

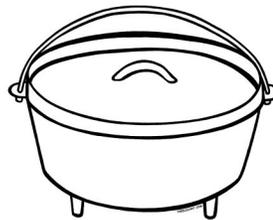
Your Great Grandmother's Cookbook

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*Your
Great Grandmother's
Cookbook*

Authentic Old Time Southern Recipes

A. D. Williams



The Free State Press

YOUR GREAT GRANDMOTHER'S COOKBOOK

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I. Title.



TO SPIKE

This cookbook is dedicated to the memory of Spike, a rescue dog, who shared one brief loving year with me.

Spike was a male Yorkie. His owners abandoned him during the summer of 2010 and left to wander an Alabama park where I was camping. He was painfully thin and lacked the most basic of social skills.

A veterinary check disclosed Spike was around 5 years old, weighed 5 pounds 3 ounces, had poor teeth, poor appetite, and couldn't keep food down. The vet gave medications to help with his eating problems. Nothing helped, however, except feeding him table food. Spike loved bacon and eggs and it seemed he could not get enough of these. Spike also suffered from luxating patella. Occasionally while walking or running, his back legs would become dislocated and I would have to pick him up and carry him.

During the spring of 2011, Spike was doing well so I decided to have the surgery done to repair his legs. Blood work before surgery showed that Spike was suffering from kidney failure. His BUN and creatinine were off the charts. There was no surgery. The vet told me that his condition was terminal and offered consolation and maintenance medicine.

The summer of 2011 was the summer of one of great pleasure for Spike and for me. Spike learned to fish—Spike lived to fish! Every day I would fish for bream and Spike came to believe it was his job to catch the bream after it was near the bank and bring it to me. I had to be careful that Spike did not overexert himself. When he became too excited he would become exhausted and had to hold him until he recovered.

Spike woke up one morning coughing. Fluid build-up in his lungs took his life away, quietly, in my arms.

I will miss him forever, and I pledge to make a difference for Spike, and for all other neglected, abandoned, abused animals.

You can do the same by volunteering and/or donating money to the No Kill Facility in your area. If you don't have one, start one yourself. Together we can make a difference—one pet at a time.

– S. J. B. Arrowsmith

INTRODUCTION

An automobile trip through southern Alabama, a visit to a roadside diner, and a whimsical yard sale purchase are seemingly inconsequential events. However, these once came together in an unlikely combination to touch my life and, in a small way, have now touched your own...

Interstate 65 in southern Alabama seemed endless as the miles crept by. En route to Huntsville, Alabama, I had driven all night. Warm morning sunshine streaming through the windshield, the soft hum of the engine, and the rhythmical sound of the tires lulled me into drowsiness. My eyelids were heavy and I could barely stay awake.

“Enough of this,” I said aloud as I looked for a place to exit, “I need a break.”

A highway sign read “GREENVILLE, AL, EXIT 128, 1 MILE.” After slowing and turning onto the Pineapple Highway, another sign announced “Welcome To Greenville, Home of Hank Williams, Sr.” and “Setting For The Movie Sweet Home Alabama.” A roadside diner, its parking lot filled with trucks and cars, came into view. I stopped and went inside.

The sound of tinkling flatware and contented voices busy with morning conversation filled the room. Breakfast smells wafted through the air. The smell of biscuits baking in the kitchen and coffee brewing filled my nostrils. My mouth watered as I heard the faint sizzle of frying meat. A few unoccupied tables covered with bright red and white checkered tablecloths welcomed me. Gleaming chrome napkin holders, salt and pepper shakers, bottles of ketchup, neatly wrapped flatware, and crisp white place mats sat on the tables. A waitress in a green and white uniform brought water, poured coffee, and took my order.

Breakfast consisted of eggs fried over easy, country ham with red-eye gravy, a

white bowl filled with grits slathered in real butter, and freshly baked biscuits accompanied by a bowl of strawberry jelly. While savoring each flavorful bite, I wondered why this food was so delicious. As if in answer to my unspoken question, the phrase "southern cooking" drifted through my mind.

