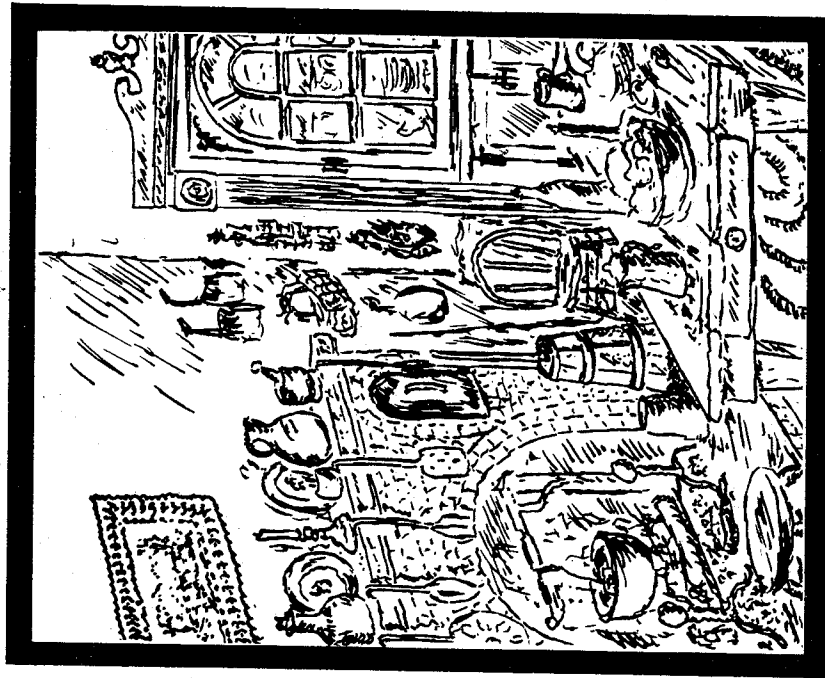


BLUE AND GREY COOKERY

AUTHENTIC RECIPES

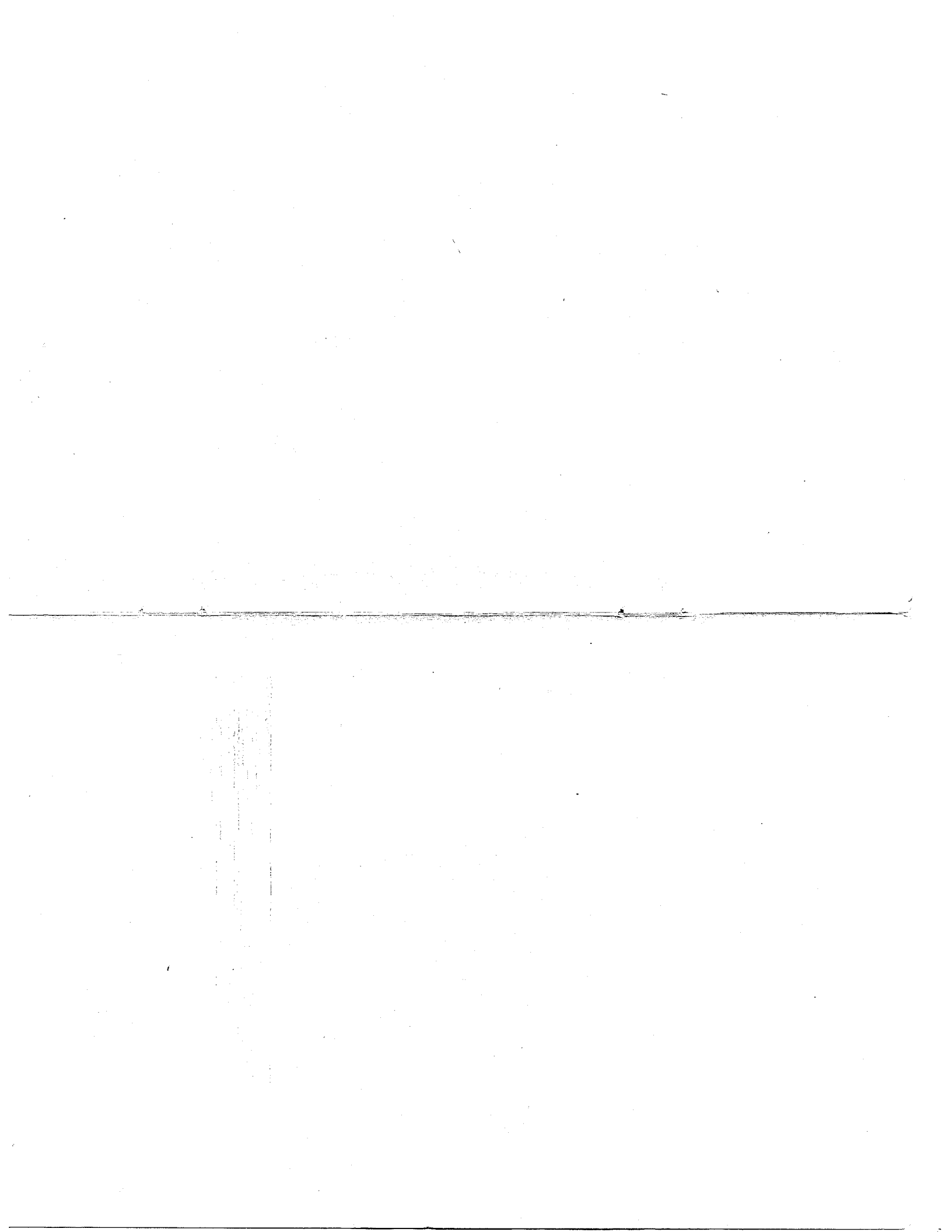
FROM

THE CIVIL WAR YEARS



By

Hugh and Judy Gowan



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BLACKBERRY MUSH

1 quart fresh picked blackberries
½ cup water
¾ cup sugar
3 Tbsps. cornstarch
½ tsp. vanilla

Wash and pick over the blackberries, discarding the imperfect ones. Add water and boil until berries are soft. Mash through a strainer. Mix sugar and cornstarch and add. Return to heat to boil until thick, stirring constantly. Add vanilla and chill. Serve with cream or milk.

PAP

3 tablespoons flour
2 tablespoons sugar
1½ cups scalded milk
2 Tbsps. brown sugar

Mix the flour with a small quantity of the milk. Add the sugar and remaining milk. Place in top of double boiler and cook over boiling water until the consistency of a soft custard. Pour into serving dishes and sprinkle with brown sugar. Chill and serve.

