the oleo until tender. Put the Rotel tomatoes in blender and give a whirl or two, adding to the sautéed vegetables, cooking while you prepare the broccoli according to package directions. Add the mushroom soup to the onion mixture, continuing to cook as the broccoli cooks. Add the cooked broccoli and the cheese (cut into smallish pieces to aid melting) and mix well. Serve with dip-sized Fritos or other chips, using a chafing dish to retain heat. Freezes well. This amount will serve 12 as an hors d'oeuvre easily.

*Frank Wallace*

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### **CAVIAR PIE ►**

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Wes Cady and Bill Frierson concocted this recipe many years ago. It is good and rich. Serve with crackers or spread it on melba

toast.

4 hard boiled eggs  
 1 stick butter (or margarine), softened  
 Grated fresh onion to taste  
 Sour cream  
 Caviar, 1 small jar, any kind

Grate the eggs and mix with onion and butter. Form into low mound on small plate, cover, and refrigerate. Before serving coat with sour cream and top with caviar.

*Roma Hepburn*

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### **CHEESE RING ►**

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This recipe is from a high school friend who served it for our supper club. I frequently take this when someone says to bring an appetizer/hors d'oeuvre, and it has always been a hit.

1 lb. package Kraft Velveeta with  
 Jalapeño  
 1 small onion, finely chopped  
 ¾ -1 cup mayonnaise  
 Black pepper to taste  
 Pecan pieces (enough to cover top of  
 ring; I have never measured)  
 1 small jar of strawberry or raspberry  
 preserves

Mix cheese, onion, mayonnaise and black pepper. Make ring on serving plate with hole large enough for the contents of a small jar of preserves. Sprinkle pecan pieces on top. Fill hole in ring with strawberry or raspberry preserves. Chill until ready to use. Serve with crackers (Waverly Wafers, Saltines, or Townhouse—something plain).

*Martha Tolson Griggs*

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**CRABMEAT DIP (HOT) ►**


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This recipe comes from our good friend Doris Meriwether, who, I think, got it from the Junior League cookbook *Talk about Good*. John and I first made this dip for Tom and Sandy's wedding reception in 1981. Sandy's dad and uncle hunkered around this dip until it was all gone. We have never made it since then when it didn't disappear post haste.

1 8 oz. package of cream cheese  
 1 stick of butter  
 1 lb. of crabmeat  
 1 small finely chopped onion  
 Dash Tabasco  
 Dash garlic  
 Red pepper

In a double boiler melt the cream cheese and butter; add onion, and sauté until onion is soft. Add crabmeat and seasonings. Serve in a chafing dish with crackers or in small patty shells.

*Jane Wallace Fiero*

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**CUCUMBER DIP ►**


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Simple to prepare, inexpensive, and so much better than "store-bought" dips!

1 large cucumber  
 2 3 oz. packages cream cheese  
 2 Tb lemon juice  
 2 Tb green onion, finely chopped  
 Salt and black pepper to taste

Coarsely grate the unpeeled cucumber, drain well, squeezing out all liquid that you can.

Reserve the liquid. Soften the cream cheese with fork, put in mixer. Add lemon juice, cucumber, onions; mix. Season with salt and pepper; add enough of the reserved cucumber juice to bring to the proper consistency for dipping. Serve with crackers or party rye bread rounds. This amount will serve 8-10 people. Keeps several days in the refrigerator, and can be made ahead of time.

*Frank Wallace*

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**CUCUMBER HERB SPREAD ►**


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1 pkg. (8 oz.) Philadelphia or Neufchatel Cheese, softened  
 ½ cup 2% milk shredded mozzarella cheese  
 ½ tsp fresh dill, chopped  
 ½ tsp lemon juice (about ½ a lemon)  
 ¼ tsp minced garlic

Mix all ingredient. Cover. Refrigerate 6 or more hours to allow flavors to blend. Serve with Triscuits.

*Shannon Lee Hughes*

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**HOT ARTICHOKE SPREAD ►**


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This is another recipe from the wife of my life-long friend, Luther Banks Wannamaker, Doraine. It is quick and easy to prepare. Every time we've served it, people raved about it. I added the seasoned bread crumbs to Doraine's original recipe—they are certainly optional and can be left off with no harm done. Doraine says it serves 20 to 25 people, but that number may be a little ambitious because people keep going back for more!

1 14 oz. can artichoke hearts  
 1 cup Hellman's mayonnaise  
 1/3 cup grated Parmesan cheese  
 Progresso or similar seasoned  
 bread crumbs  
 Cayenne pepper, Tabasco,  
 and salt to taste

Chop artichokes very finely, or put in food processor or blender. Mix with other ingredients, except bread crumbs. Put in 1 - 1 1/2 quart casserole, cover with bread crumbs, and bake at 350° for half an hour. Serve with plain crackers or melba toast.

*Frank Wallace*

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## **HUMMUS** ▶

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Jane and I have become quite fond of this Middle Eastern appetizer. When we first started making it, tahini, which is fairly expensive, was only available in specialty stores like Cedars Grocery in Lafayette, but now, with the great interest in ethnic foods, it is readily available in most supermarkets.

1/4 cup tahini  
 1/3 cup lemon juice  
 1/3 to 1/2 cup water  
 1 clove garlic  
 1 15 oz. can garbanzo beans, drained and rinsed  
 salt and pepper

Put tahini, water, lemon juice, and garlic in a food processor or blender. Add a little salt and pepper. Start processor and let it run, adding a few beans at a time. Mixture will start to emulsify. Continue until all beans are used. Put hummus in fridge to chill. Serve with pita bread or vegetable sticks.

*John W. Fiero*

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## **SHRIMP MOULE** ▶

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This recipe comes from our long-time friend, Marge McInteer, and her good and interesting cookbook *Marge's Merrie Mixin's*. This is a dip that everyone seems to enjoy.

1 lb. shrimp, boiled and peeled  
 2 3 oz. packages cream cheese  
 1 1/2 tsp salt  
 1/4 cup light cream or evaporated milk  
 5 Tb mayonnaise  
 1 tsp grated onion  
 2 tsp horseradish  
 Red pepper

Grind or finely chop shrimp. Mash cream cheese and blend with salt and cream. To cheese mixture, add mayonnaise, onion, horseradish, and red pepper. Mix well. Stir in shrimp. Serve with crackers or small pulled-inside sections of French bread that has been toasted in hot oven. Can be made ahead and frozen.

*Margaret Copeland Wallace*

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## **SPINACH DIP** ▶

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I got this recipe from the Internet—given the Kraft mayonnaise called for in the recipe, probably from kraft.com. It is dead easy and quite good. I have made it with green onions and lemon pepper seasoning and never with dried parsley much less fresh, and it works. The essential ingredients obviously are the sour cream, mayonnaise, and spinach. An option is to add 1/2 cup of slivered almonds and a package of Knorr's vegetable soup mix.

1 cup mayonnaise  
 1 cup sour cream  
 1 10 oz. package frozen chopped spinach,  
 thawed, well drained  
 ½ cup chopped fresh parsley  
 ¼ cup sliced green onions  
 1 tsp lemon pepper seasoning

Mix mayonnaise and sour cream in medium bowl. Stir in remaining ingredients. Cover. Refrigerate several hours or until chilled.

*Jane Wallace Fiero*

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### **TEXAS CAVIAR ►**

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This is wonderful to dip chips in or to put on a tortilla and cheese and make a quesadilla. This is another recipe that my mom loves. In fact, after she'd been so sick one summer and not able to eat much, this was the first thing she ate when she was feeling better. Go figure!

2 medium tomatoes, chopped  
 1 15 oz. can of black-eyed peas, drained  
 1 medium bell pepper, chopped  
 ½ cup sliced scallions  
 2 Tb fresh lemon or lime juice  
 1-2 jalapeño peppers, seeded and chopped  
 2 garlic cloves, minced  
 1 tsp chili powder (though I don't use this when I make it—never have)  
 1 tsp ground cumin  
 ½ tsp salt

Mix all together. Best if it has time to sit.

*Wheat Story Teller*

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### **TEX-MEX PINTO BEAN**

#### **SPREAD ►**

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1 15 oz. can pinto beans, rinsed and drained  
 ½ cup chopped onion  
 2 Tb chopped fresh cilantro  
 2 tsp fresh lime juice  
 ½ tsp kosher salt  
 ½ jalapeño pepper, seeded  
 ½ plum tomato (or fresh garden tomato),  
 chopped  
 1 Tb pumpkin seeds, toasted

Place first six ingredients in a food processor and blend until smooth. Place bean mixture in bowl. Stir in chopped tomato, and sprinkle with pumpkin seeds. Yields 1 ¼ cups.

*Shannon Lee Hughes*

## **Hors d'Oeuvres**

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### **"B" BARRETT'S SAUSAGE BISCUITS ►**

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Many of our happy memories of living in Montevallo center around "B" and Stuart Barrett. They were always our good friends, and we had many good times together. I use the past tense, for they have both died, which leaves a little sadness along with the happy memories. "B" was a good cook and enjoyed doing it—this was one of his favorite recipes and as far as I know was original with him. I must have used it hundreds of times and always think, "My, what a *good* recipe—and how simple!"

Use your favorite biscuit recipe—mine happens to be "Idella's Crisp Biscuits" from *Cross Creek Cookery*. Roll dough fairly thin in a rectangle; spread evenly with 1 lb. well-seasoned pork sausage that is first allowed to reach room temperature. Make sure the sausage comes close to edge of dough. Then roll up as for a jelly roll, wrap in wax paper, and freeze. This will keep indefinitely in the freezer. When ready to bake, remove from the freezer about ten minutes before baking, slice, and place on an ungreased cookie sheet. Bake at 425° for 10 to 12 minutes or until brown. Serve warm, but they are good cold too. Makes a good hors d'oeuvre or just for snacks. You also may find that dividing the dough will make it easier to handle and will also make your biscuits smaller which will be better for hors d'oeuvres.

*Margaret Copeland Wallace*

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### **BARBECUED SHRIMP ►**

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This is supposed to be the original recipe from Pascal Manale's fine restaurant on Napoleon Avenue in New Orleans. Its name is, to me, a misnomer, because barbecue ought to have some sort of association with an open fire and hickory smoke. Nevertheless, this is an outstanding dish, easy to prepare, fool-proof, and bound to make your guests happy. Allow a half pound of shrimp per person. The quantity of the ingredients is not specific—it depends on the size of your shrimp. Don't stint on the butter or the olive oil.

Place whole shrimp (Manale's even leaves the heads on) in their shells in a single layer in a large Pyrex dish—I use one that is 10x14, which is just right for a pound of shrimp. Pour at least ½ cup of good olive oil over the shrimp. Then sprinkle a generous amount of

fresh ground black pepper over the shrimp. Salt well, and sprinkle about ⅓ cup of lemon juice over shrimp. Then add at least a tablespoon of Louisiana hot sauce, and two tablespoons of Lea & Perrins Worcestershire. Remember you are seasoning *through* the shell. Dot generously with butter—at least one stick per pound of shrimp. Broil in oven 17 minutes total time. After 10 minutes, turn shrimp with spatula. Serve with French bread and lots of paper napkins that are man-sized. True addicts of barbecued shrimp do not peel them—they just pull the little legs off the bottom, hold them by the tail, and eat, shell and all. The faint of heart peel them, but do dip the shrimp in the sauce. Also, sop French bread in the sauce as well. The number of calories is sinful, but the taste is divine!

*Frank Wallace*

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### **CHILLED GRILLED FIGS WITH VIRGINIA COUNTRY HAM AND LIME CREAM ►**

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I got this recipe from the Inn at Little Washington Cookbook. I served this at a dinner party we had, and it was well liked by all. It is an interesting combination of flavors. It makes a delightful appetizer. This dish may be fully assembled ahead of time except for the lime cream, which can be made ahead, refrigerated, and added just before serving.

12 fresh figs, sliced in half lengthwise  
 2 Tb olive oil  
 1 Tb sugar  
 1 tsp ground cinnamon  
 ½ cup heavy cream  
 ¼ cup fresh lime juice  
 pinch freshly ground nutmeg  
 2 limes  
 6 oz. Virginia baked ham, sliced thinly

4 tsp snipped fresh chives (optional)

Brush the figs with oil. In a small bowl, combine the sugar and cinnamon, and sprinkle over the figs. Preheat the gas grill or broiler. If you are using a grill, lay the figs, flat side down, on the grill rack and heat for 2 to 3 minutes or until they soften but still hold their shape. If you are using a broiler, place the figs, flat side up, on a lightly oiled baking sheet. Broil them as close to the heating element as possible for 2 to 3 minutes. Remove from heat and let cool to room temperature. In a bowl of an electric mixer, whip the cream just until it begins to form soft peaks. Slowly add the lime juice and nutmeg. The mixture should have the consistency of a thick sauce. Place in a pastry bag fitted with a plain tip or in a plastic squeeze bottle and refrigerate.

To serve, cut the limes in half. Slice a bit of the bottom of each lime half so it will stand upright. Place one lime half in the center of each plate. Arrange 6 figs around each lime. Loosely drape the ham over the figs. Pipe or squeeze the lime cream over the figs and ham in a thin, lacy pattern. If desired, sprinkle each plate with a tsp of chives. Serves 4.

*Margaret Wallace Story*

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### ***CRAB ARTICHOKE TARTS*** ►

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This recipe comes from *Cooking Light*, and they are really very good. Can be made in advance and heated up in the oven for about 10 minutes. Other fillings may be used in these won-ton pastries.

2 tsp all-purpose flour  
 1/8 tsp dried thyme  
 1/8 tsp pepper  
 1 4 oz. carton thawed frozen egg

substitute

1/4 cup roasted red bell pepper, chopped  
 1 14 oz. can artichoke hearts, drained  
 and chopped  
 1 6 oz. can crabmeat, drained  
 Vegetable cooking spray  
 32 won-ton wrappers  
 3 Tb grated Parmesan cheese  
 2 Tb freeze-dried chives  
 1 Tb margarine, melted

Combine first four ingredients in a bowl; stir well. Add chopped bell pepper, artichokes, and crabmeat; stir well. Coat 32 miniature muffin cups with cooking spray. Gently press 1 won-ton wrapper into each muffin cup, allowing ends to extend above edges of cups. Spoon crabmeat mixture evenly into won-ton wrapper cups (about 1 Tb). Sprinkle with cheese and chives. Brush edges of won-ton wrappers with melted margarine. Bake at 350° for 20 minutes or until crabmeat mixture is set and edges of won-ton wrappers are lightly browned.

*Margaret Wallace Story*

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### ***MY CHEESE BISCUITS*** ►

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I have no idea where I got this recipe—by word of mouth from a friend, no doubt. It is simple, cheap, easy, and good—what more to want!

1 package prepared pie mix or sticks,  
 enough for 2-crust 9" pie  
 1 5 oz. jar Kraft Old English Cheese  
 Shaking of red pepper  
 Dash of Worcestershire

Place everything in a bowl and squash together with hands until well mixed. Shape into small balls, the size of cherry tomatoes, say, and place on ungreased cookie sheet.

Press each ball with the back of a table fork and bake in a 425° oven for 10 to 12 minutes or until just beginning to brown. Do not let them burn. These do not have to be served warm and will keep for several days in an air-tight container. This recipe can be doubled quite satisfactorily.

*Margaret Copeland Wallace*

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## ***NIBBLES*** ▶

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This recipe comes from Geneva Walker. She gave no specific size of cereal box, just the not-very-helpful “small.” I buy the smallest boxes available, and it seems to work out fine. This particular combination is delicious, and since it makes a lot, it is a good “give-away” at holiday time.

6 oz. thin pretzel sticks  
 1 lb. salted Spanish peanuts  
 1 lb. salted mixed nuts  
 1 small package Cherrios  
 1 small package Wheat Chex  
 1 small package Rice Chex  
 1 lb. butter or margarine or part  
     bacon drippings  
 2 tsp chili powder  
 1½ tsp garlic salt  
 3 Tb Worcestershire sauce  
 1 tsp Lawry’s seasoned salt  
 1 5 oz. jar of pine nuts (optional)

Set oven temperature at 225°. Mix in a large roasting pan the pretzels, nuts, and cereals. Heat fat until melted; then stir in chili powder, garlic salt, Worcestershire sauce, and the seasoned salt. Pour over cereal mixture and mix thoroughly. Cover and bake 1 hour. Remove cover and bake another hour, stirring about every 20 minutes.

*Margaret Copeland Wallace*

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## ***PARTY SNACK*** ▶

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My neighbor served these at a party many years ago. Jake and I ate so many of these snacks that we were quite embarrassed. I have since served them on many occasions and have never had any leftovers.

1 lb. Velveeta, cut into chunks  
 1 lb. lean ground meat  
 1 lb. Owens hot sausage

Party rye

In a large skillet, brown meat and sausage; drain. Add cheese, stirring and mixing until the cheese is melted. Spread mixture on party rye. Brown in oven on a cookie sheet. Mixture can be frozen to be used later. Can be made in advance and placed on waxed paper until ready to heat. Makes about 4 dozen.

*Martha Tolson Griggs*

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## ***SALMON WITH DILL SAUCE*** ▶

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This is a wonderful appetizer that both Wayne and Peter love. It is best to serve the dill sauce for the salmon inside Belgian endive leaves.

Smoked salmon (3 thin slices per serving)

Dill Sauce

1½ cups sour cream  
 ½ cup mayonnaise  
 1 Tb dried dill  
 1 tsp grated onion  
 ½ tsp salt  
 ¼ tsp white pepper

Combine in a bowl and refrigerate. Place

sauce in an endive leaf and put on plate. Roll the salmon and arrange.

*Margaret Wallace Story*

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## **SAUSAGE-CHEESE BALLS ►**

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An easy recipe from Bisquick. The first time I made them Frank and Neva were visiting. Frank thought them ever-so-tasty and asked for the recipe. When I told him they were made with Bisquick, his gourmet comment was, “I don’t believe you; anything that good could not have been made from,” he shuddered, barely able to say the name, “Bisquick.” Surprise, surprise, surprise.

3 cups Original Bisquick®  
 1 lb. bulk pork sausage (I use hot)  
 4 cups shredded extra sharp cheddar cheese  
 (16 oz.)  
 ½ cup grated Parmesan cheese  
 ½ cup milk  
 ½ tsp dried rosemary leaves  
 ½ tsp parsley flakes

Heat oven to 350°. Lightly grease bottom and sides of jelly roll pan, 15 ½ x 10 ½ x 2 x 1 inch. Stir together all ingredients, using hands or spoon. Shape mixture into 1-inch balls. Place in pan. Bake 20 to 25 minutes or until brown. Immediately remove from pan. Makes about 7 dozen.

According to bisquick.com, options for “do-ahead” are almost endless; I’ve tried them all, and they all work.

You can cover and refrigerate unbaked balls up to 24 hours and then bake as directed. Also, you can cover and freeze unbaked balls up to 1 month. Then heat oven to 350°. and place the frozen balls on an ungreased cookie

sheet. Bake 25 to 30 minutes or until brown.

You can bake as directed; cover and freeze up to 1 month. Heat oven to 350°. Place frozen balls on ungreased cookie sheet. Bake 10 to 12 minutes or until heated through. You can bake as directed; cover and freeze up to 1 month. Place 6 frozen balls on microwavable plate. Loosely cover with waxed paper. Microwave on High 45 seconds to 1 minute or until heated through.

*Jane Wallace Fiero*

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## **SEASONED OYSTER CRACKERS ►**

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A friend gave me these crackers in a Christmas tin several years ago. I usually make several batches at Christmastime for giving and eating.

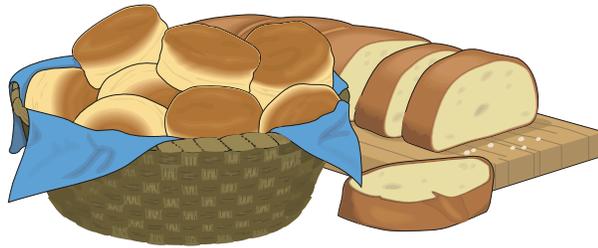
10-12 oz. package oyster crackers  
 ¼ tsp dried dillweed  
 ¼ tsp lemon pepper  
 ⅛ tsp garlic salt  
 4 cups vegetable oil  
 1 small package Original Ranch Dressing  
 mix

Mix seasonings and oil. Pour over crackers, toss every 20-30 minutes until absorbed. Takes about 3 hours. I use a plastic mixing bowl with lid.

*Martha Tolson Griggs*



**Breads, Rolls,**



**Muffins & Biscuits**



## Yeast Breads

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### **BUTTERMILK WHITE BREAD** ►

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I must have made this bread and given a loaf to our across-the-street neighbor Marlene when her sister Myrna and grandchild, David, came to visit. The next time Myrna and David came and I was at Marlene's, David said to his grandmother, "Is that the lady that made the bread? Do you think she has some more?" To me a solid testimony to its efficacy. To add testimony, Frank and Wheat assure me that this bread is very, very tasty.

The buttermilk in this recipe gives the bread a "sourdough" taste without the trouble of making a sourdough starter. This bread really benefits from the second rising in the bowl.

¼ cup warm water  
 1 teaspoon sugar  
 ¼ teaspoon ground ginger  
 2 packages dry yeast  
 1 tablespoon salt  
 1 tablespoon sugar  
 6 tablespoons butter  
 1½ cups buttermilk  
 1 egg  
 5 cups flour

Dissolve the yeast in the warm water, sugar, and ground ginger; let sit in a warm place until bubbling nicely. Place salt, sugar, butter, and buttermilk in a large bowl and microwave just until butter is softened and melting. Stir in the yeast. Add the flour all at once, stirring until the dough pulls away from the sides of the bowl. Turn out on a floured surface and knead well. Return to the bowl and let it rise in a warm place until doubled in bulk. If time

permits, punch the dough down in the bowl and let it rise again. Otherwise, punch the dough down, divide in half, and place in greased bread pans; let the dough rise again. Bake 15 minutes in a 400° oven, reduce the heat to 350°, and continue baking until brown and crusty.

*Jane Wallace Fiero*

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### **CINNAMON ROLLS** ►

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This is an adaptation of a recipe in Marge McInteer's cookbook, *Marge's Merrie Mixin's*. Her recipe says to dissolve the yeast in the warm milk, but I find my bread just doesn't rise if I dissolve the yeast in anything other than warm water and sugar. I've borrowed the yeast dissolving method from Ada Roberts's *Rose Lane Farm*. These freeze very well and can be kept for months in air-tight wrapping.

½ cup warm water (about 85°)  
 1 tsp sugar  
 ¼ tsp ground ginger  
 2 packages dry yeast  
 1 ½ cups milk just warm enough to melt  
     the shortening  
 1 tsp salt  
 ½ cup sugar  
 ¾ cup shortening  
 1 egg  
 5 cups flour, about  
 Melted butter (a stick or more)  
 Dark or light brown sugar  
 Cinnamon

Dissolve the yeast in water, sugar, and ginger; let sit in warm place until "bubbling nicely." In a large mixing bowl combine the warm milk, sugar, salt, and shortening; stir until shortening has melted (I have also done this in a measuring cup in the microwave). Stir in the

yeast. Stir in the egg. Add the flour 1 cup at a time, stirring well until all flour is added. Cover the bowl with a damp cloth and let rise in a warm place until double in bulk. (I raise my bread on a cooling rack placed over a cake pan filled with hot water, replacing the water as it becomes cool. This seems to work well and can also be used to get the yeast to "bubble nicely".) Turn out the dough on a floured surface and knead about 10 minutes; dough should be smooth and elastic. Divide into four reasonably equal pieces. Roll each piece into a rectangle roughly 8" x 16". Brush dough thoroughly with melted butter, spread brown sugar over the surface, and shake generously with cinnamon. At this point, you may sprinkle raisins over the surface, but I stand firmly alongside Peter when he says he does not like skunks in his rolls. Roll up as for jelly roll starting with the small end and cut each piece into approximately 9 rolls. Place in greased cake tin, cover, and allow to rise in warm place until double in bulk, about an hour. Bake at 350° about 30-35 minutes.

*Jane Wallace Fiero*

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### ***DILLY CASSEROLE BREAD*** ►

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This recipe came to me from Margaret Gimbrede. It is best served hot out of the oven.

2 packages yeast  
 ¼ cup warm water  
 1 tsp sugar  
 ¼ tsp ginger  
 1 cup cream-style cottage cheese, heated to lukewarm  
 1 Tb butter  
 2 Tb sugar  
 1 tsp salt  
 ¼ tsp soda  
 1 Tb instant minced onion

2 tsp dill seed  
 1 egg  
 2 ¼ to 2 ½ cups flour

Soften yeast in water, sugar, and ginger. In large bowl combine cottage cheese, butter, sugar, salt, and soda, and then the onion, dill seed, egg, and yeast. Beat well. Add flour. Cover and let rise in a warm place until double in bulk. Stir down and turn into a well-greased 3 quart casserole. Let rise until double in bulk. Bake at 350° until brown, about 30 minutes.

*Margaret Copeland Wallace*

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### ***EASY PULL APARTS*** ►

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This bread is sometimes called "monkey bread." It is a wonderful breakfast treat. It is very easy to make but does require planning the night before you want to serve it.

¼ cup margarine or butter  
 ½ cup brown sugar  
 1 Tb cinnamon  
 1 cup sugar  
 ½ to 1 cup of pecans or walnuts (optional) I do not use them because my children do not like nuts in breads or cookies.  
 1 package frozen yeast rolls (I use Kroger's but Rich's are great as well)  
 ½ cup butter or margarine (in addition to what is already listed)

Melt ¼ cup of butter and ½ cup brown sugar in bundt pan. Add nuts at this point if you want. Now melt the ½ cup of butter, and, in a separate bowl, mix the cinnamon and sugar together. Using the package of frozen yeast rolls, dip each roll in butter, then in the sugar mixture, and place in pan. Let the pan stand overnight on the counter. Bake at 325° for 25 minutes. Let cool 15 minutes and invert pan

on a serving dish.

*Wheat Story Teller*

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### ***GRAPE-NUTS HONEY BREAD*** ►

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This recipe comes from *Favorite Breads from Rose Lane Farm* by Ada Lou Roberts. This, by the way, is an excellent bread book, giving you many different kinds of bread with clear directions and diagrams. It is a high-protein bread and because it has no salt, this a good bread for a low-salt diet. Since it has such a pleasant flavor, the absence of salt is not noticeable.

2 cups Grape-Nuts  
 4 Tb honey  
 2 cups warm water  
 1 tsp sugar  
 ¼ tsp ginger  
 2 packages dry yeast  
 2 cups all-purpose flour  
 ¾ cup dried skim milk  
 4 Tb soft shortening  
 4 cups all purpose flour

In a large bowl combine the 2 cups Grape-Nuts, 4 tablespoons honey, and 2 cups warm water. Let stand for about 30 minutes until the cereal is soft and soaked. Combine ½ cup warm water, 1 teaspoon sugar, ¼ teaspoon ginger, and 2 packages dry yeast. Let stand in a warm place until "bubbling nicely" (she always uses this expression). Combine the 2 mixtures and beat thoroughly. Stir in 2 cups flour and ½ cup dry milk. Add 4 tablespoons soft shortening and 3 cups flour. Stir until the dough clears the bowl. Spread remaining cup flour on board, turn out dough, and knead well, using a little more flour if necessary to make an elastic, non-sticky dough. Return to bowl, grease top, cover with plastic wrap or towel and let rise until double in bulk. Turn

out, knead lightly, and shape into loaves. Place in greased pans, brush tops with butter, and let rise until double in bulk. Bake in preheated 350° oven for 45 minutes. Brush tops of loaves with butter again as soon as they are taken from oven and allow to cool for a few minutes before removing from pans.

*Margaret Copeland Wallace*

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### ***LIGHT AND TENDER ROLLS*** ►

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These rolls are truly light and tender, and I like the recipe because it tells you how to freeze them and brown later—a great convenience.

1 ½ cups scalded milk  
 2 Tb sugar  
 1 ½ tsp salt  
 ⅓ cup shortening  
 2 packages dry yeast  
 ⅓ cup very warm water  
 1 egg well beaten  
 4 ½ to 5 cups all-purpose flour  
 Melted butter or margarine

Scald the milk, add sugar, salt, and shortening and let stand until lukewarm. Dissolve yeast in warm water with 1 teaspoon sugar; add to milk mixture. Stir in egg. Gradually add enough flour to make a soft dough that leaves the sides of the bowl—4 ½ to 5 cups. Cover and let rise in warm place until doubled in bulk. Punch dough down, turn out on lightly floured board or pastry cloth and knead lightly. Shape into crescent, Parker House, cloverleaf, fan tans, or pan rolls. Brush with melted margarine and let rise until doubled in bulk (about 45 minutes). Bake at 425° for 10 to 15 minutes. Yield: about 3 dozen, depending on shape.

To freeze rolls and brown later, bake rolls at 250° for about 25 minutes. Do not brown. Cool; then wrap in moisture-proof wrapping and freeze. To serve, remove from freezer and let stand about 10 minutes; bake at 425° for 5 or 10 minutes or until brown. They are as good frozen as they are fresh.

*Margaret Copeland Wallace*

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### **MOLASSES WHOLE WHEAT BREAD ►**

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This is another recipe from *Favorite Breads from Rose Lane Farm*. This is one of our favorite breads—makes wonderful toast. Try slicing it warm right out of the oven, dripping with butter!

½ cup warm water  
 1 tsp sugar  
 ¼ tsp ginger  
 2 packages dry yeast  
 1 cup warm water  
 5 Tb molasses  
 2 cups whole wheat flour  
 ½ cup dried skim milk  
 ¾ cup warm water  
 ½ tsp salt  
 3 Tb melted butter  
 4 cups whole wheat flour, about

Combine water, sugar, ginger, and yeast and let stand in a warm place until bubbling nicely. In a large bowl stir together 2 cups whole wheat flour, the dried skim milk, and 1 cup warm water and the molasses. Beat in yeast mixture, cover the bowl, and let rise in a warm place until the sponge is light and foamy—about 1 hour. Add ¾ cup warm water, salt, butter, and 3 cups whole wheat flour. Stir until dough clears the bowl. Spread remaining cup flour on board, turn out the dough, and

knead until smooth and stiff, using a little more flour if necessary (knead at least 10 minutes.) This bread has a coarse texture and will not hold up unless the dough is stiff. Return to bowl, grease top of dough lightly, cover, and allow to rise until double in bulk—about 1 hour. Turn out, knead well, divide in half, shape into loaves, place in greased pans, brush tops with melted butter, and let rise until the pans feel light when lifted or until dough comes up to the top of pans—about 1 hour. Bake in a preheated 350° oven for about 45 minutes (check after 30 minutes). Let the loaves get good and brown and crusty. Apple butter goes well on the toast. *NOTE:* Remember, breads made with molasses or honey brown more quickly than others. Bake as near the center of the oven as possible. Notice this recipe uses only whole wheat flour.

*Margaret Copeland Wallace*

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### **PLANTER'S HEALTHY WALNUT BREAD ►**

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Not everyone likes this bread, but I do. Toast it ever so slightly, just enough to toughen and warm the surface for spreading a big pat of real butter.

3 ¾ cups white flour  
 2 ½ cups whole wheat flour  
 1 ½ cups Planter's walnuts, chopped (6 oz. bag)  
 ½ cup wheat germ  
 ⅓ cup sugar  
 2 tsp salt  
 2 packages fast rising yeast  
 1 ⅓ cups water  
 ⅓ cup yogurt  
 ¼ cup margarine or butter

Set aside 1 cup white flour. In large bowl, mix remaining white flour, whole wheat flour, walnuts, wheat germ, sugar, salt, and yeast. In sauce pan (or in microwave) heat yogurt, water, and margarine until hot to touch (125°-130°). Stir into dry mixture. Knead with remaining flour (10 minutes), cover. Let rest 10 minutes.

Divide dough in half. Roll each half into 12" x 8" rectangle. Roll up from short end into loaves. Place in 2 greased bread pans. Cover. Let rise until doubled (about 1 hour). Bake at 400° for 25-30 minutes.

*Shannon Lee Hughes*

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### **REFRIGERATOR ROLLS ►**

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This recipe comes from *Marge's Merrie Mixin's*. I began making these rolls when Wayne and I lived in Mendota, Illinois. A new employee of Wayne's store stayed with us for several weeks while waiting for his family to join him. He was so crazy about the rolls that I had to make them every night. It was a good thing the dough could be stored in the fridge! It can be kept there for at least two weeks.

1 cup shortening  
 1 cup sugar  
 1 ½ Tb salt  
 1 cup boiling water  
 2 eggs  
 2 yeast cakes  
 1 cup cold water  
 6 cups flour, unsifted

Place shortening, sugar, and salt in bowl. Pour boiling water over mixture and mix. While above mixture is cooling put yeast in cold water to dissolve. When 1<sup>st</sup> mixture is cool,

add 2 unbeaten eggs and stir. Add dissolved yeast. Add flour, 2 cups at a time and mix well. Place in a greased bowl and grease top of dough. Cover and place in refrigerator for at least 4 hours.

At least 3 hours before serving time remove and make into any shape desired, brushing tops with soft butter. Allow to rise in warm place until doubled in size and bake at 400° for 10-15 minutes.

*Margaret Wallace Story*

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### **SALT RISING BREAD ►**

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Frank, your mother and I remember the poignant odor of salt rising bread when we would go to Auntie's (Daddy's sister who used to live on Broad Street) and Mother Copeland's kitchen, Mother Copeland being Daddy's mother. They baked it in a big round pan in an old wood stove oven. They would sit by the stove and keep it toke at the proper temperature. It probably took them all day. Anyway, the slices were as big as two hands and the most delicious taste! My mouth waters to think of it. We have often wished we could reproduce it, but I've not been successful. The nearest I can come is to give you this recipe just as I copied it from their old cookbook. I know you will have a good laugh when you read this recipe and will understand why I could not produce the near approximate. So this is according to "Big Ma", which is what our first cousin, Elizabeth Young Dick, called Mother Copeland.

Boil 1 cup sweet milk. Stir in meal to make a stiff batter. Set aside 'til a.m. Then boil another cup of sweet milk. Cool with cool water in a pitcher that will hold about ½ gallon. Put in a pinch of salt, about 2 or 3 spoons of sugar, the meal mixture and thicken

with flour to make a stiff batter. Set in a pot of water hot enough to hold your hand in. Notice not to get too hot. Beat occasionally until it begins to rise. When full, sift at least 2 quarts of flour (or less), lard as big as a fist, pour in yeast, then add a cup of warm water in the pitcher after the mixture has been poured out, with a little more salt and 2 tablespoons sugar. Pour this also into the flour and knead well. Then put in a well greased pan, set aside in a warm place (not too hot) to rise. When about to the top, put a pan of water in the stove on the rack and put bread in to bake. At first, have the stove pretty warm; then when edges are set and it rises in the middle, bake rather slowly. Take water out so it will brown.

*Sarah Copeland Nettles (Sapie)*

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### **TINA'S GRANDMOTHER'S BUNS ►**

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For years, Shannon and I had looked nostalgically for a recipe for "school cafeteria rolls," you know, those big, bready, yeasty, yummy things typically served in school cafeterias, to no avail until we had dinner at her friend Tina Grant's home in Evansville. And there they were!

2 packages dry yeast dissolved in  
 ½ cup warm water  
 1 tsp sugar  
 ¼ tsp ginger  
 2 ½ cups hot water  
 ¾ cup sugar  
 ½ cup shortening  
 2 beaten eggs  
 7 cups flour  
 1 Tb salt (the amount of salt can be decreased)

Dissolve yeast in the warm water, sugar, and

ginger; let sit until bubbling nicely. Dissolve sugar and melt shortening in the hot water. When cool add the 2 beaten eggs and the yeast. Add the flour and salt. Mix well but do not knead. Let sit in a warm place until doubled in bulk. Turn out onto a floured board and knead well. Let rise until doubled again. Shape the into buns (Tina says "bigger than a golf ball but smaller than a tennis ball"). Place in greased 9" pin tins and let rise again. Bake at 375° for 18 to 20 minutes. After they come out of the oven, you may brush the tops with butter.

*Tina Grant*

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### **WHOLE WHEAT BREAD ►**

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I prefer whole wheat bread, but Harry would rather have Merita than any kind of homemade bread. This is a good recipe which I got from a package of whole wheat flour.

4 cups stone ground whole wheat flour  
 2 to 3 cups unbleached flour  
 2 cups scalded milk  
 ½ cup shortening  
 ½ cup brown sugar  
 2 packages dry yeast  
 ¼ cup black molasses  
 ¼ cup honey  
 1 Tb salt

Combine shortening, brown sugar, molasses, honey, salt, scalded milk and 2 cups whole wheat flour. When cooled to lukewarm, add yeast and beat with electric mixer until smooth and creamy. Cover and let rise in warm place for about ½ hour. Mix the remaining wheat flour with the unbleached and add enough of the flour mixture to make the dough stiff enough to handle on the board. Turn out and knead in as much flour as to make it smooth and satiny. Place in greased

bowl and turn to grease top. Cover and let rise until doubled. Punch down well, turn greased side up and let rise again until light. Turn out on board, knead lightly, divide into two balls and let rest for about 10 minutes. Form into loaves. Place in greased pans and let rise until almost double. Bake 15 minutes at 325°, then 45 minutes at 350°. Remove from pans and let cool. Makes two large loaves. For a crunchy variation substitute 2 cups cracked wheat flour for the unbleached flour.

*Sarah Copeland Nettles (Sapie)*

## Quick Breads

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### **BANANA NUT BREAD** ▶

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This recipe was given to me by Evelyn Gamble who taught with me. She brought some bread to school one day, and I liked it so much that I asked for the recipe. I've made it countless times since then. It's nice to have a loaf in the freezer in case you want to take something to a newcomer or a sick friend.

½ cup cooking oil  
 1 cup sugar  
 2 eggs  
 3 mashed bananas  
 1 tsp soda  
 1 tsp baking powder  
 ½ tsp salt  
 2 cups flour  
 1 cup chopped nuts (I use pecans)

Mix sugar and oil. Then add the following in order, beating after each addition: 2 unbeaten eggs, mashed bananas, dry ingredients, and nuts. Grease and flour 3 small loaf pans (6x4 x2 ½). Put the mixture into the pans and bake

in 350° oven for approximately 1 hour.

*Cornelia McCraw*

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### **BOSTON BROWN BREAD** ▶

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When we were visiting the McCraws in 1978, we took a trip through the mountains of South Carolina—not but about 50 miles from Sandy Springs. Along the way, we had a picnic lunch at Oconee State Park. Cornelia served brown bread, with cream cheese to spread on it. Neva thought it was delicious, and Cornelia gave her the recipe then and there. We make it often. It freezes very well—use the plastic tops from the coffee can and freeze in the cans. When ready to use, let thaw in the refrigerator and serve, but do so at room temperature.

4 cups whole wheat flour  
 1 ½ cups white sugar  
 2 tsp soda  
 2 tsp salt  
 1 tsp cinnamon  
 1 cup honey  
 2 cups buttermilk  
 2 cups raisins (pour 2 cups hot water over raisins and let plump about 30 minutes)

Mix dry ingredients. Add honey and buttermilk and raisins. Grease generously with Crisco three 1-lb. coffee cans. Bake at 325° for 1 hour and 10 minutes.

*Frank Wallace*

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### **BRAN MUFFINS** ▶

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I like these for breakfast.

1 cup All-Bran  
 1 cup boiling water

1 cup sugar  
 1 stick oleo, softened  
 2 eggs  
 2 cups buttermilk  
 2 ½ cups flour  
 2 ½ tsp soda  
 1 tsp salt  
 1 cup raisins, plumped in water to cover  
 2 cups Bran Buds

Soak All-Bran in boiling water in large bowl. Combine sugar and oleo and blend. Add eggs and mix well. Add to bran mixture. Combine flour, soda, and salt; sift together and add alternately with buttermilk. Add Bran Buds and mix well but do not beat. Stir in drained raisins. Bake in greased, floured muffin tins for 20 or 25 minutes in oven preheated to 375°. Makes 24 muffins. Batter will keep 4 to 5 weeks in refrigerator in covered container, or you may bake all muffins, wrap in foil, and freeze.

*Sarah Copeland Nettles (Sapie)*

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## **BREAKFAST MUFFINS ►**

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Breakfast is, to me, one of the hardest meals to which to bring some degree of variety. After all, eggs can only be prepared so many ways! And where do you go after grits or hashbrowns? Breakfast breads are a good solution. Muffins are easy to make, not served very often in many households, and raise bacon-and-eggs beyond the commonplace.

¼ cup cooking oil  
 ¼ cup sugar  
 ½ tsp salt  
 2 eggs, well beaten  
 1 cup milk  
 2 cups all-purpose flour

5 tsp baking powder

Mix oil and sugar together well. Add eggs. Continue to stir until mixture is lemon-yellow, and not grainy (you won't be able to get rid of all the graininess from the sugar). Mix in the milk well. Sift the flour, salt, and baking powder into this mixture. Stir until smooth. Spoon into muffin pan that has been well greased. Bake 25 minutes at 400°. Makes 12 muffins.

To make whole wheat muffins, use ½ cup sugar, 1½ cups whole wheat flour, and ½ cup white flour.