After leaving the diner, I noticed a yard sale across the highway; on a whim I walked over and looked at the items for sale. Temporary tables made from sawhorses were laden with dusty black stereos, speakers with broken corners, and various other hapless items. Bulbless table lamps with faded shades and orphaned pieces of glassware stood beside stacks of folded clothing. Pairs of worn shoes sat next to boxes filled with mismatched kitchen utensils, stacks of plates, and various pieces of flatware. Topless cardboard boxes filled with cassette tapes and worn LP albums rested next to a wilted shoebox containing battery chargers of uncertain origin with their twisted dangling cords. While rummaging through some musty-smelling books piled on one of the tables, I noticed two titles that were of interest and laid these to one side.

"There's more books under there," a woman said in a soft honey voice as she pointed to a cardboard box beneath the table.

I looked under the table and saw a tattered brown cardboard box sitting on the ground. Its sides bulged and the leaves of its top were interlaced. Someone had scrawled the word "Books" across one side with a black marker.

Glancing at the woman I asked, "How much for all the books?"

"They don't sell none too good," she replied, "I'll take five dollars for 'em all."

"Done." I answered as I reached for my wallet.

Without looking inside the cardboard box, I put it and the other books into the trunk of my car, promptly forgot about them, and continued my journey. Only after I

returned home did I discover that the old cardboard box contained what was, to me, a wonderful find.

Among the contents of the box, I found an ancient ledger book of the kind used in times past for bookkeeping. The cover, once stiff and straight, was broken, warped, and worn. Its original gray color had faded to a mottled tan. Stains and discolored spots of dried paint and ink disfigured its surface. The maroon corners were tattered and worn through in places. Its pages were filled with aged recipes written in longhand with a lead pencil. Stuffed randomly between its crumbling pages were folded pieces of yellowing newsprint recipes, now fragile with age, and rust-stained recipe labels from canned goods. It also contained a few photographs and remnants of several notes and letters signed only with first names and written by persons unknown. The book and its contents were coming apart. Without great care, each page would fall to bits in my hands. Some of the pages were missing, and some were tattered beyond use. Regardless, this forlorn old book was a treasure trove of authentic southern recipes from times long past.

Memories, once dormant and nearly forgotten, became fresh and crisp as I looked at the pages of this old hand-written cookbook. Like a garden of perennial flowers blossoming anew in the spring, these faded memories became alive and vibrant within me. With each page, visions of many happy meals prepared by my grandmother floated through my mind. The years since my childhood evaporated as I thought of the wood my grandmother used to make a fire in her cook stove, of the stove itself, and of the warming bins surrounding its round metal chimney. Memories of the damper, the eye lifter, iron skillets and dutch ovens flooded my soul. I could feel the radiant heat tingling my face, and I could see my grandmother and hear the kitchen sounds she made while cooking. I could again smell the bread and cakes she baked and taste the remnants of icing and batter that, as a child, I had scraped from her mixing bowls.

Other renewed memories drifted through my mind. I recalled a wooden kitchen table covered with a starched and ironed hand-made linen tablecloth laden with food. I thought of the straight-backed wooden chairs with seats made of woven white oak slats

that surrounded the table. Throughout my reverie, I remembered how much I loved my grandmother and how I had enjoyed the food she cooked. As these nostalgic memories lived again, I thought of how wonderful it would be to reproduce these authentic old recipes in a modern volume so that folks everywhere could enjoy authentic southern cooking prepared from them.

Several pages of this old cookbook were completely missing. Only parts of a page remained of many others. The original recipes were in no order or sequence. Many words were misspelled. Frequently, capitalization and/or punctuation was missing or incorrect. To help the reader, I edited many of the recipes; however, I did not correct all the errors in spelling and grammar to keep some of the flavor and atmosphere of the original cookbook. In a few instances I left the recipes as written. (Examples of unchanged recipes are Plum Pudding and Cottage Cheese Pie.) Where words were illegible or missing in the original, I made a “best guess” effort to insert the correct word or words. Other than minor changes such as these, the recipes reproduced here are as they were found in the old hand-written cookbook.