RICE WITH CINNAMON SAUCE

Boil one-third cup rice in salted water until tender. Drain and cool. Mix together in a separate bowl 3 tablespoons flour, 3 tablespoons sugar, and ½ teaspoon cinnamon. Take 1½ cups of milk and bring to a boil; gradually add the mixture of dry ingredients, stirring constantly. Boil for 5 minutes; then pour, while hot, over the cold rice.

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INTRODUCTION

Many new developments regarding food in America were taking place during the Civil War era. These developments would drastically change the eating habits of Americans in years to come. Due to the war, however, it would be a number of years after the conflict until these changes were felt in most American homes. Refrigeration was on the way, but for the average family, refrigeration still meant an "ice-house" in the rural areas, and an "icebox" for the city dweller. The food processing, or canning industry had also had its beginning prior to the war, but availability to the public on any large scale, would not come until near the end of the nineteenth century. The newly invented cookstove was a rarity in most American homes, and would remain so until the 1880's.

The recipes that you will find in this book may have taken some of the "science" out of cooking, but hopefully, they have put back some of the "art". Cooking in the past depended upon a mixture of intuition and common sense. Few recipes had been written down prior to the 1860's, and measurements as we know them today were unheard of. Cooks used a pinch of this, and some more of that. They knew how much flour or shortening to use by the feel of the mixture. Another method of measuring butter was to "add butter the size of a walnut, or the size of an egg". Most of the better recipes from these "bygone" days have made an easy transition to modern measurements without any loss of taste or authenticity. In many recipes we have retained the original measurements (or the lack of them), as the case may be.

In reading and using this cookbook, may you appreciate, as we did, another important step in the development of American Cookery.

CIVIL WAR PLUM PUDDING

One pound of currants, 1 pound of stoned raisins, 1 pound (2¼ cups) sugar, 1 pound of suet, 2 pounds of grated or soaked bread, 6 eggs, ½ teaspoon baking soda, 1 teaspoon salt and 1 grated nutmeg. Crumb the soft part of the bread fine; soak the crust with boiling milk; beat up the eggs and put all together, mixing thoroughly with the hands. Pour the pudding into a greased form and put it into a pot of boiling water. Boil 5 hours; as the water boils away, keep adding more.

GINGER COOKIES

2 cups lard (or 2½ cups shortening)
3 cups sorghum molasses
1 cup sugar
8 cups flour
2 Tbsps. soda
1 Tbsp. ginger
1 Tbsp. cinnamon
2 cups butter milk
2 tsps. vanilla

Heat molasses and sugar together. When sugar is dissolved, add lard (or shortening). Stir until melted. Remove from heat. Sift flour, salt, soda and spices together. Add dry ingredients alternately with milk. Add vanilla. Stir until soft, smooth dough is formed. Chill dough for several hours. Turn dough onto a lightly floured board and roll to ¼ inch thickness. Cut with large round cookie cutter. Place 1 inch apart on greased baking sheet. Bake in a moderate oven (350°) until cookies are firm (about 15 minutes).

OATMEAL COOKIES WITH RAISINS

4 cups raw oats
1 cup lard
1½ cups sugar
4 eggs
½ lb. raisins (cooked with enough water to make 1 cup of juice)
1 tsp. soda
2 heaping tsps. of cinnamon
½ tsp. salt
1 cup nutmeats
Flour to make stiff batter

LEMON SPONGE PIE

- 1 cup sugar
- 3 Tbsps. flour
- ½ tsp. salt
- 1 cup scalded milk, lukewarm
- 2 eggs, separated
- Juice and grated rind of 1 lemon
- Unbaked Pastry Shell

Combine flour, sugar and salt. Gradually add the lukewarm milk and mix well. Beat egg yolks and stir into mixture. Add lemon juice and grated rind. Beat egg whites until stiff and fold into mixture. Pour into a unbaked pastry shell. Bake in a moderate oven (350°) for about 40 minutes.

OLD-FASHIONED PEACH CUSTARD PIE

- ½ lb. dried peaches
- ½ cup sugar
- 3 eggs, well beaten
- 1 cup sugar
- 1 Tbsp. flour
- 1 cup milk
- 1 tsp. vanilla extract
- Unbaked Pie Shell

Place peaches in pan; cover with boiling water; cook until tender. Sweeten to taste with ½ cup of sugar, more or less. Allow to cool.

Combine eggs, 1 cup sugar, flour, milk and vanilla; mix well. Spread peaches in bottom of pie crust; pour over milk mixture. Bake in a moderate oven (350°) for about one hour.

INDIAN PUDDING

Into 2 quarts (8 cups) of scalded milk stir 1½ cups of Indian meal (yellow), 1 tablespoon of ground ginger and ½ teaspoon of salt. Let this stand 20 minutes. Add 1 cup of molasses, 2 beaten eggs, and a piece of butter the size of common walnut (1 rounded tablespoonful). Bake 2 hours in a buttered pan in a slow to moderate oven (325°). Serve warm with whipped cream and a light sprinkling of freshly grated nutmeg. (This recipe will serve quite a few people, so you might want to cut it in half.)

SOUPS, STEWS, AND ONE-POT MEALS

Soups, stews and other one-pot meals were to be found in every home, either in the large kitchen fireplace, or on the back burner of the newly acquired woodstove. They were often made in large amounts and eaten for both dinner and supper. (And even held over for the next day if there was still some left.) When trying these recipes, you will find that many of them actually taste better "the second time around".

BEAN SOUP

- 1 pound navy beans
- 1½ pounds ham (butt end)
- 2 cups of tomatoes, strained
- 2 tsp. parsley
- ½ cup diced potatoes
- ½ cup chopped onion
- 2 cups diced celery
- Salt and pepper

Cover the beans with water and soak overnight. Drain in a large amount of water and cook until almost soft. Wash the ham and cover it with cold water. Boil until tender. Skim off the fat. Add the beans and other vegetables and season with salt and pepper. Cook slowly until vegetables are soft.

BROWN FLOUR SOUP

- Piece of butter the size of a small egg
- 3 Tbsps. flour
- 6 cups of water
- 1 tsp. salt
- ¼ tsp. pepper
- 2 eggs, beaten
- Buttered croutons

Melt butter in saucepan; add flour and brown it in the butter. Gradually add water. Bring to a boil and cook for ½ hour. Season to the taste with salt and pepper.

Stir in the beaten eggs and serve hot with buttered croutons.