*Frank Wallace*

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## **CORN FRITTERS ►**

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This recipe is from the cookbook that for many years kept me and mine from starving: *Better Homes and Gardens*. We like to serve these fritters with fried chicken, but they are so good that they would go with almost anything. The original recipe calls for 2 cups of cut fresh corn, reserving the liquid, but I have always used canned corn because I can't see eating fresh corn any other way than either on the cob or stewed.

1 16 oz. can whole kernel corn  
 1 ½ cups flour  
 2 tsp baking powder  
 ¾ tsp salt  
 1 beaten egg

Drain the corn, reserving the liquid. Add enough milk to the liquid to measure 1 cup. In a medium-sized bowl, combine flour, baking powder, and salt. In a smaller bowl, combine egg, milk, and corn. Add to dry ingredients. Mix just until flour is moistened. Drop batter

from tablespoon into deep, hot fat (375°). Fry until golden brown, about 3 minutes. Drain on paper towels. Makes about 18. Serve with maple syrup or honey.

*Jane Wallace Fiero*

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## **CORN MUFFINS** ►

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Cornbread goes with almost anything, but there are some meals where it is a *must*, like a fresh vegetable dinner. This amount will make six muffins, but it can be easily doubled.

1 cup stone-ground, yellow corn meal  
 ¼ cup (slight) all-purpose flour  
 2 tsp baking powder  
 1 tsp salt  
 2 Tb oil  
 ½ to ¾ cup milk, depending on size of egg  
 1 egg

Mix together the dry ingredients. Beat egg, add milk and oil, and then add to cornmeal mixture all at once. Stir just until blended—there may be some lumps. Spoon batter into well-greased muffin tins and bake at 425° for 20 to 25 minutes. You may use buttermilk. If you do, use 1 tsp baking powder and ¼ tsp baking soda.

*Margaret Copeland Wallace*

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## **CORNBREAD** ►

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This is the way Evelyn Nabors makes cornbread, and hers is always good. Cooking it on top of the stove rather than baking it in the oven gives it a nuttier taste.

1 ½ cups self-rising cornmeal (we like Aunt Jemima, a national brand, but there are also many good local and regional brands)  
 1 cup milk  
 2 eggs  
 1 ½ Tb cooking oil

Mix all ingredients together, beating well. Heat a heavy skillet that has a tight-fitting lid over medium heat. Grease skillet well. (Rule: Hot skillet, cold oil means no stick.) Add batter. Cover. Reduce heat slightly. Check for doneness at end of 10 minutes (the bottom should be nicely browned). Turn carefully, using a spatula or pancake turner. Tilt pan to facilitate turning. Cook an additional 3 to 4 minutes, uncovered. Cooking times are estimates; actual times will vary with amount of heat you use. Turn onto a cake rack for a few minutes before placing on serving plate. This keeps the bread from sweating on the bottom of the serving dish and making the cornbread soggy.

*Frank Wallace*

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## **CORN-RYE BISCUITS** ►

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Cornmeal and rye flour make this flaky biscuit something different and a nice change from just plain corn bread or just plain biscuits. Serve with honey or orange marmalade.

1 cup all-purpose flour  
 ⅓ cup rye flour  
 ¼ cup corn meal, plus some for dipping biscuits before baking  
 1 Tb baking powder  
 ½ tsp salt  
 ½ tsp sugar

½ tsp caraway seed (optional)  
 ¼ cup shortening  
 ⅔ cup milk

Mix together the flours, ¼ cup corn meal, baking powder, salt, sugar, and caraway seed. Cut in shortening until mixture resembles coarse meal. Make a well in center and add milk all at once. Stir quickly with fork just until the dough follows the fork around the bowl. Turn onto lightly floured surface (dough should be soft). Knead gently for 10 to 12 strokes. Roll or pat dough ½ inch thick. Cut dough into rounds with a biscuit cutter. Dip top and bottoms of biscuits in corn meal. Place on greased baking sheet and bake at 450° for 12 to 14 minutes or until brown.

*Margaret Copeland Wallace*

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### ***DOT'S BISCUITS*** ►

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When Harry was sick one time a friend of his, Dot Taylor, who worked with him at C.W. Anderson's, brought him some biscuits that simply melted in your mouth. She gave me the recipe, and I will include it. You can just wrap them in foil and reheat if you have any left over or if you want to make ahead.

2 cups self-rising flour  
 ½ pint sour cream  
 2 sticks butter (Dot says 1 ½ will do)

Just soften butter and mix with flour and sour cream. Bake in 400° oven about 15 or 20 minutes. Instead of rolling out and cutting, use small-size, greased muffin tins and fill about half full.

*Sarah Copeland Nettles (Sapie)*

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### ***FOOD PROCESSOR BISCUITS*** ►

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Everybody else sent biscuit recipes, so I thought I would send mine as well. I use a food processor. It is really simple.

2 cups sifted flour  
 3 tsp baking powder  
 ½ tsp salt  
 ¼ cup Land O'Lakes unsalted butter  
 Scant ⅔ cup milk

Sift flour, baking powder and salt. Place in workbowl of processor. Slice butter into pieces. Add to workbowl. With steel knife, process for a few seconds, until you get what looks like cornmeal. Turn on processor, slowly add milk through feed tube. Stop just before ball forms. Turn dough ball onto well-floured board. Knead a few times in flour if dough appears sticky. Roll or pat dough to desired thickness. I make mine about ½ inch thick, for a pretty thick biscuit. Makes about 12 biscuits that size. Bake 10 to 12 minutes in 425° oven. These are never-fail biscuits. The unsalted butter makes them have a nice flavor.

*Margaret Wallace Watson*

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### ***FRANK'S BISCUITS*** ►

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2 cups all-purpose flour  
 1 Tb baking powder  
 ½ tsp salt  
 1 tsp sugar  
 ½ tsp cream of tartar  
 1 stick butter or margarine  
 ¾ cup milk

Mix dry ingredients together. Add shortening

and "cut in" with a fork (I find it a little messy, but easier, just to use my fingers). Add milk, using fork to work into the dough. Roll out ½ inch thick with rolling pin. Cut with biscuit cutter and place on ungreased biscuit pan or cookie sheet. Bake at 425° until lightly brown on top, 11-12 minutes.

*Frank Wallace*

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### ***HOT WATER CORNBREAD*** ▶

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This is truly a Southern favorite and goes wonderfully well in the summer when fresh vegetables are in season.

1 cup Aunt Jemima Cornbread Mix  
About 2 cup boiling water  
Cooking oil

Pour enough boiling water into cornbread mix to make a fairly stiff dough. Drop by small spoonfuls into hot oil and fry until golden brown. Drain on paper towels and serve.

*Sandy Lampkin Wallace*

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### ***IDELLA'S CRISP BISCUITS*** ▶

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This recipe comes from *Cross Creek Cookery* and has always worked well for me. The biscuits are light and flaky. I cut them pretty thin, like ⅛ to ¼ inch thick.

2 cups flour  
4 tsp baking powder  
¾ tsp salt  
5 Tb Crisco or butter  
¾ cup milk

Mix as usual, using a fork throughout. Roll

out to a thickness of ¼ inch and bake in a very hot oven (425°- 450°) for 12 to 15 minutes or until brown. When I use this for the sausage biscuits, I use only 4 Tb shortening as the sausage is rich.

*Margaret Copeland Wallace*

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### ***OELAND'S WAFFLES*** ▶

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Our neighbors, the Oelands, brought us some maple syrup, along with this recipe for waffles, one year for Christmas. I thought the recipe was so good I have kept on using it instead of any other.

2 cups flour  
2 eggs  
1 cup sweet milk  
1 cup water  
1 tsp salt  
1 tsp sugar  
⅔ cup Wesson oil  
2 tsp baking powder (heaping)

Mix all ingredients, adding baking powder last. Cook in hot waffle iron. Serves four.

*Sarah Copeland Nettles (Sapie)*

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### ***PANCAKES*** ▶

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My children love pancakes, but they think mine are the very best because they are not fluffy.

2 cups flour  
1 tsp baking powder  
1 tsp salt  
1 tsp sugar  
1 egg

2 Tb vegetable oil

2 cups milk. Mix dry ingredients together. Combine oil, egg, and milk and add to the dry ingredients. Mix just until moistened—batter will be lumpy and thin. Drop on hot greased griddle and cook until brown; flip to brown other side. Serve with butter and syrup. Makes 8-10 5-inch cakes.

*Margaret Wallace Story*

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### ***SWEET SAUSAGE BREAD*** ▶

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This recipe comes from my friend and colleague, Joan Stear. She bakes the bread in small tinfoil mini-bread pans and gives them out at Christmas—always a welcomed treat!

1 lb. hot pork sausage  
2 eggs, beaten  
1½ cups sugar  
1½ cups brown sugar  
3 cups flour  
1¼ cups broken pecans  
2 Tb pumpkin pie spice  
1 tsp ginger  
1 cup cold, strong coffee  
1 tsp baking powder in coffee

Mix all ingredients together. Divide among the loaf pans, 10-12. Bake at 350° until done.

*Jane Wallace Fiero*



# Soups & Sandwiches



## Soups

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### ***BLACK BEAN SOUP*** >

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This basic recipe is "Mrs. Chancey's Black Bean Soup" from Marjorie Kinnan Rawlings's excellent cookbook, *Cross Creek Cookery*. The main changes I have made are to reduce the amount of oil and to give a little more explicit directions.

1 lb. black beans  
 ½ tsp baking soda  
 ⅓ cup olive or vegetable oil  
 3 onions, chopped  
 3 cloves garlic, chopped  
 ½ bell pepper, chopped  
 4 strips breakfast bacon, diced  
 2 bay leaves  
 1 Tb vinegar  
 2 tsp salt, or more to taste  
 ½ tsp black pepper, or more to taste

Add soda to beans, covering well with water and soak overnight. Rinse thoroughly when ready to cook.

Put soaked beans into large soup pot with two quarts of water and boil slowly. Put chopped vegetables and bacon in skillet, along with oil, and sauté until turns golden. Add this to beans, along with vinegar and bay leaves. Cook slowly at least two hours. Let sit an hour, if possible. Reheat. Serve with side dish of rice and chopped onions. I like to add a dash of cocktail sherry to each bowl as it is served. This serves 8 nicely.

*Frank Wallace*

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### ***CHICKEN AND SAUSAGE GUMBO*** >

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Gumbo enthusiasts in Acadiana may prefer seafood gumbo, but I like the chicken and sausage version just as much. And given the cost of crab, oysters, and shrimp these days, it is certainly cheaper to make. Usually the chez Fiero task of making it falls to me, while Jane ordinarily makes the seafood version, at which she excels.

1 whole fryer (at least 4 lbs.)  
 1 lb. cooked sausage, sliced (or half and half sliced sausage and Louisiana-style andouille)

Roux  
 1 cup flour  
 1 cup Canola or peanut oil

Stock  
 9 -12 cups water  
 1 to 2 lbs. turkey necks **or** 5 chicken bouillon cubes  
 chicken neck and gizzards  
 onion skin and ends, pepper top, and leafy end of celery stalks plus vegetable leftovers from refrigerator

Seasoning  
 1 tsp black pepper  
 1 tsp red pepper  
 2 tsp salt

Vegetables  
 1 lb. cut okra  
 1 large green pepper, chopped  
 2 medium onions, chopped  
 3 ribs celery, chopped  
 2 cloves garlic, diced

First, using a stock pot, cook the turkey necks (or chicken bouillon), chicken neck and

entrails, and vegetable detritus in the water. Quickly bring the stock to a boil, then simmer for at least two hours. Strain the stock through a sieve into another pot or large bowl and set aside.

While the stock is still simmering, make the roux in a large skillet or Dutch oven. When the roux is dark chocolate in color, add the chopped green pepper, onion, and celery, and garlic. Let the roux simmer, at least 20 minutes, until the vegetables clarify.

Then add the stock to the roux. Bring the mixture to a boil, then add the chicken, and seasoning. If necessary, add enough chicken consommé or water to cover the chicken. Bring to boil and cook for at least an hour, until the chicken is tender. Remove the chicken and set aside to cool before deboning it. When it is close to room temperature, pick the meat off in bite-sized pieces, being sure to remove any chicken skin. Then add the chicken meat, sausage, and okra to the gumbo and simmer for an hour or more. Set aside until cool enough to put it in the refrigerator.

I always recommend that you make chicken and sausage gumbo at least a day in advance. It will meld better, and chilling it overnight will allow you to remove the congealed chicken fat from the surface, providing a more health-conscious dish. Reheat the gumbo, adjust the seasoning as desired, then serve piping hot over rice with gumbo filé on the side, along with a good French bread and a dry white wine. Serves six or more.

*John W. Fiero*

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## **GUMBO** ►

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Gumbo is a South Louisiana staple, and the Louisiana contingent would be sadly remiss if

someone did not include a recipe for this hearty soup. The basic directions Frank includes in his shrimp stew recipe for making a roux apply here, but the color and the proportions of flour and oil are a little different.

¾ cup vegetable oil  
 1 ½ cups of flour  
 2 cups onion, chopped  
 1 cup celery, chopped  
 1 cup bell pepper, chopped  
 3 cloves garlic either chopped or pressed  
 Salt, black pepper, and cayenne to taste

In a heavy pot (I use an 8 quart Magnalite) combine oil and flour, and over a low heat cook and stir until the mixture is a dark, reddish brown. This process is tedious and takes about 45 minutes to an hour. Add the vegetables and cook until onions are translucent. Add 3 quarts of liquid and salt and peppers. To make a seafood gumbo, liquid should be shrimp stock (made from the shrimp shells) or fish bouillon or a combination of stock, bouillon, and water to equal 3 quarts. Simmer until volume is reduced by about 2 inches and then add seafood to equal about 2 pounds to the reduced liquid. We have used shrimp alone, shrimp and oysters, shrimp and scallops—combinations are limited only by your imagination. Simmer until seafood is done, probably about 10-15 minutes. To make okra gumbo, add about two cups of sliced fresh or frozen okra to the pot when you add the liquid. To serve, put a generous portion of cooked rice in the bottom of a soup plate, ladle in the gumbo, and if you want this to be "filé gumbo", pass around the filé powder which is traditionally placed on the rim of the soup plate and scraped in a bit at the time. Hot French bread is a must and a crisp green salad is very nice; however, if you truly want to recreate a South Louisiana experience, add

potato salad to the menu. A good Cajun goes light on sobriety but heavy on the starches, me.

*Jane Wallace Fiereaux*

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## **NEW ENGLAND CLAM CHOWDER ►**

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John has fond memories of clamming on the shores of the Long Island Sound and eating "the catch of the day" either steamed or in a chowder. Since Louisiana's coastline does not offer up clams of the edible variety, we make do with canned ones.

3 6 ½ oz. cans minced clams  
 3 thin (¼ inch ) slices salt pork  
 3 cups chopped onion  
 4 cups diced raw peeled potatoes  
 2 cups half and half  
 1 15 oz. can creamed corn  
 Salt and pepper to taste

Drain the clams but reserve the liquid, adding enough water to make 2 cups. Cut the salt pork into bits and in a large saucepan render the salt pork, and remove the crisp bits. Sauté the onion until translucent. Add the diced potatoes and mix well. Add the liquid from the drained clams and the water to the pot and simmer the potatoes until tender (about 10 minutes). Add the creamed corn. Pour in the half and half and add the clams; cook, being careful not to boil, until heated through. Add salt and pepper to taste. Makes about 3 quarts.

*Jane Wallace Fiero*

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## **PLAIN OLE VEGETABLE SOUP ►**

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This is the kind of cooking that Auntie used to do—put in what you've got and if you think it's not enough add a little bit more—if it seems too much take out some. But you *must* start with 8 or 10 (more or less) beef round marrow bones—no substitutes. These used to be available any time at the market but are sometimes hard to find now that butchers no longer butcher their own meat. Ask for them. If unavailable put off the soup making until you find some. You need a little meat to give the soup more taste and "suction," as our cook Janie used to say. So, use shank meat (this also gives you some marrow bones) or chuck or round or stew meat—not particular here. The amount of meat is up to you; I personally don't care for a lot of meat in my soup; for me, not more than 1 pound meat cut up or a couple of shank bones with meat on them is enough. Then of course you must add vegetables:

Carrots (2 or 3 if large, more if small)  
 Onion (1 large quartered)  
 Tomatoes (14 ½ -16 oz. can)  
 8 oz. can tomato sauce (if you think it needs more tomato taste)  
 Corn (½ 10 oz. box frozen)  
 Cabbage (½ small head, chopped)  
 Brown rice (about ⅓ cup; or may use white rice or pasta of some kind)

Any other vegetables would be fine, frozen or fresh. I sometimes use a box of mixed vegetables.

Put soup bones and meat in large pot; cover well with water. I put two or three beef bouillon cubes in with the water. Bring to boil, skim off scum which develops on the top, and cook until the marrow is coming out of the bones and the meat is tender—about 45 minutes to an hour. Remove the bones and scrape the marrow from two or three of them,

mash, and return to the pot. Add salt and pepper to taste. Add vegetables and cook slowly for another 40 to 60 minutes. Serve in soup bowls with corn bread and a glass of cold buttermilk, and happy slurping! I include this rambling recipe at Jane's request.

Margaret Copeland Wallace

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## **SEAFOOD FILÉ GUMBO ►**

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This recipe, from Paul Prudhomme's cookbook, *Chef Paul Prudhomme's Louisiana Kitchen*, is unique in that it doesn't use a roux but rather uses filé as a thickener. I have made this many times over the years. You can serve it as an appetizer to Shrimp Diane, or by itself. It is a lot of work, but well worth it.

1 lb. medium shrimp with heads and shells  
5 cups basic seafood stock (see below)

Seasoning mix

¾ tsp ground pepper  
1½ tsp sweet paprika  
1 tsp salt  
½ tsp white pepper  
½ tsp black pepper  
½ tsp dried oregano leaves  
1 bay leaf, crumbled

¼ cup margarine (not butter)  
2 cups chopped onions  
2 cups chopped celery  
2 cups chopped green pepper  
3 Tb gumbo filé  
1 Tb Tabasco sauce  
1 tsp minced garlic  
1¼ cup canned tomato sauce  
1½ cups, packed, crabmeat (picked over),  
about ½ pound  
1 dozen shucked oysters (about ½ pound),

optional

1 cup frozen okra slices

Peel the shrimp, rinse, and drain well.  
Seafood Sock

Use the heads and shells to make the seafood stock by adding the following:

1 large onion, unpeeled and quartered  
4 cloves of garlic, unpeeled  
any vegetable scraps, e.g. bell pepper seeds, membrane, tops; celery stalks with leaves, or any other vegetable parts that you normally discard.

Place ingredients in a stock pot. Cover with about 8 cups of water. Bring to a boil, then reduce heat. Cover and simmer 6 to 8 hours. Strain stock, discard vegetables, shells—everything but the liquid.

Refrigerate shrimp until ready to use. Combine the season mix ingredients in a small bowl and set aside. In a 4 quart heavy soup pot, melt the margarine over medium heat. Add the onions, celery, and bell peppers. Turn heat to high and stir in the gumbo filé, Tabasco, garlic, and seasoning mix. Cook 6 minutes, stirring constantly. Reduce heat to medium and stir in the tomato sauce; continue cooking 5 minutes, stirring constantly. (During this time the mixture will begin sticking to the pan bottom. As it does so, continually scrape pan bottom well with spoon. The scrapings not only add to the gumbo's flavor, but also decrease the gumbo filé's ability to thicken.) Add the stock and bring gumbo to boil; reduce heat and simmer 45 to 60 minutes, stirring occasionally. Add the shrimp, crabmeat, and oysters (if desired), cover, and turn off the heat. Leave the pot covered just until the seafood is poached, about 6-10 minutes. Serve immediately over cooked rice. For a main course, place about ½

cup of rice in a bowl and top with 1 cup gumbo. For an appetizer, serve about half that amount.

*Margaret Wallace Story*

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## **VICHYSOISE** ►

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Neva found this recipe in a *Ford Times Cookbook*, and we like it very much. It is more yellow than most vichyssoise because of the chicken stock, and also for the same reason, doesn't lend itself to being served cold.

3 medium yellow onions  
 3 stalks of celery, sliced  
 3 Tb butter  
 4 medium russet or red Irish potatoes  
 4 cups chicken stock (homemade is best; canned does nicely)  
 1 pint half and half  
 Salt and pepper to taste  
 Chopped chives or parsley

Cook onions and celery together, along with the butter, until tender; don't brown. Peel and dice potatoes, add to vegetables; add chicken stock. Cook slowly until potatoes are very tender. Cool. Put into blender and blend until very smooth. Unless blender is very large, you will have to do this several times. Put back in soup pot, add half and half. Get soup hot, but don't boil. Serve in bowls and garnish with chives or parsley. Serves 6-8.

*Frank Wallace*

## **Sandwiches**

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### **GREEK BURGERS** ►

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People who've lived in Evansville, Indiana, for 30 years or more all fondly remember eating these burgers at some long dead dive on the corner of one street or another, neither of which any longer exists. If you're feeling poor and lazy, the burgers make an exciting enough meal that you could serve them to guests who are also close friends or family. You can tell them they're eating the best of southern Indiana ethnic food. Unless you happen to be into brain sandwiches, you will not be exaggerating.

1 lb. ground meat  
 3 oz. package cream cheese (some people claim American cheese is better)  
 3 big cloves garlic  
 ½ large onion  
 Pepper and/or something else, like paprika, Tabasco, or seasoning salt

Whip up cream cheese, garlic, and onion in food processor, or just chop and mush together by hand if you don't have a food processor or if you don't feel like dirtying the one you do have. Divide meat into eight even pieces. On wax paper or plastic wrap, pat out each piece to approximately ¼" thick. Spread mixture on 4 of the patties. Top these patties with the plain ones and seal the two patties together. I've had these pan fried, and I've had them barbecued. Pan fried is better. Serve with hamburger buns and dill chips.

*Shannon Lee Hughes*

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**GRINDER ►**


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I think this variety of the submarine or hero sandwich beats them all, excepting a good oyster or shrimp po-boy. It is made in the New London, Connecticut area, where many years ago I went to one of those reform schools for the upper middle class, a now defunct military school called Admiral Billard Academy. The real thing is made with a harder salami, but I have grown fond of my variation—and so has the family and a lot of friends. Good bread makes a lot of difference.

2 12" to 15" French or Italian baguettes  
 (thin bread loaves)  
 1 lb. thinly sliced cotto (cooked) salami  
 2 medium tomatoes, thinly sliced  
 ½ lb. provolone cheese, thinly sliced  
 1 large Bermuda or other sweet onion  
 thinly sliced  
 Iceberg lettuce leaves  
 Coarse ground pepper  
 Olive oil

Cut loaves in half lengthwise and open on platter. Spread a generous amount of olive oil on all four bread faces. Build the sandwiches, starting with the salami, cheese, and tomato slices. Grind pepper on the tomatoes, then add onion slices and lettuce. Cover with the two tops, then slice each loaf into about four segments, cutting diagonally, both for appearance and ease of eating. Serves 4-6.

*John W. Fiero*

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**ITALIAN MUFFULETTA SANDWICH ►**


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The muffuletta sandwich, a favorite in New Orleans, comes from Sicily, and surely proves that not all dishes in the Big Easy are either Creole or Cajun. Jane and I usually get our

muffulettas from Cedars Grocery in Lafayette, which also makes an olive salad that we can use to make our own sandwiches (or Italian or Greek salads, which we frequently serve with spaghetti and other pasta dishes).

Perhaps the best place to get a muffuletta already made is the famous Central Grocery on Decatur Street in the French Quarter. We used to order jars of olive salad from Central Grocery by the case, and at one point split cases with Frank and Neva. But that was before we discovered that we could get a similar mix in Lafayette. Even outside of Louisiana, I have seen the requisite olive salad on grocery shelves. One familiar brand is Boscoli, which, though pricey and a bit astringent, is entirely suitable.

The other important ingredient that is not readily available outside south Louisiana is the Italian muffuletta loaf. It is round, about 9" in diameter, and about 2" thick. Although hardly the same thing, a good loaf of French or Italian bread can be used as a substitute. Those of you living beyond the muffuletta pale will not really have a choice.

The recipe here assumes that you buy the olive salad already made and are lucky enough to get a muffuletta loaf.

1 muffuletta loaf, cut in half horizontally  
 1 ½ cups of olive salad mix  
 1 large tomato thinly sliced  
 1 cup shredded iceberg lettuce  
 ¼ lb. capicola, thinly sliced  
 ¼ lb. mortadella or cotto salami, thinly sliced or shaved  
 ¼ lb. honey ham, thinly sliced or shaved  
 ¼ lb. pepperoni, thinly sliced  
 ¼ lb. mozzarella or provolone, thinly sliced

If you cannot find Boscoli or some other olive salad mix, you can make your own. One

recipe for the mix requires

½ cup black, brine-cured olives, such as  
kalamatas, pitted and chopped  
½ cup pimiento-stuffed green olives, chopped  
½ cup chopped celery, with leaves  
¼ cup carrots, finely chopped  
¼ cup of small capers  
⅓ cup chopped fresh Italian parsley  
½ cup pepperoncini (small salad  
peppers), drained, left whole  
1 cup Giardiniera (Italian pickled vegetables)  
1 Tb oregano  
¼ tsp celery seed  
3 garlic cloves, finely diced  
¼ cup olive oil  
1 tsp freshly ground black pepper

Making the sandwich

From the bottom half of the loaf, pull out some of the breading to make a "well" for the sandwich ingredients. Spread one half of the olive salad mix on that half, leaving at least a ½ " apron around the mix. Top the olive salad with the lettuce, tomato, mortadella, ham, capicola, pepperoni, and mozzarella or provolone. Cover with the remaining olive salad mix. At this point you can cut the sandwich into up to 8 wedges and serve.

However, you might also place the sandwich on a plate in the refrigerator and cover it with another plate weighted down by a sauce pan of water and leave it for a couple of hours. That will compress the sandwich and help the ingredients meld.

Jane and I prefer to slightly toast the sandwich on a cookie sheet in a preheated, 350° oven and serve it warm. Will serve up to 4 if accompanied by potato salad or some other suitable side—and a nice cold glass of beer.

*John W. Fiero*

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## ***REUBEN SANDWICH*** ►

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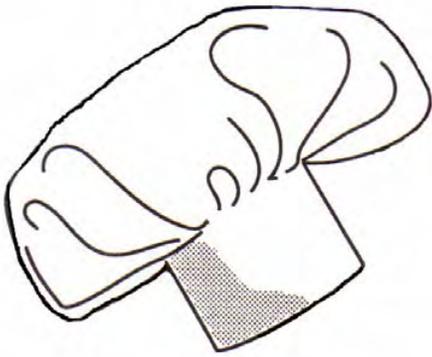
I *love* a Reuben Sandwich and will almost always order one when we go out for lunch. This recipe comes from *The Joy of Cooking*, and I fix it for lunch occasionally and find it to be very good indeed. This amount is for one sandwich; make as many as you like.

Preheat oven to 400°. Lightly butter on 1 side only 2 slices of sour dough (or plain) rye bread or a cut rye roll. Layer between slices of bread or roll thinly sliced corned beef, sauerkraut, and 1 slice Swiss or Gruyère cheese. Spread generously with Russian dressing—recipe follows. Wrap in foil and heat in oven until cheese is melted and sandwich is heated through. Or you may grill this sandwich in a sandwich grill—this is what I do.

Russian Dressing

1 cup mayonnaise  
1 Tb horseradish  
⅓ cup chili sauce or catsup  
1 tsp grated onion

*Margaret Copeland Wallace*



# salads &



# Salad Dressings



## Salads

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### **ARTICHOKE HEART SALAD ►**

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I was served a similar salad at a luncheon in a restaurant and thought it was good, and worth trying to copy. I've added an embellishment or two as well.

1 tall can Progresso (or other good brand)  
artichoke hearts  
Vinaigrette dressing  
Slices of fresh tomato  
Slices of Bermuda onion, made into rings  
Lettuce  
Dried dill weed

Marinate quartered artichoke hearts in vinaigrette dressing several hours (overnight is great), stirring occasionally. When ready to prepare your salad, cover plate with lettuce, add artichoke hearts, then tomato slices, topping with onion. Pour some of the marinade over each serving, then sprinkle with dried dill weed.

#### Vinaigrette Dressing

Use on the recipe above, but it has many uses. I always keep a bottle in the refrigerator.

$\frac{3}{4}$  cup salad oil  
 $\frac{1}{4}$  cup red wine vinegar  
 $\frac{1}{2}$  tsp white pepper  
2 Tb Grey Poupon Dijon Mustard  
1 clove garlic, pressed

Mix all ingredients together in a bowl. Pour into a bottle and shake well. While not necessary, try to make the day before, or at least several hours, before you plan to serve.

Keeps well in refrigerator for weeks.

*Frank Wallace*

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### **AVOCADO AND GRAPEFRUIT SALAD ►**

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Jane and I credit Margaret Wallace with introducing us to this simple salad. When avocados and grapefruit are both in season, we make it often, at least twice a week. We prefer the large, smooth-skinned "Florida" avocado pears and seedless, ruby grapefruit, but will happily use the smaller, rougher skinned Hass avocados and seedless grapefruit of any variety. The key is to use avocados that are just ripe, with firm meat that has no soft spots.

1 large "Florida" avocado or 2 Hass  
avocados, ripe  
2 large, seedless grapefruits  
unsweetened grapefruit or lemon juice  
as needed  
poppy seed dressing

Remove the rind and large pit and, in a bowl, slice the avocado into sections about  $\frac{1}{2}$ " thick. Peel the grapefruit, removing all the white, pithy membrane, and cut out the sections, adding them to the avocado slices. If the grapefruit juice isn't sufficient to cover the mixture, either add unsweetened grapefruit juice or spray the mixture with lemon juice to prevent the avocado slices from discoloring. Refrigerate until ready to serve, then apportion the fruit into 4 - 6 dessert bowls. Dribble poppy seed dressing over the fruit and serve as either a side salad or dessert salad. We particularly like La Martinique poppy seed dressing, but you can always make your own.

#### Poppy seed dressing

1 Tb vegetable oil

4 Tb honey  
 2 Tb lemon juice  
 ½ tsp dry mustard  
 2 tsp poppy seed

Mix all ingredients except poppy seeds in a blender and pour into a small, spouted measuring cup. Stir in the poppy seed and chill until ready to use.

*John W. Fiero*

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### **BLACK CHERRY SALAD ►**

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There are congealed salads and then there are congealed salads. This one is about the only one I ever ate about which I can say I really enjoy.

1 3 oz. package black cherry Jello  
 (cherry, if black is not available)  
 1 15 oz. can pitted black cherries  
 1 9 oz. can crushed pineapple  
 ½ cup broken pecans  
 1 cup burgundy or other red wine

Drain cherries and pineapple well, reserving the juices. Using the fruit juices and wine, measure two cups of liquid. Heat one cup, and dissolve Jello. Add remaining liquid, along with pineapple, cherries, and nuts. Chill until firm. Serve on lettuce bed, topped with dollop of mayonnaise. While I have never tried it, this would also make a good dessert, just leave off the lettuce and use whipped cream instead of mayonnaise as topping. For salad, this will serve 8. For dessert, probably no more than 6.

*Neva Nabors Wallace*

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### **BYMOMMY'S POTATO SALAD ►**

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So called, because Shannon copied the recipe from her grandmother.

2 ½ to 3 lbs. potatoes (red ones are best)  
 1 cup chopped onion  
 1 cup sliced celery  
 2 Tb chopped parsley (optional)  
 2 or 3 Tb chopped sweet pickle or pickle relish  
 ½ cup vegetable oil (or half mild olive oil and half vegetable oil)  
 ¼ cup vinegar  
 2 tsp salt  
 1 tsp sugar  
 ¼ tsp paprika  
 ¾ cup mayonnaise  
 3 hard cooked eggs, chopped

Boil potatoes until just done; peel and chop in small pieces. Mix potatoes, eggs, onions, celery, parsley in large bowl. Make vinaigrette by placing oil, vinegar, salt, paprika, and sugar in a jar and shake well. Pour over potato mixture while potatoes are still hot and let stand an hour or longer out of refrigerator. Before serving, toss with mayonnaise. Serves 8-10.

*Margaret Copeland Wallace*

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### **CAESAR SALAD ►**

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We particularly like anchovies rolled with capers and Pepperidge Farm Family Style croutons. If you do not want to throw caution to the wind with a raw egg, coddle it before using (whatever that means!). For special occasions, an artery-clogging delight is a thick, charcoal-broiled sirloin, asparagus spears with Hollandaise, fresh corn on the cob, and this salad. A fresh boiled lobster

makes a good substitute for the steak.

1 medium size head of romaine lettuce  
 1 egg  
 1 to 2 cups onion or garlic croutons  
 1 tin anchovies  
 1 tsp Worcestershire sauce  
 $\frac{2}{3}$  cup olive oil  
 1 Tb lemon juice  
 1 large clove of garlic, minced  
 $\frac{1}{2}$  cup grated Parmesan cheese  
 2 Tb plain yellow mustard  
 Fresh peppercorns

Wash and dry the lettuce, then break into bite-size bits in a salad bowl. Slightly beat the egg and combine with olive oil, garlic, mustard, Worcestershire sauce, and lemon juice in pint jar. Cover and shake vigorously. Grind pepper over lettuce, then add croutons, anchovies, and cheese. Add dressing mixture, toss and serve immediately.

*John W. Fiero*

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### **CHICKEN SALAD ►**

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Chicken salad is one of our favorites, and we don't like a lot of different things in it such as apples and pickles. So this is a simple version. A hen makes the best salad, I think, but often I use a fryer. I usually cook the chicken in the pressure cooker since that is quicker. When still warm take the meat off the bones and cut up. To 3 cups of chicken use  $\frac{1}{2}$  cup chopped celery and 3 hard boiled eggs chopped, and juice of at least one lemon. The lemon juice is what gives it a good taste. Add salt and pepper to taste and enough mayonnaise to moisten.

*Sarah Copeland Nettles (Sapie)*

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### **CONGEALED SALAD ►**

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Tom likes this one! A little sweet for me.

2 3 oz. packages peach Jello  
 1 large can crushed pineapple (sweetened)  
 9 oz. Cool Whip  
 2 cups buttermilk

Put pineapple with juice and Jello on stove and let come to a boil, stirring. Take off and cool until mixture is warm. Add Cool Whip and mix well. Then add 2 cups buttermilk and mix. Pour into oiled, 1  $\frac{1}{2}$  quart oblong dish. Pecans ( $\frac{1}{2}$  cup or more) may be mixed into the salad or chopped and spread on top. Serves 8.

*Evelyn Nabors*

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### **DAVID'S SALAD ►**

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I got this recipe from my sister who it from someone else. We have no idea who David is or was, but David knew a good salad when he ate one.

$\frac{1}{2}$  head iceberg lettuce  
 $\frac{1}{2}$  cup sesame seeds (I use half an empty Durkee's jar to measure.)  
 1 Tb butter  
 2 Tb olive oil  
 2 Tb red wine vinegar  
 $\frac{3}{4}$  tsp Lary's seasoned salt  
 1 tsp Accent (I think this is msg. and have no idea why it is used!)  
 $\frac{1}{4}$  - $\frac{1}{2}$  box croutons (I use the Pepperidge Farm seasoned kind.)

Brown sesame in butter in a pan. Careful—the seeds burn easily. Tear the lettuce into bite-sized pieces and put in a salad bowl along with the sesame seeds and all the rest of the

ingredients except the crouton. Toss. Add the croutons just before serving so they will not get soggy. Serves 4-6.

*Tina Grant*

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### **FRESH MUSHROOM SALAD ►**

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This recipe came in a box of mushrooms. I tried it, and we found it to be delicious—very earthy with the distinct flavor of the mushrooms.

1 lb. mushrooms, the fresher the better  
 2 green onions, chopped, using some of the green  
 2 medium carrots, sliced very thin  
 2 ribs celery, sliced  
 ½ cup stuffed green olives, sliced  
 ½ tsp salt  
 ⅛ tsp pepper  
 ¼ tsp garlic powder or 1 clove garlic crushed  
 ½ cup oil-vinegar

Brush mushrooms to remove any particles that cling to them—do not rinse as they absorb water and are not as good. Slice fairly thin. Add vinegar to ⅓ cup oil to make ½ cup liquid. Add salt, pepper, garlic and mix well. Pour over mushrooms and other ingredients, toss gently, and let marinate for at least one hour.

*Margaret Copeland Wallace*

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### **GENEVA'S SALAD ►**

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So-called because Geneva Walker submitted this recipe to Marge McInteer for her

cookbook, *Marge's Merry Mixin's*. It is my favorite salad.

1 3 oz. package lemon Jello  
 1 10 ½ oz. can condensed tomato soup, undiluted  
 1 Tb vinegar  
 ½ tsp salt  
 1 cup chopped celery  
 ½ cup sliced stuffed olives  
 1 cup mayonnaise  
 1 cup small curd cottage cheese, drained well

Heat soup and Jello together and stir until dissolved. Cool. Add vinegar, salt, celery, olives, mayonnaise, and cottage cheese. Place mixture in a 10x6x2 rectangle or 8x8 square pan. Chill in refrigerator. Serve on a lettuce leaf with a dollop of mayonnaise. Serves 6-8.

*Margaret Wallace Story*

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### **HARRY'S FAVORITE POTATO SALAD ►**

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This is one I just throw together so am not sure of the exact amounts but will try to estimate.

6 medium potatoes, boiled in the skin until done  
 3 hard boiled eggs  
 1 medium onion  
 1 jar chopped pimentos (optional)  
 Mayonnaise and Durkee's Famous Sauce

Peel and cut up the cooked potatoes and chopped onions and combine. Then sprinkle salt and pepper over them and turn to mix and let stand a little while so potatoes can take up salt. Add chopped eggs and pimentos (if

used). Use about 2 to 3 tablespoons Durkee's and enough mayonnaise to make it real moist. Taste and adjust seasoning. It is better when it sits in refrigerator a while to absorb seasoning. Of course you can add anything you like such as chopped stuffed olives. Serves 8-10.

Tip: Frank says "this is an excellent recipe—the only one I use for potato salad. I find it easier and quicker to peel potatoes and dice, then boil about 12 minutes, checking frequently to be sure you don't make them mushy."

*Sarah Copeland Nettles (Sapie)*

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## **PASTA SALAD ►**

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I got this recipe from the food section of the Baton Rouge *Advocate*. I thought it sounded like a good one, not unlike Wheat's mother-in-law Peggy Teller's pasta salad. We gave its maiden voyage on unsuspecting guests, and the empty bowl testified to its tastiness. Even John, who confesses to not liking "cold pasta" ("it looks like worms") admitted that the salad was "hmm, not bad."

8 oz. package of fresh mushrooms, sliced  
 1 clove garlic, minced  
 ½ cup green onions (4-5), sliced  
 6 Tb olive oil, divided  
 2 Tb lemon juice  
 3 Tb mayonnaise  
 1 Tb Greek seasoning  
 8 oz. package penne or sea shell pasta cooked and drained  
 2 (2.5 oz) cans of sliced black olives, drained  
 ½ cup chopped roasted peppers or 1 (4 oz.) jar diced pimento, drained  
 1 small jar marinated artichoke hearts, drained and chopped

Sauté sliced mushrooms, garlic, and green

onions in 2 tablespoons hot olive oil over medium heat until tender. Remove from heat. Whisk together remaining 4 tablespoons olive oil, lemon juice, mayonnaise, and seasoning in a large bowl, blending well. Add cooked pasta, mushroom mixture, olives, roasted peppers, and artichokes. Toss to coat. Cover and chill 8 hours.

I sometimes add a 6 oz. can of drained tuna, which offers a very nice variation on the basic recipe.

*Jane Wallace Fiero*

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## **SAPIE'S SALAD ►**

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We have always called this "Sapie's Salad" because mother got the recipe from her. But, as it turns out, she herself had never made it but had eaten it at Heyward's and liked it. I have never served this salad that I did not get rave reviews.

1 can hearts of palm, drained and cut  
 1 can artichoke hearts, drained and cut  
 2 green peppers, cut in strips  
 2 sweet onions (preferably purple), cut in rings  
 ½ lb. fresh mushrooms, sliced

Put all of the above in large bowl. Pour 1 bottle oil and vinegar dressing over it. Soak over night. When ready to serve, add 1 large head of lettuce broken up into bite-size pieces and toss. Serves 6-8.

*Margaret Wallace Story*

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## **SPINACH SALAD ►**

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At least 6 slices of bacon, fried crisp,

and chopped into bits  
 2 hard-boiled eggs, grated  
 1 lb. fresh spinach, stems removed  
 Several slices of onion, preferably a red  
 onion, separated into rings  
 ¼ lb. sliced fresh mushrooms

Toss the above ingredients in a large salad bowl, then add this dressing:

½ cup sugar  
 ½ cup vinegar  
 Tb vegetable oil  
 1 Tb parsley flakes  
 1 tsp Lea & Perrins Worcestershire sauce  
 1 tsp prepared mustard  
 ¼ tsp white pepper

Put the above ingredients in a small bowl and whisk well. Pour over the salad, toss lightly, and serve. Serves 6 to 8.