Many of these recipes were intended to be cooked using cast iron pots, dutch ovens, or iron skillets on wood-burning cook stoves or in fireplaces. References to “correct” cooking temperatures were scattered and few in number. As a modern-day cook, you must exercise your best judgment in this regard. Furthermore, most of the recipes make no reference to the number of servings the recipe will yield and, again, your own judgment is in order.

If you are from the south, these are the foods that your grandparents and great grandparents ate during the years from about 1900 to about 1950. If you are from another area, it is likely that your ancestors also ate many of these same foods. Regardless of where you are from, you will find these authentic old recipes to be truly delicious and worthy of the complementary description “southern cooking.”

I hope this book takes you back to your childhood and re-kindles memories, feelings and emotions within you similar to those I experienced, and, in some small

way, helps to keep a bit of America that lives now only in our memories. May you enjoy preparing and eating these timeless dishes as much as I.

-- A. D. Williams

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SECTION 1. BREADS

BISCUITS

2 cups flour
3 rounded teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
1/2 teaspoon cream of tarter
1/2 cup shortening
1 egg
2/3 cup milk
lard to grease baking tin

Mix flour, baking powder, salt, sugar and cream of tarter. Sift into mixing bowl. Add shortening and mix until crumbly. Blend 1 egg into 2/3 cup milk and add to mixture. Stir to make dough. Turn onto floured cutting board and roll to 1/2 inch thick. Cut with biscuit cutter and place on greased baking pan. Bake in hot oven (450° F.) for 20 minutes.

Tip:

For biscuits crisp on the outside and flaky in the center, roll the dough thin and fold it over once before cutting out biscuits. They'll split easier when you're ready to butter them.

Biscuits made using chemical leavening agents such as baking powder require little to no kneading. Those made from yeast doughs require extensive kneading.

To re-fresh and re-warm cold biscuits, put them in a wet paper bag, twist it closed and put in a medium oven for several minutes.

Grease the cutter and dip in flour before each cut when making rolled, cutout biscuits.

BISCUIT GRAVY

3 tablespoons bacon drippings, sausage drippings or lard
1/2 cup flour
3/4 cup milk
3/4 cup water
salt
pepper

Heat grease in iron skillet. Sprinkle flour into hot grease while stirring constantly. Slowly add milk and water while stirring constantly. Reduce heat and continue cooking while stirring constantly. Cook until gravy thickens as desired. Strain. Salt and pepper to taste.

Tip:

If your gravy comes out lumpy, force it through a strainer before serving.

BUTTERMILK BISCUITS

2 cups sifted flour
2 1/2 tablespoons baking powder
1/4 teaspoon baking soda
1 teaspoon salt
1/3 cup lard (shortening)
3/4 cup buttermilk

Mix flour, baking powder, baking soda and salt in mixing bowl. Add shortening and mix well. Add buttermilk and mix to make dough. Turn out on floured board, roll to 1/2 inch thick and cut to size. Bake 25 minutes in hot oven or until done.

Tip:

For crusty biscuits, bake them on a cookie sheet and keep them separated from each other.

For soft-sided biscuits, bake them in a pan with sides and put the biscuits close together so that their sides touch each other.

CHEESE BREAD RING

1 1/2 tablespoons baking powder
1 teaspoon salt
2 cups flour
1/4 cup lard
3/4 cup milk
1/2 cup grated cheese
2 tablespoons melted butter

Add baking powder and salt to flour and sift twice breaking up any lumps with bottom of spoon. Add lard and mix with large spoon until mealy. Add milk and mix rapidly to make a thick dough. Add milk or flour if needed to adjust thickness. Turn out onto lightly floured cutting board and roll out to about 1/2 inch thick and rectangular in form. Sprinkle with grated cheese and roll up like a jelly roll. Bring ends together to form ring and pinch together. Bake in hot oven until browned. Brush top with melted butter occasionally while baking.

Tip:

If you use "self-rising" flour, do not use the baking powder.

A bit of garlic powder added to the salt before mixing with the flour adds flavor.