- 1 stewing chicken, cut in pieces
- 1 cup diced celery
- 2 Tbsps. parsley
- Salt and pepper
- 12 ears of corn, cut from cob
- 3 hard-cooked eggs
- Handful of noodles (optional)

Wash chicken and place in kettle. Add enough water to cover. Boil until tender. Remove chicken from broth and pick meat from bones. Return meat to broth. Add celery, parsley, corn and seasonings. Add noodles (if desired). Cook for 10 minutes. Add hard-cooked eggs and cook for 5 more minutes.

POTATO SOUP

Prepare the desired amount of diced potatoes and boil in water until tender. Fry several onions in butter. Add flour to thicken, stirring constantly, and season with salt and pepper. Add a finely chopped clove of garlic. Add onion mixture to cooked potatoes and mix well. Place small pieces of cooked sausage or cooked ham in soup plates and pour hot soup over it.

VEGETABLE SOUP

- Small soup bone
- 2 lbs. stewing beef
- 2 quarts water
- 2 cups tomatoes
- 1 cup chopped onion
- 1 cup diced celery
- 1 cup diced potatoes
- 1 cup diced carrots
- 1 cup cabbage
- Salt and pepper

Place soup bone and beef in 2 quarts of water and cook for 2 hours. Remove fat. Add tomatoes, onions and celery, potatoes, carrots and cabbage. Cook until vegetables are tender. Add salt and pepper to taste.

A favorite seasoning during the Civil War was cayenne pepper, the hottest of the pepper family. Try ¼ tsp. in your soups and stews.

Stew ½ lb. dried apples, peaches or apricots for about 20 minutes, covered well with water. Drain off all juice, mash well, or put through a sieve. Sweeten to taste and add desired spices.

Use cinnamon and nutmeg for apples, lemon juice for peaches. Thick seasoned applebutter or prunes may also be used. Cooked cherries or blackberries, sweetened, with 4 table-spoons flour mixed with 2 tablespoons of butter added to thicken, is good.

Make pastry as you would for a standard two crust pie. Sift 2 cups flour with ¼ teaspoon baking powder and ½ tea-spoon salt. Cut in 2/3 cup of cold shortening until the particles are the size of a large pea. Add about 5 tablespoons ice water to hold the pastry together. Chill dough, then roll out on a floured surface to 1/8 of an inch in thickness. Cut out into 4 inch rounds.

Spoon about 1 tablespoonful of the fruit in the center of each round. Moisten edges with water, fold to form a semi-circle, and press edges together with a fork. Fry in deep hot fat (370°) about 3 minutes, or until golden brown. (Or saute' pies in a small amount of fat in a hot skillet, turning so that they will brown on both sides.)

FRESH CHERRY PIE

- Two crust pastry
- 4 cups sour cherries
- 4 Tbsps. flour
- 2 cups sugar
- ¼ tsp. salt
- 2 Tbsps. butter

Line a 9 or 10 inch pie plate with pastry. Pit the cherries. Combine the cherries, flour sugar and salt. Fill crust with fruit mixture and dot with butter. Cover with top crust and pierce holes in the center. Pinch the crusts firmly together and crimp edges. Bake in oven 450° for 10 minutes, 350° for 40 minutes longer). Cool to warm and serve.

each layer; stack layers. Let stand for a day for a moist cake.

FRUIT FILLING

1 lb. dried apples
1 cup brown sugar, packed
½ cup sugar
2 tsps. cinnamon
½ tsp. cloves
½ tsp. allspice

Cover apples with water; cook until tender (about 20 minutes); drain. While apples are hot, add remaining ingredients. Stir well until sugar dissolves.

JELLY ROLL

Take 3 egg yolks and whip them thick and yellow; beat into them 1½ cups of sugar. Stir in 2 cups of flour sifted with 3 teaspoon baking powder and ¼ teaspoon salt. Beat 3 egg whites until firm and add to the mixture.

Have ready a buttered baking pan of a size that will let the batter stand about ½ inch thick. Place in a moderate oven (350°) and bake 10 to 12 minutes. Have a moist but well-wrung piece of muslin spread on your table and sprinkled with sugar. Place the cake, top side down, on this; cover the cake with heated jelly, trim it, and roll.

A REAL POUND CAKE

One pound (2 cups) of sugar, 1 pound (4 cups) of flour, ½ pound (1 cup) of butter, 6 eggs (the whites and yolks beaten separately), ¾ cup milk, 1 teaspoon soda, 2 teaspoons cream of tartar.

Sift the soda and cream of tartar into the flour. Rub the butter and sugar to a cream. Add one-quarter of the whites and yolks, next the flour, then the milk. Beat in the remaining yolks and mix in the remaining whites in that order. Have a not too easy oven ready (325°) and bake 1¼ hours. Test for doneness.

2 cups dried split peas
3 stalks celery, thinly sliced
Ham bone
3 quarts cold water
4 Tbsps. butter
½ cup flour
1 tsp. sugar
2 tsps. salt
½ tsp. pepper

Wash peas; cover with water and soak overnight. Place dried peas, celery, ham bone and water in kettle and heat to boiling. Place on low heat and simmer (with lid on kettle) for 2 or 3 hours. Strain, reserving stock. Melt butter; add flour and blend. Then add 3 cups of pea stock, stirring until smooth. Add remaining stock and seasonings. Cook until thickened.

FISH CHOWDER

2 to 3 lbs. fresh fish
4 tsps. salt (or less)
2 cups cold water
¼ lb. salt pork, diced
2 medium-sized onions, sliced
4 cups raw potato strips (3x1 ins.)
2 cups boiling water
4 cups milk
¼ tsp. pepper
2 tsps. butter

Prepare fish, cut in pieces. Add salt and cold water. Simmer 25 minutes in a covered kettle. Strain; reserve stock. Fry salt pork in a heavy kettle until crisp. Remove bits of pork; add onions, and brown. Add potato strips and boiling water. Cook 5 minutes. Add fish, fish stock, and cook 10 to 15 minutes. Add 4 cups milk, pepper and butter.

After a fishing expedition, when the men were back home from the sea with their catches, it was the custom to celebrate with a huge pot of stew, to which each man or family contributed some ingredients. Fish, clams, oysters, vegetables and spices all went into the "big stew pot" or chaudiere, giving us "chowder".

CAKES, PIES, AND OTHER DESSERTS

- 2 to 3 lbs. beef (chuck)
- ½ cup flour
- 2 tsps. salt
- ½ tsp. pepper
- 1 medium onion
- ½ cup cubed carrots
- ½ cup cubed turnips
- 4 to 6 cups potatoes
cut into quarters

Wipe meat, remove from bone, and cut into 1½ inch cubes. Mix flour with salt and pepper and dredge meat with it. Cut some of the fat from the meat and heat. When part of the fat has fried out, brown meat in it, stirring constantly. Add enough boiling water to cover the meat; or add a pint of tomatoes, stewed and strained and simmer until meat is tender, about 3 hours. Add onion, carrots and turnips during the last hour of cooking and the potatoes about 20 minutes before serving. Add the dumplings to stew 15 minutes before serving. Then cover kettle closely and do not remove for at least 12 minutes.