Frank Wallace

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### **STRAWBERRY SALAD ►**

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This is from a Wilmington, North Carolina cookbook which Mary Earle sent me when she lived there in the '70s.

1 family size package strawberry Jello  
 2 cups boiling water  
 1 carton sweetened frozen strawberries  
 with juice  
 3 large bananas mashed  
 1 cup chopped nuts  
 1 12 oz. carton sour cream  
 2 cups crushed pineapple with juice

Dissolve Jello in boiling water. When it cools a little, put the strawberries in to thaw. Add all of the other ingredients except the sour cream. Pour half of the mixture into a dish or mold (approximately 12x7 ½ ) and refrigerate.

When it congeals, spread top with sour cream. Spoon the other half, which has been left at room temperature, on top of the sour cream. Refrigerate again until firm. Do not stir. Serve on lettuce leaf after cutting into squares. This is delicious and very pretty. Serves 6-8.

*Cornelia McCraw*

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### **VEGETABLE SALAD ►**

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This came from *Southern Living*. It is very good.

¾ cup white vinegar  
 ½ cup vegetable oil  
 1 cup sugar  
 1 tsp salt  
 1 tsp pepper  
 2 11 oz. cans of white shoepeg corn, drained.  
 1 15 oz. can small English peas, drained  
 1 14.5 oz can French-style green beans,  
 drained  
 1 cup diced green bell pepper  
 1 cup diced celery  
 1 cup diced onion  
 1 2 oz. jar diced pimiento, drained

Bring first 5 ingredients to a boil in a small sauce pan over medium-high heat, stirring until sugar dissolves. Cool.

Combine corn and next 6 ingredients in a bowl. Stir in vinegar mixture. Chill 8 hours; drain. Yields 10-12 servings.

*Wheat Story Teller*

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### **VINAIGRETTE DRESSING SALAD ►**

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I learned this method of making a salad from Dina Hathaway, a good friend who lives on a

ranch outside of San Antonio, where Tres and I spent our honeymoon. Her husband Tim was a history instructor at Selwyn School while Tres was a student there. She said she adapted it from James Beard. I have made a few adaptations myself.

Sprinkle some salt in the bottom of a large wooden salad bowl. Mash several cloves of fresh garlic with a fork in the bowl, mixing it with the salt. Add 6 to 8 tablespoons of good olive oil and about 2 tablespoons of Regina red wine vinegar (more or less depending on desired tartness). I use a 1-to-4 ratio of vinegar and oil. Add ½ teaspoon Dijon mustard if desired. Shake a good sprinkling of Parmesan cheese and some coarsely ground black pepper. Tear pieces of clean, dry romaine lettuce into bite-size pieces. Toss to cover with dressing. Add chopped tomato, sliced fresh mushrooms, and chunks of avocado. Marinated artichoke hearts are nice if you have them. Sometimes I chop some canned beets and put them in.

*Margaret Wallace Watson*

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### **VINAIGRETTE MOLDED SALAD ►**

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This salad is crunchy and delicious and a good accompaniment with almost any meal. It is also low in calories, especially if you use a sugar substitute instead of the sugar (2 Tb granular) and diet soda.

2 envelopes Knox gelatin  
 2 Tb lemon juice  
 2 ½ Tb cider vinegar  
 ½ tsp salt  
 ¼ cup sugar or 2 Tb granular sugar substitute  
 1 cup shredded carrots  
 ¾ cup diced celery

¾ cup cooked, well-drained green peas  
 (I use Le Seur)  
 2 Tb pimentos, chopped  
 1 small bell pepper, chopped  
 2 cups well chilled Fresca or any lemon-lime soda

Soak gelatin in ¼ cup cold water for 5 minutes; dissolve in ⅓ cup boiling water; if necessary heat mixture to dissolve gelatin completely. Add lemon juice, vinegar, salt, sugar, and mix to blend. Chill until almost set; chill vegetables also. Add vegetables and Fresca or soda and pour into a mold and chill until very firm. Serve on lettuce. Serves 6.

*Margaret Copeland Wallace*

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### **WALDORF SALAD ►**

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2 cups diced apples (4 medium apples)  
 1 cup chopped celery  
 ½ cup broken nuts  
 ½ cup Whipped Cream Dressing

Pare apples, if desired. If prepared in advance, squeeze juice of one-half lemon over apples to prevent their turning brown. Combine ingredients and chill thoroughly. Serve on crisp lettuce. Serves 6.

Whipped Cream Dressing  
 ½ cup mayonnaise or salad dressing  
 1Tb sugar  
 ½ tsp lemon juice  
 ½ cup whipping cream

In a small bowl combine mayonnaise or salad dressing, sugar, and ½ teaspoon lemon juice. Whip cream just till soft peaks form. Fold whipped cream into the mayonnaise mixture, spoon over the apple mixture. Sprinkle lightly with nutmeg. Cover and chill. To serve, fold

dressing into fruit mixture.

½ cup halved seedless green grapes may be added if desired.

*Neva Nabors Wallace*

## **Salad Dressings**

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### **BLENDER MAYONNAISE ►**

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Making mayonnaise in the blender as opposed to using a wire whisk makes homemade mayonnaise, as far as I'm concerned, a possibility.

Place in blender container

1 egg  
 1 tsp dry mustard  
 1 tsp salt  
 Dash cayenne pepper  
 1 tsp sugar  
 ¼ cup olive or vegetable oil

Cover and blend on "High" until thoroughly combined. With blender still running, take off the cover and slowly add

½ cup vegetable oil and then  
 3 Tb lemon juice until thoroughly blended.

Add slowly

½ cup vegetable oil and blend until thick. You may have to stop and start the blender to stir down the mayonnaise. Makes about 1 pint.

*Jane Wallace Fiero*

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### **CELERY SEED DRESSING ►**

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This is excellent on fresh fruit salad. While the recipe calls for celery seed, poppy seed can be substituted as well.

½ cup sugar  
 1 tsp dry mustard  
 1 tsp salt  
 ¼ onion, grated fine  
 ⅓ cup white vinegar  
 1 cup salad oil  
 1 Tb celery seed (or poppy seed)

Mix sugar, mustard, and salt; add the grated onion and its juice and a couple tablespoons of the vinegar; beat with an electric mixer or put in blender. Add small amounts of oil and vinegar, alternating, and beating well after each addition is made. Add celery seed last; beat well. Place in a covered 1 pint container. Keeps well in refrigerator.

*Frank Wallace*

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### **CREOLE SALAD DRESSING ►**

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⅓ cup vinegar (white or other)  
 ⅔ cup salad oil  
 1 Tb creole mustard (Zatarain and French's are both good)  
 1 Tb prepared horseradish  
 1 tsp sugar  
 ½ tsp salt

Combine in mixing bowl, whisk until well blended. Keeps well in refrigerator. Store in vinegar or similar bottle, shake and serve as you need it. Makes about 1 ½ cups.

*Frank Wallace*

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**GREEK SALAD DRESSING** ►
 

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I have no clue as to the original source of this recipe, but I have repeatedly used it successfully to make good Greek salads, which John particularly likes. It refrigerates well, staying viable for up to a month.

2 oz. Feta cheese—crumbled  
 1 tsp Dijon mustard  
 2 Tb Chopped parsley  
 1 Green onion—sliced  
 1 Tb Lemon juice  
 1 tsp Minced garlic  
 2 Tb Olive oil

In a blender purée all of the ingredients.

*Jane Wallace Fiero*

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**JAPANESE GINGER SALAD DRESSING** ►
 

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If you have ever been to a Japanese steak house, you know how tasty this dressing is. My girls and I love this. One night, Wheat was determined to concoct the recipe for the salad dressing and had absolutely no luck, so she went online and somehow found the following recipe—which tastes just like the restaurant's! Though it is a lot of trouble, it is well worth it. It is best served over iceberg lettuce.

½ cup soy oil  
 ¼ cup soy sauce  
 ⅓ cup diced onion  
 ¼ cup diced celery  
 3 Tb plus 1 tsp rice vinegar  
 2 Tb peeled and diced fresh ginger  
 2 tsp sugar  
 1½ tsp grated lemon rind  
 ½ tsp catsup

¼ tsp black pepper

Place all ingredients into a blender or food processor. Blend until all vegetables are puréed. Store in a covered jar. Makes about 1¼ cups.

*Margaret Wallace Story*

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**PAPRIKA DRESSING** ►
 

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Low calorie—ideal for diets!

½ medium onion, puréed or chopped  
 1 cup vinegar  
 2 Tb paprika  
 2 Tb salt  
 15 (¼ grain) saccharin tablets  
 ¼ tsp dry mustard  
 3 cups corn oil

Purée onion in blender, or chop finely. Combine remaining ingredients, except oil. Gradually add oil, and continue blending until oil is finely dispersed. If the dressing separates on standing, shake well before using. Use 2 teaspoons dressing for 1 teaspoon oil in diet. Makes 1 quart.

*Neva Nabors Wallace*

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**RASPBERRY POPPY SEED DRESSING** ►
 

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This recipe was given to me by my close friend, Joyce Allison, of Fredericksburg, Virginia. I like to put it on a fresh spinach salad that contains mandarin orange slices and walnuts.

1 cup canola oil  
½ cup raspberry vinegar  
⅓ cup sugar  
½ medium red onion, cut in chunks  
½ tsp poppy seeds  
½ tsp salt  
1 clove garlic

Place all of the ingredients in the blender and blend until smooth. Serve on favorite salad greens. Keeps well in the refrigerator. Makes about 1 ½ cups.

*Margaret Wallace Story*

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**VINAIGRETTE ►**

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1 cup extra-light olive oil  
⅔ cup to ⅞ cup red wine vinegar  
¼ tsp dry mustard  
½ tsp salt  
¼ tsp pepper  
½ tsp sugar

Blend all ingredients in a blender or food processor. Serve on salad while vinaigrette is still emulsified.

*Shannon Lee Hughes*

# Sauces, Seasonings, and Condiments



## **Sauces, Seasonings, and Condiments**

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### **BARBECUE CHICKEN SAUCE ►**

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This is a recipe that Rosie's old boyfriend gave her when they were both going to Presbyterian College. He was from Denmark, S. C., so I guess this is a "low country" recipe. Anyhow, it is one of the best for chicken, and we all like it. You can see this makes a lot, so you can either do a lot of chicken or reduce the recipe.

1 quart Miracle Whip Salad Dressing  
 1 9 oz. jar French's mustard  
 1 lb. margarine, melted  
 1 pint vinegar  
 Juice of six lemons  
 Pepper to taste

Mix all ingredients together using a wire whisk. Mop chicken quarters first with equal parts of vinegar and oil and then with this sauce. Brush frequently with sauce while chicken is grilling.

*Sarah Copeland Nettles (Sapie)*

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### **CHOCOLATE SAUCE COCKAIGNE ►**

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In *The Joy of Cooking*, Irma says this sauce is "dreamy" on vanilla ice cream, and she is right. I recommend home-made ice cream or a high quality commercial brand like Breyers Natural Vanilla. If you are an ice cream aficionado and purist (vanilla or chocolate straight type), like me, give this sauce a try!

3 oz. unsweetened chocolate

1 large egg  
 ¾ cup evaporated milk  
 1 cup sugar  
 1 tsp vanilla  
 ¼ tsp cinnamon (optional)

Melt the chocolate in the top of a double boiler (over boiling water). Beat the egg, combine it with the evaporated milk and sugar and stir it in the melted chocolate. Cook for about 20 minutes. Remove from heat and beat with electric mixer for at least a minute. Stir in vanilla and cinnamon. Let cool before using. Makes about 1 ½ to 2 cups.

*John W. Fiero*

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### **HARD SAUCE ►**

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My all-time favorite dessert—Apple Brown Betty with hard sauce—was made by my mother, usually in the fall, when apples from our one apple tree or from my uncle's small orchard were plentiful. It was the season when we made fresh cider using an old fashioned press, and my dad would set some out on the back porch to freeze so he could skim off some powerful apple jack, which I was always too young to sample.

I think a good substitute for my mom's Brown Betty would be the Ozark Apple Pie from this cookbook with a hard sauce made with either brandy or rum. It is quick and easy to make.

1 cup confectioner's sugar  
 4 Tb butter  
 ⅛ tsp salt  
 2 tsp brandy or rum  
 1 egg (optional)

Soften the butter. Slowly fold in the sugar and beat until the mixture is fluffy. Mix in the salt and brandy or rum. If an egg is used, beat it in

the sauce. Before using, chill sauce until it thoroughly hardens.

*John W. Fiero*

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### **HOLLANDAISE SAUCE ►**

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I include this recipe for hollandaise from Marjorie Kinnan Rawlings's *Cross Creek Cookery* because, through the many years I have used it, I have found it to be so reliable and easy to make. She offers it to be used as a dip for small pods of boiled okra arranged as the spokes of a wheel around the individual containers of the sauce. Makes okra special! When my double boiler went the way of all flesh, I found that I could make the Hollandaise in a small saucepan over low heat and stand there and stir without stopping until the sauce was ready—no problems. These measurements are for an individual serving but can be increased to the amount needed.

¼ cup sweet butter (½ stick)  
Yolk of 1 egg  
Juice of ½ lemon  
⅛ tsp salt

Divide butter into 3 pieces. Beat egg yolk and lemon juice in top part of double boiler, add 1 piece of butter. Place over boiling water. Be sure water does not touch bottom of top saucepan. Stir rapidly and constantly. As the butter melts, add another ⅓ portion. When the mixture begins to thicken, *SNATCH* from the fire. The tricks for successful Hollandaise are constant stirring, not cooking one second too long, and being ready to serve it the moment it is taken from the fire.

*Margaret Copeland Wallace*

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### **LEMON, LIME, OR ORANGE SAUCE ►**

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This is a very simple and lovely sauce, suitable for pouring over any kind of cake—especially gingerbread. It comes from the *Joy of Cooking*, and I have used it happily for many years.

¼ - ½ cup sugar  
1 Tb cornstarch  
1 cup water

Combine in a saucepan and cook and stir until thickened. Remove sauce from heat and stir in

2-3 Tb butter  
½ tsp lemon, lime, or orange rind  
1 ½ Tb lemon or lime juice *or* 3 Tb orange juice  
⅛ tsp salt

Serve hot over cake. Heats up well in the microwave.

*Margaret Copeland Wallace*

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### **OLA'S STUFF ►**

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This is what Harry calls this sauce that he likes to put on his baked potato better than anything else. He named it "Ola's Stuff" because Ola, his brother's wife, gave me the recipe.

1 stick butter or margarine, softened  
½ cup mayonnaise  
1 tsp onion juice  
1 tsp Worcestershire sauce

Combine softened margarine and mayonnaise; add onion juice and Worcestershire sauce, and mix well.

*Sarah Copeland Nettles (Sapie)*

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**SEASON-ALL SALT MIXTURE** ▶
 

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My mother found this recipe years ago in a newspaper. I remember our getting *The Jennings Daily News* and the *Lake Charles American Press*, so it must have been in one or the other paper.

1 26 oz box free-flowing salt  
 1 ½ oz box ground black pepper  
 2 oz bottle red pepper  
 1 oz bottle garlic powder  
 1 oz bottle chili powder  
 1 oz bottle Accent  
 1 ½ oz bottle onion powder  
 1 ½ oz bottle paprika

Blend well; put in shaker bottle.

*Marlene Harper*

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**SHRIMP-FISH-SPAGHETTI SAUCE** ▶
 

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This smells delicious while cooking. The same pot of sauce can be used for several different dishes.

½ cup buttery Wesson oil  
 ¼ cup olive oil  
 2 onions, chopped  
 2 stalks celery, chopped  
 4 pods garlic, pressed or chopped  
 2 16 oz. cans tomato sauce  
 2 6 oz. cans tomato paste  
 3-5 16 oz. cans water  
 1 tsp salt  
 1 tsp black pepper  
 1 tsp rosemary  
 1 tsp garlic salt  
 2 Tb parsley flakes  
 1 tsp sage  
 1 tsp oregano  
 1 tsp basil  
 1 tsp thyme

2 Tb Worcestershire sauce  
 1 tsp Tabasco  
 3 bay leaves  
 Juice of one lemon  
 3-4 tsp sugar  
 1 cup white wine

In large heavy pot, sauté onions, garlic, and celery until soft but not brown. Add tomato sauce, paste, and water. Stir in remaining ingredients. Cook on low fire at least 3 hours, stirring occasionally. Drop in fish filets, shrimp, or whatever after sauce is done. Serve over noodles. Can also be used as spaghetti sauce.

*Martha Tolson Griggs*

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**TARTAR SAUCE** ▶
 

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Ideally make this from scratch, starting with homemade mayonnaise. Be careful that the right ingredients go in the mixture. Many years ago at Grand Isle, lacking pitted olives, we had to remove pits from whole olives and ended up spoiling the tartar sauce when a friend, who will remain nameless, accidentally put the pits in the mixture and tossed out the olive pieces. That was tough sauce indeed!

1 pint homemade mayonnaise (or good quality commercial)  
 1 Tb yellow mustard  
 ½ small onion, finely chopped  
 ½ cup dill pickle relish, drained  
 1-2 hard boiled eggs, chopped  
 ½ cup pimiento-stuffed olives, finely chopped  
 2 Tb capers

Mix all ingredients thoroughly and chill before serving. Can be doubled successfully. Makes about 1 ½ pints.

*John W. Fiero*

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**TERIYAKI MARINADE ►**

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This marinade is an adaptation I made from *The Joy of Cooking*. It is quite good with almost any meat, but especially brisket.

Combine and mix well

½ cup vegetable oil  
1 cup soy sauce  
3 Tb brown sugar  
3 mashed cloves of garlic  
1 Tb grated fresh gingerroot  
2 Tb sherry

Marinate 4-12 hours for any meat.

*John W. Fiero*

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**WHITE SAUCE ►**

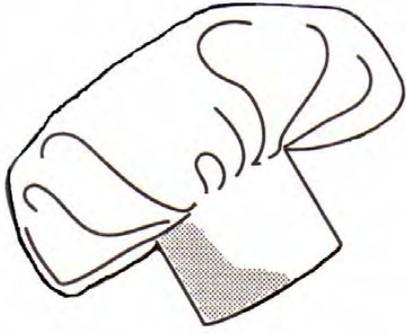
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This is a general purpose sauce, also called béchamel, that can be used to cream vegetables or as a base for other sauces. One of my favorite holiday dishes is creamed onions, using this sauce. It goes well with the Thanksgiving turkey.

2 Tb butter or margarine  
2 Tb flour  
1 cup milk  
1 small onion  
3 whole cloves  
½ small bay leaf

Stud onion with the cloves. Blend butter or oleo with flour and cook over low heat for 5 minutes, stirring constantly with a whisk. Add milk slowly, then the onion and bay leaf. Continue to cook and stir over low heat until the sauce is thick and smooth. If added to cooked vegetables like onions or carrots, strain the sauce and cook mixed with the vegetables in a Pyrex dish for 20 min. in a 350° oven.

*John W. Fiero*



# Beverages



## Beverages

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### **BLOODY MARY ►**

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This recipe can be increased to serve as many as need be.

6 oz. V-8 Juice  
 1 ½ oz. vodka or gin  
 Lime, cut into 8 pieces  
 Tabasco  
 Worcestershire sauce

Place V-8 Juice into glass. Add vodka or gin. Squeeze lime into mixture. Add Tabasco and Worcestershire to taste.

Tip: Frank likes to add a little prepared horseradish to the other ingredients.

*Margaret Wallace Story*

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### **DIRTY DRY MARTINI ►**

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The dirty martini is supposed to be the rage in some quarters. What makes it "dirty" is the liquid from the olive jar, which is added with the olives. This recipe is for a fairly dry version of a single, "double" cocktail, served either on the rocks or straight up.

3 oz. of vodka or gin (2 jiggers)  
 1 cap full of dry vermouth, preferably Martini & Rossi or Noilly Pratt  
 cracked ice  
 3 cocktail olives stuffed with pimientos, onions, anchovies, or another stuffing  
 1 cap vermouth bottle cap full of the liquid from the olive jar

On the rocks

Fill an old fashioned glass with cracked ice. Add at least two olives speared on a cocktail pick. Measure and pour in the remaining ingredients. Stir and serve.

Straight up

Fill a cocktail shaker with cracked ice. Add the vodka or gin and the dry vermouth and liquid from olive jar. Shake. Strain over speared olives in a martini glass. Serve.

*John W. Fiero*

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### **IRISH COFFEE ►**

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This is so delicious that you can serve it for dessert.

1 ½ oz. Irish whiskey  
 1 ½ oz. Tia Maria or Kahlúa  
 4-6 oz. strong black coffee  
 Sugar  
 Lemon or lime slices  
 Sterno Stove  
 Sweetened whipped cream  
 Crème de menthe  
 Irish coffee glasses

Rub rim of glass with citrus slices. Place rim of glass in sugar, turn slowly allowing sugar to adhere to glass. Put the Irish whiskey and liqueur into glass. Place bowl of glass over a lighted Sterno Stove, turning slowly until liquors ignite. Extinguish the flame by pouring coffee into glass. Add a dollop of whipped cream and a squirt of crème de menthe.

*Wayne J. Story*

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**LEMONADE** ►
 

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This recipe came from a picture book we read to Joshua when he was small. The book has long-since been forgotten, but not Fletcher's Fabulous Lemonade.

12 lemons  
 Grated rind from 2 of the lemons  
 2 cups sugar

Squeeze the 12 lemons. Add the sugar and grated rind to the lemon juice; mix well. Store in a quart jar. When ready to serve, add 3 ½ quarts of ice water to the lemon syrup or mix individual servings by adding about ⅓ cup syrup to a glass of water and ice.

*Jane Wallace Fiero*

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**MILK PUNCH** ►
 

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This has become one of my and Neva's favorite morning libations.

1 jigger dark rum  
 ½ jigger white Creme de Cocoa  
 4 ice cubes  
 Milk to fill glass (whole milk good, half and half even better)

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**MIMOSA**


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These taste the best at 11:00 on a Sunday morning!

Orange juice, chilled  
 Champagne, chilled (brut is best)  
 Large red wine glasses

Put 4 oz. champagne in glass and add an equal

amount of chilled juice. Enjoy.

*Margaret Wallace Story*

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**SAZERAC COCKTAIL** ►
 

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The bartender at the Fairmont in New Orleans gave me this recipe. It's better when he makes it, but this is fairly close. Herbsaint and Peychaud's bitters were hard to find, but I was finally able to locate them at a liquor distributing company.

5 drops Peychaud's Bitters  
 1 ½ oz. rye whiskey  
 3 drops Angostura Bitters  
 1 ½ oz. simple syrup  
 Twist of lemon peel  
 Herbsaint

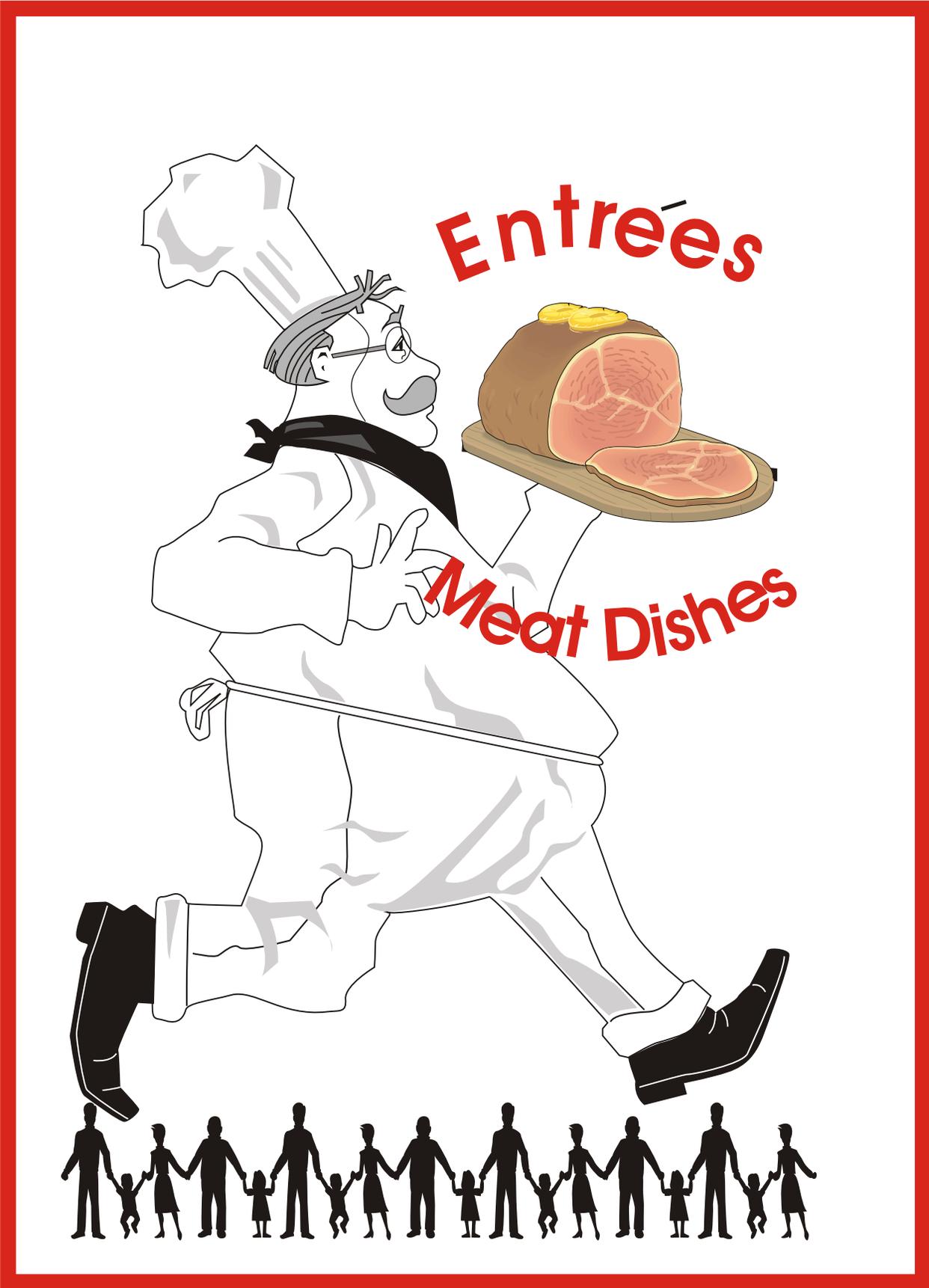
Simple syrup

Simple syrup can be made by heating 1 part sugar to 1 part water until blended. (You can make several cups and keep in the refrigerator until ready to use.)

Coat chilled glass with Herbsaint. Shake Peychaud's Bitters, whiskey, Angostura Bitters, and simple syrup; pour into chilled glass and serve with lemon twist. Can also be served over ice.

Best if served in chilled glass. Can quadruple the recipe in shaker to serve guests.

*Martha Tolson Griggs*



## **Beef**

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### **AUNTIE'S COUNTRY FRIED STEAK ►**

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Auntie (Lana Copeland Young), my daddy's sister, was a marvelous cook and everybody in the family recognized her as such. But she was the kind of cook who concocted her own recipes as she went along, using a squirt of this and a dollop of that—taste and if you think it needs a little something, just add it or if it seem to be too much, take out a little if you can, and if you can't, remember not to use quite as much next time. So her recipes were never what you could call exact or scientific, but the results were always superb.

Get as much round steak as you will need to serve the number of people you are having for dinner. Cut into individual serving pieces and hack *well*, using a mallet or the side of a thick saucer. Place meat in salty water for at least 30 minutes, longer if you can. Make the water pretty salty. Put some flour in shallow container or on waxed paper and sprinkle on some black pepper, mix well. Take meat out of the salt water and place, piece by piece, in flour and pat in as much flour as possible. Fry in fairly hot fat, turning once.

Auntie's steak, as I remember it, always came out tender and juicy with a lovely, soft coating on it. Mine sometimes sticks and leaves some of the coating in the pan, but I just scrape it up when I make the gravy, which you do by pouring off all but a little (about ¼ cup) of the grease, add some flour (2 Tb) and stir to brown, along with the steak leavings; add 1 cup milk or half milk and half water, and stir and cook until smooth and thick. If it seems

too thick add a little more liquid. Add salt and pepper to taste. Use some of the flour from the steak for gravy if there is some left. If you try this recipe, may Auntie stand by your side and guide you!

Note: Use top round or, even better, get the tenderized round steak and you won't have to "hack." Auntie didn't know about this for she and Uncle Jack butchered their own beef.

*Margaret Copeland Wallace*

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### **BEEF STROGANOFF ►**

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This is one of my favorites; Neva says that is so because of its being served on noodles. It is fairly easy to prepare and makes a good company dish.

¼ cup flour  
 1 ½ tsp salt  
 ¼ tsp black pepper  
 1 round steak or sirloin steak, at least  
 1 lb.  
 1 clove garlic, chopped fine  
 ¼ cup cooking oil  
 1 cup chopped onion  
 1 ¼ cups water  
 1 10 ½ oz. can condensed Campbell's  
 Cream of Chicken Soup  
 ½ lb. sliced fresh mushrooms  
 1 cup dairy sour cream

Combine flour, salt, and black pepper. With a meat mallet, pound flour into both sides of the meat. If you don't have a mallet, hack the flour in with a very dull knife. Then cut the meat into pieces that are bite-sized. Brown in the oil, remove the meat, and add the onion and garlic; sauté until tender. Add the water, then the soup, and stir well. Add mushrooms. Cook slowly in iron Dutch oven 1 ½ hours.

Immediately prior to serving, add sour cream. Serve over wide egg noodles. Add at least two beef bouillon cubes to water in which you cook the noodles for extra flavor. You could, I suppose, serve over rice. Serves 4-6.

I have not frozen this dish, but it will keep several days in the refrigerator if you have leftovers.

*Frank Wallace*

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### **BEEF STROGANOFF À LA KATE'S DAD ►**

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This is my dad's recipe—one of his favorites. It has always been comfort food for me.

½ cup onions, minced  
¼ cup butter  
1 lb round steak, ground  
1 clove garlic, minced  
2 Tb flour  
1 ½ tsp pepper  
¼ tsp paprika  
1 small or medium can mushrooms  
1 can chicken broth  
1 cup sour cream

Brown the onion and garlic in butter until the onion is soft. Add the meat and brown to medium rare. Throw in the flour, spices, and mushrooms, and saute for five minutes. Add chicken broth and simmer for another ten minutes. Remove from heat and stir in sour cream. Serve over rice or noodles for 4. To double the recipe, double all ingredients but the broth, which stays the same.

*Kate Stewart*

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### **BRISKET ►**

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The marinade used here is a loose adaptation of one found in *The Joy of Cooking*. It has been a consistent success, although brisket as a cut is always iffy. Freeze the leftover marinade for use with other cuts of beef, like chuck roast or London broil.

3 to 4 lb. brisket

Marinade (double if you're using a whole brisket)

1 onion finely chopped  
½ cup soy sauce  
1 8 oz. can tomato sauce  
1 Tb brown sugar  
1 tsp dry mustard  
Either 1 tsp of salt and finely chopped  
garlic clove *or* 2 tsp garlic salt  
Tabasco or other hot sauce to taste  
1 tsp coarsely ground black pepper

Place the brisket on a piece of heavy duty aluminum foil big enough to cover generously and place in a pan to prevent dripping when cooking. Combine remaining ingredients and pour over meat, turn the foil up over the meat securely, and marinate, overnight is nice. Either cook in the pan on the grill (opposite the fire) or place pan in a slow oven (250° to 300°) 4 to 6 hours.

*John W. Fiero*

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### **CARBONADE ►**

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I found this recipe a year or so ago, in the course of scouring the Internet for something that would make a romantic meal. I don't know how romantic a hearty beef stew is, but this was certainly delicious. Many recipes that

you find on the “net” do irritating things like telling you to make a 4-quart soup in a 2-quart pot, but the instructions and proportions contained herein are accurate. If you’ve got strong arms, I recommend serving the stew over polenta. If, however, you don’t feel up to mixing the culinary equivalent of cement on the night in question, rice or potatoes work just fine.

Carbonade is one of the classic Valdostan stews, and was a mainstay of the valley diet. The traditional recipe calls for the use of salt-cured beef, which is quite dark and gives the dish its name (*carbonade*, *charbon*, charcoal). Now restaurants commonly prepare it with fresh beef, though some chefs marinate the meat overnight. Cooking times have decreased from the three hours of the original. Also, some cooks now put the onions through a strainer or thicken the sauce with a little flour.

2 pounds lean beef, cubed  
 2 medium-sized onions  
 1 bay leaf  
 A few whole cloves  
 A pinch of freshly ground nutmeg  
 A pinch of powdered cinnamon  
 A pinch of sugar (optional)  
 Some flour  
 Beef broth  
 2 cups dry red wine, ideally from the Valle D’Aosta  
 ¼ cup unsalted butter  
 Salt and pepper

Flour the beef and brown the pieces in the butter, fishing them out of the pot with a slotted spoon and setting them aside as they’re done. Slice the onions into rounds and brown them in the same pot, add a ladle of broth, and simmer until the broth has evaporated.

Add the meat and the spices, shred the bay

leaf into the dish, salt it, and add a pinch of sugar if you like. Then add the wine, bring it all to a boil, reduce the heat to a slow simmer, and cook covered, adding more broth as necessary to keep it from drying out.

After about an hour, dust it with a healthy grinding of pepper, and serve it with polenta or boiled potatoes seasoned with butter and sage.

*Joshua Copeland Fiero*

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## **CHICAGO STEAK ►**

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This recipe is from my grandmother, and no one knows exactly why it is called "Chicago Steak." It is a family favorite, however, and it was always served with mashed potatoes.

4-5 lbs. boneless chuck or shoulder roast  
 2 medium onions, chopped  
 5 ribs celery, chopped  
 2 green peppers, chopped  
 2 bottles chili sauce

Place roast in Dutch oven or roaster. Layer onions, celery, and green pepper on top. Pour chili sauce over top of all. Cover and roast in 325°-350° oven for 4-5 hours.

*Carolyn Reitz Bruder*

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## **CHICKEN FRIED STEAK ►**

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Tres's mother, Arliss Watson, showed me how to make this Texas standard fare.

4-6 cube steaks  
 Flour  
 Garlic powder

Salt

Coarse ground pepper

Milk

Worcestershire sauce

Bacon grease for frying

The cube steaks are usually already tenderized by the store. Sprinkle liberally with garlic powder, salt, and pepper. Rub in with fingers. Place a cup or more flour on a piece of wax paper. Place milk in a pie pan or flat bowl. Sprinkle Worcestershire in milk. Have grease in frying pan ready on the stove. Dip a piece of steak in flour, coating well. Brush off excess. Dip in milk. Dip again in flour. Place in hot frying pan. Repeat for each piece of meat. Cook over medium high heat. I just use a couple of spoons of bacon grease to fry in, really more like sautéing. You may have to add more grease during the cooking. Cook on one side until brown. Then turn. I cook mine until it gets pretty dark. When both sides have crisp, dark coating, place in pan in warm oven. When all the pieces are cooked, add about 3 tablespoons of flour to grease. Add a cup or more milk, scraping up pieces of crust to make cream gravy.

*Margaret Wallace Watson*

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## **FAJITAS (OR TACOS AL CARBON) ►**

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Fajitas are very big in South Texas, and are beginning to spread in popularity. In fact, we can find fajita meat every day at the store here in Tyler. Fajitas are pieces of barbecued meat stuffed in a flour tortilla with a sauce of green onions, tomatoes and spices. We add sour cream to ours too. We first had them on a trip to Nuevo Laredo in Mexico. Tres's father, Topsy Watson, said the workers cook fajitas at the well sites in South Texas oilfields every day.

The meat used is called "skirt steak," and is similar to flank steak, only stringier. It costs a lot less. We can buy it for \$2.59 to \$2.79 per pound. It is a long, thin piece of meat.

Rub the meat with garlic powder, salt, and coarse ground pepper. Sprinkle with soy sauce. Build your fire. Some people marinate the meat in vinegar and oil and spices. Bill Watson, Tres's brother, favors this method. Tres uses a dry rub.

Barbecue meat, searing outside and then cooking off to the side of the fire. The cooking does not take very long, about 20 to 30 minutes. Slice the meat against the grain, like a flank steak, into thin slices.

Place the sliced meat in the middle of a hot flour tortilla. (Heat tortillas individually in an ungreased skillet.) Spoon on the sauce, which is called Pico de Gallo sauce, and add a dollop of sour cream. Roll up in tortilla and eat. Sauce recipe follows

### Pico De Gallo Sauce

There is no firm recipe for this. Tres experiments a lot. But this is the basic recipe.

Finely chop a bunch of green onions, including tops. Chop two greenish tomatoes. If available, chop a tomatillo or two. These are small, hard, green tomatoes that have a brown paper-looking cover. Chop several tablespoons of cilantro, sort of like Mexican parsley. It has a very pungent flavor, which is characteristic of the sauce. It is an important ingredient, but use sparingly until you decide if you like it. Finely chop a Serrano pepper or two, depending on how hot you like your sauce. Serranos are small, thin hot peppers. They look like Tabasco peppers, only green. Mix all these together. Add salt and pepper to

taste. If it needs a little more punch, add a splash of red wine vinegar and a little oil.

*Margaret Wallace Watson*

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### ***HOT TAMALES PIE*** ►

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Neva remembers this dish from the time she and Frank lived in the "garage apartment" (better known as the "dog house") in our back yard on Johnston Street in Lafayette. They had their noon meal at "the big house" with us, and I used to fix this dish, with turnip greens, Neva's favorite meal! It has been a long time since I've prepared it, but this is the way I remember it.

I believe I made a sauce just as I did spaghetti sauce with ground meat, or if I had left-over spaghetti sauce I used that. So prepare your favorite meat sauce. Line a casserole with corn meal mush (recipe follows), pushing up on the sides of the dish. Pour in the spaghetti sauce, cover with more of the mush, sprinkle with cheese, and bake in a 350° oven until the whole thing is bubbling and cheese is melted, about 30 minutes, more or less.

#### Corn Meal Mush

Combine and stir

1 cup white or yellow corn meal  
 ½ cup cold water  
 1 tsp salt

In a saucepan bring 4 cups water to a boil (or use water and milk), stir in the corn meal mixture gradually and cook, stirring often, until mixture is done, about 20 to 25 minutes. Taste, and if the raw corn meal taste has disappeared, it's done. I think this amount should be enough for a medium casserole.

*Margaret Copeland Wallace*

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### ***MEAT BALL STEW*** ►

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In the 1940s my dad and mom had a café next to the railroad tracks in Welsh, Louisiana. It was in an old hotel building. We lived upstairs over the café. This meat ball stew was on Wednesday's menu, of course in greater proportions—and long before Tony Chachere's seasoning was a gleam in a good chef's eye.

1 lb. ground beef  
 ¼ cup chopped onion  
 ¼ cup bell pepper, chopped (optional)  
 1 Tb minced garlic  
 1 Tb French's prepared mustard  
 1 Tb Worcestershire sauce  
 1 egg, beaten  
 2 Tb vegetable oil  
 Flour  
 Tony Chachere's Original Creole Seasoning  
 to taste

Mix the ingredients well. Shape into patties or balls, roll in flour, and brown in hot oil. After browning, simmer covered until done. If not enough gravy, add water. If gravy is not as dark as you would like, add Kitchen Bouquet. Sever over rice, mashed potatoes, or pasta.

*Marlene Howard Harper*

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### ***MEAT LOAF*** ►

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This recipe taken from Betty Crocker's New Cookbook has consistently produced a very tasty meat loaf. I was reminded to add it to the Kith and Kin collection when Margaret Story visited us in Lafayette in July, 2005. I have modified the recipe only slightly, using seasoned Italian bread crumbs in lieu of the small pieces of bread that Betty Crocker calls for.

1 ½ lbs. lean ground beef (15% or less fat preferred)  
 1 cup milk (skim will do)  
 1 Tb Worcestershire sauce  
 1 tsp chopped fresh or ¼ tsp dried sage leaves  
 ½ tsp salt  
 ½ tsp dry mustard  
 ¼ tsp pepper  
 1 clove garlic, finely diced  
 1 large egg  
 ½ cup seasoned bread crumbs  
 1 small onion, chopped (½ cup)  
 ½ cup catsup or barbecue sauce

Heat oven to 350°. In a bowl, mix all the ingredients except catsup or barbecue sauce. Don't be shy: knead the mixture with your bare hands, then press it evenly into an ungreased loaf pan, 8 ½ x 4 ½ x 2 ½ or 9 x 5 x 3. Spread the catsup or barbecue sauce over the top.

Cook for 1 - 1 ¼ hours. Let cool 5 minutes, slice, and serve with mashed potatoes and green beans for a nice, easy meal.

*John W. Fiero*

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### **PLANTATION STUFFED PEPPERS ►**

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A wonderful way to use summer's bounty of fresh green peppers. I like to keep them in the freezer for a quick lunch.