CORNBREAD

1/2 cup corn meal
1/2 cup flour
1/2 teaspoon salt
1 teaspoon baking powder
Optional: 2 tablespoons sugar or sweeten to taste.
1/2 cup cream or milk (buttermilk for buttermilk cornbread)
1 egg, beaten
3 teaspoons melted butter or shortening

Preheat oven until hot. (Note: 400° F. to 450° F.) Sift all dry ingredients in mixing bowl. Add milk and mix well. Add beaten egg and melted butter and stir well for 2 to 3 minutes. Pour into hot greased skillet and bake in hot oven 25 minutes or so until done and top is a golden brown.

Tip:

When baking breads with a leavening agent such as baking powder or soda, put the dough or batter into a preheated oven as soon as it is mixed. If you wait too long, the leavening agent will be activated and you will not get the initial rise from the heat.

CRACKLIN CORNBREAD

2 cups corn meal
1 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup buttermilk
1 cup cracklins
lard to grease skillet

Mix meal, flour, baking powder and salt. Sift. Add the buttermilk and cracklins. Mix well and pour into a greased iron skillet. Bake in hot oven until done.

Tip:

Cracklins are the crisp bits of fat and hide that remain after rendering the fat from the meat of a hog or pig.

Cracklins are also known by various other names such as pork scratchings, cracklings and pork crackle.

No cracklins? Not to worry. Chop 6 to 8 strips of bacon coarsely and fry in a heavy iron skillet until brown and crisp. Drain on paper towels. Substitute the fried bacon for the cracklins.

MOTHER'S CORNBREAD

1 teaspoon salt
2 cups white cornmeal
1 cup boiling water
1 cup milk divided 3/4 cup and 1/4 cup
1/4 cup white vinegar
1 cup flour
2 eggs, beaten
2 tablespoons melted lard
1 teaspoon baking soda

Preheat oven. Mix salt and cornmeal. Slowly add cornmeal mixture to boiling water with stirring. Do not allow to form lumps. Mix 3/4 cup milk with 1/4 cup vinegar. Add the milk and vinegar mixture to flour and mix well. Add the flour mixture to the cornmeal mixture and blend together. Add eggs and melted lard to the mixture and stir until smooth. Add baking soda to remaining 1/4 cup milk, mix well, add to batter mixture and stir until well blended.

Grease a deep cast iron skillet well. Pour batter into skillet. Bake for 1 hour or until done in hot oven (400° F.). Done when well browned and a knife in center comes out clean.

Tip:

You may substitute 1 cup of buttermilk for the milk and vinegar mixture.

The purpose of the milk and vinegar is to make buttermilk. Fifteen minutes or so before you make the cornbread, add the vinegar to the milk and let sit in a warm place until ready for use.

Some folks may find that the ratio of vinegar to milk in the above recipe is too great. The usual recipe for making clabbered milk using vinegar is 1 tablespoon of vinegar to 1 cup of skim milk. You may experiment a bit to find what you like best.

CORNBREAD MUFFINS

1 cup corn meal
2 cups flour
2 tablespoons baking powder
1/2 teaspoon salt
1 cup milk
2 eggs, beaten
2 tablespoons melted butter or shortening
lard for greasing muffin pan

Sift all dry ingredients and put in large bowl. Add milk, beaten eggs and melted butter and mix well for 2 to 3 minutes. Pour into hot greased muffin pan and bake in hot oven until done.

Tip:

A "hot oven" is an oven with a temperature from 400° F. to 450° F. To make perfect muffins, begin by preheating the oven to the recommended temperature.

Your baking powder and baking soda can become inactive over time. To test it, add 1 tablespoon to 1/2 cup of hot water. It will bubble immediately if still good.