DUMPLINGS

- 2 cups flour
- 4 tsps. baking powder
- 1 tsp. salt
- 1 Tbsp. shortening
- ¾ to 1 cup milk

Sift flour, baking powder and salt together; cut in shortening. Add enough milk to make a soft dough. When stew is boiling rapidly, drop in dumpling dough by the spoonful. (Do not allow dumplings to be immersed in the liquid, but drop on pieces of meat or vegetables.) Cover tightly and cook rapidly for 15 minutes.

A gravy may be made by mixing ¼ cup of flour with ½ cup of cold water to make a paste. Remove meat, vegetables and dumplings and add the paste to the liquid and cook on high heat for 5 minutes, stirring constantly. (You may want to add a tablespoon of Worcestershire sauce to the gravy as seasoning.)

We love our sweets; and that was also true during the Civil War. Although sugar was scarce and other ingredients were expensive and hard to come by, both at home and in the armies; there was dessert. Be it dried-apples on hardtack, molasses on rice, pies from the sutler, or a cake or cookies from home; the soldier had his sweets.

ANNA BELLE'S NUT CAKE

- ½ pound butter
- 6 eggs
- 1 pound (4 cups) flour
- 1 pound (2 cups) sugar
- 1 pound (4 cups) walnut meats
- 2 pounds raisins
- 1 teaspoon nutmeg
- Wine glass full of wine

Cream sugar and butter until smooth. Add eggs, beaten one at a time. Dredge nuts and raisins with part of the 4 cups of flour. Mix nutmeg with rest of flour; and alternately add flour and wine to the batter. Add nuts and raisins; and pour all into a tube cake pan. Bake in a slow oven (275-300°) for 2½ hours.

KENTUCKY STACK CAKE

- 4 cups flour, sifted
- 1 cup sugar
- 4 tsps. baking powder
- ½ tsp. baking soda
- 1 tsp. salt
- 2 eggs, beaten
- ½ cup butter, softened
- 1 cup buttermilk
- 2 tsp. vanilla extract
- Fruit filling

Sift flour, sugar, baking powder, soda and salt three times into a large bowl. Add remaining ingredients; mix until smooth. Divide into 6 parts. Roll each part out on a floured board to fit a 9 inch pan; place in pans. Bake in a hot oven (450°) until brown. Cool; remove from pans. Spread filling on

place on well-buttered baking sheet. Let rise again in a warm place, about two hours. Beat remaining egg; brush on top of each biscuit. Make a cross on each biscuit with a sharp knife. Bake in a hot oven (400°) for 20 minutes. Fill the cross with a plain sugar frosting.

PLAIN SUGAR FROSTING

Pour 4 tablespoons of boiling water over 1 cup of sugar in a saucepan. Stir until sugar is melted. Boil rapidly, without stirring, until syrup begins to "rope" (around 250° on a candy thermometer). Pour syrup slowly over 1 well-beaten egg white. Beat mixture thoroughly.

Double this recipe for a good cake icing or to frost raisin bread.

CRULLERS

2 cups sugar
1½ cups milk
3 eggs, beaten
1 teaspoon cinnamon
1 teaspoon cloves
¼ teaspoon nutmeg
4½ cups flour
4½ teaspoons baking powder
1½ teaspoons vanilla

Soak sugar in milk 10 minutes. Add beaten eggs and beat well. Sift dry ingredients together and gradually add to above mixture. Add vanilla.

Roll out soft dough, one-half at a time, until ½ inch thick. Cut out and fry in deep hot fat (360-370) until well-browned on both sides. Place on brown paper and sprinkle with sugar.

Crullers are the kind of doughnuts that are twisted into a tress; and are from the Dutch word, krullen, which means to curl. Mid-1800 directions for shaping them was to make strips 2 inches wide and 4 inches long; slash 2 cuts down the sides of each (1 inch from top and bottom); give each a twist, and then fry.

COFFEE BEEF STEW

2 to 3 lbs. beef (chuck)
Seasoned flour
3 Tbsps. fat
6 potatoes
6 medium onions
1 bunch carrots
1 tsp. salt
½ tsp. pepper
1 tsp. sugar
5 cups boiling water
1 cup coffee

Cut beef in 1 inch cubes. Dredge with flour seasoned with salt and pepper. Brown an all sides in hot fat in a heavy skillet. In a good-sized kettle, place vegetables, peeled and quartered, the meat, salt and pepper, sugar, water and coffee. Cover and simmer over a low fire for about 2½ to 3 hours. Thicken gravy (see preceding recipe), if desired.

This is a good "open-fire" recipe for an encampment. However, it is doubtful if even the Union soldier ate this well very often. They would have been issued the rations to prepare this stew; and being attached to coffee as they were, would have used it as a seasoning. The coffee ration was the most appreciated by the solidiers, and was boiled over the open fire in a small tin dipper. When tired, the soldier would drop out of the marching column, build a little fire, cook a mess of coffee, and often take a short nap. When he awoke, he would hurry on to overtake his company.

BRUNSWICK STEW

1 young chicken, cut for frying
3 Tbsps. lard
1 cup flour
1 tsp. salt
½ tsp. pepper
1 medium onion, thinly diced
2 cups fresh corn kernels
2 cups fresh Lima beans

Melt fat in large skillet to smoking point. Place

chicken which has been dredged in flour, salt and pepper in skillet and brown well on all side.

Remove chicken from skillet and place in a kettle. Pour off fat, leaving enough to lightly brown the onion. Add onion to kettle. Add enough chicken stock or cold water to half-cover chicken. Cover kettle, bring to a rapid boil. Place on low heat and simmer for about 2 hours. Add corn and Lima beans to the kettle about 20 minutes before serving.

There is no set "recipe" for Brunswick Stew, as it is like the New England "chowders". You may want to use squirrel or rabbit instead of chicken; add cubed ham at the beginning; or include diced potatoes, stewed tomatoes, and okra along the way. Hot peppers were often thrown into the 20-gallon black iron pots hung over outdoor fires to feed folk at the popular political rallies of the time. They were fiery enough to cut short many a long-winded speech.