1 lb. ground beef  
 1 cup chopped onions  
 1 clove garlic, minced

½ tsp salt (I omit)  
 ½ tsp pepper  
 2 10 ½ oz. cans condensed tomato soup  
 ½ lb. sharp cheese, shredded  
 1 ½ cups cooked rice  
 4 green peppers

Cook ground beef until brown; pour off fat. Brown onion and garlic in same skillet. Add meat, salt and pepper, and tomato soup to onion. Simmer 10 minutes, covered. Add cheese and rice. Heat until cheese melts. Cool.

Cut pepper in half lengthwise. Remove membranes and seeds. Cook in boiling salted water in Dutch oven until barely tender, about 3 minutes. Drain and cool. Place peppers on baking sheet. Spoon rice mixture into peppers. Cover with aluminum foil. Bake in 400° oven 45 minutes or until hot. Makes 4-6 servings. These freeze well.

*Margaret Wallace Story*

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### **PORCUPINE MEATBALLS ►**

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This is one of Peter's favorite meals, and one I try to fix whenever he is home.

1 ½ lbs. lean ground beef  
 ½ cup regular rice  
 ⅔ cup milk  
 1 medium onion chopped (or 1 Tb instant minced onion)  
 ¼ tsp pepper

Sauce

1 10 ½ oz. can condensed tomato soup  
 ¾ cup water

Combine ground beef, rice, milk, onion, and pepper in bowl. Mix lightly but well. Drop by

rounded tablespoons of mixture into 13x9x2 inch baking pan. Combine tomato soup and water in bowl; mix well. Pour over meatballs. Cover pan tightly with aluminum foil. Bake in 350° oven 1 hour or until hot and bubbly. Makes 6 to 8 servings.

*Margaret Wallace Story*

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### ***ROAST BEEF MARINADE*** ►

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When Jane and John were married, Doris Meriwether had us all over for supper the night before the wedding. She served this Roast Beef Marinade which we all thought was perfectly delicious. I asked for the recipe and she gave it to me, via Jane. Here it is.

3 - 3 ½ lbs. boneless rump roast  
 3 tomatoes, sliced  
 ½ lb. fresh mushrooms, sliced  
 ¾ cup salad oil  
 ½ cup vinegar  
 2 garlic cloves, minced  
 2 tsp sugar  
 1 ½ tsp salt  
 1 ½ tsp dry mustard

Cook the roast rare. Cool slightly and slice into fairly thick slices—to ½ inch. Arrange overlapping slices in a shallow baking dish or a deep platter, with sliced tomatoes and mushrooms arranged around and on top. Combine remaining ingredients in jar with a lid and shake until blended. Pour over meat and refrigerate for two or three hours. Drain marinade and arrange meat and tomatoes on serving platter. Spoon mushrooms over all. Serves 6-8. You may marinate the meat overnight, but don't add tomatoes and mushrooms until the next day, several hours before serving.

Note: Doris served this with a macaroni salad, Southern-style green beans, and fresh melon balls in white wine—a fine meal.

*Margaret Copeland Wallace*

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### ***RUMP ROAST*** ►

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This is the way Neva's Aunt Sally Nabors Compton prepares a roast, with Neva's modifications, and it has been a favorite with us for years. If your roast is over 4 pounds by very much, you'll want to increase the amount of onion, water, and bouillon cubes. If you have left-over roast, don't re-heat it in the oven, but slice and heat the slices in the microwave or just serve them cold, with the hot gravy poured over the meat. Re-heating in the oven dries the meat out and changes the taste. Left-overs also make tasty hot roast beef sandwiches.

1 rump roast of at least 4 lbs.  
 1 sliced yellow onion  
 1 large bay leaf  
 3 beef bouillon cubes  
 3 cups water  
 Salt and pepper

Brown the roast well on all sides in iron Dutch oven over high heat. This will take about 15 minutes or even more. Browning seals in the juices, and also adds color to the gravy. Take the roast out of the Dutch oven and wipe out the burned fat with paper towels. Replace the roast in the Dutch oven, and add remaining ingredients. At this time I also add a generous shake of Lea & Perrins Worcestershire sauce. Cover and place in oven at 325° for an hour and 15 minutes. Then turn roast over and replace in oven for another hour, or until tender. Don't overcook, as the meat will be dry. Remove roast to a platter. Measure liquid in Dutch oven. For each cup of liquid, put two

tablespoons flour and two of butter in Dutch oven, mixing together over low heat, gradually adding the liquid from the roast. Use a wire whisk for this procedure so that you do not have lumps. This makes the best gravy you ever tasted. Slice the roast, serve with the gravy and rice or potatoes. A 4 lb. roast serves 8-10.

*Frank Wallace*

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## **SAUERBRATEN** ►

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This recipe comes from Merle Ellis's "Cookin' USA" column, which appears regularly in our newspaper. He says that several cuts of meat work well—rump, sirloin tip, chuck—but that his preference is for a 5-to-6 pound piece of bottom round or boneless rump as both of these cuts are firm enough to hold up under a week of soaking in the marinade without falling apart.

### Marinade

2 cups white vinegar  
 3 cups white wine  
 1 cup water  
 2 good-sized onions, peeled and sliced  
 6 or 7 carrots, peeled and sliced  
 A few peppercorns and whole cloves  
 (6-8 each)  
 4 or 5 bay leaves  
 2 tsp salt  
 1 tsp mustard seeds  
 A few sprigs of parsley

Combine all in a large saucepan, bring to a boil, reduce heat and let simmer for about 5 minutes. Then cool.

Put the meat in a good-size glass bowl or crock (I used our very commodious stainless

steel mixing bowl), pour on the cooled marinade, cover, and refrigerate for at least 4 days, a week preferably. Turn the meat every day so the marinade has a chance to do its thing on all sides of the roast.

On the "day of enjoyment," remove the meat from the marinade and dry it with paper towels. Throw away the vegetables but save the marinade.

5-6 pound bottom round or boneless rump  
 roast

Seasoned flour  
 2/3 cup cooking oil  
 1 large onion, sliced  
 6-8 whole cloves  
 1 or 2 bay leaves  
 3 cups reserved marinade  
 2 Tb butter  
 2 Tb sugar  
 2 Tb flour  
 1 cup gingersnap crumbs

Dust the meat well with seasoned flour and brown in about 2/3 cup of hot oil over medium heat for about 20 minutes. Turn the roast to brown on all sides. Then pour off the excess oil and add 1 large onion, sliced; 6 or 8 whole cloves; a bay leaf or two, and 3 cups of the reserved marinade.

Cover and simmer for about 3 hours, until the roast is almost tender. Remove the meat and again strain the marinade, discard the onions, etc., and return the roast and the strained marinade to the pot.

Make a sweet roux in a small skillet: melt 2 tablespoons of butter, then stir in 2 tablespoons of flour. Cook, stirring, over low heat, until the roux is a rich, nutty brown color. Stir the roux into the marinade. Cover and continue cooking until the meat is tender, about another hour.

To serve, remove the meat to a heated platter. Sprinkle a cup of finely ground gingersnap crumbs into the gravy (zap regular gingersnap cookies in a food processor or roll them with a rolling pin to make crumbs). Using a wire whisk, cook and stir for 2 or 3 minutes until the gravy is smooth and slightly thickened. Slice the meat and pour a bit of the gravy. Pass the rest in a gravy boat. Serves 6 to 8.

Ellis suggests serving the sauerbraten with potato pancakes, sour cream, and applesauce. The column also offered a recipe for potato pancakes, which I tried but found a lot of trouble and no better than what Irma offers or what comes in a box.

*Margaret Copeland Wallace*

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### **SEASONING FOR BEEF OR PORK ►**

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I remember with great fondness Percy Savoy's rump roast. The meat was tender, juicy, and filled with pockets of seasonings. I have never been able to reproduce that particular taste, in part, I think, because rump roasts no longer come bone-in, but the following seasoning runs a distant, but nonetheless palatable, second. The seasoning mix is a Paul Prudhomme recipe.

Mix together in a bowl

2 tsp black pepper  
 ½ tsp salt  
 1 tsp white pepper  
 1 tsp cayenne  
 1 tsp paprika  
 1 tsp thyme  
 ½ tsp dry mustard

Sauté on high heat about 4 minutes

3 Tb butter  
 1 Tb vegetable oil  
 ½ cup finely cut onion  
 ½ cup finely cut celery  
 ½ cup finely cut bell pepper  
 1 Tb minced garlic

Add the season mix and cool. Make many slits in the roast and stuff the seasoning into them. If any seasoning is left over, smear it over the top of the roast. Roast according to taste (oven, grill, smoker).

*Jane Wallace Fiero*

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### **SMOKED BRISKET ►**

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This is great when you have a crowd to feed. I got the basic recipe from another cookbook and have made a few changes. The meat is juicy and tender. You can serve with the sauce or not—whatever your pleasure.

Whole beef brisket, trimmed well. If you buy the "packer trim" use a sharp knife and cut off as much exterior fat as you possibly can.

4 to 6 oz. bottle liquid smoke. Several brands are available  
 Garlic salt  
 Celery salt  
 1 large or 2 medium onions, chopped  
 Lea & Perrins Worcestershire sauce  
 1 cup Kraft Thick 'n Juicy barbecue sauce, or something similar

Put brisket in pan or Pyrex dish large enough to hold it, with a little room to spare. Sprinkle the two salts liberally over the meat, cover with the chopped onion, and pour the entire bottle of liquid smoke over the whole thing. Cover with plastic wrap, put in refrigerator at least 12 hours; 24 is better. When you get ready to cook, drain off the liquid smoke,

douse with at least  $\frac{1}{3}$  cup Lea & Perrins, cover with heavy foil, put in oven set at 275°. At the end of 5 to 6 hours, uncover and pour the barbecue sauce over the brisket, and continue baking another hour. Slice at angle and serve.

*Frank Wallace*

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### ***STUFFED GREEN PEPPERS, CABBAGE, OR GRAPE LEAVES*** ▶

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I had had absolutely no success stuffing green peppers or making cabbage rolls or dolmas, all of which I dearly love, until I found this recipe some years ago in the "Fin-Gum" volume of the *Woman's Day Encyclopedia of Cookery*.

1 lb. lean ground beef  
 1 egg, beaten  
 1 medium onion, finely chopped  
 $\frac{1}{4}$  cup raw rice  
 $\frac{1}{4}$  cup chopped parsley (fresh is nice,  
 but dried can be substituted)  
 2 Tb olive oil  
 $\frac{1}{4}$  cup water  
 Salt and pepper  
 1 can (about  $1\frac{1}{2}$  cups) canned beef broth  
 $1\frac{1}{2}$  cups water

Mix beef with egg. Add onion, rice, parsley, olive oil, and water. Season to taste with salt and pepper.

#### Stuffed Bell Peppers

Cut off tops of bell peppers, remove seeds and membrane, pack meat mixture loosely inside shells. Combine broth and water in a pan big enough to accommodate peppers, add the peppers, cover, and cook until peppers are

tender, meat is done, and rice has plumped—about 45 minutes. This mixture will stuff 8 to 10 peppers, depending on their size.

#### Cabbage Rolls

Discard the tough outer leaves and core. Hold the cabbage under running water to loosen the leaves. Have ready a pot of boiling water, put in the leaves for a few seconds to soften facilitating rolling them. Place an appropriate sized spoonful of meat mixture on the leaf, roll, folding ends and sides as you go to seal mixture in; secure with a toothpick. Place in saucepan, making more than one layer if necessary. Pour the mixture of broth and water over the cabbage rolls, cover, and simmer about 45 minutes.

#### Grape Leaves

Add 1 tsp chopped fresh mint leaves or  $\frac{1}{2}$  tsp dried mint to meat mixture. If using jarred grape leaves, rinse in warm water. Be sure the shiny side is down, place a spoonful of meat mixture on the leaf, and roll, folding ends in as you go to seal mixture in. Place folded side down in saucepan, making more than 1 layer if necessary. Pour the mixture of broth and water over the grape leaves, cover and simmer about 45 minutes.

Serve peppers, cabbage rolls, or grape leaves with dollops of plain yogurt or sour cream.

*Jane Wallace Fiero*

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### ***SWISS STEAK*** ▶

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We called Roma to ask how much round steak to use. Her reply: "Oh, I don't know—about five dollars worth!" So judge the amount by the cost of round steak in your home town. This is obviously one of those "casual-type" recipes. We tried it, in a casual sort of way,

and thought it was delicious. May also use left over roast cut in pieces, or some other cut of beef—chuck or stew meat.

1 round steak cut into cubes  
 1 onion, sliced  
 1 green pepper, sliced  
 1 can beef consommé  
 ½ cup red wine  
 ¼ to ⅓ cup flour  
 ¼ to ⅓ cup seasoned bread crumbs  
 1 tsp Kitchen Bouquet  
 ½ pound fresh mushrooms (optional)

Combine the consommé and the wine in an oven-proof pot. Add the flour and beat with a whisk. Then add meat, onion, green pepper, and Kitchen Bouquet; spread bread crumbs on top. Cover. Bake at 350° for 30 to 45 minutes. Reduce heat to 250° and cook another 2 to 3 hours until meat is tender. Add fresh mushrooms last half hour. Serves 4.

*Roma Hepburn*

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### **VEAL SCALLOPINI Á LA MARSALA ►**

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This is my own concoction, derived from several different recipes. The secret to making the dish delicious is having genuine scallopini of veal. It must come from the proper part of the veal—not just the thin sliced or pounded thin from a thicker piece. Read the section on veal in *The Joy of Cooking*. Irma tells you how to tell if you have the real thing.

½ pound veal scallopini, cut very thin. Pound thin if it is ¼ " or thicker.  
 Seasoned flour (salt and pepper) for dredging the veal  
 1 stick butter (or oleo)  
 ½ lb. mushrooms, sliced

½ cup dry Marsala wine  
 2 beef bouillon cubes

Sauté sliced mushrooms in 2 tablespoons butter/oleo, set aside. In the same pan as you sautéed the mushrooms, add 3 tablespoons of butter. Dredge veal in flour and sauté over medium heat about 1 minute on each side. Do not overcook; it will be tough! Don't overcrowd your pan. Keep each batch warm in a 200° oven while you finish the sauté process with the veal. You may have to add butter as you go along. When the veal is complete, make sure you have about 3 tablespoons of browned butter/flour in your pan. Add 3 tablespoons more of butter and 2 tablespoons of the seasoned flour. Brown the flour in this mixture. Add the bouillon cubes that have been melted in a cup of boiling water and the half cup of Marsala. Bring to a boil. Add the veal, coating it with the sauce and serve. Suggest serving with pasta and tomato sauce, a green vegetable, salad and French or Italian bread. I think white wine (or perhaps a good Chianti) goes well with this dish. Enjoy!

*Frank Wallace*

## ***Ham & Pork***

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### **BARBECUED PORK CHOPS ►**

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Years ago I got this recipe out of a magazine. Any number of chops can be used just so they're touched by the marinade. I always use a Tupperware container—let it sit upright for a while, then turn it upside down. Anne thinks so much of this recipe that she will not give it to anybody in Augusta!

Marinate the chops overnight in a deep

container with these ingredients

¼ cup vinegar  
 ¼ cup catsup  
 ½ cup Worcestershire sauce  
 ¾ cup water  
 1 ½ tsp dry mustard  
 1 small clove of garlic, mashed  
 ¼ stick melted margarine  
 ¼ cup chopped onion  
 ½ tsp sugar  
 ¼ tsp chili powder  
 ¾ tsp salt  
 Dash of red pepper

While the chops are grilling, brush them frequently with this marinade.

*Cornelia McCraw*

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## **CASSEROLE ROASTED PORK ROAST ►**

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This dish is frequently served to "company" at our house. A little out of the ordinary as well as delicious, it is also not difficult to prepare. A boneless pork loin is the preferred cut of pork to use. A "bone-in" cut is fine as far as taste, but I admit that I don't carve bony pork roasts very well. Also with a boneless roast, there is literally no waste.

Boneless pork loin, at least 3 lbs.  
 4 Tb cooking oil  
 1 large yellow onion, sliced  
 1 large or 2 small carrots, peeled and sliced thin  
 2 cloves garlic, peeled and chopped  
 Parsley sprigs, or dried parsley flakes  
 ½ tsp ground thyme  
 2 bay leaves  
 1 cup water  
 1 beef bouillon cube

¾ cup dry white wine

Brown roast on all sides in iron Dutch oven to which the oil was added. Remove roast to platter. If fat is burned, discard and add more. Brown the onion, garlic, and carrots. Sauté until wilted. Spread out evenly on bottom of Dutch oven. Sprinkle parsley and thyme on roast and place on vegetables. Add bay leaves, water, and bouillon. Cover and place in 325° oven. Cooks in about 2 hours, depending on roast size. Get the roast tender, but not overdone. In last hour, baste roast every 20 minutes with bulb baster. When done, place roast on platter. Add wine to Dutch oven contents, bring to simmer. Using a potato masher, thoroughly mash the vegetables. This is your sauce to be served on slices of roast. We frequently serve with Uncle Ben's Long Grain and Wild Rice, and the sauce is good on it as well.

*Frank Wallace*

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## **HONEY ROASTED PORK TENDERLOIN ►**

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This is a recipe that Mom found many years ago in the Fort Myers Newspress. It is quite nice, and it only came recently to my attention because our Piggly-Wiggly had pork tenderloins for \$1.99 a pound—a price I've not seen in many years. The end product is a gleamingly brown tenderloin, tender, and delicious.

1 lb. whole pork tenderloin  
 ½ cup soy sauce  
 2 cloves garlic, minced  
 1 Tb grated fresh ginger or 1 tsp dry ginger  
 1 Tb sesame oil  
 ¼ cup honey  
 2 Tb brown sugar

4 Tb sesame seed

Combine soy sauce, garlic, ginger, and sesame oil. Place tenderloin in a heavy plastic bag, pour soy sauce mixture to coat. Let marinate 2 hours at room temperature, but preferably overnight in the refrigerator. Remove pork from marinade and pat dry.

Mix together honey and brown sugar in a shallow plate. Place sesame seeds on a separate shallow plate. Roll pork well in honey mixture, coating well, then roll in sesame seed.

Roast in a shallow pan at 375° from 20-30 minutes, until meat thermometer inserted registers 160°. Remove to serving platter; slice thinly to serve.

*Jane Wallace Fiero*

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**MRS. HARMON'S BRUNSWICK  
STEW ►**

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When we went to Montevallo, Dr. Harmon was president of Alabama College (now University of Montevallo) for several years of our sojourn there. Mrs. Harmon graciously presided over the president's home, "Flower Hill." She was a charming southern lady and a wonderful hostess. Her dinner parties were near perfection and an invitation was coveted by all. This is one her favorite recipes.

3 lbs. lean pork  
1 large hen  
8 Irish potatoes, large size  
8 medium onions  
1 lemon  
3 16 oz. cans of tomatoes  
2 16 oz. cans corn, cream style  
Seasonings

1 stick butter

Steam the pork and chicken until tender and ready to fall from the bones. Remove bones and cut meat fine and return to broth. In another vessel cook potatoes, onions, and lemon sliced thin (with seeds removed) just until potatoes are barely tender. Put the two mixtures together and add tomatoes and let simmer. With a slotted spoon, begin mashing the stuff in the stew against the side of the pot, stirring up from the bottom. Continue this until nothing is recognizable of itself but all is blended. Add seasonings:

1 cup tomato catsup  
½ cup Worcestershire sauce  
3 or 4 Tb prepared mustard  
Salt, pepper, dash Tabasco  
1 stick butter

Mix well and add the corn. Simmer slowly until all flavors are well blended (at least 30 minutes), but stir frequently to keep the stew from scorching. If the stew does not seem thick enough, add a few bread crumbs. This amount will serve 25 people. Serve with rice.

I have found through the years that we like it best without the chicken, so I use just the lean pork and cut the other ingredients in half, and it always turns out well. This dish *is* a lot of trouble to prepare, but it is special and well worth the effort. It is better the next day so can be prepared ahead of time. It freezes well too. Note: Instead of standing there mashing my heart out against the sides of the pot, I'm going to try putting all that stuff in a food processor and see what will happen.

*Margaret Copeland Wallace*

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## **ONO RIBS ►**

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This recipe came from a Hawaiian electric company Web site. Simmering the ribs in water tenderizes them, making them a heck of lot more palatable. I recommend doubling the amount of marinade as it makes a delicious sauce.

3 to 4 lbs. spareribs  
 2/3 cup sugar  
 1/2 cup catsup  
 1/2 cup soy sauce  
 1/4 cup sherry  
 2 cloves garlic, minced  
 2 Tb minced ginger root

Place ribs in a large sauce pot; add water to cover ribs. Cover and simmer for about 1 hour; drain. Combine the remaining ingredients and pour over ribs. Marinate for several hours, or overnight, in the refrigerator. Reserve marinade; place ribs on the grill or oven broiler pan. Basting ribs frequently with marinade, broil 6 inches from unit in electric (or gas) oven for about 10 minutes on each side. If grilling on a barbecue, do not cook directly over the flame. Heat remaining marinade and serve as dipping sauce for ribs. Makes 4 servings.

*Jane Wallace Fiero*

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## **PANCHO VILLA STEW ►**

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Shannon gave this recipe to me. She and her friend Tina Grant made it one frosty Indiana evening. Shannon said that, despite the daunting number of ingredients and their incongruity, the stew is excellent. I agree. Cool some beer and do it.

1/2 lb. chorizo, casings removed  
 2 lbs. boneless pork loin, cut in cubes  
 1/4 cup all-purpose flour  
 2 Tb vegetable oil  
 3 14 1/2 oz. cans chicken broth  
 1 14 1/2 oz. can whole tomatoes, drained and chopped  
 3 4 1/2 oz. cans chopped green chiles, undrained  
 1 large purple onion, sliced into rings  
 3 cloves garlic, crushed  
 2 tsp ground cumin  
 2 tsp cocoa  
 1 tsp dried oregano  
 1/4 tsp salt  
 1 stick cinnamon  
 2 15 oz. cans black beans, rinsed and drained  
 1 15 1/2 oz. can white hominy, rinsed and drained  
 1 10 oz. package frozen whole kernel corn  
 1/2 cup beer or tequila  
 Flour tortillas  
 Butter or margarine

Brown chorizo in a Dutch oven, stirring until it crumbles; drain well, and set aside.

Dredge pork in flour. Brown pork in oil in Dutch oven over medium heat. Stir in Chorizo, chicken broth, and next 9 ingredients. Bring to a boil; reduce heat, and simmer 1 hour.

Stir in black beans and next 3 ingredients; cover and simmer 30 minutes. Remove cinnamon stick. Set stew aside, and keep warm.

Wrap tortillas tightly in aluminum foil; bake at 350° for 15 minutes or until thoroughly heated. Spread warm tortillas with butter, and serve with stew. Serves 6 or more.

*Shannon Lee Hughes*

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## ***PERFECT PORK AND CHICKEN PIE*** ►

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Jane Fiero, here. This recipe comes from my good friend, Elizabeth Nehrbass, who likes it a lot, so she gets the credit.. Libby, who has a Ph. D. in English from USL (now ULL), teaches in high school in Lafayette, a job for which, sadly, she is definitely over qualified. For compensation she has two lovely daughters. They also give the dish a thumbs up!

2 frozen deep pie crusts (I use Pet-Ritz.)  
 8 oz. pork sausage ( Jimmy Dean or Owens, hot or mild depending on your taste.)  
 ¼ cup butter  
 ⅓ cup flour  
 1 tsp celery seeds  
 ½ tsp paprika  
 ½ tsp poultry seasoning  
 ¼ tsp curry powder  
 ¼ tsp salt (I think I use a little more than this.)  
 ⅛ tsp freshly ground black pepper  
 ⅔ cup milk  
 1 13 oz. can chicken broth  
 2 cups cooked chicken, cubed  
 1 10 oz. package frozen peas

Invert one crust onto waxed paper and let defrost until flat. Preheat oven and cookie sheet to 375°. In large skillet, brown the sausage. Drain well on paper towels. In same skillet, melt butter. Blend in flour and all the seasonings. Stir in broth and milk. Cook and stir until thick and bubbly. Cook 1 minute more, then add the chicken, sausage, and peas. Pour into pie crust, cover with flattened crust, and seal edge. Cut slits. Bake on preheated cookie sheet about 50 minutes or until golden brown. Serves 6.

*Elizabeth Smith Nehrbass*

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## ***PICNIC HAM WITH SHERRY*** ►

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This recipe has been adapted from "Baked Peanut Ham with Sherry" found in Marjorie Kinnan Rawlings' *Cross Creek Cookery*. Although Rawlings talks at length about various hams you might use, Jane and I have limited our choice to what is marketed as a picnic ham—a smoked ham shoulder—which has a very distinctive taste and which, left over, makes an excellent base for red beans and rice.

1 smoked picnic ham  
 ½ cup of maple syrup, honey, or brown sugar  
 1 tsp whole cloves  
 ¼ tsp whole allspice  
 4 bay leaves  
 1 cup of dry sherry (preferred) or a dry claret or Burgundy

Put the ham in a deep kettle and cover with cold water. Add the remaining ingredients, cover tightly, and bring to a slow boil. Lower the heat and simmer until the meat is very tender but not falling apart. Figure on 20 minutes per pound. Let the ham cool in the water for an hour or more. Remove from the kettle and cut away the skin and fat. For easier slicing, cut the ham while it is cool.

We normally serve the ham cold along with Bymommy's Potato Salad and rolls or French bread, but if you want to serve it hot, wrap the cut pieces in foil and warm them in a 325° oven for 15 or 20 minutes being very careful not to dry out or toughen the meat. A 5 or 6 pound ham serves 6 to 8 with leftovers, if not for red beans and rice, then for making great sandwiches.

*John W. Fiero*

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## ***PORK CHOPS IN WHITE WINE*** ►

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This is a delicious and different way to cook pork chops. New potatoes and fresh peas go well with it. This recipe serves two but can be easily doubled.

2 center cut pork chops  
 Dredging flour  
 Salt and freshly ground pepper  
 White wine, dry  
 2 small sage leaves or powdered sage  
 ½ small onion  
 A little cream or half and half.

Salt and pepper the chops, then dredge lightly in flour. Brown well in mixed butter and oil, a small amount of each, then remove to a small casserole that has a close-fitting cover. Pour about ½ cup dry white wine in the skillet and scrape up the good brown parts. Pour over the chops. Lay the 2 sage leaves and pieces of onion alongside. Cover and bake at least 25 minutes at 350°, then check to make sure you still have liquid and that the chops are tender. If necessary, add a little more wine and cook longer. When the chops are done, pour a little cream into the wine and serve chops dressed with the sauce. If you don't have leaf sage, add a heaping teaspoon of powdered sage to dredging flour and proceed with the recipe.

*Margaret Copeland Wallace*

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## ***PORK STRIPS WITH GREEN PEPPERS*** ►

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1 lb. boneless pork  
 ¼ cup vegetable oil seasoned with 1 Tb grated ginger root  
 1 whole pepper cut in strips

1 onion cut in strips  
 8 oz. bean sprouts, drained  
 ½ cup bamboo shoots (8 oz. can), drained  
 ½ sliced water chestnuts  
 1 tsp cornstarch  
 3 Tb soy sauce  
 1 cup dry white wine

Cut pork into thin strips or small nuggets. Quickly brown in hot seasoned oil using wok or skillet. Add green pepper, onion, bean sprouts, bamboo shoots, water chestnuts, soy sauce, and white wine. Sauté until tender. Combine cornstarch and enough water to make a thin paste. Pour over pork and vegetable mixture. Stir until mixture is thickened. Serve immediately. Makes 4 servings.

*Frank Wallace*

## ***Lamb***

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### ***LAMB CURRY*** ►

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This is from my good friend, Roma Hepburn. We think this is one of the best lamb curries we've ever tasted. Of course this applies only to those of us who eat lamb!

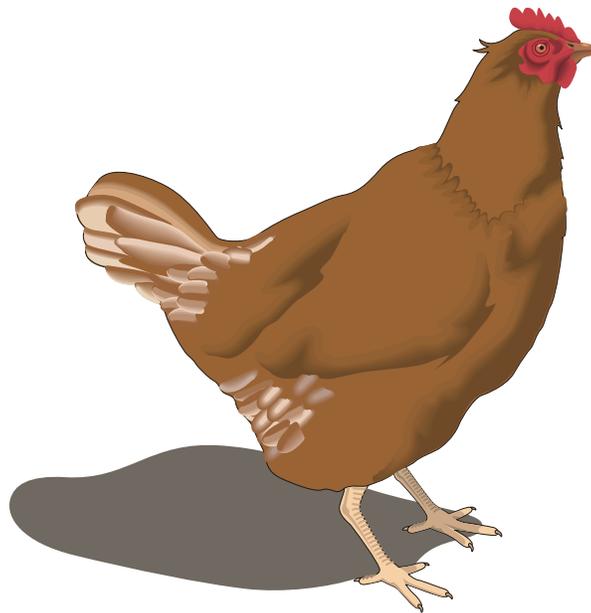
2 lbs. lamb stew meat  
 ¼ cup flour  
 Salad oil  
 2 sliced onions  
 2 to 3 Tb curry powder  
 1 tsp salt  
 ¼ tsp cinnamon  
 ¼ tsp ground cloves  
 1 beef bouillon cube  
 ½ cup tomato juice  
 Touch of garlic  
 ½ lemon  
 1 small box raisins

Cook meat in enough water to leave 2 cups broth. Add bouillon cube to the broth. Chill and remove all fat. Sauté onions and garlic in salad oil. Add flour and stir until flour is cooked but not browned. Slowly add the broth. Add seasonings. Add meat, 1 small box raisins, juice of ½ lemon (maybe more) and tomato juice. Simmer an hour or so. Serves 6.

*Margaret Copeland Wallace*



# Entrées



# Poultry



## **Poultry**

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### **AUNT VERDI'S DEEP DISH CHICKEN PIE ►**

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Bill and Louise Wilson were among the first friends we made when we moved to Fort Myers. They live in the midst of a beautiful orange grove between Fort Myers and Alva, and supplied us with oranges and grapefruit while we lived there. We count them among our dearest friends. Louise's Aunt Verdi was a delightful, intelligent lady, well in her eighties, as spry as a cricket and sharp as a tack. She says her kitchen has always been a busy one as she makes jams and marmalades and other goodies to be sold in Uncle David's grocery store just down the road from their home in Alva. I count myself among the chosen to be given three of her recipes to use and to include in this book. I give you these recipes just as she gave them to me as I sat by her side on a sofa in Louise's living room.

Cook a tender, young chicken (never use a tough old hen) in water to barely cover until done—about a 3 pound bird. When the chicken is cool enough, remove meat from bones and cut into large pieces. The tender skin should be cut into small strips. Next, prepare cubed potatoes, sliced carrots, 1 large onion coarsely chopped, and celery chopped—1 cup each—by boiling in small amount of water until tender. Save the vegetable broth. Next, open a can of English peas (16 oz.) and save the juice. Next, place the drained vegetables and the drained peas in deep baking dish and then add the chicken. Next, prepare a sauce of 3 tablespoons butter and 2 tablespoons flour and blend well in saucepan and brown (Florida roux maybe?). Add salt to taste. Then add 2 cups of the chicken broth plus the vegetable broth and the juice from the peas and cook

until thickened like a sauce and creamy. Pour over vegetables and chicken in baking dish—liquid should almost cover contents. Top with cut biscuits, sprinkle over paprika, and bake at 350° to 400° until brown, about 30 minutes.

Note: I did not get Aunt Verdi's biscuit recipe, but I used "Idella's Crisp Biscuits," and they seemed just right.

*Margaret Copeland Wallace*

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### **CALICO CREAMED TURKEY ►**

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This is a good way to use up left over turkey or chicken—easy to prepare and very tasty. It is obviously from the Hellman's mayonnaise people, but I'm sure any other good mayonnaise would serve as well. We like it best over corn bread.

¼ cup flour  
 ½ cup Hellman's Real Mayonnaise  
 1 ½ cups chicken broth or bouillon  
 2 cups cooked turkey or chicken  
 ½ cup cooked (canned) English peas  
 ¼ cup diced pimientos  
 1 3-4 oz. can mushrooms, sliced or  
 stems and pieces  
 Salt and pepper

Stir flour into mayonnaise. Gradually stir in the chicken broth or bouillon. Cook over low heat, stirring constantly, five minutes or until thickened. Stir in chicken, peas, pimientos, and mushrooms. Add salt and pepper to taste. Serve over corn bread or toast squares or hot biscuits. If you have any left-over dressing from the turkey, it's good over that too. Serves 4-6.

*Margaret Copeland Wallace*

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## **CHICKEN CASSEROLE ►**

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I first made this dish for Mother and Daddy's "Great 50th" (as Amy named it) celebration. This was my first experience feeding more than my family.

½ lb. (2 sleeves) Keebler Town House  
or Nabisco Waverly Wafer crackers  
1 stick oleo, melted  
1 10 ½ oz. can cream of mushroom soup  
1 10 ½ oz. can cream of chicken soup  
4 whole chicken breasts (or 8 halves)  
1 8 oz. can water chestnuts, drained and  
sliced  
1 8 oz. carton sour cream

Cook chicken in water, pick off bone. Crush crackers and mix with melted oleo. Put half the cracker mixture in bottom of 13x9x2 casserole dish. Place cut up chicken on top of crackers. Mix soups, water chestnuts, and sour cream together. Pour over top of chicken. Sprinkle remainder of crackers on top and bake in 375° oven until bubbling hot. Serves 10.

*Margaret Wallace Story*

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## **CHICKEN CORDON BLEU (SORTA) ►**

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I like to use the boneless, skinless chicken breasts we get at Sam's for this recipe—so much easier than doing the chore yourself. Use as many breasts as you have people to serve, 1 to 2 per person, depending on appetites. This dish heats up well in the microwave and also freezes quite nicely.

Boneless, skinless chicken breasts  
Thin-sliced ham (I get it from the  
grocery deli)

Thin-sliced baby Swiss cheese (also  
from the deli)

Mayonnaise

Italian seasoned breadcrumbs

Place chicken breast on waxed paper on cutting board; pound with a meat mallet until thin enough to roll. If the breast portion pounds out too big and seems too unwieldy to roll, I simply cut it in half. On each pounded breast, place slices of ham and then cheese to cover. Roll and secure with a toothpick, smear generously with mayonnaise, and roll in the seasoned breadcrumbs to cover. Melt about 4 tablespoons of butter or margarine in the bottom of a shallow baking dish (I do this in the oven while I'm preparing the chicken), arrange the rolled chicken breasts in the pan, and bake in a 350° oven 45 or so minutes, until chicken is tender and the breadcrumbs toasty.

*Jane Wallace Fiero*

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## **CHICKEN AND DIJON PASTA ►**

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This recipe was given to me by a close college friend. When Todd and I first got married, this was just about the only dish I could cook, especially if we had company come over. It makes a lot, but the recipe can successfully be cut in half. To lighten the recipe, I have used Coffemate fat-free cream, but of course it tastes best with the real thing.

16 oz. vermicelli  
2 cups cooked, diced chicken breasts  
(approximately 4 chicken breasts)  
2 cups fresh spinach, chopped  
2 cups fresh mushroom, sliced  
3 Tb Dijon mustard  
1 cup cream or half-and-half

Prepare the pasta. In the meantime, in a deep

pan or skillet, combine the cream and mustard and heat and stir. Add the spinach and mushrooms. When they are cooked, add the chicken and stir mixture together. Add cooked pasta and toss. Serves 8.

*Wheat Story Teller*

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## ***CHICKEN AND DUMPLINGS 1*** ▶

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One of my favorites, but for some reason, a good recipe took Neva and me many years to come by. Rebecca, our friend Earl Gibbon's cook, made excellent chicken and dumplings and supposedly showed Neva how she did it. Set in her ways, and perhaps feeling a little put upon by Earl volunteering her for the lessons, Neva decided Rebecca didn't really level with her because the results were so poor. This is an adaptation from a recipe Neva found about 10 years ago in an obscure southern cooking cookbook.

### **Cooking the Chicken**

Use a large fryer or small hen (fryers are far more tender), putting in a large stock pot with a whole onion, two carrots, three stalks of celery, a tablespoon of seasoned salt and a half teaspoon of black pepper. Bring to a boil, then simmer for about an hour and a quarter, until the meat is tender and the skin begins to split in a few places. Remove the chicken to a platter to cool and strain out the debris and the vegetables in your broth. When the chicken has cooled sufficiently, pull the meat off the bones, discarding the skin, and cut the larger chunks into bite-sized pieces. Set aside to be added after you have cooked the dumplings.

### **The Dumplings**

2 cups all-purpose flour  
1 tsp salt

1 cup water, approximately

Put the flour in a mixing bowl, mix in the salt, and add the water gradually, mixing with a dinner fork. When mixed, turn onto a well-floured board and knead until smooth. You'll need to use extra flour on your hands and on the dough while doing this. Divide the dough into 2 equal parts (it is easier to work with this way). Flour your board well again, and roll out one part of the dough with your rolling pin until the desired thickness is achieved—about  $\frac{1}{8}$  inch or less. Flour may be needed on the dough to keep it from sticking as you roll it out. Adequate flour under the dough keeps it from sticking to your board. Cut the rolled dough into strips about  $\frac{3}{4}$  inch wide and  $1\frac{1}{2}$  inches long. Drop them into the boiling broth one at a time. Repeat with the other half of the dough. Continue to boil, covered, about 30 minutes. Taste the broth for seasoning. You may need to add both additional salt and black pepper. Then add your chicken, stirring to mix together. When chicken is thoroughly warm, set aside. Let the pot sit as long as you can—an hour or more is optimum. Bring back to simmer. If your broth is too thin, thicken with cornstarch mixed in a little cold water until the proper consistency is reached. Serve with cranberry sauce, green peas, and cornbread. Will keep several days in the refrigerator. Reheat in the microwave. Does not freeze well at all.

*Frank Wallace*

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## ***CHICKEN AND DUMPLINGS 2*** ▶

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1 whole chicken (2  $\frac{1}{2}$  lbs.) cut up or 4 large chicken breasts  
2  $\frac{1}{2}$  tsp salt, divided  
 $\frac{3}{4}$  tsp pepper, divided  
 $\frac{1}{2}$  tsp garlic powder  
 $\frac{1}{2}$  tsp dried thyme  
 $\frac{1}{4}$  tsp ground red pepper  
1 tsp chicken bouillon granules

3 cups self-rising flour  
 ½ tsp poultry seasoning  
 ⅓ cup shortening  
 2 tsp bacon drippings  
 1 cup milk

Cover chicken with water and bring to boil in large Dutch oven, add 1 ½ tsp salt, ½ tsp pepper, and next 3 ingredients, cover and reduce heat simmering for 1 hour. Remove chicken, reserving broth in Dutch oven, cool chicken, skim fat from broth, bring to a simmer.

Skin, bone, and coarsely chop chicken. Add chicken, bouillon, and remaining salt and pepper to broth. Return to simmer.

Combine flour and poultry seasoning in a bowl. Cut in shortening and bacon drippings with a pastry blender until mixture is crumbly. Add milk, stirring until dry ingredients are moistened.

Turn dough out onto a lightly floured surface. Roll out to ⅛ thickness, cut into 1 inch pieces.

Bring broth mixture to a boil. Drop dumplings, a few at a time, into boiling broth, stirring gently. Reduce heat, cover and simmer stirring often for at least 25 minutes. It normally takes longer than 25 minutes, closer to 1 hour, for dumplings not to be doughy.

*Amy Story Woodard*

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### **CHICKEN AND ONION STEW ►**

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This chicken and onion stew is a dish that is dressy enough for company, with wine and mushrooms and sour cream, but *good* enough for family. If small white onions are not available, you may use quartered larger onions leaving enough of the root end to hold the

onion pieces together during the cooking.

3 Tb butter, divided  
 1 ½ tsp salt, divided  
 1 ¼ tsp pepper, divided  
 1 frying chicken, cut in serving pieces  
 1 Tb paprika  
 12 small, white onions, about ½ lb.  
 2 Tb chopped celery leaves  
 ½ lb. mushrooms, sliced  
 1 cup diagonally sliced celery  
 1 ½ cups dry white wine (or white grape juice or water)  
 ½ tsp dried thyme leaves  
 ½ cup sour cream or plain yogurt

Melt 2 tablespoons butter in Dutch oven or large skillet. Sprinkle 1 teaspoon salt and ⅓ teaspoon pepper over chicken. Brown chicken in butter and remove. Stir paprika into butter in skillet, adding remaining 1 tablespoon butter. Add onions and celery leaves, cover and cook over low heat five minutes; add mushrooms and cook another 5 minutes. Return chicken. Add sliced celery, chicken broth, white wine, remaining ½ teaspoon pepper and thyme. Cover and simmer 25 or 30 minutes until chicken is tender. Mix together flour and sour cream or yogurt, stir into chicken mixture. Heat but do not boil. Serves 4-6.

*Margaret Copeland Wallace*

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### **CHICKEN AND PEA PODS ►**

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One nice thing about this is that you can do all the preparation in advance and then combine.