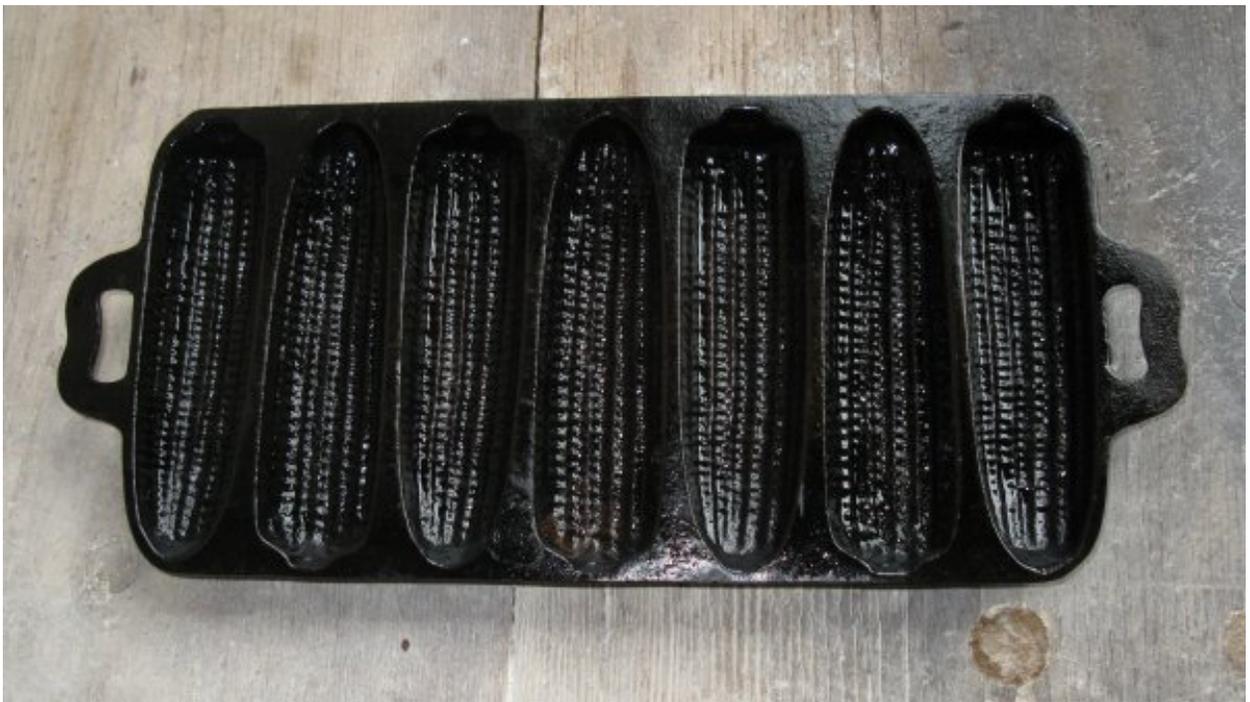
CORN DODGERS

1/2 cup white corn meal
1/2 teaspoon salt
a bit of water
2 tablespoons butter or bacon drippings
lard for greasing griddle

Add corn meal and salt to melted butter or bacon drippings and stir. Add just enough water so that the mixture can be shaped. Use biscuit cutter to cut into biscuit sized pieces. Cook on hot greased griddle until done and brown on both sides.

Tip:

Mother always used a cast iron "corn dodger" pan. The cavities in her pan produced oblong corn dodgers that looked like an ear of corn on one side.



A Cast-Iron "Corn Dodger" Pan

FRENCH BREAD

2 cups flour
1 package dry yeast
1 level teaspoon salt
2 tablespoons butter or shortening
1 rounded tablespoon sugar
1 1/2 cups hot water

Sift flour into mixing bowl. Put yeast, salt, butter and sugar in 1 1/2 cups hot water. Stir to dissolve. Add flour and beat well. Add more flour if needed to make fairly stiff mixture. Place in warm area and let rise for 10 minutes.

After 10 minutes, knead or work down well with large spoon. Let rise, knead or work with spoon 5 more time (6 times total). Turn dough out of bowl onto flour covered cutting board. Divide into 2 equal portions. Roll each portion to 1/2 inch thickness and about 12 inches in length. Roll each loaf up as in a jelly roll, rolling toward you. Place on greased baking pan and make 4 slits in tops. Put in warm place and let rise for 1 1/2 hours or until double in size.

Bake at 350° F. for 30 minutes. Butter top when removed from oven.

Tip:

For soft, shiny crust on bread, brush loaves with margarine or butter before baking. For glossy, crispy crust, brush with milk, water, or beaten egg before baking.

Using milk instead of water in a recipe usually gives a softer crust that becomes a rich brown when baked. Use water for a harder crust.

If your loaves come out a bit flat, try using a stiffer dough, i.e., mix with a bit less liquid.