SPOON BREAD

2 cups boiling water
1 cup corn meal
1 teaspoon salt
2 eggs, beaten
1 Tbsp. melted butter
2 tps. baking powder

Add corn meal to boiling water; cook gently for 5 to 6 minutes; stir constantly. Remove from heat and add salt. Cool slightly.

Beat eggs thoroughly, then add melted butter and baking powder. Combine with cooked corn meal.

Pour into a well-buttered skillet (or baking dish) and bake in a moderate oven (350°) to 30 to 40 minutes.

NORTHERN BROWN BREAD

2 teaspoons salt
2 teaspoons soda
1½ cups flour
2 eggs, beaten
1 cup molasses
1 cup brown sugar packed
3 cups buttermilk
4 cups whole wheat flour

Mix salt, soda and 1½ cups flour together. Add remaining ingredients; beat 5 minutes. Place batter in 2 greased and floured loaf pans. Bake in a low oven (300°) for about 1½ hours, or until bread tests done.

NEW ENGLAND HOT CROSS BUNS

1 cup milk, scalded
½ cup sugar
3 Tbsps. melted butter
½ tsp. salt
1 cake yeast
¼ cup lukewarm water
2 eggs
3 cups flour
½ tsp. cinnamon
½ cup currants

Combine hot milk, sugar, butter and salt; cool to lukewarm. Dissolve yeast in water; stir into milk mixture. Add 1 beaten egg; mix well. Sift flour and cinnamon together; stir into yeast mixture. Add currants; mix thoroughly. Cover; let rise in warm place until doubled in bulk. Turn out on floured board. Shape dough into biscuits and

OLD SOUTHERN CORNBREAD

If anything helped to settle this nation, it was cornmeal. Made into cornpone, ash cakes, hoe cakes, johhny (journey) cakes, corn dodgers, corn muffins or hushpuppies, this native grain got us through some hard times. While the Yankees struggled with their hardtack, the Rebels were making do with cornbread or hoe cakes.

- 1 ¼ cups yellow cornmeal
- 1 ¼ cups buttermilk
- ½ cup flour
- ½ tsp. soda
- 1 tsp. salt
- 2 eggs
- 1 tsp. baking powder
- 2 Tbsps. melted lard

Combine cornmeal, flour, salt and baking powder; mix well. Combine buttermilk and soda in a small bowl; beat until foamy. Add to cornmeal mixture. Beat in eggs; stir in lard. Pour into a greased hot skillet. Bake in a hot oven (450°) for 20 minutes or until lightly browned on top.

HOE CAKE

- 2 cups corn meal
- 1 teaspoon salt
- ½ to ¾ cup of water
- 2 Tbsps. bacon drippings

Add salt to cornmeal, then water, and lastly, 1 tablespoon of the bacon drippings. Heat the other tablespoon of drippings in a heavy iron skillet and make a round cake of cornmeal dough about 1 to 1½ inches thick. Place in hot skillet and cook slowly on top of stove (or over open fire) until brown on one side, then turn and brown the other side.



BEEF WITH TURNIPS

- 3 lbs. beef shank
- 2 tpsps. salt
- 8 to 10 turnips
- 3 to 5 potatoes

Cover meat with cold water in a heavy kettle. Heat rapidly to boiling; remove scum. Add salt; place on low heat, and simmer, covered, until tender; about 2 hours.

Peel turnips and potatoes and quarter. Remove meat from kettle, cut from bone, cube, and return to kettle along with the turnips. Simmer, covered, about 45 minutes. Add the potatoes 20 minutes before serving.

Serve with a good bread to sop up the juice.

PENNSYLVANIA POT PIE

- 1 nice stewing chicken (cut up)
- 2 ½ cups flour
- 1 ½ tpsps. salt
- ½ cup chopped onion
- 2 eggs
- 2 medium potatoes, cut in small pieces
- Small amount of milk or water

Place stewing chicken, onion, and one teaspoon salt in a large pot and cover with water. Cook until chicken is tender. Remove chicken from broth, pick meat from bones, then re-turn meat to broth. Add potatoes and cook for about 15 minutes.

Place flour, mixed with ½ teaspoon salt, into a bowl. Form a well in the center and add the eggs. Mix thoroughly. If the dough is not soft enough, add a small amount of milk or water. Roll out as thin as possible on a floured surface and cut into 1½ inch squares. Allow to dry ½ hour. Drop these squares into the boiling chicken broth.

Cover tightly and boil for about 20 minutes.



MEATS, POULTRY, AND GAME

We are great meat eaters, and have been blessed in our Country with a most bountiful selection of meats to be found anywhere. Wild game was plentiful to the early settlers. Pork was the all-round essential, as it was easily cured. Beef became popular during the middle of the 19th century, with the availability of the Longhorns. And with the development of the cookstove, meat was no longer "just cooked", but was combined with herbs, spices, sauces and vegetables; and resulted in some delicious recipes.

SAVORY BEEF

3 large onions, sliced
3 Tbsps. fat
2 lbs. beef chuck
3 Tbsps. flour
1 tsp. salt
¼ tsp. black pepper
¼ tsp. ground cloves
1 tsp. summer savory
2 cups beef stock
2 Tbsps. vinegar

Brown onions slowly in fat. Cut meat into serving pieces, add to onions and brown. Mix flour and dry seasonings, sprinkle over meat. Add stock, vinegar and fresh herbs. Cover tightly and simmer about 2 hours. You may use thyme or parsley to season; and a tablespoon of tomato catchup, if you have any.

FRIED CALVES' LIVER

Pour boiling water over 3 slices of liver and let stand for 5 minutes. Peel skin from out-side edges. Place liver slices in hot, well-buttered, skillet; then sit on low heat. Fry slowly on both sides until lightly browned, seasoning with a little salt and pepper. Add 2 teaspoons butter and 3 tablespoons water; cover skillet and simmer slowly until tender. Remove slices;

BAKING POWDER BISCUITS

Put 1 cup flour into a sifter with 4 teaspoons of baking powder and 1 teaspoon of salt. Sift into a bowl twice; cut in 1 tablespoon each of lard and butter. Add, slowly, just enough milk (from ¾ to 1 cup) to make a soft light dough.

Have a floured board ready and pour the dough upon it; turn the mixture with a spatula until well floured. Roll it to ½ inch thickness very lightly with a rolling pin. Cut into rounds; place on a well-buttered baking tin and hurry the biscuits into a quick oven (400-425°) to bake from 10 to 15 minutes. Keep a watchful eye on them. You may use 2 teaspoons of cream of tartar and 1 teaspoon of baking soda instead of the baking powder.