4 4-5 oz. chicken breasts  
 1 Tb vegetable oil  
 ¼ cup sliced celery  
 ¼ cup sliced bamboo shoots, or leave out  
 ¼ cup sliced water chestnuts  
 1 cup pea pods, fresh if available; if not,

frozen  
 2 tsp soy sauce  
 1 cup chicken broth  
 1 Tb cornstarch or arrowroot  
 2 Tb cold water

Remove skin from chicken and cut meat into strips. Sauté in the oil. Add rest of ingredients except cornstarch and water. Cover and cook 5 minutes. Blend cornstarch and water and add to mixture. Cook and stir until thickened. Serve at once. Serves 4.

*Frank Wallace*

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### **CHINESE CHICKEN ►**

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1 medium green pepper cut in strips  
 1 cup bias-cut celery  
 2 Tb butter or margarine  
 110 ½ oz. can cream of chicken soup  
 ⅓ cup water  
 2 Tb soy sauce  
 4 boneless, skinless chicken breasts  
 1 can (2 cups) chop suey vegetables,  
 drained  
 ½ package frozen pea pods

In skillet, brown cubed chicken breasts in butter. Remove. Cook green pepper and celery until crisp and tender. Stir in soup, water, and soy sauce. Add chicken, chop suey vegetables, and pea pods. Heat through. Serve with hot, cooked rice. Pass soy sauce. I sometimes add pineapple chunks (6½ oz. can of tidbits) when I add the chicken, chop suey vegetables, and pea pods.

*Margaret Wallace Story*

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### **CHINESE CHICKEN WINGS ►**

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Looking marvelously burnished on the platter

or in the pan, and tasting deliciously succulent, these humble pieces of chicken will never be disdained. If you have any left over, they warm up beautifully the next day.

4 lbs. (about 24—I usually buy by the number) chicken wings, tips removed  
 ½ cup honey  
 ⅓ cup soy sauce  
 1 Tb frozen orange juice concentrate  
 3 cloves garlic, minced  
 ½ tsp Chinese five-spice or ¾ tsp powdered ginger

Arrange the wings so they fit snugly in a flat, shallow baking dish. Mix remaining ingredients together and pour evenly over the wings. Turn the wings so they all get coated with the mixture. The wings can soak in the sauce at room temperature for several hours or in the refrigerator for several days if convenient. I always let mine soak at least over night, covered with foil. When ready to bake, set oven at 500° and let preheat. Cover wings tightly with foil on top and place in 500° oven, and let bake 10 minutes, then reduce heat to 300° and bake another hour. Lift foil and test for doneness; give them another 10 minutes if necessary. Remove cover from the baking dish, turn oven up to 350° and let them glaze for another 15 minutes. During the marinating time, turn the wings several times. They should come out a deep, rich, shiny brown. The Chinese five-spice gives a different "oriental" taste that adds to the dish, I think. I have used the ginger, though, and it is good. We serve this with Original Uncle Ben's Long Grain and Wild Rice, cooked according to package directions. Serves 6-8.

*Margaret Copeland Wallace*

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## COQ AU VIN ►

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This recipe differs somewhat from the traditional way of preparing the dish, and I think it is better. The traditional recipes call for the chicken being cut up, as does this one, but the dish is served with the chicken in the cut-up pieces. This makes it hard to get all the white meat and dark meat eaters equally satisfied. When the meat is pulled off the bone, as below, this problem is eliminated, and the flavors of the stew really are able to get into the meat. Serve it on rice. Green peas make a nice vegetable to go with it, along with a green salad. It can also be made with white rather than red wine, but I like the flavor imparted by the red better. This recipe will serve six people, and freezes very well.

3 lb. frying chicken, cut into pieces  
 ½ tsp salt  
 ⅛ tsp black pepper  
 ¼ cup brandy (bourbon or Canadian whiskey does as well)  
 1 bottle (750 ml) Burgundy, Zinfandel, Beaujolais or other red wine  
 About 2 cups canned beef bouillon  
 ½ Tb tomato paste  
 2 cloves of garlic, mashed  
 ½ tsp thyme  
 1 large Spice Islands bay leaf  
 At least 18 braised onions (see recipe that follows)

Add about 1 tablespoon of cooking oil to bottom of heavy iron Dutch oven, place over high heat, and brown the chicken pieces well on all sides. Add salt and pepper, and reduce heat to medium. Cover, and cook for 10 minutes. Uncover, add the brandy, and flame by lighting with a match, or warm liquor ahead of time, place in fireproof cup, and flame with match before adding to Dutch oven. After the flames subside, add the bottle of wine, tomato paste, garlic, thyme, and bay

leaf. Add enough of the canned bouillon to cover the chicken. Cover and simmer slowly, until chicken is tender and easy to pull from the bone, probably between 45 minutes and an hour, depending on the size of your chicken and its tenderness. Remove chicken from Dutch oven to a platter, add the braised onions to the liquid. Simmer. Remove chicken from bones, discarding the skin. Remove onions from Dutch oven when tender, but still firm. Thicken remaining broth with 3 tablespoons flour and 2 tablespoons butter, or enough flour and butter to make sauce that is medium thin. Return onions and chicken to the Dutch oven. Add mushrooms. Simmer together about 20 minutes, on very low heat. Serve over rice and garnish with fresh parsley sprigs.

### Braised Onions

18 white boiling onions, peeled  
 2 Tb butter or margarine  
 2 Tb cooking oil

Heat butter and oil over high heat in heavy skillet, add about half the onions, shake vigorously over the heat, or stir with a slotted spoon until they are browned as near all over as you can get—they won't be uniform. Be careful not to burn them excessively. The brown of the onions adds to the brown-ness of your stew. You can also fix them this way for use with a beef or pork roast. Parboiling in salted water for about 5 minutes speeds up their cooking time in the stew, and I frequently parboil them.

### Sautéed Mushrooms

½ lb. mushrooms (whole if very small, sliced otherwise)  
 2 Tb butter or margarine  
 1 Tb cooking oil

Heat butter and oil in heavy skillet over high

heat. When the mixture gets good and hot, but not smoking, add mushrooms, and toss or stir with slotted spoon 4 to 5 minutes. At first the mushrooms will absorb the butter/oil mixture, but in about 3 minutes it will re-appear. Remove from heat when they have browned slightly, and add to your stew. If you plan to serve with broiled steak, cook a little longer, and use all butter, no oil.

*Frank Wallace*

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### **CREOLE CHICKEN SHELLS ►**

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One of the best ways to fix chicken for a luncheon or as an appetizer in tiny pastry shells or for the main course buffet style. Filling can be made ahead, refrigerated, and later heated and poured into shells. Filled shells can remain in a low oven for quite some time before serving.

Baked patty shells (Pepperidge Farm)  
 3 ½ to 4 lb. fryer  
 Salt and pepper  
 Cayenne pepper  
 2 Tb chopped parsley (do not mince)  
 3 Tb chopped green pepper (1 small)  
 ½ cup green onions (1 bunch, part of tops)  
 1 medium can mushrooms and juice

Rub chicken well with salt, pepper, and cayenne pepper, both inside and out, and bake uncovered in oven until brown and done. (I bake at 300°.) Chicken may also be rubbed with soft butter before baking. Baste frequently with drippings. Do not add water. Remove from oven, saving the drippings, and cut chicken into fairly large pieces.

Sauté green pepper and onions in drippings until tender and brown. Add a small amount of flour and cook slowly until brown. Add slowly mushroom juice and ¾ cup of water

until the consistency of thin sauce is obtained. Add cut chicken, mushrooms, and parsley, and simmer 10 to 15 minutes. Season to taste. Pour into baked shells and place in 350° oven to brown.

*Neva Nabors Wallace*

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### **DUCKS ►**

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This recipe was given to me by my very good friend and former business associate, Joe Callicoatte. Being an avid duck hunter, he also supplied the ducks for me to use with the recipe! One year Joe had miserable luck hunting and had no wild ducks to share. I tried a 4 to 5 lb. Long Island duck, and it worked out very well— not like wild ducks, but still very good.

½ cup roux  
 Burgundy wine  
 3 stalks celery  
 1 medium onion  
 1 clove garlic  
 Duck  
 Large apple  
 ½ lb. mushrooms  
 Parsley  
 Chopped scallions  
 1 can chicken stock  
 Salt and pepper to taste, about 1 tsp each

To ½ cup roux, add celery, onion, and garlic. Then add chicken stock and wine in equal amounts to cover your duck if domestic, ducks if wild. Peel and grate the apple and add to the mixture. Cook covered for 3 ½ hours for wild ducks, less for domestic. Serve with wild rice or boiled rice. The liquid the ducks cooked in can be thickened for a delightful sauce. Use cornstarch mixed with cold water to thicken as you like.

*Frank Wallace*

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### ***FRANK'S CHICKEN BREASTS*** ➤

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I use boned chicken breast portions from Sam's. They come with and without skin (the skinless is probably a better value) in bags of 3 to 4 pounds. If you get "with skin," remove skin after they thaw for preparation.

Marinate the number of portions you want to serve at least an hour in marinade composed of equal parts of Lea & Perrin's Worcestershire Sauce, soy sauce, and red table wine.

After marinating, pan broil in skillet with a little margarine on medium until nicely brown and done. Remove chicken from pan. Deglaze with a half cup of red wine. Add the liquid in which you marinated your chicken, and reduce slightly, adding salt and pepper. Thicken with cornstarch melted in cold water. Amount of cornstarch depends on the amount of sauce you're making. The more chicken breasts you cook, the more marinade and sauce you'll need to make.

Put chicken breasts on platter, pour sauce over, garnish with parsley flakes and serve with wild rice.

*Frank Wallace*

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### ***OVEN FRIED PARMESAN CHICKEN*** ➤

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Fried chicken is, I think, the most delectable of dishes, but so much trouble and so messy—seems everything in the kitchen gets spattered with grease and covered with flour. In my declining years, I find I'm not often willing to go to this much trouble, even for delectable fried chicken, so this is my substitute. Not as good, mind you, but acceptable and easy, and

easy does it.

1 broiler-fryer chicken 2 ½ -3 pounds  
 Equal parts fine, dry bread crumbs and  
 Parmesan cheese—¼ cup to ½ cup,  
 depending on size of chicken  
 2 Tb snipped parsley, or use dried  
 ¼ tsp dried oregano leaves, crushed  
 ¼ to ⅓ cup butter or margarine, melted,  
 depending on size of chicken

Combine crumbs, cheese, parsley, and oregano. Brush the chicken pieces with butter, then roll in crumb mixture. Place, skin side up, in ungreased shallow baking dish. Sprinkle with any remaining crumb mixture, so if you have fixed too much, you still use it. Bake at 375° until tender—50 or 60 minutes. Do not turn. It will be browned, crisp, and tasty. Serves 4.

*Margaret Copeland Wallace*

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### ***POLYNESIAN CHICKEN*** ➤

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This recipe comes from Roma Hepburn, mama's good friend and also a good cook. Mama remembers that Roma served the chicken in a red enameled wok and that it made a fine centerpiece. The recipe makes a lot and is therefore good for company but also for just family as the leftovers are terrific. For whatever reason, I've found the canned fruits for salad (not fruit cocktail) difficult to come by and have had to substitute with individual cans of apricots, peaches, pears, etc. to equal the 3 cans called for in the recipe. I also think there's less waste although greater per pound expenditure to buy chicken packaged as "pick of the chick." I figure that since there are about 6 "good" cuts to a whole chicken, you'll need about 24 pieces of chicken.

4 chickens cut in serving pieces and

skinned (no wings)  
 3 16 oz. canned fruits for salad  
 1 6 oz. bottle soy sauce  
 1 clove garlic, crushed  
 3 8 oz. jars sweet and sour sauce

Put chicken in large, shallow roasting pan. Drain fruit, reserving juice. Combine fruit juice with soy sauce and garlic. Pour over chicken. Bake uncovered at 350, basting often using the drippings, for about 1 ½ hours or until chicken is golden brown and tender. Pour liquid from chicken into a large sauce pan. Add sweet and sour sauce and simmer an hour or so until sauce thickens. Add fruit. Pour over chicken. Bake uncovered at 350° for ½ hour. Serve over hot cooked rice.

*Jane Wallace Fiero*

1 tsp curry powder  
 1 tsp salt (may be omitted)

Place chicken on grill opposite fire and cook until tender, basting frequently with the marinade.

*Jane Wallace Fiero*

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## ***YOGURT CHICKEN*** ►

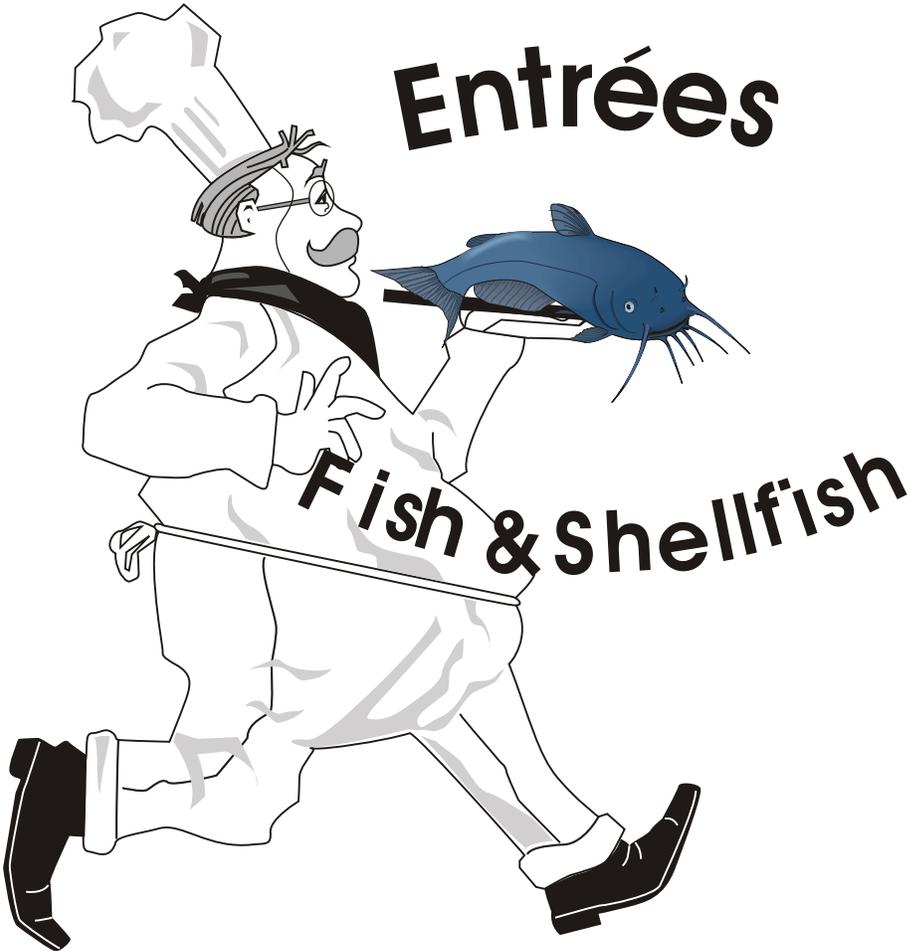
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This is another recipe from *Joy of Cooking*. You can use a whole chicken cut up, chicken breast quarters, boneless chicken breasts, thighs—whatever. But I think the recipe works best if the chicken is skinned. This makes enough marinade for 2 whole chickens; leftovers can be frozen for using another time.

Necessary number of chicken pieces, skinned

Marinate overnight in refrigerator in a mixture of

1 ½ cups plain yogurt  
 ½ cup lime or lemon juice  
 1 tsp grated lime or lemon peel  
 1 to 2 crushed cloves garlic  
 2 tsp finely chopped ginger (or 1 tsp ground)  
 1 ½ tsp paprika  
 2 tsp ground coriander  
 1 tsp ground cayenne



## Crab

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### CRAB CAKES ►

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Since moving to Virginia, I have become a "crab" expert. This is a delicious, simple recipe.

1 lb. crab claw meat  
 2 eggs beaten  
 ¼ cup onion, finely chopped  
 ½ cup seasoned bread crumbs (I use Giant brand Italian)  
 3 Tb mayonnaise  
 1 Tb Dijon mustard  
 2 tsp Tony Chachere's Creole Seasoning (or to taste)  
 Paprika  
 Margarine

Mix all ingredients except paprika and margarine. Shape into cakes or balls. Sprinkle paprika on each cake and sauté in butter or margarine until golden brown. Serve hot. Can be prepared in advance and reheated at 350° for 10 minutes. For a lovely hors d'oeuvre, use a teaspoon to measure the mixture and sauté. Makes about 50 quarter-sized cakes. To freeze, cool cakes completely, place on a cookie sheet, and cover with foil. Freeze. When frozen, remove from tray and wrap in foil or place in freezer bag. Return to freezer. Heat in 400° oven approximately 15 minutes. No need to thaw before heating.

*Margaret Wallace Story*

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### CRAB MEAT AU GRATIN ►

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Perhaps a hundred years ago, Neva gave Mama and me each a copy of the Don's

Seafood Restaurant cookbook, *Don's Secrets*. It is quite a good cookbook with many good recipes, but perhaps my favorite is this one. The recipe calls for "white crabmeat" but I mostly use claw meat, in large measure because it is less expensive, but also because it mixes in better with the sauce. The dish is particularly yummy with twice baked potatoes and an avocado and grapefruit salad. Calories and cholesterol be damned with this one; just eat and enjoy!

1 stalk celery, chopped fine  
 1 cup onion, chopped fine  
 ¼ lb. butter  
 ½ cup all-purpose flour  
 1 13 oz. can evaporated milk  
 2 egg yolks  
 1 tsp salt  
 ½ tsp red pepper  
 ¼ tsp black pepper  
 1 lb. white crabmeat  
 ½ lb. sharp cheddar cheese, grated

Sauté onions and celery in butter until onions are wilted. Blend flour in well with this mixture. Pour in the milk gradually, stirring constantly. Add egg yolks, salt, red and black peppers; cook for 5 minutes; remove pot from heat. Put in crabmeat and blend well. Transfer mixture into a lightly greased casserole (I use a 10" Corning Ware) and sprinkle with grated cheddar cheese. Bake at 375° for 15 to 20 minutes or until light brown. Serves 6.

*Jane Wallace Fiero*

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### HOT CRAB SALAD PIE ►

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Make 9 inch pie shell (add 1 Tb chopped fresh chives or green onions to the dough).

1 6 oz. package frozen crabmeat or equal amount fresh

3 hard cooked eggs, diced  
 ½ cup minced celery  
 2 Tb minced green onion  
 1 cup (4 oz.) grated sharp cheese  
 1 cup mayonnaise (not salad dressing)  
 1 10 oz. package frozen asparagus

Drain crab. Mix it lightly with eggs, celery, green onion, cheese, and mayonnaise. Arrange cooked and drained asparagus on pie crust shell, top with crab mixture. Bake in preheated 375° oven for 30 to 35 minutes until golden. Serve warm, cut into wedges. It's also good cold. Serves 6.

*Doraine Wannamaker*

## **Crawfish**

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### **CRAWFISH ÉTOUFFÉE ►**

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Any cookbook on Cajun cuisine is incomplete without a recipe for crawfish étouffée, and there are as many different variations as there are Cajun cooks. Some say that tomato paste or sauce should be added. Others say that a tomato ought not be in the kitchen when the dish is prepared. Still others say, "Start with a roux," and to another group, this is rank heresy. I belong to the no tomato, no roux school—but that is not to say the others are wrong or the results of their recipes aren't delicious. It is all in the mind rather than the taste buds, I suspect. This recipe came to us through Jane and John Fiero, and originated with a friend of theirs. I remember the first time I prepared étouffée using this recipe—it was the night I fell and broke my ankle! The ankle still throbs occasionally, but the recipe stands up well.

1 lb. crawfish tails

1 stick oleo or butter  
 1 chicken bouillon cube  
 1 fish bouillon cube  
 3 cups water  
 2 cups chopped onion  
 1 large garlic clove, chopped  
 1 cup bell pepper, chopped  
 1 cup celery, chopped  
 Red pepper, black pepper, and salt to taste

Melt the butter in a heavy iron skillet. Add the onions, garlic, bell pepper, and celery and cook slowly, stirring frequently, for about 4 to 5 minutes. Dissolve the chicken and fish bouillions in the water and add. Simmer, stirring occasionally, for 1 ½ hours. Add the crawfish and cook another 20 minutes. If more liquid is needed, either add water or bouillon. Thicken with cornstarch (about 1 tablespoon) dissolved in a small amount of cold water. Serve over rice. Garnish with chopped parsley and enjoy with a glass of white wine.

*Frank Wallace*

## **Fish**

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### **BAKED FISH ►**

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Several years ago we visited the Beisley's at their country home near Columbia, South Carolina. Lawrence caught the fish in his private pond and Lucille cooked them by this recipe. It was the best fish I had ever tasted, so whenever we have fresh fish, this the way it is cooked. Incidentally, this is a very, very old Charleston, South Carolina recipe.

2 or 3 lbs. fish fillets (catfish does well)  
 1 stick butter (you may use margarine, but it is not as good)  
 ¼ cup lemon juice  
 ½ cup dry white wine

Salt, pepper, paprika  
Parmesan cheese

Salt and pepper the fish. Put butter in shallow baking dish in 450° oven until butter is brown and sizzles. (This gives the fish its distinctive flavor.) Place fillets flesh side down in sizzling butter and return to oven for 5 to 7 minutes depending on the size of the filets. Sprinkle each piece with lemon juice, wine, cheese, and paprika.. Place in oven under broiler until cheese is brown, approximately 5 minutes. Remove from oven. Baste filets with juice and serve in sauce. Serves 6. A 9x13 Pyrex holds 6 to 7 fillets very well. If you need more, you will have to use 2 dishes.

*Cornelia McCraw*

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### ***CATFISH MEUNIÈRE*** ►

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Most southerners consider catfish a delicacy while those from other parts of the country tend either to look down their noses at this wonderful fish, or just have never tried it. My earliest recollection of a real feast was on those occasions when several families that were close friends would gather to prepare and eat a catfish stew. This was when we lived in St. Matthews, S. C., and I am told that this is still done there. Fish meunière got to be a favorite of mine when as a boy, my uncle, Charles J. Moore, took me to Arnaud's in New Orleans and he suggested that I would like it. How right he was. It was done with trout then. This recipe calls for catfish, but any firm-fleshed fish fillet will do.

1 ¼ cup milk  
1 egg  
½ cup flour  
½ tsp salt  
½ tsp cayenne pepper  
4 catfish fillets

½ cup butter  
¼ cup vegetable oil  
2 Tb lemon juice  
2 Tb chopped parsley, or dried flakes  
1 tsp Lea & Perrins Worcestershire sauce

Combine milk and egg, put in a shallow pan. In another shallow pan, mix flour, salt, and cayenne pepper. Dip catfish in milk mixture, then flour, shaking off excess. Heat 4 tablespoons butter and the ¼ cup of oil in a skillet. Add the floured fillets, and cook over medium heat until golden brown; turn, and repeat on other side. In a small skillet melt remaining butter with lemon juice, Worcestershire, and parsley. Put fillets on serving plate, and pour a little of the sauce on each one. Garnish with lemon wedges and parsley sprigs if you are so inclined. Serves 4.

*Frank Wallace*

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### ***FILLET OF SALMON POACHED IN WHITE WINE*** ►

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My family is not crazy about fish, but they enjoy it prepared this way.

2 lbs. salmon fillet  
2 Tb minced shallots or scallions  
1 cup liquid (⅔ cup white wine and ⅓ cup water)  
Salt and pepper to taste  
Seafood seasoning (I use Paul Prudhomme's)  
Wax paper, buttered

Preheat oven to 350°. Pat fish dry with paper towels and go over it carefully with your fingers to remove any remaining bones. Season with selected seasoning. Sprinkle ½ shallots in bottom of buttered, flame-proof baking dish and place fish skin side down.

Sprinkle remaining shallots over top of fish. Pour enough liquid to come  $\frac{2}{3}$  of the way up the fillets and lay waxed paper over the fish. Place dish over moderate heat just until liquid begins to bubble, then place in lower third of preheated oven where it should begin to bubble slowly in a minute or so. Poach approximately 15 to 20 minutes or until the flesh has turned opaque. Serves 6.

*Margaret Wallace Story*

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### ***SAUTÉED RAINBOW TROUT*** ►

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Plan on 2 filets per person for a dinner main course. You need to run your hands over the filets to make sure all the bones have been removed. If you want to get fancy, you can slice potatoes very thin and arrange on trout in a fish scale pattern.

trout filets (2 per person)  
hot peanut oil  
salt and pepper to taste, or seafood seasoning  
flour

Film a 10-inch skillet or sauté pan with peanut oil, shimmering hot, over medium high heat. If the oil is not very hot, the fish will be soggy. Dust the filets with flour, shaking off the excess, and place in skillet. Sauté approximately 3-5 minutes on each side, turning once.

A delicious addition is a crabmeat topping

$\frac{1}{2}$  pound crabmeat, can be lump or claw  
1 Tb of mayonnaise, about (enough to hold the crabmeat together)  
 $\frac{1}{4}$  fresh lemon, squeezed  
2-3 Tb of fresh dill  
Pepper to taste (white's nice but not necessary)  
2 green onions, finely sliced, with some of the

green  
Paprika

Mix all the ingredients, except the paprika, together. Divide the mixture among the tops of the fish. Sprinkle with the paprika. Broil until the crabmeat is brown.

An alternative topping to the crabmeat is to slice either red or green grapes and add to the pan the fish was cooked in along with pecans or other nuts. Stir around in the pan until the mixture is warm and serve over the fish.

*Margaret Wallace Story*

## ***Scallops***

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### ***SCALLOPS IN GARLIC SAUCE*** ►

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We do stir-frying a lot because it is so quick and you can use whatever you have on hand. The scallops in garlic sauce is a basic Szechuan stir-fry. It can be varied with other types of seafood.

Chop 3 or 4 green onions, 1 stalk celery, stick of carrot,  $\frac{1}{2}$  green pepper; set this aside.

Chop finely four or five garlic cloves and inch-long piece of fresh ginger root. Place ginger and garlic in small pan with 1  $\frac{1}{4}$  cup molasses and leave on low heat.

Mix 2 Tb cornstarch, 1 cup cold water, 2 Tb sherry, 1 Tb soy sauce, 1 beef or chicken bouillon cube; set aside.

Now you are ready to start cooking.

Heat 2 Tb of oil in wok. Stir-fry  $\frac{1}{2}$  -1 lb. of fresh scallops in oil until cooked, about 3 or 4

minutes. Remove and set aside.

Stir fry the vegetables in wok, about 2 minutes. They should be colorful and rather crisp. Do not overcook.

Add the sauce mix all at one time. Cook over high heat until thickened. Add the scallops and the garlic-ginger-molasses mixture. Cook another minute. Serve immediately with rice.

Frequently I will add frozen snow peas, water chestnuts or bamboo shoots in final stages, if I have them on hand.

The same technique can be used with small pieces of chicken or beef. Substitute curry powder for the garlic-ginger mixture too. All kinds of vegetables can also be added, including broccoli flowers, fresh green beans, zucchini, or eggplant.

*Margaret Wallace Watson*

## **Shrimp**

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### **GARLIC SHRIMP ►**

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I first had shrimp prepared in this fashion at the Tarquin Inn in Tallahassee, Florida. It provides a nice departure from the usual methods of cooking shrimp. A good variation: substitute large fresh oysters for some or all of the shrimp.

1-1 ½ lbs. of large or jumbo shrimp (18-26 count per lb.)

½ lb. of thin sliced bacon

Toothpicks

Garlic salt

Red pepper

Black pepper

Cut bacon strips into thirds and use the pieces to wrap the shelled and deveined shrimp. Secure the bacon with toothpicks. Arrange shrimp on a cookie sheet and season with garlic salt, black pepper and a pinch of red pepper. Broil, being very careful not to overcook, or put on skewers and cook on an open outside charcoal or gas grill. With oysters, using skewers results in a dish similar to Don's shrimp and oysters en brochette. Over rice, serves 4-6.

*John W. Fiero*

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### **SHRIMP CREOLE ►**

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This is basically a recipe from the book *Charleston Receipts*, published by the Junior League of that South Carolina city. I have tried several shrimp creole recipes, but think this is the best I've seen. I was introduced to it by the wife of my life-long friend, Luther Wannamaker.

2 Tb bacon fat

2 Tb cooking oil

2 medium yellow onions, cut up

1 bell pepper, cut up

1 ½ cups celery, chopped

1 28 oz. can tomatoes, undrained

4 Tb tomato paste

1 Tb sugar

1 ½ lbs. raw shrimp, peeled

Salt and pepper to taste

Sauté onions, bell pepper, and celery in the fats until tender, at least 15 minutes. Do not brown. Add tomatoes, with their liquid, tomato paste, and sugar. Simmer slowly at least an hour, adding water if necessary. Use a slotted spoon to mash tomatoes into small pieces (it helps if you'll cut them up prior to

adding). About 20 minutes prior to serving, add the shrimp. I like to slice them in half length-wise— you seem to get more shrimp and the flavor goes into them better. Serve over rice. With a green salad and French bread, this makes an easy and fairly inexpensive company meal. Serves 6 to 8, depending on the appetite of your guests and your generosity.

*Frank Wallace*

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### ***SHRIMP IN DILL SAUCE*** ►

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This recipe is an adaptation of a recipe from Earl Peyroux's *Gourmet Cooking*, Volume I. Peyroux, a New Orleans native, lives in Pensacola and produces the TV show, "Gourmet Cooking," that appears on PBS frequently.

1 ½ lbs. medium shrimp, peeled and deveined  
 1 ½ cups half and half  
 ½ cup dry white wine  
 1 bunch green onions  
 1 Tb dried dill weed  
 4 Tb all-purpose flour  
 8 Tb butter or margine  
 Salt  
 Pepper

Slice green onions using some of the tops as well as the bulbs. Pour 4 Tb butter into skillet, saute onions briefly. Add shrimp and white wine. Cook, stirring occasionally until shrimp are done—about 5 minutes. In another skillet, melt the remaining butter, then add the flour and whisk to make a white roux. Add half and half, whisking constantly until mixture begins to thicken. Add dill weed and shrimp. Salt and pepper to taste. Cook and stir an additional 5 minutes. Serve over rice. Serves 4-6 people.

*Frank Wallace*

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### ***SHRIMP STEW*** ►

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This is a Cajun dish from Southwest Louisiana, and as in many Cajun dishes, "first you make a roux," and this one is no exception. Shrimp stew is served frequently both at lunch and dinner time in Southwest Louisiana. After you get the knack of roux-making, the dish is quite simple and very good.

#### Roux

This basic recipe can be used any time a roux is called for. If you are making a gumbo, use ¾ cup oil and 1 cup flour. For other recipes, adjust the oil and flour to the amount of roux you require. The following proportions are good for shrimp stew made from a pound of shrimp.

½ cup cooking oil  
 ¾ cup all-purpose flour

Put oil in heavy iron pot over medium heat. When oil is hot, stir flour in gradually, using a wire whisk. Lower heat. **Stir constantly during the whole cooking process.** After oil and flour have combined well, continue cooking, stirring constantly, until the mixture becomes the color of peanut butter. Depending on the amount of heat you use—roux should always be cooked slowly—this will take 30 to 45 minutes.

1 lb. raw, medium-sized shrimp, peeled  
 Red and black pepper to taste  
 Salt to taste  
 1 large onion, chopped fine  
 1 clove garlic, minced  
 1 tsp parsley, dry or fresh, minced  
 2 cups water

Season shrimp with salt and peppers. Brown the onion and garlic in the roux. Add shrimp. When shrimp are pink—about 3 minutes—add water and parsley, stirring well. Cover and simmer 45 minutes, stirring regularly, and check seasoning. Serve over rice; garnish with parsley. Serves 6-8.

*Frank Wallace*



# Entrées

**pasta, Cereal,**



**Cheese & Egg Dishes**



## Pasta

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### ***CHILI SPAGHETTI*** ▶

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This quick, easy, and tasty recipe was handed down from my grandmother in Monroe, Louisiana, to my mother, and it is one of my daughter's favorites.

1 onion, chopped  
 1 16 oz. can of chili with beans (Austex preferred)  
 1 16 oz. can of whole tomatoes, undrained  
 4 oz. thin spaghetti

Cover bottom of skillet with cooking oil. Sauté chopped onion. Chop tomatoes into small pieces while still in can. Add tomatoes to onions and cook slowly for 5-10 minutes. Add chili and cook 5-10 minutes more. Cook spaghetti in salted water according to package directions. Drain and add to chili mixture.

Good with pear salad (half a canned pear on lettuce leaf topped with mayonnaise and grated cheese). Also good with fresh Evangeline Maid bread, buttered and dipped in a side plate of Steen's syrup.

*Martha Tolson Griggs*

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### ***FETTUCCINE WITH SMOKED SALMON AND VODKA*** ▶

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This is a recipe that both Wayne and Pete are crazy about. It came out of a cookbook that Wheat gave me one year for Christmas, *Rose Reisman Brings Home Pasta Dishes*.

½ lb. fettuccine

2 Tb olive oil  
 2 Tb butter  
 1 garlic clove, crushed  
 1 Tb finely chopped onions  
 4 medium tomatoes, diced  
 8 oz smoked salmon, chopped  
 4 Tb vodka  
 1 cup heavy cream  
 pepper to taste  
 ½ cup Parmesan cheese

Cook fettuccine in boiling water al dente. Drain and set aside. For the sauce, heat the olive oil and butter in a large skillet. Add garlic and onion and sauté for two minutes. Add and cook the tomatoes on medium heat for 5 minutes. Lower heat and add the salmon, vodka, and heavy cream. Cover and simmer for 10 more minutes, stirring occasionally. Add pepper to taste and toss with the pasta. Sprinkle with Parmesan cheese. Serves 4.

*Margaret Wallace Story*

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### ***HAM CASSEROLE*** ▶

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This recipe is from my good friend, Ruth Ratliff, and is a little vague, as is she, but I think you can get the drift. It is a tasty and useful way to use leftover ham.

1 cup diced onions  
 1 cup diced green pepper  
 1 10 ½ oz. can cream of mushroom soup  
 ½ cup grated cheddar cheese  
 1 8 oz. carton sour cream  
 2 cups cooked ham, cubed  
 8 oz. medium egg noodles, cooked  
 Grated cheese for topping

Sauté onion and green pepper in a little margarine in skillet. Add mushroom soup, ½ cup grated cheese, sour cream, ham, and the

cooked noodles; mix well. Place in buttered 1-1 ½ quart casserole. Sprinkle grated cheese on top, if one wishes. Bake in 350° oven until bubbly and brown, about 40-50 minutes. Note: May use 1 can cream of celery soup and a small can of mushrooms (stems and pieces), drained.

*Margaret Copeland Wallace*

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### **ITALIAN SAUSAGE WITH SPAGHETTI ►**

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I had a similar dish in an Italian restaurant and loved it. When I tried to find a comparable recipe I couldn't, so I made my own. Wayne loves this. So good with a fresh green salad and French garlic bread.

2 lbs. Italian sausage, in casing, cut in bite-sized pieces  
 1 16 oz. jar Ragu Italian sauce with green peppers  
 1 6 oz. can Hunt's Italian tomato paste  
 1 tomato paste can water

Pour Ragu into skillet. Rinse jar with a little water to get out all the sauce and add with the tomato paste, water, and sausage. Cook over very low heat for at least 2 hours, stirring often. Serve over cooked spaghetti. Sprinkle with Parmesan cheese. Serves 6.

*Margaret Wallace Story*

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### **LASAGNA ►**

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With a name like Fiero, you have to cook something Italian or Spanish. I learned this dish in deference to the assumptions of many acquaintances ("John, you don't look Italian"),

though, in truth, my heritage is German, French, Dutch, Irish, and English. Go figure! As the dish freezes well, I make it in great quantity, sometimes tripling the recipe.

2 medium onions  
 1 large garlic clove  
 1 large green pepper  
 2 32 oz. bottles of prepared spaghetti sauce (thick)  
 1 6 oz. can mushrooms (stems and pieces)  
 1 lb. Italian sausage  
 1-1 ½ lbs. ground meat  
 1 large bay leaf  
 2 medium eggs  
 1 ½ lbs. shredded mozzarella cheese  
 1 ½ lbs. small curd cottage cheese  
 Parmesan cheese  
 2 Tb olive oil  
 1 package of lasagna noodles

In large skillet, brown ground meat and sausage, separating meat with fork. Remove meat from skillet, drain and set aside. Dice the onion, garlic and pepper, and sauté in 1 tablespoon of olive oil in skillet. Then add meat, spaghetti sauce and mushrooms. Simmer over low heat for at least one hour. Season to taste.

Cook the lasagna noodles according to package directions (using the remaining olive oil and bay leaf in the water). Drain. Blend about half the cottage cheese with an egg in the blender until smooth. Repeat with the remaining egg and cottage cheese.

In a deep lasagna pan (a bread pan will do), "build" the lasagna. Start with a layer of sauce, mozzarella and cottage cheese, then add noodles to cover the cheese. Add another layer of sauce and cheese, then more noodles. If the pan is deep enough, add more sauce, cheese and another layer of noodles. Top with more

sauce and cheese and sprinkle thickly with Parmesan. Cook in a 375° pre-heated oven for one hour. Cool for about twenty minutes before serving, 6-8. Serve with toasted garlic bread, salad and red wine, preferably Chianti. Primo!

*John W. Fiero*

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## **MAZETTI ►**

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This recipe comes from Jamie Reynolds, another Montevallo friend, and appeared in the Montevallo Study Club cookbook, *Our Favorite Recipes*. As you can see it has very little seasoning, but it is still tasty.

1 lb. ground chuck  
 1 lb. ground lean pork  
 1 large onion, chopped  
 1 bell pepper, chopped  
 ½ cup chopped celery  
 1 4 oz. can mushrooms (stems and pieces),  
     drained  
 1 8 oz. package egg noodles, cooked  
     according to package directions  
 2 10 ½ cans condensed tomato soup  
 Salt and pepper to taste  
 ¼ lb. sharp cheddar, grated

Sauté the onion, the pepper and the celery in 2 tablespoons butter or bacon grease. Add ground meats and cook until all redness disappears from meat. Add mushrooms and tomato soup. Mix well and add cooked noodles. Stir all together and place mixture in a 2 quart casserole, cover with grated cheese. Bake at 350° for 45 minutes until all is bubbly and cheese is melted and brown. Serves 12.

*Margaret Copeland Wallace*

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## **PASTA WITH TOMATOES AND OLIVES ►**

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Wheat and I found this recipe in a *Cooking Light* magazine. The recipe called for anchovy paste, but we decided it was best left out. This is a wonderfully light pasta dish.

1 Tb extra-virgin olive oil  
 3 garlic cloves, minced  
 3½ cups diced plum tomatoes  
 ¼ cup minced fresh flat-leaf parsley  
 3 Tb Spanish olives, halved  
 2 Tb minced fresh, or 2 tsp dried, oregano  
 1½ Tb capers  
 ⅛-¼ tsp crushed red pepper  
 4 cups hot cooked angel hair pasta

Heat oil in skillet over low heat. Add garlic; sauté 5 minutes. Add tomatoes, parsley, olives, oregano, capers, and crushed red pepper. Bring to a boil. Reduce heat to medium and cook 10 minutes or until thick. Combine tomato mixture with pasta and toss well. Makes 4, 1¼ cup servings.

*Margaret Wallace Story*

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## **SAUTÉED SHRIMP AND LINGUINE ►**

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I saw this prepared on one of those cooking shows on public television. It sounded good; I tried it, and liked it. I can think of several variations that would be good as well. You could add spiced mushrooms, or a little bell pepper. If you add mushrooms, you may want to eliminate the tomato sauce.

1 lb. raw shrimp, peeled  
 2 cloves garlic, chopped  
 ½ pint whipping cream  
 ½ stick butter

¼ cup tomato sauce  
 2 egg yolks  
 ½ cup white wine  
 2 Tb cornstarch

Sauté the shrimp in the butter and garlic until pink all over. Add white wine; simmer until shrimp are done, about 10 minutes. Add ¾ cup of cream, reduce heat, but do not allow to boil. Add tomato sauce. Beat egg yolks and ¼ cup cream together. Put cornstarch in ¼ cup cold water, add to mixture. Then add egg mixture, stir well until thickened. Keep from boiling, but keep just under the simmer point. Serve over linguine cooked according to package directions, and garnish with parsley. Serves 4.

*Frank Wallace*

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### ***SHRIMP DIANE*** ►

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This is a recipe from *Paul Prudhomme's Louisiana Cookbook*. He says this dish is best if made only two servings at a time. He also says if you want to make more than two, do so in separate batches but serve while piping hot. Personally, I do not do it in two-serving batches; I just double or triple the recipe. Either way, I think it is the same! It tastes wonderful! Another thing he says is to shake the pan instead of stirring because the back and forth motion and the addition of stock to the melting butter keeps the sauce from separating and having an oily texture. But I cannot turn the shrimp over like that, so I just stir, and it works fine!