FRIED CORNMEAL HOE CAKES

2 cups cornmeal
1 cup milk
1/2 teaspoon salt
1 egg
1 tablespoon butter
Lard for greasing griddle

Stir all ingredients together until thoroughly mixed. Add extra milk if needed to make a thick but spoonable mixture. Spoon 2 tablespoons at a time onto hot greased griddle and smooth until about 1/2 inch thick. Cook until brown on bottom then turn and brown other side.

Tip:

Test hoe cake for doneness the time-honored way: stick a toothpick or knife in the center; it should come out clean when done.

FRIED FLOUR HOE CAKE

lard
4 heaping tablespoons self-rising flour
1 teaspoon sugar
dash of salt
milk

Put teaspoon of lard in a large iron skillet with lid. Put over low fire and allow grease to melt and cover bottom of skillet. Put flour, 1 teaspoon sugar and a dash of salt in mixing bowl. Stir in just enough milk or cream to make a thick pourable mixture. Stir until smooth. Pour into center of skillet over low heat, pat with spoon bottom to round shape, cover and fry slowly until the bottom is browned. Turn over, replace lid, fry for one minute over low heat. Remove from fire. Leave lid on and set aside for 5 to 10 minutes to allow to continue to cook in hot skillet. Makes one 4 to 5 inch hoe cake.

Tip:

Unlike yeast doughs, which require much kneading, hoe cake dough should not be kneaded at all. Simply mix and pour directly into skillet.

HUSH PUPPIES

1 1/2 cups corn meal
1/2 cup flour
1 onion, chopped (fresh green onions if available)
1/2 teaspoon salt
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
2 eggs, beaten
1 cup buttermilk (may use sweet milk)
2 tablespoons butter
lard or cooking oil as needed for cooking

Put all dry ingredients including chopped onions in mixing bowl. Beat eggs, milk and melted butter together and add to dry ingredients. Mix to make a stiff dough. Add more milk or corn meal, if needed, to make the dough workable. Roll in hands to make balls about 1 1/2 inches in diameter. Fry until brown in iron pot with enough lard or bacon drippings to cover well.

Tip:

Don't make the Hush Puppies too big (1 1/2 inch maximum diameter) or they won't get done in the middle. Stick a toothpick in the center; when the hush puppies are done it should come out clean.



Hush, Puppy! Say Hi. My Name is Gizmo.

Gizmo is a rescue dog. His hips were crushed when a car backed over him. His original owner did not want to deal with the problem and gave him to me. The vet wanted to amputate his back legs but I declined. Instead, I built a wire cage with holes in the bottom and suspended him in this until his broken bones knitted. He now walks and runs very well with no limp and has few problems that I can see. Gizmo whines a bit and licks his lips when I cook hush puppies, though. --adw

ICE BOX ROLLS

2 packages baking yeast
2 cups warm water
7 cups plain flour divided to 3 1/2 cups and 3 1/2 cups
1/2 cup sugar
2 teaspoons salt
1 egg
2 tablespoons melted butter
lard for greasing bowl and baking sheet

Dissolve yeast in 2 cups of warm water. Add 3 1/2 cups of flour and mix well. Add sugar, salt, egg to remaining 3 1/2 cups of flour and mix well. Combine both mixtures and knead until the dough is blended thoroughly. Place dough into a greased bowl and cover with wet cloth and place in ice box. Punched the dough down when it rises to about double its original volume.

When ready to bake, place on floured cutting board. Use floured roller to roll out to about 1/2 inch thick. Cut into 2 1/2 inch by 4 inch rectangles. Hand roll and place on greased baking sheet with the end of the rolled up dough at top. Press this loose end lightly into the body of roll to secure. Brush melted butter on tops. Bake in medium oven until done. Serve hot.

Tip:

Hot water kills yeast. One way to tell the correct temperature for the yeast water is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.