MARYLAND BEATEN BISCUITS

½ cup lard
4 cups flour
1 tsp. salt
½ cup milk and water
mixed (ice cold)
1 egg white

Rub lard, flour and salt together, before adding milk and water; then add the white of an egg, well beaten.

Beat at least 30 minutes with a club or hammer on a marble slab or meat block, until dough blisters and is quite smooth.

Roll out to ½ inch in thickness with a fork. Bake in a moderate oven (350°) about ½ hour.

These biscuits keep well and could serve as a tasty substitute for thehardtack, a plain flour-and-water biscuit, eaten by the soldiers during the Civil War. Visualize a half-inch thick soda cracker, so hard it had to be soaked in coffee to be eaten, and you havehardtack. Nine or ten was a day's ration, but it usually took about all day to eat them.

1 large potato, sliced
 very thin
 4 Tbsps. white cornmeal
 4 Tbsps. flour
 ½ tsp. baking soda
 ½ tsp. baking powder
 1 Tbsp. sugar
 ½ tsp. salt
 2 cups boiling water
 3 cups flour
 ½ tsp. baking soda
 ½ tsp. baking powder
 1 tsp. sugar
 ½ tsp. salt
 3 cups flour
 1 Tbsp. salt
 ½ cup sugar
 ¾ cup soft shortening
 1 quart hot milk

Place potato slices in a wide-mouth quart jar. Sprinkle with next 6 ingredients. Add boiling water. Place top on jar, but do not seal tight. Leave overnight in a very warm (115°) place. In the morning, the mixture should be very light and emit a rather unpleasant odor. Pour mixture into a large bowl, discarding the potato slices.

Combine 3 cups flour, ½ tsp. baking soda, ½ tsp. baking powder, 1 tsp. sugar and ½ tsp. salt. Stir into mixture in bowl. Set in warm water, cover with a towel, and put it where it will keep very warm (115°) until very light (about two hours).

Sift 3 cups flour into a very large bowl and add 1 Tbsp. salt and ½ cup sugar. Cut in the soft shortening. Pour the risen batter into the flour mixture and add the hot milk. Mix well, to a soft dough, adding more flour if necessary.

Knead dough 20 to 30 minutes. Shape into 4 loaves and place in well-greased loaf pans. Score loaves across the top and set in a warm place to rise to double in bulk. Bake in a hot oven (400°) about 10 minutes to brown on top; then bake at moderate heat (350°) for about 1 hour or until loaf sounds hollow when thumped.

Salt Rising Bread was thought to be more digestible than any other kind of bread.

the skillet. Pour over liver and serve.

POTTED BEEF

2 lbs. lean beef
 1 Tbsp. water
 ¼ lb. butter
 Pounded mace
 Salt and pepper to taste

Use a nice piece of lean beef, as free as possible from gristle and shin. Place in a jar with 1 tablespoon of water. Put lid on jar tightly and place in a pan of boiling water. Water should come within 2 inches of the top of the jar. Boil gently for 3½ hours, then take the beef and chop it very fine.

Pound thoroughly with a mortar. Mix gradually with a small amount of the gravy that will have run from it, and a little clarified butter. Add seasoning. Place in small pots and cover with a little butter just warmed and poured over. If much gravy is added, it will keep but a short time; but if a larger portion of butter is used, it may be preserved for a long time.

TO PRESERVE BEEF

Hang up the beef for 3 or 4 days, till it becomes tender. Rub it down with a mixture of bay salt, brown sugar, salt-petre, pepper and allspice. Now wrap the meat tightly in a cloth and hang in a warm place for about 2 weeks. If you desire a smokey flavor, hang for some time in a chimney corner.

It was difficult to preserve beef during the Civil War. It did not respond to curing as salt pork did. Referred to by the soldiers as "salt horse", salt beef was said to be the vilest ration distributed to the armies. Often the men would get a great deal of amusement by arranging a funeral, making an elaborate show of "burying" it in the company sink.

- 6 slices salt pork
- 1 cup beets, cooked and chopped
- 3 cups cooked potatoes, chopped
- 1½ cups chopped cooked corned beef
- 1 onion, chopped
- ¼ cup milk
- Salt and pepper

Fry salt pork until crisp. Remove pieces and retain as a garnish. Combine beets, potatoes, corned beef, onion and milk. Spread mixture smoothly over the bottom of skillet in which the salt pork was fried. Brown slowly. When a crust forms, turn and brown other side. Serve with chopped salt pork on top.

BAKED CORNED BEEF HASH

- 2 cups diced cold boiled potatoes
- 1½ cups chopped corned beef
- 1 small onion, minced
- 3/8 cup cream
- 3 Tbsps. butter
- Salt, pepper and paprika
- 6 eggs

Combine potatoes, corned beef and onions. Add ¼ cup cream and 1 tablespoon melted butter. Season and mix well. Place mixture in a buttered oblong baking dish. With the bottom of a custard cup, make 6 indentations in the hash and dot each with bits of butter, using 1 tablespoon in all. Bake in a very hot oven (450°) 15 minutes. Remove from oven and into each indentation break one egg. Season and cover with 1 teaspoon of cream to each egg and dot with remaining butter. Bake in moderate oven (350°) until the eggs are set, 15 to 20 minutes.

For the baking recipes in this book, the oven should always be pre-heated. That was the way it was with the old wood cook stove. There were several ways to determine the heat of the oven. One was to see how long you could hold your hand in. A better way was to see how long it took to brown flour.

- 2 cups milk
- 1 Tbsp. butter
- 2 tps. salt
- ½ cup sugar
- Small amount of lard
- 1 package yeast
- ½ cup lukewarm potato water
- 2 cups sifted flour
- 2 cups unsifted whole wheat flour

Scald milk in pan; stir in butter, salt and sugar. Cool to lukewarm; pour into bowl. Dissolve yeast in potato water (water that potatoes have been cooked in); stir into milk mixture. Add flour; beat until very smooth. Let rise until bubbly. Add whole wheat flour, a small amount at a time, beating vigorously after each addition. Place in 2 well-greased small bread pans; grease tops with lard. Let stand until doubled in bulk. Bake in a moderate oven (375°) for 40 minutes.

DINNER ROLLS

- 4 cups flour
- 1 Tbsp. salt
- 4 Tbsps. sugar
- 4 Tbsps. cold butter
- 1 egg, well-beaten
- 1½ cups warm milk
- 1 yeast cake (dissolved in ½ cup warm water)
- 2 cups flour

Sift 4 cups flour and salt together and add sugar. Rub the cold butter into the flour until well mixed. Make a hole in the center of the flour mixture and pour in the dissolved yeast which has been mixed with the warm milk. Add the egg, mix well; beat for 20-30 minutes.