1¾ lbs medium shrimp with heads and shells  
 6 Tb, in all, basic shrimp stock  
 1 stick butter in all  
 ¼ cup very finely chopped green onions  
 ¾ tsp salt  
 ½ tsp minced garlic  
 ½ tsp ground red pepper (preferably cayenne)

¼ tsp white pepper  
 ¼ tsp black pepper  
 ¼ tsp dried sweet basil leaves  
 ¼ tsp dried thyme leaves  
 ⅛ tsp dried oregano leaves  
 ½ pound mushrooms, cut into ¼-inch thick slices  
 3 Tb very finely chopped fresh parsley  
 French bread, pasta or hot cooked rice

Note: If the shrimp with heads are not available, buy 1 lb. of shrimp without heads, but save the shells for making the stock.

Rinse and peel the shrimp; refrigerate until needed. Use the heads and shells to make the shrimp stock.

In a large skillet melt ½ stick of the butter over high heat. When almost melted, add the green onions, salt, garlic, the ground peppers, basil, thyme, and oregano; stir well. Add the shrimp and sauté just until they turn pink, about 1 minute, shaking the pan in a back and forth motion (this is where I stir). Add the mushrooms and ¼ cup of the stock; then add the remaining butter in chunks and continue cooking, continuing to shake the pan (or stir). Before the butter chunks are completely melted, add the parsley, then the remaining 2 Tb stock; continue cooking and shaking (or stirring) the pan until all the ingredients are mixed thoroughly and the butter sauce is the consistency of cream. Serve immediately in a bowl with lots of French bread on the side, or serve over pasta or rice.

*Margaret Wallace Story*

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### ***SHRIMP FETTUCINI*** ►

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Served without shrimp, this dish also makes a good pasta dish to accompany a main course

like broiled fish or baked chicken. The secret to good results is the *fresh* fettuccini. Heavy cream can be substituted for the half and half for a richer taste.

½ -1 lb. medium shrimp, cooked and peeled  
 1 lb. of fresh (*not dried*) fettuccini noodles  
 ¼ lb. of lightly salted butter  
 ⅓ pint of half and half  
 2-3 Tb of grated Parmesan cheese  
 White pepper  
 Salt

Let butter soften and half and half warm to room temperature. Cook the fettuccini noodles according to package directions, being sure not to over cook. Drain, put in serving bowl and, while still piping hot, add butter, half and half, and shrimp. Mix well, then sprinkle cheese over noodles while stirring. Season with salt and white pepper to taste. If dish cools too quickly, heat in microwave before serving. Serves 3-5.

*John W. Fiero*

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### ***TUNA CASSEROLE*** ►

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Some of you may turn up your noses at a tuna casserole, but this recipe is different and delicious. Do try it some night for supper– you'll be glad you did!

8 oz. package medium noodles  
 1 10 ½ oz. can condensed cream of celery soup  
 ½ cup milk  
 1 cup grated cheddar cheese  
 6 ½ oz. can solid white albacore tuna  
 1 cup chopped celery  
 ½ cup mayonnaise

⅓ cup chopped onion  
 ¼ cup chopped pimientos  
 1 Tb Worcestershire

Cook noodles according to package directions and drain. Blend cream of celery soup and milk, heat through, and add the grated cheese and Worcestershire. Stir until cheese melts. Mix celery, onion, pimento, tuna, and mayonnaise together; add to soup mixture. Add the cooked and drained noodles. Turn into a 2 quart greased casserole. Bake uncovered in 350° oven until bubbly, 30-40 minutes. Slivered almonds can be added on top before baking. Serves 6.

*Margaret Copeland Wallace*

## **Cheese**

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### ***BLUSHING BUNNY*** ►

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This is a quick and good dish to fix for lunch or supper. We like it especially in the winter time. My mother used to fix it often in a chafing dish for Sunday night supper.

4 to 6 oz. sharp cheese  
 1 10 ½ oz. can Campbell's tomato soup  
 Seasonings

Cut cheese in small pieces and place in heavy skillet or chafing dish. Place skillet over medium heat and let cheese melt, stirring to keep from sticking. Add tomato soup and stir until well mixed. Add Worcestershire sauce to taste (I usually shake the bottle two or three times over the cheese mixture), a pinch of dry mustard (optional), and a shake of red pepper. Stir and mix all together. Serve over crackers, saltines or soda crackers, or toast points.

Mother used to always serve this over Uneeda Soda Biscuits. This serves 2. Can be increased as needed.

*Margaret Copeland Wallace*

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## **MACARONI PIE ►**

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This is a recipe Neva found somewhere, and we like it better than any we've tried. It keeps well, and it is just about as easy to make double the amount. I haven't tried freezing it, but do know that it keeps several days in the refrigerator very well.

½ lb. elbow macaroni (2 ½ cups)  
 1 Tb butter  
 2 eggs, well beaten  
 1 tsp salt  
 1 tsp prepared mustard  
 ¼ tsp black pepper  
 Dash of red pepper  
 2 cups grated sharp cheddar cheese, packed  
 ¾ cups milk

Boil macaroni in salted water until tender. Drain. Put in bowl and stir in butter. Combine eggs, milk, mustard, salt, red pepper. Pour over macaroni and stir in. Add grated cheese and stir until cheese melts and covers macaroni. Turn mixture into a buttered 1 ½ quart baking dish. Bake at 350° 30 minutes. Serves 6.

*Frank Wallace*

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## **WELSH RAREBIT ►**

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Good for breakfast, lunch, or anytime. Be sure to oven-toast the bread; if a toaster is used the bread will be too soft.

3 cups of milk  
 1 stick butter or margarine  
 2-3 Tb flour  
 ½ lb. American or Velveeta cheese  
 Red and black pepper.

Melt butter and stir in flour. Add black and red pepper (the spicier the better). Add about 3 cups of milk and about ½ lb. processed cheese cut into chunks for easier melting. Stir until thick. Serve over oven-toasted bread.

*Martha Tolson Griggs*

## **Cereal**

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## **BYMOMMY'S RICE ►**

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The title is a misnomer, for in fact it was not mama who discovered this recipe but I, in the *Joy of Cooking*; however, Joshua firmly believes that only Bymommy can make it taste right. This makes a nice side dish when you want rice but there's no gravy. It's a perfect accompaniment to baked chicken. Mama makes the rice in a 1 quart Corning ware casserole which can be used on top of the stove, perfect size plus the onion can be sautéed in the same dish the rice is cooked in.

¼ cup finely chopped onion  
 2 Tb butter or margarine  
 1 cup long-grain rice  
 2 cups boiling chicken stock or broth (Mama uses 2 chicken bouillon cubes)

Sauté onion in butter until translucent. Add the rice and stir until well coated. Add the

broth, cover and bake in a 350° oven for 30 to 40 minutes or until rice is tender and water is absorbed. Serves 4.

*Jane Wallace Fiero*

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### ***EASY RICE PILAF*** ▶

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This is a recipe I got from my friend Chris Jones. It is very simple and easy to fix and adds an extra something to plain rice. I fix this in my rice cooker, but it can be prepared on the stove as well.

2 cups raw rice  
1 package dried vegetable soup mix

Cook rice as usual with the addition of the soup mix. Stir well before serving.

*Margaret Wallace Story*

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### ***JAMBALAYA*** ▶

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Don's in Lafayette has been serving jambalaya as a standard accompaniment to most dishes on its menu since time immemorial, but Jane and I think that somewhere along the line its dish began tasting more like Spanish rice than jambalaya, which, considering the appeal of Don's martinis, was a most unfortunate change. Lately we have been going back to Don's again, even though the jambalaya still seems flawed to us. But the martinis are still fine.

There are hundreds of recipes for jambalaya on the Net, some for great quantities cooked up for pre-game tailgating parties. We tried one recipe from Cooking.com and liked it,

though we decided we needed to modify it to get a fuller flavor and a richer color. Here is our adaptation:

2 Tb vegetable or olive oil  
2 Tb flour  
½ lb. cooked or andouille sausage (we prefer Hillshire regular cooked sausage)  
1 large onion, chopped  
2 ribs celery, chopped  
1 green pepper, chopped  
½ - 1 cup of roasted red pepper, chopped  
1 8 oz. can of tomato sauce (plus 1-2 Tb water to get all the sauce out of the can)  
2 cloves garlic, minced  
3 cups canned chicken broth  
2 cups long grain rice  
2 bay leaves  
¼ tsp cayenne pepper  
1 ½ tsp salt  
1 tsp black pepper freshly ground  
1 lb. of **cooked** boneless, skinned chicken (light or dark meat) cut into bite-sized pieces

For a seafood version, substitute 1 -1 ½ lbs. of raw shrimp or cooked crawfish tails for the chicken.

Use 1 Tb of the oil to brown the sausage in a large skillet or Dutch oven. Remove the sausage, cut in ¼" slices, and set aside. Add more oil if necessary to make 2 Tb, then add the flour and make a roux. Then add the onion, bell pepper, celery, roasted red pepper, and garlic to the roux. Simmer covered until the vegetables are clarified and softened. Add the rice, broth, sausage, tomato sauce, bay leaves, cayenne, black pepper, and salt. Bring to boil, then reduce the heat to low, cover, and simmer 15 minutes. Stir in chicken (or seafood) and simmer another 5-10 minutes, until the rice is thoroughly cooked. Remove

from heat and let stand, covered, for another 5-10 minutes. Uncover, fluff, and serve with French bread and a dry white wine. Serves at least 4.

*John W. Fiero*

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## **RICE ►**

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We eat a lot of rice. I like it cooked firm and the grains to be separate. The way to do this is to control the amount of water. I have a never-fail way to cook rice that I learned from a box of Texmati brand rice. Texmati rice is very good, if you can find it. It is an Indian Basmati strain of rice grown in Texas. I found some Basmati at an oriental store in Columbia, Missouri. It has a little more flavor than regular long grain rice.

1 cup long grain rice  
1 tsp salt  
1 Tb butter or oil  
1 ¾ cup cold water

Combine all ingredients in a saucepan. Bring to a boil. Stir once with a fork when boiling and cover tightly. Cook 15 minutes on low heat. Do not lift lid. After exactly 15 minutes, turn heat off. Let rice sit for at least 10 minutes on warm eye. Then toss with a fork before serving. Sometimes I use 1 ½ cups water for an even firmer rice. I think the usual measure of 1 part rice to 2 parts water makes the rice too gummy.

*Margaret Wallace Watson*

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## **RICE CONSOMMÉ ►**

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This is a great and easy dish if you have a lot of company. We served this, for the first time,

at Pete and Pam's rehearsal dinner. I put it in the oven in plenty of time to cook, and after 30 minutes, the dish was still swimming in liquid. I'm thinking "In less than 30 minutes I have 35 people coming to dinner, and we'll have to drink the rice." But lo and behold, at 45 minutes, the water had been absorbed and the rice tender.

2 cups uncooked rice  
4 cans beef consommé  
2 sticks butter  
2 6 oz. cans of mushrooms, drained

Mix all the ingredients together in a 9 x 13 casserole dish. Cook uncovered at 350° for 45 minutes.

*Margaret Wallace Story*

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## **SAUSAGE, CHEESE, AND GRITS CASSEROLE ►**

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Mama got this from, I think, the Fort Myers News Press, but wherever it comes from, it is delicious. Shannon remembers it as supper served with a vinaigrette-dressed green salad and biscuits on Mama's Lilian Vernon pottery plates (only Mama could order something tasteful from Lilian Vernon). No doubt would serve nicely for a company breakfast. Leftovers heat up quite well in the microwave.

4 cups water  
1 tsp salt  
1 cup quick grits  
4 eggs, slightly beaten  
1 lb. bulk sausage, browned and drained  
1 ½ cups (6 oz.) grated sharp cheddar  
cheese, divided  
1 cup milk  
¼ cup (½ stick) butter or margarine

Preheat oven to 350°. Grease 3 quart baking

dish; set aside. Bring water and salt to boil in large saucepan. Slowly stir in grits, cook 4 to 5 minutes, stirring occasionally. Remove from heat. Stir small amount of grits mixture into eggs. Return all to saucepan. Add sausage, 1 cup cheese, milk and butter; blend well. Pour into prepared baking dish. Sprinkle remaining ½ cup cheese. Bake 1 hour or until cheese is brown and bubbly. Serves 6-8.

*Jane Wallace Fiero*

## Eggs

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### COMPANY EGGS ►

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This is another recipe from Roma Hepburn and a good one. Make it the night before, store in refrigerator, take out next morning and bake—voilà, breakfast!

1 lb. Owens (or other good brand) hot sausage, browned and drained  
 6 eggs, beaten  
 2 cups milk  
 1 cup grated cheese  
 6 slices bread, cubed  
 1 tsp dry mustard  
 ½ tsp salt

Mix together and pour into greased 13x9 baking dish. Refrigerate at least 12 hours. Bake at 350° 40 to 45 minutes.

This recipe serves 6. May be increased to serve 8 by adding 2 more eggs and 2 more slices of bread. Watch the baking time and temperature. Easy to overcook it.

*Margaret Copeland Wallace*

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### CREAMED EGGS AND ASPARAGUS ►

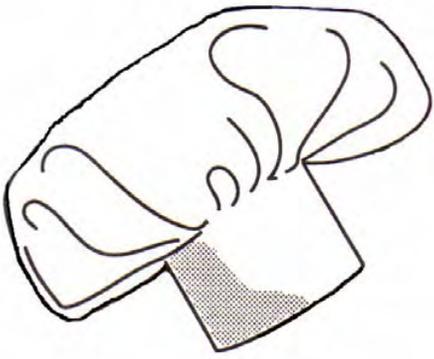
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Since I included a white sauce recipe under sauces, I thought this recipe borrowed from *The Joy of Cooking* would illustrate how that sauce might be used to create an excellent dish. I would recommend using fresh cooked asparagus, although Irma allows a substitution of canned asparagus.

2 cups of fresh cut asparagus or canned asparagus tips  
 6 hard boiled eggs, sliced  
 1 cup dried bread crumbs

Cook asparagus in shallow water until tender, being very careful not to overcook. Save liquid. ( If canned tips are used, drain but save the liquid.) Set asparagus aside. Make the white sauce using milk and the reserved liquid. When the sauce is ready and still hot, fold in the asparagus and sliced eggs. Put mixture in a greased basking dish, cover with the bread crumbs and bake in a 350°preheated oven for about 15 mins. Serve with sliced ham and crisped French bread.

*John W. Fiero*



# Vegetables



## Vegetable Dishes

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### **BAKED BEANS 1 ►**

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This dish has evolved from Margaret Wallace's kitchen. It is a good staple at a barbecue, along with potato salad or cole slaw, as a side dish for ribs. I offer up my version, which is about the same as Margaret's original.

1 53 oz. can of Van Camp baked beans  
 2-3 Tb of yellow (prepared) mustard  
 ½ medium onion, finely chopped  
 ½ cup dark brown sugar  
 3-4 strips of bacon, cut in half  
 Pickapeppa, Tiger or other Jamaican-style sauce

Drain beans well in colander or strainer and put in bean pot or 8" ovenware casserole dish. Mix in chopped onion, brown sugar, mustard, and two or three dashes of the sauce (in a pinch, use A-1 Steak Sauce). Lattice the bacon strips across the top of the beans, then bake in a pre-heated oven at 375° for 45 minutes to an hour. Serves 6-8.

*John W. Fiero*

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### **BAKED BEANS 2 ►**

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The beans make the difference. Try to use Bush's with onion. If not available, add 1 small to medium chopped onion to the beans. Can easily be doubled.

2 Tb yellow mustard  
 ½ cup brown sugar  
 2 Tb white sugar

2 or 3 Tb light or dark Karo syrup.  
 ¼ cup barbecue sauce  
 1 28 oz. can Bush's baked beans with onions  
 Salt and pepper  
 Bacon strips for the top

Mix all ingredients except bacon. Place in a 1 quart casserole. Arrange bacon across top of the casserole and bake in a 350° oven until bubbly, about 30-45 minutes. Serves 4.

*Margaret Wallace Story*

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### **BAKED TOMATO HALVES ►**

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This recipe from Roma Hepburn makes even "store bought" tomatoes taste good.

4 large tomatoes  
 3 Tb melted butter  
 ¾ tsp seasoned salt  
 ½ cup unseasoned bread crumbs  
 1 ½ tsp ground coriander  
 1 ½ tsp ground cumin

Day before serving, prepare tomatoes by washing and cutting in halves crosswise. Combine butter with remaining ingredients. Mix well. Spread cut surface of each tomato with the mixture. Place in single layer in buttered, shallow baking dish. Refrigerate, covered, overnight. Forty minutes before serving, preheat oven to 300°. Let tomatoes stand at room temperature 10 minutes. Bake, uncovered, 30 minutes, or until golden on top. Serves 8.

*Margaret Copeland Wallace*

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**BRAISED LEEKS WITH RICE ►**


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Frank, your mother asked me to include this one which I got out of the newspaper.

4 firm, fresh leeks  
 ¼ cup olive oil  
 1 tsp flour  
 1 tsp salt  
 1 ½ cups well-flavored chicken broth  
 3 Tb raw rice  
 Lemon for garnish

In heavy casserole, heat oil. Add rice and toss to coat well. Sprinkle salt and flour over rice and cook a moment. Add leeks, well washed, and cut into bite-sized pieces. Add broth, cover closely, and simmer about 30 minutes, or until leeks are tender and rice is fully cooked.

*Sarah Copeland Nettles (Sapie)*

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**BROCCOLI STIR FRY ►**


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Another way to cook broccoli from *Jim Lee's Chinese Cookbook*. Crisp, tender, and delicious. I have found that for a stir fry, it is best to prepare the broccoli as Jim Lee suggests in the recipe "Jade Green Broccoli." Cauliflower florets may be added to the recipe, if you have some and so desire. It makes a pretty dish, and the two vegetables are compatible.

1 bunch broccoli (about 2 lbs.), sliced,  
     washed, drained, and dried  
 1 clove garlic, minced  
 1 tsp sugar  
 1 Tb cornstarch

2 Tb soy sauce  
 ½ cup water or chicken stock  
 ¼ cup vegetable oil  
 ⅛ tsp salt  
 2 Tb sherry

Mix together sugar, cornstarch, soy sauce, and chicken stock and put aside. Heat wok or pan hot and dry. Add the oil, then the salt. Turn heat to medium and add the garlic. When garlic is golden brown, add the broccoli. Turn heat up and stir-fry for 2 minutes. Add the sherry and cover wok or pan quickly. Cook covered 2 minutes longer. Lift cover and add the sugar, cornstarch, soy sauce, and chicken stock mixture while stirring. When gravy has thickened, remove broccoli and gravy from pan and serve. Serves 6.

*Margaret Copeland Wallace*

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**BROWN SUGAR-GLAZED SWEET POTATOES WITH MARSHMALLOWS ►**


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Trust this recipe; it makes enough syrup. I am not sure where this recipe came from. My best guess is that it is from *Bon Appetit*. From wherever, it is the best candied sweet potato recipe I have ever tried. And it is real easy.

4 pounds red-skinned sweet potatoes (yams),  
     peeled, cut into 1-inch pieces  
 ⅔ cup packed golden brown sugar  
 5 Tbs butter  
 1 tsp ground cinnamon  
 ½ tsp salt  
 ¼ tsp ground nutmeg  
 Pinch of ground ginger  
 2 cups miniature marshmallows  
 ½ cup sliced almonds or pecans

Preheat oven to 375°. Arrange potatoes in 13x9x2 inch glass baking dish. Combine sugar, butter, cinnamon, salt, nutmeg and ginger in heavy small saucepan over medium heat. Bring to a boil, stirring until sugar dissolves. Pour over potatoes; toss to coat. Cover dish tightly with foil. Bake potatoes 50 minutes. Uncover, bake until potatoes are tender and syrup thickens slightly, basting occasionally, about 20 minutes. Increase oven temperature to 500°. Top potatoes with marshmallows and nuts. Return to oven; bake until marshmallows begin to melt and nuts begin to brown, about 3 minutes. Makes 8 servings.

*Margaret Wallace Story*

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## **CABBAGE** ►

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The lowly cabbage is, I think, the most versatile of vegetables and one of the best. It comes in different colors and sizes: green, white, red; small, medium, large; is available almost any time of the year, although the winter cabbage is sweeter and tenderer; is fairly cheap and can be found anywhere. It may be boiled, steamed, baked, fried (to say it fancy, sautéed), added to salads, slawed, or krauted. Take your pick. For a little different taste, try cooking it in milk.

Add 1 quart of shredded cabbage to 1 ½ cups milk and simmer 2 or 3 minutes. Mix 2 tablespoons each of flour and melted butter and add a little of the hot milk. Stir this mixture into the cabbage and cook 3 or 4 minutes or until thickened, stirring constantly. Season to taste with salt and pepper. For added flavor and color, add before serving ½ to ¾ cup sliced, pimiento-stuffed olives. I only do this if I happen to have the olives.

*Margaret Copeland Wallace*

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## **CORN SAUTÉ** ►

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This is a recipe from *The Inn at Little Washington Cookbook* that Amy and Wayne gave me. We have been to the Inn at Little Washington for dinner several times. The food, the atmosphere, the presentation—everything is five star. I have enjoyed cooking out the cookbook, but some of the recipes require an assistant. This corn sauté is fairly easy.

6 ears fresh sweet corn (approximately 5-6 cups of kernels)  
 4 strips of bacon, diced  
 1 red bell pepper, finely diced  
 1 green bell pepper, finely diced  
 1 Tb balsamic vinegar  
 1 Tb sugar  
 salt and freshly ground black pepper to taste  
 1½ Tb chopped fresh cilantro

Shuck the corn and strip the kernels off with a sharp knife. In a 2-quart saucepan, blanch the bacon in boiling water for 1 minute. Drain and dry on a paper towel. In a sauté pan, put the bacon and cook until crisp and brown. Using a slotted spoon, remove the bacon and pour off half the fat from the pan. Add the red and green bell peppers to the pan and sweat over medium heat for 2 minutes. Add the corn and sauté for 3-4 minutes more. Add the balsamic vinegar, sugar, and salt and pepper. Put bacon back in the pan and add the cilantro. Remove the corn mixture from the pan and keep warm until ready to serve. Serves 6.

*Margaret Wallace Story*

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## **EGGPLANT SOUFFLÉ** ►

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This is a recipe from Evelyn Nabors, Neva's mother. It is one of the best eggplant recipes

I've eaten. I have stopped making escalloped eggplant since we've had this recipe.

2 medium-sized eggplant, peeled and cut into 1 inch cubes.  
 1 cup onion, chopped fine  
 3 Tb butter, melted  
 1 Tb sugar  
 ¼ tsp salt  
 ½ tsp black pepper  
 1 ½ cups grated sharp cheddar cheese  
 3 eggs, separated  
 Buttered cracker crumbs or Ritz cracker crumbs

Soak cubed eggplant in very cold salted water for 30 minutes. Drain, boil in small amount of water 8 minutes. Mash with potato masher. Sauté onion in the melted butter, browning slightly. Add to eggplant. Stir in sugar, pepper, cheese, and beaten egg yolks. Fold in stiffly beaten egg whites. Place in a 1 ½ quart soufflé dish. Bake at 350° for 45 minutes. Serves 8 to 10. Reheats well, especially in microwave.

*Frank Wallace*

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## **FRIED ONION RINGS ►**

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About the only good thing that I know of emanating from *Parade Magazine* is this recipe for onion rings. I first made them when Margaret Story was visiting, and, when I questioned the necessity for *two* bowls of flour, she had some totally logical and quite acceptable explanation. I've since forgotten her reasoning, but trusting her implicitly, I continue to double dip using two flour containers. About draining any fried food on paper towels: my son-in-law Terry has a marvelous alternative which eliminates the sogginess plaguing most home-done frying. Drain on a rack either over newspaper or

paper towels or a cookie sheet. This batter can also be used for frying shrimp or oysters.

4 eggs, beaten  
 1 cup milk  
 1 cup beer  
 4 cups all-purpose flour  
 2 tsp baking powder  
 vegetable oil for frying  
 4 extra-large onions, sliced into rings ½ inch thick

Mix together eggs, milk, and beer in a bowl. In each of two bowls, mix together 2 cups flour and 1 teaspoon baking powder. Heat the oil in a large heavy pot to 350° to 400° or until very hot. Dip the onion rings into the egg mixture and then into the first bowl of dry mixture. Redip into the egg mixture and then into the second bowl of dry mixture. Add onion rings to the hot oil in small batches. Cook the onion rings for about 3 minutes or until golden brown. Remove with a slotted spoon or a long pronged fork to drain. Salt to taste and serve immediately.

*Jane Wallace Fiero*

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## **HARVARD BEETS ►**

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Neva and I both like beets—pickled, served in salads, or fixed this way. If you haven't tried beets, or think you don't like beets, this recipe may change your mind!

1 15 oz. can sliced beets (you can use whole as well)  
 1 Tb sugar  
 1 Tb cornstarch  
 3 Tb white vinegar  
 2 Tb margarine

Drain the beets, reserving ⅓ cup of the beet juice. Combine cornstarch, sugar, and ⅓

teaspoon salt in saucepan. Stir in the beet juice, vinegar, and margarine. Cook, stirring very frequently, until mixture is thick and bubbly. Stir in the beets. Continue cooking until beets are thoroughly heated. Serves four people. Doubles easily. If you have them, and are of a mind to do so, you can also use fresh beets that have been cooked until tender, and then sliced.

*Frank Wallace*

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### **HASHBROWNS ►**

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After eating these hashbrowns, Joshua decided that there was indeed another way to cook potatoes other than to fry them. Frank gave me the recipe; I tried it several times but have always had the feeling that, like Rebecca (see recipe for Chicken and Dumplings), he had left something crucial out of the formula. He swears that he has not, and I believe him, but I surely wish that when I do attempt the recipe, Joshua would say something other than "They're okay, Mom, but not like Uncle Frank's." Must be his magic touch. And I must admit that when Frank cooks them, they are brown, crusty, and delicious.

5 or 6 medium sized potatoes (either red  
or russets are okay)  
1/3 cup cooking oil  
Paprika  
Salt

Peel and cut potatoes into cubes of about 1/2 inch each. Place oil in a skillet (I use one that is Teflon lined) and heat over medium heat. Add the diced potatoes and stir them to get them coated with oil. Cover and stir every four or five minutes. When they begin to brown a little, add salt to taste and paprika. Re-cover, but keep stirring occasionally. Lower heat if they seem to be browning before they are done

through and through. When they are tender, remove cover and toss a few times to brown further, if they seem to need it. The whole thing takes from 30 to 40 minutes—don't try to cook them too fast. Serves about 6.

*Jane Wallace Fiero*

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### **JADE GREEN BROCCOLI ►**

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Here is one way to prepare broccoli for cooking which I found in *Jim Lee's Chinese Cookbook*. I like it because it gives you more of the stem for eating, which is crisp and tasty and adds to any broccoli dish, I think. Broccoli, when cooked to perfection, is a very delicate vegetable. When done properly, it turns a beautiful jade green; when over-cooked, its color is a dull, yellowish green and its texture becomes mushy.

In selecting a bunch of broccoli, look for a bright, purplish-green color. The stalks should be fairly smooth with not too many leaves on the stems or marks where the leaves have been. The florets should be tightly bunched and not shed easily when brushed against with your hand.

In cleaning the broccoli, break off the florets from the side of each main stem. The florets may be split in half or quarters, depending on the size. Discard all the leaves. Cut off and discard about a half inch of each main stem, and using a paring knife, cut from the end into the tough, outer skin and peel it off between your thumb and knife blade. Wash florets and stems in cold water. Drain and cut the main stems on a short slant into 1/8 inch slices. Mix with the broccoli florets, and it is ready for cooking.

There are, of course, many different ways to

cook broccoli, but my favorite way is to steam it until it turns a beautiful jade green and is crisp-tender (not very long—5 to 8 minutes). Serve it with a Hollandaise sauce or just melted butter with a little lemon or lime juice squeezed over.

*Margaret Copeland Wallace*

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### **JOHN'S LUMPY MASHED POTATOES ►**

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I think my mashed potatoes are smooth enough, but the family says they're lumpy and they love them that way, or "smushed." Anyway, this dish offers a day off from rice, the starch of choice here in Louisiana, and goes well with roasts. Particularly good with "drippings" or gravy.

6 medium sized red potatoes  
 ¼ lb. lightly salted butter  
 ½ cup of whole milk (or half and half)  
 White pepper and salt to taste

Let butter soften and milk warm before beginning. Peel the red potatoes, put in an adequate-sized pot, cover with water and boil until tender. Drain in colander or sieve and place in the top of a double boiler. Add butter and milk, then mash to the right (slightly "lumpy") consistency. Add white pepper and salt, stirring with a slotted spoon and testing as you go. Cover and keep warm until dinner's ready. Serves 6.

*John W. Fiero*

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### **NEW POTATOES STEAMED IN WINE ►**

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This recipe comes from *The Nutrition*

*Cookbook* which I must have gotten from the library as I do not own a copy. It is a little trouble to prepare but gives a different taste to new potatoes and makes a special dish.

3 lbs. small new potatoes, near same size  
 Boiling salted water to cover  
 ½ cup chicken stock or broth  
 ½ cup dry vermouth or white wine  
 1 cup scallions or green onions, chopped,  
     using green and white parts  
 1 cup fresh parsley, chopped  
 Salt and pepper

Cook potatoes in rapidly boiling, salted water for about 7 minutes. Drain and transfer to a saucepan or skillet that can hold them in one layer. Add wine and chicken broth or stock. Bring to a simmer, cover tightly, and cook gently for about 15 minutes or until potatoes are tender but not over-cooked. Shake pan occasionally. If pan gets dry, add a little more chicken broth. Drain, reserving liquid. Break potatoes open roughly. Sprinkle with cooking liquid, scallions, parsley, salt and pepper, and melted butter if desired. Serve at once. Serves 6.

*Margaret Copeland Wallace*

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### **PAN FRIED OKRA ►**

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Credit for this recipe belongs to Sandy Wallace, who first introduced the dish to John and me during one of our visits to Bossier City. Sandy says the secret to success is to cook the okra over low heat for a long time. We have used it as a side for many entrées, though we do not think we have ever made it as well as Sandy did when she first introduced us to it. Even those damn carpetbaggers, like John, who think of okra as slimy, love it cooked in this fashion.

Cooking okra this way is a method, not an exact science. It is an easy, viable alternative to batter- fried okra.

A mess of fresh, tender okra (at least 2 lbs.) cut into ¼" slices

Enough vegetable oil to coat the bottom of an iron skillet generously

Corn meal

Salt

Pepper

Put enough corn meal in a paper bag to coat the okra. Season the mixture with salt and pepper, add the okra, and shake the bag to mix the seasoning and distribute the meal over all the okra. Heat skillet with oil until it is good and hot. Dump the coated okra into the skillet, cover, and reduce the heat. Cook very slowly for at least one hour, turning the okra occasionally. If there are any leftovers from a dinner meal, serve with biscuits and scrambled eggs in the morning.

*Jane Wallace Fiero*

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### ***PARTY POTATOES*** ►

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A wonderful dish to have for a crowd because it can be done ahead of time, and everyone loves them.

8-10 medium potatoes (preferably red)

8 oz. cream cheese

1 cup sour cream

Garlic salt to taste

Chives to taste

Parsley to taste

Paprika to taste

¾ stick butter, melted

With an electric mixer, beat cream cheese and sour cream together until smooth. Pare and boil potatoes and mash while hot. Beat

potatoes into cheese mixture and seasonings until light and fluffy. Put in a 2 quart casserole dish, pour melted butter over the casserole, and sprinkle with paprika. Bake at 350° for 30 minutes. Can be made ahead and baked when ready. Can also be frozen. Serves 6-8. This recipe can be halved successfully.

*Margaret Wallace Story*

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### ***RED OR BLACK BEANS*** ►

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Red beans and rice is a South Louisiana favorite. Black beans and rice is the staple of South and Central America. We like them both and eat them frequently. Black beans are a little hard to find. In Texas, there is a high enough Mexican population that stores in Mexican neighborhoods carry the black beans, which are more common in the interior of Mexico. At the border and in Texas, pinto beans are more popular, but I don't think as tasty.

Here goes.

Wash the beans and prepare by the quick cook method, boiling for a minute and then letting them sit for an hour before beginning the real cooking. This recipe is for one pound of dried beans. Add the following

1 lb. Jimmy Dean hot sausage, cut into chunks

1 large onion, chopped

1 green pepper, chopped

1 slice of lime, with whole cloves stuck in it

1 can whole tomatoes (may be omitted from black beans)

Cook the above ingredients over low heat for several hours. I spice the beans rather heavily

with the following ingredients. I just sprinkle and do not measure, so I can't give measurements: allspice, light sprinkling of Spice Islands chili powder, some oregano, several drops of Zatarain's liquid crab boil, a beef bouillon cube or two, garlic powder (even if I use some fresh garlic). With black beans, I go heavier with the allspice and add more lime. The lime seems to help some with flatulence associated with dried beans. Serve with rice.

In South America, the black beans and rice are accompanied by a braised meat like round steak which is chunked very fine with a fork and spiced. Fried bananas (actually they use plantains, the bigger type of banana) or baked bananas accompany this traditional meal.

*Margaret Wallace Watson*

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### **REFRIGERATOR PICKLE ►**

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This is something we always have with fresh vegetables and corn bread. I don't know who first started making it—it seems to me it's been around ever since I can remember. You must always have fresh tomatoes, bell pepper, and onions (may use dried ones here). Cucumber, seeded and chopped, may be added.

1 medium ripe tomato  
 2 small bell peppers or ½ large one  
 4 or 5 green onions (or 1 small dried onion)

#### Marinade

⅓ cup vinegar  
 1 Tb water  
 ½ tsp sugar  
 Pinch of salt  
 Celery seed

Chop all the vegetables into a bowl. Mix together ⅓ cup vinegar, 1 tablespoon water, ½ teaspoon sugar, a pinch of salt, and a shake of celery seed. Pour over vegetable mixture and let marinate in refrigerator for several hours. If you think it needs more salt, sprinkle a little over the vegetables before adding the vinegar. You can work out your own proportions and amount (this amount will serve two or three people). You do not have to use the celery seed.

*Margaret Copeland Wallace*

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### **SESAME BROCCOLI ►**

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Looking for another way to cook the ubiquitous broccoli, I found this recipe—guess where?—that's right, the Net. It is simple but different.

1 lb. fresh broccoli  
 1 Tb vegetable oil  
 1 Tb vinegar  
 1 Tb soy sauce  
 1 Tb + 1 tsp sugar  
 1 Tb sesame seeds, toasted

Trim and wash broccoli; drain. Cook broccoli spears in a small amount of boiling, salted water until just tender, about 15 minutes. Drain and arrange broccoli spears in a serving dish.

Meanwhile, in a small saucepan, combine vegetable oil, vinegar, soy sauce, sugar, and sesame seeds; bring to a boil. Pour sauce over the hot broccoli, turning spears to coat thoroughly. Serves 4.

*Jane Wallace Fiero*

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## **STEWED APPLES ►**

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A little different; a lot better. We serve stewed apples on occasion with roast pork. You frequently see stewed apples on the menu when the entrée is duck or goose. Not bad for breakfast, with country ham and scrambled eggs!

2 lbs. apples (winesap, Granny Smith, or Rome recommended), cored, peeled, and sliced  
 4 Tb butter or margarine  
 ½ cup sugar  
 ½ cup water  
 ½ cup white wine (Chablis recommended; have used vermouth)  
 Peel from a quarter of a lemon (a slice will do as well—too hard to peel)  
 1 Tb lemon juice

Sauté apples in butter 2 to 3 minutes. Add remaining ingredients. Cover and cook slowly until apples are tender. Serves 6-8.

*Frank Wallace*

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## **STEWED CORN ►**

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This was Piff's favorite way to fix corn. He was willing to cut off any number of ears if someone would stew the corn.

At least 12 ears of sweet corn  
 An inch slice of salt pork, minced

With a sharp knife cut off just the tips of the corn, and with the back of the knife, scrape the cob until all the goody is out and cob is dry. In

a heavy iron skillet, render the salt pork, and let the pan cool before putting the corn in. If you add the corn while the skillet is hot, it will stick. Cook and stir over low heat until tender. Stirring up well from the bottom of the pan is important because the corn sticks very easily. It may be necessary to add water if the corn is not juicy. Add salt and pepper to taste.

*Margaret Copeland Wallace*

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## **SWEET POTATO PIE 1 ►**

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This is a recipe that one of the secretaries at the law firm in Clarksdale, Mississippi gave me when I worked there. I always remember Daddy loving sweet potato pie but that no one could ever fix it like his grandmother could. I was telling Debbi this, and she said she had a recipe from her grandmother for sweet potato pie. When I came home to Virginia for a visit, Momma and I made this recipe and, sure enough, it was just like my daddy remembered. Momma also decided that instead of doing candied yams for Thanksgiving, like she always does, she is now going to fix this sweet potato pie. This pie would also taste good if you wanted to melt marshmallows on top. Either way, it is very tasty—just like my daddy's grandmother's.

3 large sweet potatoes  
 1 stick of melted oleo  
 3 eggs  
 1 cup of sugar

Peel and boil the sweet potatoes in water until soft and tender. Drain the water and mash the potatoes well. Beat the egg well. Then add them to the mixture with the oleo and mix with an electric mixer until smooth. Add ½ tsp nutmeg, ½ tsp cinnamon, and 1 tsp pf vanilla

extract. Pour into an unbaked, 9" or 10" pie shell. Bake in a 300° oven for 1 hour or until firm in the middle.

*Wheat Story Teller*

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### **SWEET POTATO PIE 2 ►**

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2 medium large sweet potatoes  
 ½ cup brown sugar  
 ¼ cup white sugar  
 ¼ tsp salt  
 ¼ tsp allspice  
 1 tsp vanilla  
 1 Tb margarine  
 2 eggs  
 4 oz. Carnation or other evaporated milk

Bake sweet potatoes in 375° oven until soft. Cool. Peel and put into mixing bowl. Add all other ingredients except evaporated milk. Mix in electric mixer on medium speed until well blended. Add evaporated milk and mix one additional minute. Discard the stringy potato pulp you'll find on the mixer blade. Pour filling into unbaked pie crust. Bake one hour at 325°. Serve either plain or with a spoonful of whipped cream on top.

*Sandy Lampkin Wallace*

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### **TWICE BAKED OR STUFFED POTATOES ►**

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I used to like my steak with a mountain of french fries, and though I still love them, french fries no longer like me. Yes, mashed and plain baked potatoes are good, but from time to time I get a hankering for a twice baked or stuffed potato, and though there are numerous variations on the stuffed spud, I prefer this classic version.

4 medium, firm-skinned Idaho potatoes (a.k.a. bakers)  
 1 cup sour cream  
 ½ cup milk  
 1 stick butter or oleo  
 8 oz. finely shredded sharp cheddar  
 1 cup finely chopped green onion  
 ½ cup bacon bits (optional)  
 2 tsp white pepper  
 2 tsp salt  
 ½ tsp red pepper

Wash potatoes carefully, dry them, rub with vegetable oil, and puncture them with a fork in two or three places. Bake them in a 375° to 400° oven until they are barely done, being careful not to overcook them. While the potatoes are baking, let milk and butter or oleo warm at room temperature.

When potatoes are baked, and while they are still hot, cut them lengthwise in halves. Then, being careful not to damage the skins, scoop out the flesh and put it in a bowl. Put the empty skins on an oven tray. Mash the potatoes, then add all the other ingredients, reserving half the cheese. Mix thoroughly. Fill the potato skins to the top and sprinkle them with the remaining cheddar. Reduce the oven temperature to 325° and bake the potatoes for another 15 - 20 minutes. Serve immediately. Should feed from 4 to 6.

*John W. Fiero*

## **Vegetable Casseroles**

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### **ASPARAGUS CASSEROLE ►**

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There are many recipes for asparagus casserole, but this is one I like and have used

many times through the years. We nearly always have this on the table for Christmas dinner.

2 10 ½ oz. cans cut asparagus  
 2 Tb butter  
 3 Tb flour  
 ½ cup milk  
 ½ cup juice from asparagus  
 ½ cup grated cheddar cheese  
 ⅓ cup slivered almonds, toasted *or* ½  
 cup whole almonds, toasted

Drain asparagus, saving ½ cup of juice; fill cup with the milk. Make sauce by melting butter in saucepan, add flour, and stir until well-blended. Add liquids all at once and stir with wire whisk until sauce thickens and is smooth. Add pepper to taste (a little red pepper won't hurt). Then add cheese and almonds to sauce and blend well. Put one can asparagus in bottom of 1 quart casserole, add half sauce mixture spreading evenly over the asparagus. Add other can of asparagus; pour the rest of the sauce over that. Sprinkle bread crumbs on top. Bake in 350° oven 30 minutes or until bubbly. Serves 4 people. May be doubled.

*Margaret Copeland Wallace*

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### ***BROCCOLI RICE CASSEROLE*** ➤

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Sandy was ready to remove this recipe from the book, but Shannon vetoed the idea.

½ cup chopped celery  
 1 chopped onion  
 3 Tb margarine  
 1 can cream of chicken soup  
 ½ soup can milk  
 2 8 oz. jars Cheese-Whiz  
 2 boxes frozen chopped broccoli, thawed and drained, but not cooked

2 cups cooked rice

Sauté celery and onion in margarine until clear. Add soup, milk, Cheese-Whiz, broccoli, and rice; mix well. Place in 1 ½ to 2 quart, lightly greased casserole and bake at 350° for about 30 minutes. Serves 6.