JOHNNY CAKES

1 cup corn meal
1/2 teaspoon salt
1 teaspoon baking powder
2 heaping tablespoons sugar
1 cup milk
1 egg, beaten
1 tablespoon lard or shortening, melted
lard for greasing griddle

Mix corn meal, salt, baking powder and sugar. Stir in enough milk to make fairly thin pourable batter. Add beaten egg and melted lard. Mix thoroughly. Preheat greased griddle medium hot. Pour dollops (4 to 6 inches across johnny cakes or about 9 inches across for pancakes) on griddle and cook 5 minutes or until brown on bottom side. Turn over and brown other side. Serve hot with butter. Good served like pancakes with plenty of butter and molasses or syrup.

Tip:

If one uses "self-rising" meal and/or flour then added baking powder is usually not needed.

Optional: You may add up to 1/4 cup flour to the cornmeal according to taste. I like to add 4 tablespoons flour to the above recipe if I'm going to use these like pancakes.

PANCAKES

1 1/2 cups flour
3 teaspoons corn meal
1 teaspoon salt
3 teaspoons baking powder
3 teaspoons sugar
1 egg
1 1/2 cups milk
4 tablespoons melted butter

Mix dry ingredients. Beat egg in with milk. Add egg/milk and 4 tablespoons of melted butter to mixed dry ingredients and mix well. Add milk or flour, if needed, to make a pourable batter. Pour batter onto hot greased griddle to size desired and cook until brown. Turn and brown other side. Cook until done inside.

Tip:

To spice up pancakes, french toast, or waffles, add a dash or two of cinnamon and/or vanilla to the batter.

PANCAKE SYRUP

1 cup brown sugar
1 cup white sugar
1 cup water
1 teaspoon maple flavoring

Mix all ingredients in saucepan and boil until syrupy. Good with pancakes or waffles.

Tip:

For extra flavor try adding 1/2 cup corn syrup and 1 teaspoon vanilla extract to this recipe.

POPOVERS

1 cup flour
1/4 teaspoon salt
2 eggs
1 tablespoon melted butter
1 cup milk

Sift flour and salt together. Make a well in flour. Break eggs into well. Add melted butter and milk. Stir until smooth. Pour into hot well-greased Iron Gem Pan. Bake in hot oven at 450° F. for 3 minutes. Decrease heat to 350° F. for 15 minutes longer. Makes 10.

Tip:

An "Iron Gem Pan" is a type of cast iron baking pan. It has a number of small cavities and was used for baking several small items at one time.

RAISIN BREAD

3/4 cup milk
1/2 cup sugar
1 teaspoon salt
1/2 cup butter
1/2 cup warm water
2 packages yeast
3 beaten eggs
1/4 teaspoon nutmeg
1/8 teaspoon allspice or powdered cinnamon
6 cups sifted flour divided to 3 cups and 3 cups
1 1/2 cups raisins
lard for greasing bowls and baking pans

Bring milk to boil, add sugar, salt and butter. Stir well and let cool until warm. Put 1/2 cup warm water into a large mixing bowl. Add yeast to warm water and dissolve. Add milk mixture, beaten eggs, nutmeg and allspice or cinnamon and stir in well. Add 3 cups of sifted flour and beat until smooth. Add raisins and 3 more cups of sifted flour and stir into a soft dough. Place on floured cutting board and knead 15 minutes or so. Place in greased bowl and turn to grease all sides. Place covered bowl in warm place for 1 hour or until double in size. Remove covering and mash dough down then re-cover and let rise again for about 30 minutes. Place again on floured cutting board and divide into 2 equal parts. Place in two greased loaf pans and pat down. Let rise for about 1 hour then bake in moderate oven (350° F.) for about 45 minutes.

Tip:

Caution! You may inadvertently use a cheap sugar, i.e., store brand sugar. Stick with name-brand sugar that clearly states "Pure Cane Sugar" on the label. Other brands may add beet sugar. Only pure cane sugar will make the best recipes.

SHORTENING BREAD

4 cups flour
1 cup sugar
1 pound butter

Place butter in warm place and allow to soften but do not melt. Mix flour, butter and sugar well. Place on floured cutting board and roll or press to about 1/2 inch thick. Use large water glass to cut patties. May also cut into squares if desired. Bake in medium hot oven until browned and done, usually about 20 to 25 minutes.

Tip:

With regard to butter, "softened" or "room temperature" means just that. You need to be careful to not let your butter or shortening get too soft and melt, especially in hot weather. Liquid fats react differently with flour in recipes than do solid fats.