Set aside in a warm place to rise double in size. Add 2 cups flour, mixing well, and make into buns. Set aside to rise double in size.

Brush tops with milk to make them brown nicely, and bake in a hot oven (400°) for 15 to 20 minutes.

Make sure you allow enough time to prepare these rolls. Some cooks started right after breakfast to have them ready for dinner.

- 1 cup liquid yeast
(or 1 yeast cake,
or 2 packages)
- 1 cup of lukewarm
scalded milk (or
2 cups with yeast
cake or packages)

- 1 cup mashed
potatoes
- 2 tsps. salt
- 1 Tbsp. sugar
- 1 Tbsp. shortening
- 6-7 cups sifted
flour

Combine yeast, milk, potatoes, salt, sugar and shortening. (If yeast cake or packages are used, add 2 cups of milk instead of one.) Measure 6 cups of sifted flour into a bowl and gradually blend liquid mixture with it. --If necessary, add more flour. Knead until it is elastic and no longer sticks to the hand. Place in bowl, cover, and set in a uniformly warm place (about 85°). Let rise until free from gas bubbles. It may be necessary to add more flour at this time. Mold into 2 loaves and place into two lightly greased loaf pans. Cover and set in a warm place. When doubled in bulk, bake in a hot oven (425°) for 15 minutes; bake at a lower heat (350°) for 40-50 minutes longer. Bread is done when crust is brown and shrinks from sides of pan.

OLD VIRGINIA SALLY LUNN

- 2 cups milk
- 1 yeast cake
- 2 eggs, beaten
- 2 Tbsps. sugar

- 4 Tbsps. shortening
- 5½ cups flour
- 1½ tsps. salt

Heat milk to the scalding point. Cool to lukewarm. Add yeast, then all other ingredients. Put in a bowl and cover; keep at about 80°; let rise 4 hours. Work down, put in a greased tube cake pan and let rise 2 hours. Bake in a moderate oven (375°) for 45 minutes. The bread will be brown on top and white on bottom, like the sun and the moon (solielune).

BEEF STEAK AND KIDNEY PUDDING

- 2 lbs. of rump-steak
- 2 kidneys

- Salt and pepper to taste
- Suet Crust

Cut rump steak into pieces about 1 inch square. Cut each kidney into eight pieces. Line the pudding dish with suet crust, leaving a small amount over-lapping the edge. Cover the bottom with a portion of the steak and a few pieces of kidneys. Season with salt and pepper. Then add another layer of steak, kidneys and seasoning. Proceed in this manner until the dish is full. Pour in enough water to come within 2 inches of the top of the dish. Moisten edges of the crust and place second crust on top, pressing the two crusts together. Wring out a cloth in hot water, flour it, and tie up the pudding. Put it into boiling water, and let it boil for at least four hours. If the water diminishes, always replenish with more hot water, as the pudding should be kept covered at all times, and not be allowed to stop boiling. When finished, remove cloth, and cut a round piece in the top of the crust, to prevent the pudding from bursting.

SUET CRUST

- 1 pound of flour
- ½ pint of water
- 6 ozs. of beef suet

Free the suet from the meat and chop very fine. Rub the suet into the flour. Continue working the suet and flour while gradually adding water. Do this until it becomes a smooth paste. Roll out to desired thickness.



BREAD, BISCUITS, AND BUNS

Throughout the nineteenth century, homemade bread was essential to the American diet; and was made from a variety of ingredients and in numerous ways. Having selected some of our favorite bread recipes of the period, we have tried to make them practical for the modern kitchen. Two necessary ingredients to baking were not available to the housewife until after the Civil War: baking powder, invented in 1856, but delayed in production; and commercial yeast cakes, available in stores after 1868.

Baking powder was made in the home by combining Cream of Tartar and Bicarbonate of Soda (called Saleratus) at a ratio of two to one and mixing it well with one-half the amount of flour or cornstarch. This could often be had from a traveling tinker.

Homemade yeast was in liquid form and was begun on Monday in order to be of use on Saturday; usually made from hops or potatoes.

HOME-MADE YEAST

Boil 2 ounces of hops in 4 quarts of water for 30 minutes. Strain into a earthen bowl and let cool to 90°. Add a small handful salt ($\frac{1}{4}$ cup), $\frac{1}{2}$ pound brown sugar (1 cup). Add some of the liquid to 1 pound of flour (4 cups) to make a paste, and then mix all well together. Set aside in a warm place (80-85°) and let it stand for two days, stirring often. Strain well; bottle and cork. Let sit one to two days before using. The yeast will keep for several weeks in a cool place. It should be shaken before using. Use 1 cup liquid in place of 1 yeast cake or 2 packages.

CHICKEN AND CORN PIE

- 1 young chicken
- 4 cups fresh corn
- 3 eggs
- Pastry
- 2½ cups milk
- ½ cup cream
- Salt and pepper
- Butter

Wash and cut up the chicken and stew in water to cover, with a small onion, for about 1½ hours. Season to taste. Make pastry by sifting 1 cup flour and ½ teaspoon salt together into a bowl, and working 5 tablespoons butter into it with two knives. Beat an egg yolk with two tablespoons water; add, and mix thoroughly. Chill, and roll out on a floured board to thickness of $\frac{1}{8}$ inch.

Line a deep pie dish with the crust. Take all the chicken meat from the bones, grate the corn from the cobs (be sure to use fresh, tender corn), beat the eggs lightly, and mix these with the milk and cream. Season and pour into the crust. Dot with butter. Gash a large cross in the top crust and place on the pie. Turn back the corners of the crust at the center of the pie and pour chicken broth into the opening, filling the dish three-quarters full. Bake in a moderate oven (375-400°) for about a half hour, adding broth as pie bakes. Thicken the balance of the chicken broth with a little flour mixed with cold water for gravy.

FRICASSEE OF CHICKEN

- 1 chicken (2½-3 lbs.)
- 2 slices of salt pork
- 2 Tbsps. flour
- 2 cups boiling water
- 1 tsp. salt
- ½ tsp. pepper

Cut chicken into pieces for frying. Place salt pork in a frying-pan, and when hot, put in the chicken, leaving room to turn the meat. Cook until each piece is a rich brown.

FRIED GREEN TOMATOES

- 6 large green tomatoes
- 1 tsp. salt
- 1 Tbsp. sugar
- 1 egg, well beaten
- ½ tsp. pepper
- ½ cup bread crumbs

Wash the tomatoes and cut into ½ inch slices. Soak for 1 hour in cold salted water. Add the sugar, pepper and salt to the beaten egg. Dip each tomato slice in mixture, and then in bread crumbs. Fry on both sides in hot fat until brown.