*Sandy Lampkin Wallace*

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### ***EGGPLANT AND SAUSAGE CAS- SEROLE*** ➤

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This recipe came from Roma Hepburn—a good friend and a good cook. Makes a fine main dish. Serve with a good salad and you have a good meal. For added zip, can be made with hot sausage.

1 lb. Owens sausage  
 1 lb. ground beef  
 3 eggplants, peeled and cubed  
 ¾ tsp oregano  
 2 medium onions, chopped  
 3-4 stalks celery, chopped  
 ½ bell pepper, chopped  
 1 Tb Worcestershire sauce  
 Garlic salt and pepper to taste  
 2-3 cups cooked rice  
 Bread crumbs, Italian seasoned  
 Parmesan cheese

Brown meats and drain. Add vegetables and cook until eggplant is tender. Add rice. Add enough Italian bread crumbs to absorb moisture. Add seasonings. Put into 2 quart, lightly greased casserole, sprinkle with Parmesan. Bake at 350° until heated through. Serves 4-6.

*Margaret Copeland Wallace*

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## **FRESH VEGETABLE FRITTATA ►**

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This dish is really at its best when prepared ahead and served at room temperature. Add fresh fruit and hot rolls to make a complete lunch menu, along with glasses of chilled, white wine.

- 4 medium tomatoes, peeled, seeded, and chopped
- 1 cup chopped green onions
- 2 zucchini, cut in 1/8" slices (may substitute yellow squash)
- 12 saltine crackers, crumbled
- 5 eggs
- 1 tsp salt
- Dash pepper
- 1 tsp oregano
- 3 Tb vegetable oil
- 1/4 cup white wine (like Chablis)
- 1/4 cup grated Parmesan cheese

Preheat oven to 300°. Place tomatoes, onions, squash, and crackers in large mixing bowl. In smaller bowl beat together eggs, salt, pepper, oregano, vegetable oil, and wine. Add egg mixture to vegetables, tossing lightly to blend. Pour into greased 9 inch deep-dish pie plate or a square, shallow baking dish. Sprinkle with Parmesan cheese. Bake for 55 to 60 minutes or until knife inserted in center comes out clean. Serves 6.

*Margaret Copeland Wallace*

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## **HASH BROWN CASSEROLE ►**

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This is a favorite dish of Todd's. It is a wonderful side dish for any meat, and it is easy to make. I got this recipe from Todd's mom, Peggy Teller, a.k.a. Nanna. I think she got it from *Southern Living* magazine.

- 32 oz. package frozen cubed hash browns, thawed
- 1/2 cup butter
- 1 cup chopped onion
- 1 can cream of chicken soup
- 1 8 oz carton sour cream
- 1 tsp salt
- 2 cups cornflakes, crushed
- 1/2 cup butter, melted

Sauté onions in 1/2 cup butter. Mix together with thawed potatoes, soup, sour cream, and salt. Place in the casserole. Cover top with cornflake crumbs and melted butter. Bake at 350° for 45 minutes.

*Wheat Story Teller*

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## **PEA AND BEAN CASSEROLE ►**

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This has been a fixture at our house—especially for "company" meals—for years. It is easy to prepare, lends itself to being prepared ahead of time, and is generally well-liked by all. We have seen different derivatives of the same dish, but think this one is best.

- 1 15 oz. can French-cut green beans
- 1 15 oz. can LeSeur Petit Pois
- 1 cup grated sharp cheddar cheese
- 1 large onion, cut into rings
- 1 can undiluted Campbell's Cream of Mushroom Soup
- Progresso seasoned bread crumbs

Into a 1-1 1/2 quart casserole, place a layer of beans, a layer of peas, a layer of onion, and finally a layer of cheese. Repeat. Cover with soup. Sprinkle top with seasoned bread crumbs. Bake one hour in 350° oven. Serves 6. This casserole freezes well.

*Frank Wallace*

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## ***SPINACH & ARTICHOKE HEART CASSEROLE*** ►

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We got this recipe from watching "The Frugal Gourmet" on Public Television. Jeff Smith, the Frugal Gourmet, says his wife found the recipe years ago in *Sunset Magazine*. Smith says it is a favorite "company dish" in his household. Ditto for the Wallaces!

1 15 oz. can artichoke hearts, cut in half  
 3 10 oz. packages frozen chopped  
     spinach, thawed and drained well  
 8 oz. cream cheese  
 2 Tb mayonnaise  
 1/3 cup milk  
 Salt and pepper to taste  
 1/3 cup grated Parmesan or Romano  
     cheese

Arrange artichoke hearts on bottom of casserole. Cover with the well-drained spinach. Mix cream cheese, mayonnaise and milk in electric mixer until very smooth. Spread over top of spinach. Sprinkle this with cheese and bake in 375° oven for 40 minutes. Serves 6.

*Frank Wallace*

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## ***SPINACH CASSEROLE*** ►

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People who don't even like spinach rave about this.

1 lb. fresh mushrooms, sliced  
 2 packages frozen chopped spinach  
 1 medium onion, chopped  
 1 Tb butter  
 Salt, pepper, garlic powder to taste  
 8 oz. cheddar cheese, shredded

Sauté mushrooms and onion in butter. Cook

spinach according to package directions; drain well. Add the seasonings to the spinach. Layer 1/2 spinach, mushrooms and onion, and cheese. Repeat. Bake at 325° for 20 minutes or until bubbly. This freezes very well. Serves 6-8.

*Margaret Wallace Story*

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## ***SQUASH CASSEROLE*** ►

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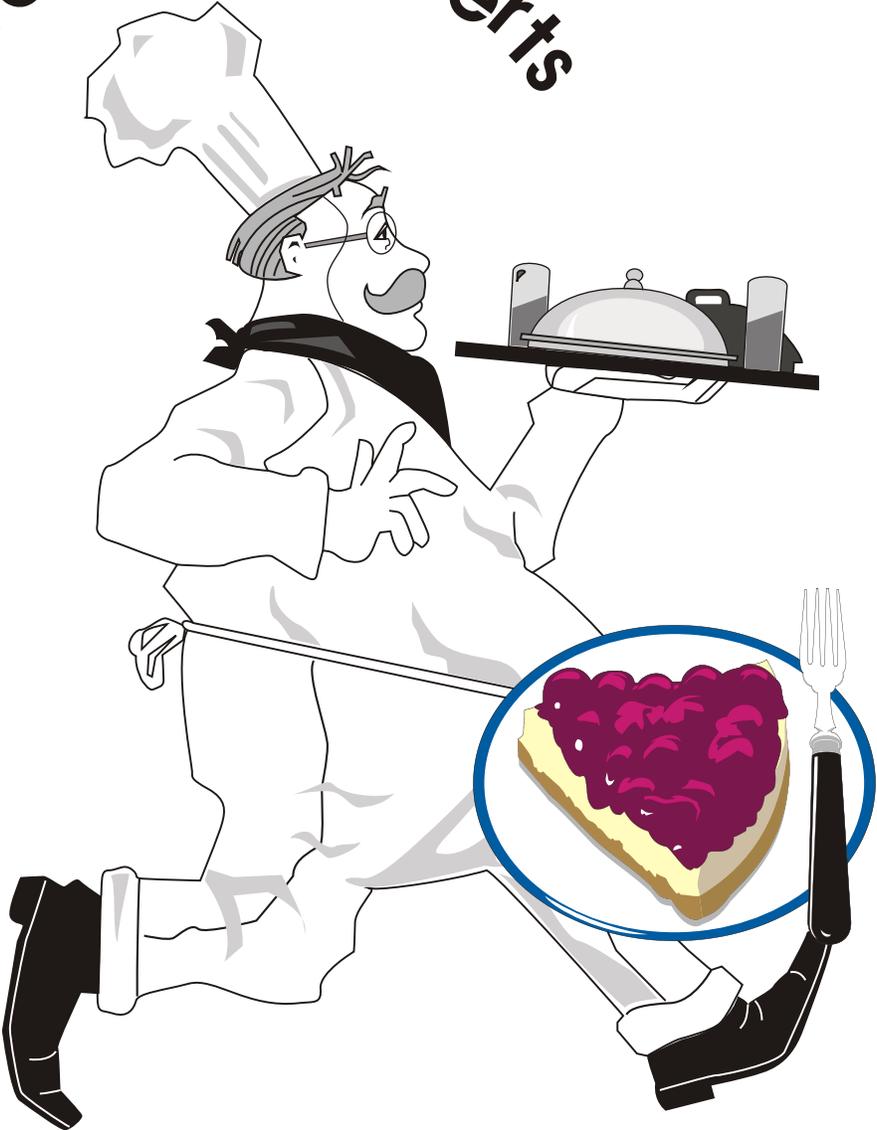
Frank, your mother asked me to include my squash casserole recipe, but I just kind of guess at it so will try to put it together. I think in terms of two now so will try to adjust.

6 or 8 yellow squash  
 1 medium onion  
 2 Tb oleo  
 1/3 cup grated cheese (optional)  
 4 to 6 saltine crackers, crushed  
 1/3 to 1/2 cup milk  
 1 egg

Cut up the squash into a saucepan. Cut up onions and add. Add oleo, salt and pepper to taste, and cook until soft. Pour off excess liquid. I try to cook the squash in as small amount of water as possible. Remove from heat and add cheese, crackers, and milk. Beat egg and add. Put in 1 1/2 quart casserole and top either with grated cheese or cracker crumbs and butter. Cook about 1/2 hour in a 350° oven. Serves 4 or 5.

*Sarah Copeland Nettles (Sapie)*

# Sweets & Desserts



## Cakes

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### 1-2-3-4 CAKE ►

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Always use real butter! It's not worth the trouble to mix this cake with oleo or lard.

1 cup butter  
 2 cups sugar  
 3 cups plus 6 Tb sifted cake flour (or 3 cups sifted all-purpose flour)  
 3 tsp baking powder  
 ½ tsp salt  
 4 eggs  
 1 cup milk  
 1 tsp vanilla  
 ½ tsp almond extract

Preliminary to making cake, have butter, eggs, and milk at room temperature (about two hours ahead of time). Cream butter and sugar until light and fluffy—about 15 minutes with an electric mixer, longer if you are doing it by hand. Separate egg yolks from the egg whites. Add egg yolks one at a time to the butter/sugar mixture, beating about a minute after each addition. Add the vanilla and almond extract. Sift the cake flour once and then add the baking powder and salt. Sift again. Divide the flour mixture into four portions. Add the flour mixture alternately with the milk beginning with the flour mixture, and the milk in three portions, ending with the flour mixture. Beat the egg whites until stiff and fold gently into the mixture. Pour batter into three greased and floured 9 inch cake pans. Bake at 350° for 25 to 30 minutes. Cool in pans for 10 minutes. Remove from pans and finish cooling on cake racks.

*Neva Nabors Wallace*

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### ANGEL GINGERBREAD ►

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We don't have desserts very often these days, except for fruit and sometimes cheese, but this is one "indulgement" we favor ourselves with every now and again. This makes a very light gingerbread with the batter very thin. It can be served with a lemon or orange sauce or whipped cream, but we prefer it just plain so—hold in the hand and munch.

1 egg  
 ¼ cup butter, melted  
 1 cup flour  
 ½ cup sugar  
 ¼ tsp salt  
 1 tsp ground ginger  
 ¼ tsp cinnamon  
 ¼ tsp allspice  
 ½ cup black molasses (or honey may be used)  
 1 tsp soda  
 ½ cup boiling water

Beat egg, add shortening and molasses. Dissolve soda in ½ cup boiling water. Sift together dry ingredients and add alternately with hot water and soda to egg, shortening, and molasses mixture. Pour into a greased 8" square pan. Bake at 350° for 25 to 30 minutes.

*Margaret Copeland Wallace*

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### APRICOT JELLO CAKE ►

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My son Timmy, who works for Petroleum Helicopters (PHI) in Lafayette, introduced his fellow workers to this cake. It was an instant hit, and Timmy's friends often request it for special occasions.

1 box yellow cake mix  
 1 package apricot jello  
 2/3 cup vegetable oil  
 2/3 cup apricot nectar  
 4 eggs

Mix all ingredients well. Put in a greased and floured tube pan. Bake at 325° approximately 45 minutes or until the cake springs back.

#### Glaze

1 cup confectioner's sugar  
 3 Tb lemon juice

Mix well and drizzle over the warm cake.

*Marlene Howard Harper*

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### ***BACARDI RUM CAKE*** ►

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This is another of those moist bundt cake concoctions. One of these days, I'm going to buy a bundt cake pan. Until then, I'll just use my tube pan, which works so well that I can never quite bring myself to fork over the money for a bundt pan.

1 cup chopped pecans or walnuts  
 1 18 1/2 oz. box yellow cake mix  
 1 3 3/4 oz. box Jello vanilla instant pudding  
 4 eggs  
 1/4 cup cold water  
 1/2 cup oil  
 3/4 cup Bacardi (HA! HA!--whatever's cheapest. I'd sooner spring for a bundt cake pan than Bacardi rum) dark rum

Preheat oven to 325°. Grease and flour 10" tube pan, or comparably sized bundt pan, if you're lucky enough to have one. Sprinkle nuts over bottom of pan. Mix all cake ingredients

together. Pour batter into pan over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top (I use one of those big two-pronged serving forks and ram it into the cake, all over. The bigger and more plentiful your holes, the less time you'll spend waiting for the glaze to absorb). Drizzle and smooth glaze evenly over tops and sides. Allow cake to absorb glaze. Repeat until glaze is used up.

#### Glaze

1 stick butter  
 1/4 cup water  
 1 cup granulated sugar  
 1/2 cup Bacardi dark rum

Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.

*Shannon Lee Hughes*

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### ***CARAMEL POUND CAKE*** ►

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Amy's favorite cake is caramel with caramel frosting—a must for her birthday. Paul's Bakery in Fredericksburg used to make a delicious one but no longer does so. As a result, I had to find an alternative, and this is it—the recipe is from *Bon Appetit*.

1 cup firmly packed dark brown sugar  
 1 cup firmly packed light brown sugar  
 1 cup sugar  
 1 cup butter or margarine, softened  
 1/2 cup vegetable oil  
 3 cups all-purpose flour  
 1/2 tsp baking powder  
 1/2 tsp salt  
 1 cup milk  
 1/2 tsp vanilla extract

Beat sugars and butter at medium speed with an electric mixer until blended. Add oil, and beat until blended. Add eggs, 1 at a time, beating just until yellow disappears.

Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until just blended after each addition. Stir in vanilla extract. Pour batter into a greased and floured 10 inch tube pan.

Bake at 325° for 1 hour and 20 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan on wire rack 10 minutes; remove from pan, and cool on wire rack. Drizzle with caramel frosting. Yields 1 10 inch cake.

#### Caramel Frosting

1 (16-ounce) package light brown sugar  
 ½ cup butter or margarine  
 1 (5 ounce) can evaporated milk  
 Dash of salt  
 ½ tsp baking powder  
 ½ tsp vanilla extract

Bring first 4 ingredients to a boil in a medium saucepan, stirring often. Boil, stirring constantly, 3 minutes. Remove from heat; add baking powder and vanilla. Beat at medium speed with an electric mixer 5 to 7 minutes or until thickened. Drizzle quickly over cake.

*Margaret Wallace Story*

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## **CHOCOLATE CAKE ►**

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This is yet another recipe from *Joy of Cooking*. Irma calls it a "Devil's Food Cake," but I disagree. The only devil's food cake worthy of the name is in *Cross Creek*

*Cookery*. However, this is a delicious *chocolate* cake, moist and richly chocolaty. Trouble to prepare, it is well worth the effort.

Place the following ingredients in the top of a double boiler

2 to 4 oz. unsweetened chocolate (1 opt  
 for the 4 oz. portion)  
 ½ cup milk  
 1 cup light brown sugar, firmly packed  
 1 egg yolk

Over boiling water, cook and stir constantly until the consistency of pudding and remove from heat.

2 cups sifted cake flour  
 1 tsp soda  
 ½ tsp salt  
 ½ cup butter, softened  
 1 cup sifted sugar  
 2 egg yolks  
 ¼ cup water  
 ½ cup milk  
 1 tsp vanilla  
 2 egg whites

Mix well together the sifted cake flour, soda, and salt. Cream the butter and sugar until light and beat the egg yolks in one at a time. Make a mixture of the water, milk and vanilla. Add the flour to the butter mixture in 3 parts, alternating with the liquid mixture, stirring the batter until smooth after each addition. Stir in the chocolate pudding. Whip the egg whites until stiff but not dry and fold them lightly into the cake batter. Bake in 2 greased and floured 9 inch cake pans in a 350° oven about 25 minutes. Frost when cool. I usually use a 7-minute white frosting, but I think Neva's caramel icing would be stunning.

*Jane Wallace Fiero*

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## **CHOCOLATE SHEET CAKE ►**

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The wonderful thing about this cake is it can be mixed and baked in about 45 minutes! Great for a family dessert, or when dressed up with a dollop of fresh whipped cream, it will impress important guests. They'll think you worked all day preparing it! The hint of cinnamon sets it apart from other chocolate cakes. The taste is sort of a cross between cake and a brownie, but with the light texture of cake.

### Part I

2 cups sugar  
 2 cups all-purpose flour  
 1 cup water  
 2 sticks margarine  
 4 Tb Hershey's Cocoa  
 ½ cup buttermilk  
 1 tsp baking soda  
 1 tsp pure vanilla extract  
 1 tsp ground cinnamon  
 2 eggs

Mix dry ingredients, except soda and cocoa. Set aside. In a saucepan bring water, margarine, and cocoa to a boil. Reduce heat. Add buttermilk and soda to hot mixture. Turn heat off. Add slightly beaten eggs. Pour liquid mixture into dry ingredients and mix on medium speed in electric mixer 2 minutes. Pour into greased, shallow sheet cake pan or jelly roll pan and bake at 375° for 20 minutes.

While cake is baking, begin Part II

1 stick margarine  
 4 Tb Hershey's Cocoa  
 6-7 Tb milk  
 1 lb. powdered sugar  
 1 tsp pure vanilla extract

Melt margarine and cocoa. Add milk. Bring to

a boil for one minute. Add powdered sugar and vanilla. Spread on warm cake.

*Sandy Lampkin Wallace*

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## **COCONUT CAKE I ►**

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This is the way my mother made coconut cake 75 years ago. Along with other goodies, we have one of these with boiled custard every Christmas. I always make the cake, and one of the girls makes the custard which, too, is a tradition.

1 cup butter or oleo  
 1 tsp vanilla  
 2 cups sugar  
 4 eggs  
 3 cups sifted flour  
 3 tsp baking powder  
 ¼ tsp salt  
 1 cup milk

Cream butter until soft. Add vanilla and sugar and beat until light and fluffy. Add eggs one at a time and beat well. Add the flour, which has been sifted with salt and baking powder, and milk alternately. Bake in 3 greased (or waxed paper lined) 9 inch cake pans for approximately 30 minutes.

### Icing

2 cups sugar  
 5 Tb water  
 ¼ cup white Karo  
 Whites of 2 large eggs  
 1 tsp vanilla

Mix sugar, water, and Karo together. Do not stir after the mixture gets hot. Boil until a small amount, dropped in cold water, forms a soft ball. Remove from heat and pour slowly over the beaten egg whites. Add the vanilla

and continue beating until it is the right consistency to spread.

Cover the top of the bottom layer with icing. Over it sprinkle a generous amount of freshly grated coconut. Put a small amount of icing on the bottom of the second layer. Place it on the first layer and then cover the top with icing and coconut. After putting icing on the bottom of the third layer, place it on top of the second. Cover the entire cake with the remaining icing and coconut.

I grate fresh coconut in my blender in the following way: Set speed to LIQUEFY; remove feeder cap from empty container, start the motor and drop a few small coconut pieces into revolving blades. Turn ON and OFF as necessary. Empty and continue until all is grated.

*Cornelia McCraw*

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## **COCONUT CAKE 2 ►**

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I make this cake for my mother's birthday, and I have made it for Frank [Sr.] on his. The recipe is so easy that it doesn't necessarily have to be a special occasion.

1 package white cake mix  
 1 package instant vanilla pudding  
 1 ⅓ cups water  
 4 eggs  
 ¼ cup oil  
 1 cup chopped nuts  
 1 ½ cups coconut (frozen, canned, or fresh)

Combine and mix all ingredients until smooth. Bake in greased and floured 10" tube pan at 325° for 60 minutes. Cool 15 minutes. Remove from pan. Frost with 7-minute icing.

*Roma Hepburn*

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## **CRÈME DE MENTHE CAKE ►**

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We make this for Easter. George especially likes this cake.

1 package instant pistachio pudding  
 1 package white cake mix  
 4 eggs  
 ⅓ cup oil  
 ½ cup green crème de menthe  
 ½ pint sour cream  
 ½ cup pecans, chopped  
 2 cups (12 oz.) semi-sweet chocolate morsels

In a small bowl, mix together the pudding and cake mixes. In a mixer bowl, combine eggs, oil, crème de menthe, and sour cream; beat in the eggs, one at a time. Add the dry ingredients, and beat 4 minutes. Sprinkle pecans in the bottom of a greased and floured bundt pan; pour half the batter over the nuts. Spread the chocolate morsels over the batter. Add rest of the batter and bake at 350° for 55 minutes. Cool in pan about 15 minutes. Turn out and glaze with powdered sugar and cinnamon mixed with enough water to spread.

*Roma Hepburn*

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## **ENGLISH FRUIT CAKE**

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This is from a cookbook that is at least 73 years old, for I have had it that long. It came with the first stove we ever owned—a Hotpoint electric! How up-to-date can you be? It was the only cookbook I owned for a long time. I have made this **very dark** cake for many Christmases through the years, and we have always thought it to be one of the best fruit cakes we've ever eaten. Slice it thin, serve it

with a good cup of coffee or a glass of wine on a winter afternoon—warms the heart. My grandmother used to say that a Christmas fruit cake should be made no later than the day after Thanksgiving.

1 lb. sweet butter (2 cups)  
 1 lb. granulated sugar (2 cups)  
 1 dozen eggs  
 1 lb. flour (4 cups)  
 3 lbs. seeded raisins  
 1 lb. currants  
 ½ lb. crystallized pineapple  
 1 lb. crystallized cherries  
 1 lb. citron, thinly sliced  
 ½ lb. crystallized lemon rind  
 ½ lb. crystallized orange rind  
 1 cup black molasses  
 ⅓ cup strong coffee  
 ⅓ cup brandy  
 4 tsp cinnamon  
 4 tsp allspice  
 2 tsp nutmeg  
 2 tsp mace  
 ½ tsp soda

Cream butter, add sugar gradually, creaming thoroughly. Beat eggs, mix thoroughly with brandy, coffee, and molasses. Measure and sift flour with spices and soda. Mix with the fruits. Add alternately with liquid mixture to butter and sugar. Bake in tube pan or loaf pans lined with brown paper and well greased. Bake at 275° for 4 or 5 hours. Test with a broom straw or cake tester by inserting in middle of cake; if it comes up clean, it's done. I usually put a shallow pan of water on the oven floor to make the cake more moist. Turn out on cake rack, let cool. Douse the cake good with brandy, wrap in foil and store in container. Every day for 4 or 5 days, douse the cake generously with brandy. Always re-wrap and place back in container. This cake will keep all winter in the refrigerator or indefinitely if frozen. Do not put in

refrigerator, though, until after you have done all the dousing of the brandy as the cake seems to absorb it better with it's not so cold. Note: Of course, the crystallized fruit all comes cut up today, so you don't have all that cutting up to do—this used to be a job. The cherries can be cut in half.

*Margaret Copeland Wallace*

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## **FRUIT CAKE ►**

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This is Aunt Mamie's recipe—she was Marion Jones Wilson's mother.

1 lb. butter  
 1 lb. sugar  
 1 lb. flour  
 12 eggs, separated  
 2 lbs. currants  
 2 lbs. raisins  
 1 lb. citron  
 1 Tb cinnamon  
 1 Tb mace  
 4 whole nutmegs  
 1 wineglass brandy  
 1 wineglass white wine  
 1 wineglass rose water

Cream butter and sugar, add well beaten yolks, then add alternately flour, liquor, and spice. To this add fruit well dredged with flour and the well-beaten whites of eggs. A cup of black molasses may also be used, adding it to the creamed butter, sugar, and eggs.

*Sarah Copeland Nettles (Sapie)*

I have a funny tale to add to Sapie's remarks. Our brother, Arthur, loved this cake and thought Christmas hadn't come if Aunt Mamie's cake was not served. The first Christmas after he and Shirley were married, he presented his young wife with the recipe,

expecting her to present him with the Aunt Mamie's cake he was used to. She got along just fine, Shirley said, until she came to the 4 nutmegs. Being a very young and inexperienced cook and not up on whole or ground spices, she looked at these four nutmegs and thought to herself, "What in the hell am I supposed to do with these hard, ugly-looking things?" Then she thought that perhaps they would dissolve in the batter, so she plunked them in the batter and stirred and stirred for many minutes; nothing happened. "Maybe it takes awhile since they are so hard," she thought. So she left the bowl standing and went off to do other things. When she returned, nothing had happened. "You stubborn old things," she said; "you don't deserve to be in the cake if you can't dissolve." She fished them out and baked the cake without them. Our brother ate his fruit cake without nutmeg that Christmas. So be sure to grate the nutmegs, or use 1 teaspoon ground.

*Margaret Copeland Wallace*

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### ***JELLO CAKE*** ►

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This cake has become a favorite with my grandchildren and other children I have cared for over the years. It's great for eating with your fingers, so it makes a neat lunch box dessert—for kids or adults.

1 box yellow cake mix  
 1 package jello, any flavor  
 2/3 cup vegetable oil  
 2/3 cup water, but you may substitute  
     almost any fruit juice  
 4 eggs

Mix all ingredients well. Fold into a greased angel cake pan. Bake 35-40 minutes at 325°. Test with a toothpick for doneness.

Glaze

Mix 3 Tb lemon juice and 1 cup confectioner's sugar. Drizzle over warm cake.

*Marlene Howard Harper*

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### ***LEMON DREAM CAKE*** ►

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This cake is very good and very easy to make.

1 package lemon cake mix  
 1/2 cup sugar  
 4 eggs  
 1 cup apricot nectar  
 1/2 cup oil

Combine and mix all the ingredients until smooth. Bake in greased and floured bundt pan at 350° for 45-55 minutes. Cool for 15 minutes. Remove from pan and pour glaze over warm cake.

Glaze

1 cup powdered sugar  
 2 Tb lemon juice

*Roma Hepburn*

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### ***PRUNE CAKE*** ►

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Mother got this recipe from Sapie many years ago, and it has always been a favorite of mine. It's quick, easy, and tasty. And with a dollop of whipped cream, it could well pass as a "company" dessert.

1 1/2 cups sugar  
 1 cup cooking oil  
 1/2 cup buttermilk

3 eggs  
 2 cups flour  
 1 tsp cinnamon  
 1 tsp ground nutmeg  
 1 tsp vanilla  
 1 tsp baking soda  
 1 tsp salt  
 1 cup Gerbers baby prunes  
 1 cup chopped nuts

Mix all at one time. Bake in a greased 9x13x2 pan one hour at 325°.

#### Topping

1 cup sugar  
 1 stick margarine  
 ½ cup buttermilk  
 ½ tsp baking soda

Bring to a boil, stir well; pour on top of hot cake (do not take cake out of pan). Slice into squares and serve.

*Frank Wallace*

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### **THRIFTY POUND CAKE ►**

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Mama got this recipe from the *Fort Myers Newspress* many years ago. I think it was named “Thrifty” in part because the original recipe called for Crisco, but Mama quickly changed that to butter. She remembers Auntie (Lana Copeland) making the real thing—a pound of butter, a pound of eggs, a pound of flour, and a pound of sugar (that’s the other part of this being “thrifty”)—and her daddy liking it toasted and buttered for breakfast.

1 cup butter  
 2 cups sugar  
 4 or 5 eggs

2 tsp vanilla extract (or one each of vanilla and almond)  
 3 cups all-purpose flour  
 1 tsp baking powder  
 ½ tsp baking soda  
 Pinch salt  
 1 cup buttermilk

Cream butter and sugar. Add eggs one at a time, beating after each. Add vanilla, beating well. Combine flour, baking powder, soda, and salt. Add in thirds, alternating with the buttermilk. Place in a well greased and floured tube or bundt pan. Bake at 325° for one hour and 10 minutes.

*Jane Wallace Fiero*

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### **WHIPPING CREAM POUND CAKE ►**

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Mary Waite, a dear friend of mine when we lived in Dallas, reluctantly gave me this recipe when she was almost 90. It was her signature recipe. I felt honored that she thought enough of me to pass it on.

½ lb. butter  
 3 cups sugar  
 1 tsp vanilla  
 6 eggs, room temperature  
 3 ⅓ cups sifted cake flour  
 ¼ tsp salt  
 ¼ tsp mace (optional)  
 1 cup whipping cream

Follow the directions for preparation of the 1,2,3,4 cake in the book. Bake in a bundt or steeple pan in 350° oven approximately 1 hour and 5 minutes.

*Neva Nabors Wallace*

## **Frostings & Icings**

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### **7- MINUTE FROSTING ►**

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Although I like the taste, texture, and holding power of the syrup-based white frosting, I have never been able to make anything but a mess with it. The 7-minute variety has been for me at least a cut above confectioner's sugar or store bought and has managed to keep the layers from slipping onto the floor. This requires a portable electric mixer unless you have the patience and stamina to use a rotary one.

2 egg whites, unbeaten (count up eggs when you make a cake, reserving egg whites for the frosting; 3 can easily be used without changing any proportions)

1 ½ cups sugar

5 Tb water

½ tsp white Karo

1 tsp vanilla

Put unbeaten egg whites, sugar, water, and Karo into the top of a double boiler. Beat with mixer until sugar is dissolved. Place over but not touching boiling water, beating constantly with mixer, and cook 7 minutes or until frosting peaks. Remove from fire. Add vanilla and beat until thick.

*Jane Wallace Fiero*

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### **CHOCOLATE ICING ►**

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This is another good recipe from Neva's

maternal grandmother.

3 cups sugar

¾ cup butter

¾ cup cocoa

¾ cup milk

1 tsp vanilla

Melt butter, add cocoa and sugar (well mixed). Blend in milk. Boil 1 minute. Remove from fire, add vanilla and beat until consistency to spread. Makes enough to frost two layers.

*Mamie Davis Hicks*

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### **QUICK CARAMEL FROSTING ►**

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This is my grandmother's recipe, and it is excellent. My copy, that I treasure, is written in her very clear and legible hand. This is for a two-layer cake, so will need to be increased for a three-layer cake.

1 stick real butter

1 cup brown sugar, packed

¼ cup milk

2 cups sifted confectioner's sugar

1 Tb vanilla

Cook butter and brown sugar together two minutes, stirring constantly. Add milk, bring to boil, remove from heat and let cool slightly. Add sifted confectioner's sugar and vanilla. Beat until smooth. Ice cake while icing is warm. To frost a 3 layer cake, increase butter to 1 ½ sticks, brown sugar to 1 ½ cups, confectioner's sugar to 3 cups, add 2 Tb milk and ½ Tb of vanilla.

*Neva Nabors Wallace*

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## WHITE FROSTING ►

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This recipe is from *Better Homes and Gardens* with changes made by my aunt, Mae Bruner Morgan. She and my Uncle James operated a catering business in Selma for many years.

2 cups sugar  
 ½ cup water  
 1 tsp cream of tartar  
 ⅛ tsp salt  
 ½ cup egg whites  
 1 tsp vanilla

Cook sugar, water, and cream of tartar to 264° (hard-ball stage). Add salt to egg white, beat until frothy in electric mixer. Gradually add the sugar syrup, beating constantly until peaks are formed. Add vanilla and ice your cake. To make a coconut cake, spread 1 ½ cups shredded fresh coconut or canned or frozen (thawed, of course!) coconut on the iced cake. This makes enough icing to generously ice 2 layers. **IMPORTANT:** Cook sugar mixture in a saucepan with heavy bottom that distributes heat evenly—a thin pan will not do! I use a 4 quart Revere Ware pot.

*Neva Nabors Wallace*

## Pies & Pastries

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### APPLE PIE ►

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Ingredients for both a 9-inch and a 10-inch pie are given. These proportions also come from a Betty Crocker cookbook (see Never-Fail Pie Crust recipe). Pie dough for 2-crust pie.

#### 9-inch Pie

6 cups cored, peeled, and sliced cooking apples (about 2 ¼ lbs.)  
 ¾ cup sugar  
 ¼ cup flour  
 ½ tsp nutmeg  
 ½ tsp cinnamon  
 Dash of salt  
 2 Tb butter

Combine sugar, flour, nutmeg, cinnamon, and salt. Pour over apples and mix well. Place into uncooked pie shell, dot with butter, and cover with dough for top crust. Bake in 425° oven 35-40 minutes or until crust is browned.

#### 10-inch Pie

8 cups cored, peeled, and sliced cooking apples (about 3 lbs.)  
 1 cup sugar  
 ⅓ cup flour  
 1 tsp nutmeg  
 1 tsp cinnamon  
 Dash salt  
 3 Tb butter

Follow above directions, but will probably take from 40-50 minutes to brown.

*Jane Wallace Fiero*

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### AUNT VERDI'S APPLE PIE ►

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#### Crust

2 cups flour + 2 Tb  
 ⅛ tsp salt  
 Rub ⅔ cup Crisco into the above  
 Add 5 Tb cold water

Divide dough into two parts, making one a little larger than the other for the bottom crust.

Roll out between two pieces of waxed paper and fit the larger piece into the bottom of a 9", *deep* pie plate.

#### Filling

3 lbs. tart apples. Pare and chop into a big bowl. Squeeze lemon juice over apples.

1 cup sugar  
1 rounded Tb flour  
Heaping tsp butter  
1 tsp cinnamon  
½ tsp nutmeg

Mix sugar, flour and spices well and rub the butter into this mixture with the fingers. Add this to the apples and mix well. Put into pie plate and add the top crust, crimping the edges. Cut vents in top of pie. Mix in a small bowl 1 heaping tablespoon flour, 2 tablespoons sugar, and ½ teaspoon cinnamon; blend well. Add sizeable lump of butter (about 1 tablespoon) and rub into this mixture until it's like crumbs. Sprinkle this over the top of the pie and bake at 350° for 1 hour. Moisten the top of the crust with a little water, using pastry brush or fingers, before putting the crumb mixture on. This will make it stick to pie. Your crust will not be flaky, but it will always be tender.

*Verdi Goggin*

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### ***BEST EVER LEMON MERINGUE PIE AND NEVER-FAIL MERINGUE ►***

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This recipe comes from, of all places, Ann Landers. She says she got it from a cab driver in New York about 15 years ago. It is tangy and delicious and doesn't call for "doing zest,"

which I find a pain. I guess the lemon extract takes the place of the dreaded zest. The meringue is more trouble than the traditional type, but it has an excellent texture as well as great staying power.

1 baked 9-inch pie shell  
1¼ cups sugar  
6 Tb cornstarch  
2 cups water  
⅓ cups lemon juice  
3 egg yolks  
1½ tsp lemon extract  
2 tsp vinegar  
3 Tb butter

Mix sugar and cornstarch together in the top of a double boiler. Add the two cups of water. Combine egg yolks with lemon juice and beat until well mixed. Add to the rest of the sugar mixture. Cook over boiling water until thick—about 25 minutes. This does away with the starch taste. Now add the lemon extract, butter, and vinegar; stir thoroughly. Pour mixture into 9-inch pie shell and let cool. Cover with meringue, and brown in oven.

#### Never-Fail Meringue

1 Tb cornstarch  
2 Tb cold water  
½ cup boiling water  
3 egg whites  
6 Tb sugar  
1 tsp vanilla  
pinch of salt

Blend cornstarch and cold water in a saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until completely cold. With electric beater at high speed, beat egg whites until foamy. Gradually add sugar, and beat until stiff but not dry. Turn mixer to low speed; add salt and vanilla. Gradually beat in cold cornstarch mixture.

Turn mixer again to high and beat well. Spread meringue over cooled pie filling. Bake at 350° for 10 minutes until top is lightly browned.

*Jane Wallace Fiero*

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### **CHERRY PIE ►**

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These proportions come from a Betty Crocker cookbook. Directions are given for both a 9-inch and a 10-inch pie. Pie dough for 2-crust pie.

#### 9-inch Pie

2 cans tart cherries, drained  
 1/3 cup all-purpose flour  
 1 1/3 cups sugar  
 1/4 tsp vanilla extract  
 2 Tb butter

Combine flour and sugar. Pour over drained cherries, add vanilla extract, and mix well. Place in uncooked pie shell, dot with butter, and cover with dough for top crust. Bake in 425° oven 35-45 minutes

#### 10-inch Pie

3 cans tart cherries, drained  
 1/2 cup all-purpose flour  
 1 2/3 cup sugar  
 1 tsp vanilla extract  
 3 Tb butter

Follow above directions, but will probably take from 40-50 minutes to brown.

*Jane Wallace Fiero*

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### **CHOCOLATE PIE ►**

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The World's Very Best!!

If anyone has a better chocolate pie recipe, please send it to me. My mother always made this pie for my birthday because I love it so much.

Place in the top of a double boiler

1 cup sugar  
 3 Tb flour  
 2 generous Tb cocoa  
 3 egg yolks, slightly beaten (save whites for meringue)  
 3/4 cup milk

Cook and stir (over boiling water) until thick (consistency of pudding). Remove from fire and add 1 tsp vanilla and about an inch of margarine. Pour in cooked pie shell, top with meringue, and bake in preheated 350° oven until meringue is nicely browned.

#### Meringue

3 egg whites  
 3 Tb sugar

Add sugar gradually while beating egg whites with mixer until stiff enough to form peaks.

*Martha Tolson Griggs*

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### **COCONUT CUSTARD PIE ►**

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Excellent, and very easy and quick.

1 cup sugar  
 1/4 cup buttermilk  
 1 cup Angel flake coconut or frozen

sweetened coconut  
 3 eggs, beaten  
 ¾ stick margarine  
 1 tsp vanilla  
 ¼ tsp lemon extract

Melt margarine, add beaten eggs, sugar, and buttermilk. Stir in the cup of coconut and add the flavoring. Pour into 9 inch crust-lined pie pan and bake at 350° until the crust is browned. The already-prepared bought crust is fine to use. Pie cooks in 25-30 minutes.

*Evelyn Nabors*

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### **CRANBERRY CHEESE PIE ►**

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This pie makes a refreshing dessert, and because of the word "cranberry," I have convinced myself that it is healthful as well.

Cranberry layer

1 3.4 oz. package raspberry Jello  
 ⅓ cup sugar  
 1 ¼ cup cranberry juice  
 1 cup (8 oz.) jellied cranberry sauce

In a mixing bowl, combine Jello and sugar; set aside. In a sauce pan, bring cranberry juice to a boil. Remove from heat and pour over Jello, stirring until dissolved. Stir in cranberry sauce. Chill until slightly thickened.

Cheese layer

1 3 oz. package cream cheese, softened.  
 ¼ cup sugar  
 1 Tb milk  
 1 tsp vanilla extract  
 ½ cup whipped topping

In a mixing bowl, beat cream cheese, sugar, milk, and vanilla until fluffy. Fold in whipped topping. Spread cheese layer evenly into baked pie shell (9 in.) Beat cranberry layer until frothy and then pour over cheese layer. Chill over night.

*Shannon Hughes*

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### **KEY LIME PIE ►**

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Since we lived in Florida, I guess I should include a recipe for key lime pie, as this concoction seems to belong to Florida. Almost everyone has a different version—different number of eggs and amounts of lime juice, etc.—but one thing they all start with is condensed milk. The key lime is a small, yellow lime with a distinctive taste, but any kind of lime will serve. Guess you couldn't call it a key lime pie, though. This is what purports to be "The Original Key Lime Pie."

4 egg yolks, beaten slightly  
 1 15-oz can sweetened condensed milk  
 ½ cup key lime juice (or Persian limes)  
 1 9-inch baked pie shell, pastry or crumb  
 4 egg whites, stiffly beaten  
 4 Tb sugar

Combine egg yolks and condensed milk and mix well. Add lime juice, blend well. Turn into baked pie shell. Beat egg whites until stiff peaks form, gradually adding the sugar. Swirl onto pie, spreading to edge of pie shell all around. Bake in 300° oven until the meringue is pale honey colored.

*Margaret Copeland Wallace*

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## **MY ORIGINAL CHOCOLATE PIE ►**

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For years, I thought the chocolate pie I'd eaten was either too grainy or had too much chocolate. My friend Kathy told me about her mother's chocolate pie, and I took that recipe, made a few changes of my own, and added the cinnamon. I'm sure Mrs. Martin doesn't mind my changes!