Also, taste your butter. If it is extremely salty, cut back on the salt in the recipe. When butter is called for in most recipes, it usually means unsalted butter.

SOURDOUGH STARTER

2 cups unbleached white flour
1 1/2 cups warm water
1 tablespoon honey
1 package active dry commercial yeast

Mix all ingredients in a stone crock and beat for 3 minutes. The crock should be large enough to let the mixture increase in size by 3 to 4 times. Cover crock with porous cloth and keep undisturbed in a warm place for two days. It should be frothy and full of bubbles after that time. After the sourdough mixture has fermented and soured, stir it down and store in the ice box.

Tip:

If your starter sits too long un-refreshed it will become too sour and lose its

leavening ability. To revive your sourdough starter, throw away all but a few spoonfulls of starter, wash and clean the crock, mix the old starter with 2 cups of flour and 2 cups of warm water, cover loosely and let it stand as before. When it is active and bubbling as before, return it to the ice box.

SOURDOUGH BISCUITS

2 1/2 cups flour
1 tablespoon sugar
1/2 teaspoon salt
1/3 cup lard
1/3 cup butter
1 cup sourdough starter
2 1/2 teaspoons baking soda
1 tablespoon hot water
1 cup milk
lard for greasing baking pan
2 tablespoons melted butter for brushing tops

Mix flour, sugar and salt in large mixing bowl. Knead in the lard and butter until mixture is mealy and crumbly. Knead in sourdough starter.

Tip:

The "rising power" of sourdough is caused by yeast breaking down starches. Carbon dioxide, a colorless gas, is one of the by-products of this process and carbon dioxide is what leavens your bread.

SOURDOUGH PANCAKES

1/2 cup sourdough starter
1 1/2 cups flour
1 cup milk
1/2 teaspoon salt

1 1/2 tablespoons sugar
3 tablespoons lard or shortening
1 egg
2 tablespoons baking powder

Combine starter, flour, milk and salt. Mix well. Cover with porous cloth and leave in warm place for 12 hours. When ready to cook pancakes, add sugar, lard, egg and baking powder. Mix well. Cook on hot greased griddle sized as you wish. Brown on both sides.

Tip:

For thinner pancakes, thin the batter a bit by mixing in more milk.

As you use sourdough, add equal amounts of flour and water to keep the starter going. It will taste better after it has aged for a few days in the ice box. Your sourdough will also taste better after having been replenished several times.

Be sure to clean all utensils well when working with sourdough. Do not encourage bacteria growth by leaving dirty dishes.

A stainless steel or brass bristle brush used for cleaning auto parts is a great cleaning tool. It allows you to clean the tiny cracks and crevices around utensil handles and so forth. These small brushes can be found at many auto parts and industrial supply stores.

WAFFLES

3 cups flour
4 tablespoons baking powder
1 teaspoon salt
2 teaspoons sugar
4 eggs
2 teaspoons vanilla flavoring
2 1/4 cups milk
1/2 cup melted butter

Sift dry ingredients into large mixing bowl. Beat eggs and vanilla flavoring into milk, add to dry mixture and stir until mixed well. Add melted butter and mix again. Bake in hot waffle iron.

Tip:

Cover the batter and place it in the refrigerator. It will keep for up to a week. Beat well before using again.

ZUCCHINI BREAD

3 cups flour
2 cups zucchini, grated
3 eggs
2 cups sugar
1/4 cup milk
3/4 cup lard or shortening
1 teaspoon salt
1 teaspoon baking soda
1 1/4 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon vanilla flavoring
1 teaspoon cloves
lard for greasing baking tins or pans

Mix all ingredients into a thick smooth dough. Divide into two equal portions, turn onto floured cutting board and mold into loaves. Place loaves on greased baking tin or bread pans and bake 1 hour in medium oven 350° F.

Tip:

Add a cup of crushed pineapple, a cup of chopped pecans, chocolate chips and/or chopped maraschino cherries to this recipe to add delicious variety to your zucchini bread.

Use small to medium zucchini. The large ones will tend to be tough and dry.