1 cup sugar  
 3 Tb cornstarch  
 Dash salt  
 3 Tb cocoa  
 ½-1 tsp cinnamon  
 1 cup whole milk  
 3 egg yolks (save whites if you want to  
     top pie with meringue)  
 1 tsp pure vanilla  
 1 Tb *real* butter

Mix sugar, cornstarch, salt, cocoa, and cinnamon in a saucepan. Add milk and bring to a slow boil, stirring frequently with a wire whisk until thickened. Add 3 or 4 tablespoons of the chocolate mixture to the egg yolks and stir. Then add this to the remaining chocolate mixture. Bring back to boil for 2 minutes. Add vanilla and butter, mixing well. Pour into baked pie shell. You can either top pie with meringue (beat the egg whites until stiff with ½ cup sugar, top pie and bake at 375° for 10 minutes or until browned). My family prefers to have the cooled pie topped with whipped cream; you can garnish with sprinkled cocoa or chocolate shavings if you like.

*Sandy Lampkin Wallace*

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## **NEVER-FAIL PIE CRUST ►**

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This recipe for pie crust comes from Shannon who got it from a Betty Crocker cookbook which was part of Terry's dowry. It is fool-proof even for those of us who have never been able to get a pie crust off the counter and into the pan. Some of Shannon's words of wisdom: don't be afraid; if it sticks on the board, add more flour; if it doesn't ball up, add more water; if it doesn't roll out, ball it up and try again; if the dough splits, just push together and seal with cold water; if the dough does not cover the edge of the pie pan sufficiently, just whack off an excess piece, dip in cold water, and paste, paste, paste. The general directions for mixing are given first, followed by specific ingredients. As far as "fluting the edges" is concerned, I'm so delighted to get the crust into the pan that I just don't bother, and because the edges are not so high as when fluted, the need for an aluminum foil collar is obviated.

### General Mixing Directions

Measure flour and salt into bowl. Cut in shortening thoroughly (Shannon and I use our fingers; the more fastidious can use a fork or a pastry cutter). Sprinkle in water, 1 tablespoon at a time, mixing with a fork until all flour is moistened and dough almost cleans the side of bowl (1 to 2 teaspoons water can be added if needed). Gather dough into ball; shape into flattened round on lightly floured board (or counter top). For two-crust pie, divide dough in half and shape into 2 flattened rounds. With floured rolling pin, roll dough about 2 inches larger than inverted pie pan. Fold pastry into quarters; unfold and ease into pan.

*For One-Crust Pie:* Trim overhanging edge of pastry 1 inch from rim of pan. Fold and roll pastry under, even with pan; flute. Fill and

bake as directed in recipe.

*For Baked Pie Shell:* Prick bottom and sides thoroughly with fork. Bake at 475° for 8 to 10 minutes.

*For Two-Crust Pie:* Turn desired filling into pastry-lined pie pan. Trim overhanging edge of pastry ½ inch from rim of pan. Roll second round of dough. Fold into quarters; place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of pan. Fold and roll top edge under lower edge, pressing on rim to seal; flute. Cut slits in top so steam can escape. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake as directed in recipe.

#### 8- or 9-inch One-Crust Pie

1 cup all-purpose flour  
½ tsp salt  
⅓ cup plus 1 Tb shortening  
2-3 Tb cold water

#### 10-inch One-Crust Pie

1 ⅓ cups all-purpose flour  
½ tsp salt  
½ cup shortening  
3-4 Tb cold water

#### 8- or 9-inch Two-Crust Pie

2 cups all-purpose flour  
1 tsp salt  
⅔ cup plus 2 Tb shortening  
4-5 Tb cold water

#### 10-inch Two-Crust Pie

2 ⅔ cups all-purpose flour  
1 tsp salt  
1 cup shortening

7-8 Tb cold water

*Jane Wallace Fiero*

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### **OZARK APPLE PIE ►**

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This has been a favorite dessert of our family for approximately 40 or 45 years. I ate it first at the home of Katherine Reames. Her daughter, Caroline, copied the recipe for me. Later it appeared in the *Clemson House Cookbook*, which was very popular in South Carolina in the '50s. This, by the way, is supposed to have been Harry Truman's favorite dessert.

1 egg  
1 cup apples, chopped  
¾ cup sugar  
1 cup nuts  
¾ cup flour  
1 ¼ tsp baking powder  
1 tsp vanilla

Beat the egg and gradually add the sugar and vanilla. Sift the flour and baking powder and add. Fold in the apples and nuts. Butter generously a 9 inch pie pan and pour in mixture. Bake in 350° oven for 35 minutes. Serve topped with either whipped cream or ice cream. I bake the pie in a rectangular pan of equivalent size and cut it into blocks.

*Cornelia McCraw*

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### **PECAN PIE ►**

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Frank, my father-in-law and a respected cook, and I have decided pie-baking at home is almost a thing of the past because of its two-

stage requirement—making the crust and then the filling. However, there is hope! There are several very good frozen pie crusts available in supermarkets that make acceptable substitutes to "homemade." Kroger's house brand is very good as well as inexpensive.

3 eggs, slightly beaten  
 1 cup dark Karo syrup  
 ½ cup white sugar  
 ½ cup brown sugar  
 2 Tb melted margarine  
 1 tsp pure vanilla extract  
 1 ½ cups pecans  
 1 unbaked 9" pie crust

In a large bowl combine all ingredients except pecans until well-blended. Stir in pecans. Pour into pie crust, place on a cookie sheet, and bake for 1 hour and 15 minutes at 325°. To check to see if pie is ready, shake gently—if it doesn't "jiggle" in the middle, it's ready.

*Sandy Lampkin Wallace*

## **Cookies**

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### ***BROWNIE DROPS*** ►

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While not inexpensive to make (German Chocolate is now a couple dollars a bar, I believe), they are very good. Margaret [Watson] expects me to have some available every time she comes to visit! This recipe can be doubled successfully.

2 bars Baker's German Sweet Chocolate  
 1 Tb butter  
 2 eggs  
 ¾ cup sugar

¼ cup unsifted all-purpose flour  
 ¼ tsp Calumet baking powder  
 ¼ tsp cinnamon  
 ⅛ tsp salt  
 ½ tsp vanilla  
 ¾ cup finely chopped pecans

Melt chocolate and butter over hot water. Cool. Beat eggs until foamy, then add sugar, 2 tablespoons at a time; beat until thickened (5 minutes on medium speed with electric mixer). Blend in chocolate. Add flour, baking powder, salt, and cinnamon; blend. Stir in vanilla and nuts. Drop by teaspoons onto greased baking sheet. Bake in moderate oven (350°) until cookies feel "set" when lightly touched—8 to 10 minutes. Cool slightly on sheet. Makes about 36 cookies.

*Neva Nabors Wallace*

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### ***CHOCOLATE CHIP COOKIES*** ►

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This recipe comes from the back of Nestlé Semi-Sweet Morsels. I'm delighted to have a permanent place to record it as companies, in a foolish effort to update, have been known to remove old favorites from their packages.

2 ¼ cups all-purpose flour  
 1 tsp baking soda  
 1 tsp salt  
 1 cup (2 sticks) butter, softened  
 ¾ cup sugar  
 ¾ cup firmly packed brown sugar (I usually use light brown)  
 1 tsp vanilla extract  
 2 eggs  
 2 cups (12 oz.) Nestlé Semi-Sweet Chocolate Morsels (no other will do)  
 1 cup chopped nuts (extremely optional)

Preheat oven to 375°. In a small bowl, combine flour, baking soda, and salt; set aside. In large mixer bowl, beat butter, sugar, brown sugar, and vanilla extract until creamy. Beat in eggs. Gradually add flour mixture. Stir in chocolate chips (and nuts if you must). Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake 9-11 minutes. Makes about 6 dozen cookies.

*Jane Wallace Fiero*

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### ***FRUIT CAKE COOKIES*** ►

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Better than fruit cake, these cookies are moist and easier to prepare than a regular fruit cake.

½ stick real butter  
 1 cup brown sugar  
 ½ tsp baking soda  
 1 ½ tsp milk  
 1 ½ cups all-purpose flour  
 Pinch of salt  
 2 eggs  
 ¾ tsp cinnamon  
 ¾ tsp nutmeg  
 ⅓ cup bourbon  
 1 lb. chopped pecans  
 1 lb. mixed candied fruits  
 1 ½ cups chopped raisins

Cream butter and sugar well. Dissolve soda in milk. Add milk, flour, salt, eggs, cinnamon, nutmeg, bourbon, nuts, fruit, and raisins. Mix together and drop by teaspoonful on greased cookie sheet. Bake at 275° for 20 minutes. **Do not over bake.**

*Sandy Lampkin Wallace*

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### ***FRUIT CAKE LIZZIES*** ►

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This recipe was given to me by a friend with whom I taught. Ever since I made the first batch, about 25 years ago, it has taken the place of fruit cake. The lizzies are a "Christmas must" in my home and in the homes of my daughters.

Soak 1 hour in ½ cup wine or sherry  
 1 lb. cherries  
 1 lb. pecans  
 ½ lb. citron  
 1 lb. white raisins  
 ¼ cup butter  
 ½ cup light brown sugar  
 2 eggs  
 1 ½ cups flour  
 1 ½ tsp soda  
 1 ½ tsp cinnamon  
 ½ tsp nutmeg  
 ½ tsp cloves or mace

Cream butter and sugar. Add eggs one at a time. Sift together the dry ingredients and add. After the fruits and nuts have soaked, add all to the first mixture. Mix thoroughly. Drop by teaspoons on greased cookie sheet. Bake for 15 minutes at 325°. Makes approximately 100 lizzies. Make them early for Christmas, and store in tins.

*Cornelia McCraw*

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### ***MARSHMALLOW BROWNIES*** ►

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These are Land and Emme's favorite dessert. Land is my picky eater, and he loves these. They are a little harder than the box mix, but well worth the effort.

1 cup butter  
 4 1 oz. squares unsweetened chocolate

4 eggs  
 1 cup sugar  
 1 cup brown sugar  
 1 ½ cups all-purpose flour  
 1 tsp baking powder  
 1 tsp vanilla  
 1 16 oz. bag of miniature marshmallows

Melt chocolate and butter in top of double boiler over warm water. Beat eggs, add sugar, flour, and baking powder. Stir in vanilla and then chocolate mixture. Put in greased 15x10x1 inch pan. Bake at 325° for 25-30 minutes. Remove and immediately spread marshmallows on top.

#### Frosting

½ cup butter  
 1 cup sugar  
 3 1 oz. squares unsweetened chocolate  
 ⅔ cup evaporated milk (1 small can)  
 1 box confectioner's sugar  
 1 tsp vanilla

Do not wash chocolate pot that you used to make the brownies. Add to it butter, sugar, chocolate squares, and milk. Cook until well blended. Beat in powdered sugar and vanilla. Pour immediately over marshmallow-covered brownies.

*Wheat Story Teller*

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## ***MEXICAN WEDDING CAKES*** ➤

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This recipe comes from an old edition of *Betty Crocker*. The cookies are easy to make and with enough powdered sugar on them never show the marks of over-baking.

1 cup butter, softened  
 ½ cup confectioners' sugar  
 1 tsp vanilla  
 2¼ cups all-purpose flour  
 ¼ tsp salt

¾ cup finely chopped nuts

Heat oven to 400°. Mix thoroughly butter, sugar, and vanilla. Work in flour, salt, and nuts. Shape dough into 1 inch balls. Place on ungreased baking sheet. Bake 10-12 minutes or until set but not brown. While warm, roll in confectioners' sugar. Cool. Roll in sugar again.

*Shannon Lee Hughes*

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## ***OATMEAL COOKIES*** ➤

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We think this is one of the best oatmeal cookie recipes we've ever used. It is simple and quick with results that get raves.

¾ cup vegetable oil  
 1 cup dark brown sugar, packed firmly  
 ½ cup granulated sugar  
 1 egg  
 ¼ cup water  
 1 tsp vanilla extract  
 3 cups uncooked oats  
 1 cup all-purpose flour  
 1 tsp salt  
 1 tsp ground cinnamon (optional)  
 ½ tsp baking soda

Preheat oven to 350°. Beat the shortening, sugars, egg, water, vanilla, and cinnamon together until creamy, probably five minutes, depending on your mixer. Add remainder of ingredients, mixing slowly. Batter is thick. Drop by rounded teaspoonfuls on ungreased cookie sheet. Bake 12 to 14 minutes. Remove from oven. Let sit on cookie sheet two minutes. Remove to wire rack, or just a counter top to finish cooling. Store in cookie jar or other container that has a tight-fitting top. Depending on the size of cookies you "drop", makes about 4 dozen.

If you like, you can add plumped raisins or nuts to the batter, but the cookies are good without this addition.

*Frank Wallace*

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### **RASPBERRY STAR COOKIES ►**

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This is a wonderful cookie to make at Christmas time, but since it is Todd's all-time favorite cookie (as well as Amy's) I make them all year round. They are not only pretty to look at but yummy to eat. My best friend, Kelly Hitchcock, in Augusta gave me this recipe.

1 cup butter, softened  
 ½ cup plus 2 Tb sugar  
 2 ¼ cups all purpose flour  
 pinch of salt  
 1 cup seedless raspberry jam

#### Icing

1 cup powdered sugar  
 3 tsp almond extract  
 2-3 tsp water

Mix together. Put in a sealed zip-lock bag. Cut a hole in the corner to use to pipe the icing onto the cookies.

#### Cookies

Cream together butter and sugar. Stir in flour and salt. Roll into 1 inch balls. Place on cookie sheet 2 inches apart. Press balls to ¾ inch thickness. Indent cookies with thumb nail. Spoon jam into zip-lock sealed bag. Cut hole in corner. Squeeze into indents on cookies. Bake 10-12 minutes. Let cookies cool. Then pipe icing into star shape onto cooled cookies. Enjoy.

*Wheat Story Teller*

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### **SUGAR COOKIES ►**

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These thin, crisp cookies are like potato chips—you can't eat just one!

2 sticks margarine  
 2 cups sugar  
 1 cup vegetable oil  
 2 eggs  
 4 ½ cups all-purpose flour  
 2 tsp vanilla  
 ½ tsp salt  
 2 tsp soda  
 2 tsp cream of tartar

Cream margarine and sugar in electric mixer at medium speed for 15 minutes. Add rest of ingredients, and mix well. Place in refrigerator and chill two hours. Pinch off pieces of dough and form into balls about 1" in diameter. Place on ungreased cookie sheet and press ball with the bottom of a glass that has been dipped in sugar. Bake about 8 minutes in 375° oven until edges are slightly browned. **Do not over cook!**

*Sandy Lampkin Wallace*

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### **SUGAR COOKIES FROM ALICE ►**

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This recipe is from Alice Newhouse, a dear friend. Her husband, Lorne, and I were business associates when we lived in Missouri. Lorne and Alice lived in Omaha at the time, and we visited each other frequently, always enjoying good food and fellowship.

1 cup powdered sugar  
 1 cup granulated sugar

1 cup of butter or oleo  
 1 cup vegetable oil  
 2 eggs  
 2 tsp almond extract  
 1 tsp vanilla extract  
 4 ½ cups flour  
 1 tsp salt  
 1 tsp cream of tartar  
 1 tsp soda

Mix the sugars together with the oil until smooth. Add eggs, vanilla and almond extracts, mixing in with sugar mixture. Mix the flour, soda, and cream of tartar together and blend with above ingredients. Make small balls of the dough (about a tablespoonful at the time) and place balls on greased cookie sheet. Dip the bottom of a glass in granulated sugar and mash balls into a thin cookie. Bake 8 to 10 minutes in 350° oven. Makes 3 to 4 dozen cookies.

*Frank Wallace*

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### **TEA CAKES** ►

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This recipe is an adaptation of a recipe from Kathryn Tucker Windham's *Treasured Alabama Recipes*. Ms. Windham is a contemporary Southern author whose specialties are ghost stories and cookbooks . . . hope there is no connection! Evelyn Nabors is a long-time friend of the author and gave Neva an autographed copy of the book.

1½ cups sugar  
 2 sticks oleo or butter  
 3 eggs  
 3½ cups all-purpose flour  
 1 Tb baking powder  
 ½ tsp salt  
 2 tsp vanilla extract  
 ½ tsp mace (optional)

Cream oleo and sugar. Add vanilla and eggs one at a time, beating between each addition. Mix baking powder, salt, and flour together. Add the flour mixture slowly, making a stiff dough. Roll out very thin on a floured surface (an eighth of an inch is about right). You'll also need to flour your rolling pin and the top of the dough to avoid sticking. Cut with biscuit or cookie cutter and bake 12 to 15 minutes in a 350° oven. Baking time depends on how thin you have rolled your cookies. The yield is rather large, again depending on thickness. The cookies are crispy-chewy and not so sweet you won't want to eat several! They keep well in a cookie jar, but don't stay around our house very long.

*Frank Wallace*

## **Other Desserts**

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### **AMBROSIA** ►

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Ambrosia is another one of our favorites for Christmas or Thanksgiving dinner, but I don't have a recipe. I just use scooped-out oranges, coconut, and sugar. Mix and keep in refrigerator as long as it will last. Harry likes to put bananas in his, but the rest of us just like it without them. Gayle, Charlie's wife, especially likes this.

*Sarah Copeland Nettles (Sapie)*

Jane says Sapie's directions are a little skimpy; I'll try to amplify: Peel and section oranges enough to have 8 cups of sections. To the oranges add a cup of frozen coconut flakes (use fresh if you want to go to the trouble of grating it), and a small can of crushed pineapple. Mix together and check for sweet-

ness. Add sugar if it needs it. Some people add maraschino cherries; why, I don't know. There are those who add walnuts, I hear. Not having tried it, I can't comment!

*Frank Wallace*

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### **APPLE BROWN BETTY ►**

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Bless Michele Urvater, whoever she might be. This recipe comes from her via the Net. My mother used to make Apple Brown Betty often as it was a family favorite. My mom used MacIntosh apples from my uncle's backyard orchard. Unfortunately, I never got the recipe from her before she died. Ms Urvater calls her dish "Buttery Apple Brown Betty" and uses Granny Smith apples, but, as well as my taste buds can remember, it still captures most of the essence of my mom's version.

¼ cup walnuts, finely chopped  
 4 Tb butter, chilled  
 ¼ cup flour  
 ¾ tsp ground cinnamon  
 Salt  
 4 slices egg, brioche, or challah bread  
 ⅓ cup unsalted butter, melted  
 1 cup raisins  
 ½ cup rum or brandy  
 4 Granny Smith apples, peeled,  
     cored, quartered, and sliced

Dry but do not toast the bread in a low oven. Remove the crust and cut bread into small squares (less than an inch). Boost oven temperature to 375°. Lightly butter a 9" square baking pan. Mix walnuts with flour, cinnamon, and a pinch of salt; then cut the chilled butter into the mix with a pastry blender or fork until it is like coarse crumbs. Set aside. In a bowl, drizzle melted butter over the cubed bread, then toss with the apples and raisins. Put mix in the baking pan and top with

the walnut and flour mix. Bake for 45 minutes or until crisp. Serve hot topped with hard sauce (q.v. under "Sauces"). Serves 4.

*John W. Fiero*

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### **BAKED CUSTARD ►**

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This is a light and simple dessert.

2 cups milk (2% will do)  
 ¼ - ½ cups sugar or ¼ cup honey  
 ⅛ tsp salt  
 2 whole eggs or 4 egg yolks  
 ½ tsp vanilla extract  
 Nutmeg

Blend together the milk, sugar or honey, and salt. Add the whole eggs or egg yolks and beat well. Pour into 1 quart baking dish or 4-6 individual custard cups. Dust the top with nutmeg. Place in a pan of hot water and bake in a preheated 300° oven about an hour for the dish and about 30 minutes for the cups. To test for doneness, insert a knife near the edge. If the blade comes out clean, the custard will be solid all the way through when cooled.

*Jane Wallace Fiero*

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### **BANANAS FOSTER ►**

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My daddy introduced me and Shannon to bananas foster. Shannon loved what she called the "juice." We have many happy memories of John's coming to Fort Meyers at Christmas time and being treated to this dish on Sunday morning in lieu of going to church—a fine substitute. I had lost the recipe but brother Frank had not. Here is his rendition.

6 Tb dark brown sugar

3 Tb butter  
 3 bananas, peeled and sliced lengthwise  
 1 ½ oz. crème de banana  
 3 oz. dark rum  
 Ground cinnamon  
 Vanilla ice cream

Melt brown sugar and butter in chaffing dish or skillet, add bananas, sprinkle with cinnamon, and sauté until bananas begin to get tender. Pour rum over the mixture and flame baste until the fire disappears. Serve immediately over vanilla ice cream. Serves 6.

*Frank Wallace*

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### **BOILED CUSTARD ►**

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Boiled custard is one of the many things that I vividly remember adoring as a child, especially when I was sick. Eva Golson, our next-door-neighbor in Montevallo, would always bring over boiled custard whenever anyone in the house was ill—maybe it was as good as penicillin in its day! It can be used to make ordinary desserts extra-special. Poured on a slice of "store bought" pound cake, or over Jello, or fresh fruit, you have a Lucullan repast.

3 cups milk  
 4 egg yolks  
 ½ cup sugar  
 1 Tb cornstarch  
 Pinch of salt  
 1 tsp flavoring—vanilla, almond, or rum

Heat milk almost to boiling, but **do not boil!** While milk is heating, mix egg yolks, cornstarch and sugar together until smooth and creamy. Add milk to this mixture in slow stream, cleaning sides of bowl occasionally with rubber spatula. Put this mixture in top of double boiler over boiling water and stir

constantly until mixture thickens, about 7 to 8 minutes. More cornstarch will make it thicker, if you like. Stir in flavoring, put in jar or bottle and refrigerate until ready to use. Delicious. Makes about one quart.

*Frank Wallace*

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### **BREAD PUDDING ►**

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This is a long-time favorite of mine. Neva found the basic recipe in a book of recipes put out by the Borden Company, and over the years, we've made a few refinements. We like to serve it with boiled custard, flavored with a little rum. Other sauces, or none at all, are also good.

1 can sweetened condensed milk (Eagle Brand is good)  
 3 cups hot water  
 2 cups stale bread—preferably French bread—cut into ½ inch cubes  
 3 eggs, beaten  
 1 Tb butter or oleo, melted  
 ½ tsp salt  
 1 tsp vanilla extract  
 ½ tsp nutmeg  
 You can also add ½ cup raisins, plumped, or ½ cup of coconut flakes

Put three cups hot water into a mixing bowl and add the can of sweetened condensed milk. Mix in the bread cubes and let stand until mixture is cool. Stir in the eggs, butter, nutmeg, salt, and vanilla. Put into a 1 ½ quart casserole (I prefer oblong; round is okay) and put this into a larger pan and add water until it comes up the sides of the pudding casserole to level of about 1 inch. Put in 350° oven and bake approximately 1 ½ hours or until knife inserted at center comes out clean and top is a nice, golden brown. Serves 6 generously.

*Frank Wallace*

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**CHARLOTTE RUSSE ►**


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This is easy to make, but you mess up a lot of bowls. Also if you double the recipe, you'll have to use a dishpan! Can be made ahead.

Beat well yolks of four eggs with 1 ½ cups of sugar, add 1 pint of thick cream that has been previously whipped to a stiff froth. Dissolve 1 envelope unflavored gelatin in ⅓ cup boiling water (after it has been softened in 1 cup cold water). Add to this the well-beaten whites. Flavor with sherry. Serves 8-10.

*Sarah Copeland Nettles (Sapie)*

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**CHOCOLATE DELIGHT ►**


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This recipe was given to me by Libbus. She had eaten it at a friend's house in Charlotte, North Carolina. It's rich, but oh, so yummy!

1 cup flour  
 1 stick margarine, softened  
 1 cup chopped nuts, divided  
 1 cup powdered sugar  
 8 oz. cream cheese  
 1 large container Cool Whip (at least 12 oz.)  
 2 3.9 oz. packages instant chocolate pudding  
 3 cups milk

Mix together the flour, margarine, and half of the nuts. Press into a 9x13 inch pan. Bake 15 minutes at 300°; cool. Mix together sugar, cheese and half of prepared topping. Spread over baked crust. Mix pudding and milk. Spread this over cheese mixture. Top with remainder of prepared topping and sprinkle with remaining nuts. Chill. Yields 24 servings.

*Cornelia McCraw*

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**FRUIT COCKTAIL DELIGHT ►**


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This recipe came out of the newspaper. It's so simple and surprisingly good.

½ cup granulated sugar  
 1 cup flour  
 1 tsp soda  
 ¼ tsp salt  
 1 egg  
 1 16 oz. can fruit cocktail  
 1 cup light brown sugar  
 ½ cup chopped nuts

Sift dry ingredients. Make hole in center and drop in egg. Stir with fork. Pour in fruit cocktail with juice. Stir. Pour the mixture into pan (about 11 ¼ x 7 ½ x 1 ½). Sprinkle the brown sugar mixed with the chopped nuts on top. Bake 1 hour at 300°. When cool, cut into blocks and serve with a topping of Cool Whip. Make 8 to 10 servings.

*Cornelia McCraw*

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**LEMON FLUFF DESSERT ►**


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This recipe came from Corinne Cook's food column in the Baton Rouge *Advocate*. It is summery delicious. When we served it, we happened to have Hammond strawberries and scrumptious blackberries from the back of a truck parked on Guilbeau Road. I happened to have a box of angel food cake mix, which I used instead of a bought angel food cake.

1 angel food cake, torn into bite size pieces  
 juice of 6 lemons  
 2½ tsp grated lemon rind, divided  
 1 (14-oz) can sweetened condensed milk  
 2 Tb sugar or confectioners' sugar  
 1 pint whipping cream, whipped

Break angel food cake and place in 9x13 inch glass dish

Mix fresh lemon juice with 1½ teaspoons grated lemon rind and condensed milk. Stir to blend and thicken.

Whip the heavy cream with 2 tablespoons sugar, or confectioners' sugar, until stiff peaks form.

Gently fold the whipped cream into the lemon mixture. Spoon over the angel cake in baking dish.

Sprinkle top with remaining 1 teaspoon grated lemon peel. Chill in the refrigerator for 24 hours.

An option when serving is to top with fresh fruit.

*Jane Wallace Fiero*

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***NEW ORLEANS BREAD  
PUDDING WITH LEMON SAUCE  
AND CHANTILLY CREAM ►***

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This is from Paul Prudhomme's *Louisiana Kitchen* cookbook. This is a super dessert. Every time I serve it, everyone loves it. The chantilly cream is delightful. This is one of Wayne's favorite treats. If you do not like nuts in your bread pudding, it is fine to leave them out. Serves about 6.

3 large eggs  
1¼ cups sugar  
1½ tsp vanilla extract  
1¼ tsp ground nutmeg  
1¼ tsp ground cinnamon  
¼ cup unsalted butter, melted  
2 cups milk  
½ cup raisins

½ cup coarsely chopped pecans  
5 cups very stale French or Italian bread cubes with the crusts on (the better the bread, the better the pudding)

In a large bowl of an electric mixer, beat the eggs on high speed until extremely frothy and bubbles are about the size of pinheads, about three minutes (or with a metal whisk about six minutes). Add the sugar, vanilla, nutmeg, cinnamon, and butter and beat on high until well blended. Beat in the milk, then stir in the raisins and pecans.

Place the bread cubes in a greased loaf pan. Pour the egg mixture over them and toss until the bread is soaked. Let sit until you see only a narrow bead of liquid around the pan's edges, about 45 minutes, patting the bread down into the liquid occasionally. Place in a preheated 350° oven. Immediately lower the heat to 300° and bake 40 minutes. Increase oven temperature to 425° and bake until the pudding is well-browned and puffy, about 15 to 20 minutes more.

To serve, put 1½ tablespoons warm lemon sauce in each dessert dish, then spoon in ½ cup of bread pudding, and top with ¼ cup Chantilly Cream.

**Lemon Sauce**

1 lemon, halved  
½ cup water  
¼ cup sugar  
2 tsp cornstarch dissolved in ¼ cup water  
1 tsp vanilla extract

Squeeze 2 Tb juice from the lemon halves and place juice in a 1-quart sauce pan; add the lemon halves, water, and sugar, and bring to a boil. Stir in the dissolved cornstarch and vanilla. Cook 1 minute over high heat, stirring constantly. Strain, squeezing the sauce from

the lemon rinds.

### Chantilly Cream

$\frac{2}{3}$  cup heavy cream  
 1 tsp vanilla extract  
 1 tsp brandy  
 1 tsp Grand Marnier  
 $\frac{1}{4}$  cup sugar  
 2 Tb dairy sour cream

Refrigerate a medium-sized bowl and beaters until very cold. Combine cream, vanilla, brandy, and Grand Mariner in the bowl and beat with an electric mixer on medium speed 1 minute. Add the sugar and sour cream and beat on medium speed just until soft peaks form, about 3 minutes. ***Do not over beat.***

*Margaret Wallace Story*

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## ***STRAWBERRIES NAPOLEON*** ►

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The first time I made this recipe Shannon and Terry were in Lafayette for Christmas; Terry loved it. The second time I made it Frank and Neva were in Lafayette; Frank loved it. Therefore, it must be good.

$\frac{1}{2}$  pkg. 17 $\frac{1}{4}$  oz. Pepperidge Farm Frozen Puff Pastry Dough (1 sheet)  
 1 pkg. (about 3  $\frac{1}{2}$  oz) vanilla instant pudding  
 1 cup milk  
 1  $\frac{1}{2}$  cups sweetened whipped cream (see below)  
 1  $\frac{1}{4}$  cup sliced strawberries  
 Confectioner's sugar

Thaw pastry sheet at room temperature. Preheat oven to 400°. Unfold pastry on lightly floured surface. Cut into three strips along fold marks. Cut each strip into four rectangles.

Place two inches apart on baking sheet. Bake 15 minutes or until golden. Remove from baking sheet and cool on wire rack.

Prepare pudding mix according to package directions using one cup milk. Fold in whipped cream.

Split pastries into two layers, making 24 layers in all. Set aside 8 top layers. Spread 8 bottom layers with 2 tablespoons of pudding mixture. Top with 1 tablespoon strawberries and another layer. Spread with remaining pudding, top with remaining strawberries, and top layers. Sprinkle with confectioner's sugar. Serve immediately or cover and refrigerate for up to two hours.

Sweetened Whipped Cream: For 1  $\frac{1}{2}$  cups sweetened whipped cream, in chilled bowl beat  $\frac{3}{4}$  cup heavy cream, 2 tablespoons sugar, and  $\frac{1}{4}$  teaspoon vanilla extract until stiff peaks form.

*Jane Wallace Fiero*

## ***Ice Cream***

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### ***PEACH ICE CREAM*** ►

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If peaches are plentiful, we make peach ice cream.

4 eggs  
 3 cups milk  
 1 can evaporated milk  
 $\frac{1}{2}$  pint whipping cream  
 About 3  $\frac{1}{2}$  cups sugar  
 1  $\frac{1}{2}$  quarts peaches, mashed in blender  
 1  $\frac{1}{2}$  tsp vanilla

Add beaten eggs to all ingredients except peaches in a large saucepan. Stir constantly over medium heat until sugar is melted; **do not boil**. Chill if you have the time (this reduces freezing time) or place directly in 1 gallon ice cream churn. When mixture begins to thicken, add the peaches (if peaches are not real sweet, you might want to add sugar to them as you blend them). Continue freezing until ice cream is firm.

*Sarah Copeland Nettles (Sapie)*

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### **PEPPERMINT ICE CREAM ►**

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Sometimes our neighborhood gets together for the Fourth of July, and I usually make some peppermint ice cream, which all seem to like. Of course we churn it, but we do have an electric churn.

4 eggs  
 5 cups milk  
 ½ pint whipping cream  
 1 13 oz. can evaporated milk  
 12 oz. peppermint stick candy  
 ½ cup sugar, or more to taste  
 4 drops peppermint oil

Melt candy in 2 cups milk and let cool. Beat eggs and add sugar and rest of milk and cream. Then add peppermint and milk mixture. Add peppermint oil. Taste and see if it seems sweet enough. It is not quite as sweet after it is frozen. Freeze in 1 gallon churn.

*Sarah Copeland Nettles (Sapie)*

## **Candies & Confections**

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### **BENNE SEED (SESAME) CANDY ►**

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My mom used to make this candy every Christmas, and it is a great favorite of mine. It is delicious.

1 ¼ cup sugar  
 ¾ cup brown sugar  
 ½ stick oleo  
 ⅔ cup evaporated milk  
 1 tsp vanilla  
 1 cup benne seeds

Toast the benne seeds in a dry skillet until brown. Cool and set aside. Cook sugars and milk to the soft ball stage. Add oleo. Remove from heat when melted. Cool 5 minutes, then beat until thick. Add the seeds and vanilla. Drop by spoonfuls on to waxed paper.

*Marlene Howard Harper*

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### **CARAMEL POPCORN ►**

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Don't let the fact that this is cooked in the microwave turn you off. It's always excellent, and it tends to be snarfed up at parties. If you want to be fancy, you can sprinkle in some honey roasted peanuts after it's all cooked up; or you might try adding into the hot syrup a teaspoon of maple flavoring. None of these embellishments is necessary, however. The microwave times are quite exact, and you should follow the directions faithfully. My

mother is the only one I know who has failed to turn out good caramel popcorn using this recipe. I attribute her failure to her microwave, which is old and sluggish.

$\frac{7}{8}$  cup unpopped popcorn, any variety  
Enough vegetable oil to cover bottom of pan, say 3-4 Tb  
Large brown paper grocery bag

Pop the corn over medium high to high heat, shaking your pan all the while. When corn is popped, put it in the brown paper bag.

1 cup dark brown sugar  
 $\frac{1}{4}$  cup light Karo  
1 stick butter or margarine  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp baking soda  
1 tsp maple flavoring (optional)  
2 cups honey roasted peanuts (optional)

Throw these together in a medium-sized glass bowl. Cook in microwave on high for two minutes. Remove and stir. Cook for two minutes more. Remove and stir. Add in baking soda (I don't know why) and maple flavoring (strictly optional; I've never bothered). Stir. Pour the syrup over the popcorn. Use a big kitchen spoon to stir it all up, making sure the syrup has more or less invaded every pocket of popcorn in the bag. Roll down the top of the bag so that it will fit in your microwave. Cook on high for 1 minute and 30 seconds. Shake the bag vigorously. Cook on high for 1 minute and 30 seconds more. Shake bag. Cook on high for 45 seconds. Pour contents of bag into a *BIG* bowl. You should allow it to cool and crisp up. I am rarely able to wait that long.

*Shannon Lee Hughes*

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## **MICROWAVE FUDGE** ►

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This recipe is from Jean Durkee's *Toute de Suite*. It's fast, easy and delicious—my kind of recipe.

1 lb. powdered sugar  
 $\frac{1}{2}$  cup cocoa  
 $\frac{1}{4}$  cup milk  
 $\frac{1}{2}$  cup butter  
1 Tb vanilla  
 $\frac{1}{2}$  cup chopped nuts

Use butter wrapper for greasing dish.

Blend sugar and cocoa in an 8-cup measure. Add milk and butter. **Do not stir!** Microwave on high for 2 minutes. Remove from microwave and stir well to mix. Add vanilla and nuts. Stir until blended. Pour into a greased dish (8x8 square or pie plate) and place in the freezer for 20 minutes or refrigerator 1 hour. Cut and serve. Makes about 25 small squares.

*Martha Tolson Griggs*

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## **PEANUT BRITTLE** ►

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As a child visiting my grandmother's home, I grew to love her cooking. I didn't know then, but she always tried to serve our favorites on each visit. She's well into her 80s now and doesn't cook as much as she once did. My grandparents grew peanuts, and I'm sure this recipe was used when there was a bumper crop!

2 cups raw peanuts  
1 cup white Karo syrup  
2 cups white sugar  
 $\frac{1}{2}$  cup water  
1 tsp soda

2 Tb margarine  
1 tsp vanilla

Mix sugar, Karo, and water well. Pour in peanuts. Bring to a rolling boil. **Do not stir until peanuts pop.** This is a distinctive sound; you'll have no trouble recognizing it. When they stop popping, stir in the soda, margarine, and vanilla. Remove from heat and pour onto greased cookie sheets. Allow to cool, then break into pieces. An iron skillet works best in preparation of this recipe.

*Sandy Lampkin Wallace*



**Jellies, Pickles &**



**Preserves**



## Pickles, Jellies, & Preserves

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### **CORN RELISH** ►

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We love fresh corn, and when it is sweet corn season in Louisiana (from the end of May through June), we buy it by the sack from the local farmers' market. For eating on the cob, we like a white variety, Silver Queen, but sometimes we have to settle for a yellow variety, like Target A, which is generally better for making stewed corn and I prefer for making this relish, taken from the original Ball *Blue Book*, and customized with some minor alterations. In a pinch you can use frozen corn, but the results will not be nearly as good. The relish goes well with festive dinners like the Thanksgiving turkey or a Christmas standing rib roast.

- 2 quarts fresh cut corn (from about 1 ½ dozen ears)
- 1 quart chopped cabbage (about 1 small head)
- 1 cup chopped sweet red peppers (about 2 small) and 1 cup of chopped sweet green peppers (about 2 small) *or* 2 Tb diced pimentos and 3 ½ cups of chopped sweet green peppers (3 to 4 small)
- 1 cup chopped onions
- 1 Tb celery seed
- 1 Tb salt
- 1 Tb turmeric
- 2 Tb dry mustard
- 1 Tb mustard seed
- 1 cup water
  
- 1 quart vinegar
- 1 to 2 cups sugar

6-8 pint canning jars, sterilized, with caps and lids

Prepare corn by boiling cobs for 5 minutes. Cool and cut from cob. Combine with remaining ingredients and simmer for 20 minutes. Bring to boil for 1 minute, then, while boiling hot, pack in hot, pint canning jars, filling to within ¼" of rim. Cap and process 15 minutes in a water bath. Makes 6 to 8 pints.

*John W. Fiero*

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### **GREEN PEPPER JELLY** ►

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For years, where we used to live, Jane and I maintained a pretty sizable vegetable garden and did a fair amount of canning and freezing. We originally made this condiment with our own peppers, but we now get them from the local farmers' market. The recipe comes from the Ball *Blue Book*, and, rightly or wrongly, it has turned out more like a sauce than a jelly when we have made it. We think it goes very well with lamb and pork. For the best results, the peppers should be unwaxed and as fresh as possible.

- 6 large green peppers, cored and cut into small pieces
- 1 ½ cups apple cider vinegar (5% acidity)
- 6 cups sugar
- ½ tsp salt
- 2 tsp crushed red pepper
- 2 pouches of liquid pectin

Combine half the green peppers and half the vinegar in a blender and process until the pepper pieces are completely liquified. Pour the mixture into a sauce pan; then repeat the procedure with the rest of the green peppers and vinegar. Add the sugar, salt and red pepper. Bring to boil and add pectin. Cook at

a boil until mixture thickens when dropped from a spoon (about 20 minutes). Pour into hot, sterilized half-pint jars (to within ¼" of rim), cap, and process in a boiling water bath for 5-10 minutes. Yields about 6 half pints.

*John W. Fiero*

Let cucumbers, onions, and salt stand 1 hour. Boil the sugar, vinegar, and water for 2 minutes. Pour this over cucumbers while hot. Put in covered container and keep in refrigerator.

*Sarah Copeland Nettles (Sapie)*

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### ***IRENE'S ORANGE MARMALADE*** ►

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I thought maybe you would like to have one of Irene Workman's recipes, so here is her orange marmalade.

Wash, brush, and dry oranges, weigh, cut in half, taking out seeds and cutting in thinnest slices possible. To every pound of fruit add 3 pints of cold water and let stand 24 hours. Boil until tender and let stand another 24 hours. Weigh again. To every pound of fruit add 1 lb. sugar. Add juice of 2 lemons. Boil until syrup jellies and the slices of orange are transparent.

*Sarah Copeland Nettles (Sapie)*

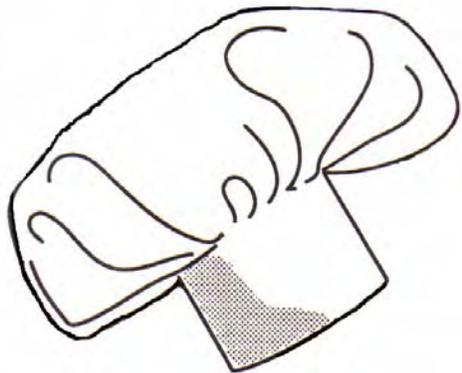
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### ***MARINATED CUCUMBERS*** ►

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This recipe for marinated cucumbers I got from Harry's sister, Mary Lou. They are real good and will keep in the refrigerator for months. It's easier than pickle since you don't have to cook it.

1 gallon cucumbers (small, tender ones,  
sliced thin)  
4 white medium onions sliced thin  
2 Tb salt  
3 cups sugar  
2 cups vinegar  
1 scant cup water



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## *Acknowledgments*

This book is the result of many people other than the compilers, and our special thanks go to everyone who has helped in its production.

We particularly want to acknowledge all who went to the trouble of sending us recipes to be included. It is not an easy task to find time to locate favorite recipes, transcribe them, and send them out.

*Frank Wallace*  
*Neva Nabors Wallace*  
*John W. Fiero*  
*Jane Wallace Fiero*  
*Margaret Copeland Wallace*

For her invaluable help in preparing the revised edition, we also wish to thank Margaret Wallace Story.