CORNMEAL MUSH

- 1 cup white cornmeal
- 1 tsp. sugar
- 2 Tbps. flour
- 1 tsp. salt

Pour 4 cups boiling water into top of double boiler; place over boiling water. Sift cornmeal with flour, sugar and salt; stir into boiling water gradually. Reduce heat and cook, stirring, until mush begins to thicken. Cover and cook, stirring occasionally, for about 1 hour, or until thick. Serve with butter. Leftover mush may be packed into a loaf pan and chilled. Cut into slices and cook in bacon drippings or butter over low heat until brown.

HOMEMADE NOODLES

- 2 eggs, beaten
- 1 cup sifted flour
- ½ tsp. salt

To the eggs add the salt and as much flour as can be worked in. Knead thoroughly, cover; let stand ½ hour. Roll out very thin, and allow to dry before cutting into thin strips. Place in boiling salted water, cover and cook for 15 minutes. Drain and serve.



Remove the chicken and keep it warm. Add the flour to the fat in the pan, stir well and when it has cooked two minutes, add the boiling water. When the gravy is smooth and boiling, replace the chicken. Season with salt and pepper.

STEAMED WHOLE SPRING CHICKEN

- 1 chicken (2½-3 lbs.)
- Salt and pepper
- 1 cup oysters
- ½ cup cream or milk
- 1 Tbsp. fat
- 3 hard-cooked eggs
- 1 Tbsp. flour
- Minced herbs

Prepare a full-grown spring chicken as for roasting, season inside and out with salt and pepper. Stuff with whole, raw oysters and place it in a steamer with a close-fitting cover. (A steamer can be made by placing a rack or tray in the bottom of a large pot. A cup of water is placed in the bottom, with the chicken separated from it by the rack.)

Steam slowly until the chicken is done, about 2 hours. Place the chicken on a warm dish and make a gravy as follows: Put the fat into a skillet with the minced herbs and flour and stir until the mixture bubbles. Add the liquor in the bottom of the steamer, the cream or milk, and cook, stirring constantly until the mixture boils. Add the eggs, chopped fine, let the whole boil, pour it over the chicken and serve.

ROAST LEG OF LAMB

Place the joint a good distance from the fire at first, and baste well the whole time it is cooking. When nearly done, draw it nearer the fire, to acquire a nice brown color. Sprinkle a little fine salt over the meat. Empty the dripping pan of its contents; pour in a little boiling water and strain this over the meat.

BAKING A HAM

There are two types of ham available today. One is the modern, pre-cooked, ham which can be eaten immediately, or heated. The other is the traditional, cured, country ham. The most popular of which is the "Smithfield" ham, taken from peanut-fed hogs raised in the peanut belt of Virginia and North Carolina, and cured in the town of Smithfield, Virginia.

Directions come with the hams and are akin to the very old recipes, where the ham was boiled the day before, cooled overnight in the stock, and then heated through in the oven, covered with spices and sugar. Sometimes it was boiled in cider and then baked in a blanket of dough. (The crust removed and discarded before serving.) Regardless of the many variations, an elegantly served ham of the period could have been prepared as follows:

Soak the ham overnight in enough water to cover it entirely, taking care to change the water once after it has stood a few hours.

Drain and cover with fresh cold water. Add to the water, 2 cups of wine vinegar, 2 onions, 1 or 2 carrots, cut in quarters. Add 10 freshly broken peppercorns, 2 bay leaves, 1 teaspoon dried thyme and a big branch of parsley. Simmer or "poach" the ham for two hours. (Do not let the water come to a boil!) Allow ham to cool in stock, overnight, if possible.

Cut off rind, score, stud with cloves and sprinkle with a spiced sugar mixture made with 1 cup brown sugar, 1 tablespoon dry mustard, 1 teaspoon ground allspice, and ½ teaspoon of ground pepper. Bake in low oven until ham is brown, allowing 20 to 30 minutes to the pound.

You may want to baste it once or twice while baking with a few spoonfuls of white table wine.



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SAUERKRAUT

Sauerkraut was well known in the north during the Civil War Era. It's popularity can be attributed not only to the taste, but more importantly, to the fact that it prevented attacks of scurvy during the long winter. Evidently, this information had reached the Southern States as well; because in June 1863, when Southern troops captured the town of Chambersburg in Pennsylvania; high on their list of demands was twenty-five barrels of sauerkraut. At first the citizens of Chambersburg thought that the Southern army was just making fun of them, since sauerkraut was only available during the winter months. The Southern commander quickly explained that no joke was intended. It seems that many of his men were suffering from scurvy, and he had heard that sauerkraut was an effective cure, as well as a preventative for that "troublesome disease".

To make sauerkraut; place a 2-3 inch layer of thinly shredded cabbage into a large stone or earthen crock. Sprinkle lightly with salt. Pound vigorously with a potato masher or wooden "stomper". Repeat this process until crock is almost full. Cover with a clean cloth and place on round board on top. Place something on top of board to weigh it down heavily. Set in warm place to ferment. In about 6 days, remove the scum that has formed on top. Wash the cloth in cold water, replace it and move the crock to a cool place. In about two weeks the sauerkraut will be ready.

Sauerkraut was cooked with roast pork or fried with salt pork. In Maryland, it was often cooked with apples and onions. Alternate layers of kraut, apples and onions in a pan. Add ¼ cup butter and ½ cup brown sugar. Cover and simmer slowly for 20 to 30 minutes. Remove lid and continue cooking away liquid.



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Heat bacon drippings in a frying pan. Add potatoes when grease is real hot. Let potatoes brown on one side and then turn.

POTATO CAKES

- 1 medium onion
 - 8 medium-sized potatoes
 - 2 eggs, well beaten
 - 1 Tbsp. flour
 - 1 tsp. baking powder
 - 3 Tbsps. hot fat
- Salt and pepper to taste

Peel and grate the onions and potatoes. Combine with eggs, flour, baking powder, salt and pepper. Heat fat in frying pan and drop mixture from spoon into hot fat. Fry until brown on both sides.

STEAMED SPINACH

Wash 1 pound of spinach thoroughly. Place in a pot with only the water that clings to the leaves and cover. Put in a moderate oven (350°) and let steam for 30 minutes, or until tender. Season with salt, pepper and butter. Serve with hard egg slices on top.

SUCCOTASH

- 2 cups green corn
 - 2 cups fresh Lima beans
 - 1 cup milk
 - 4 Tbsps. butter
- Salt and pepper

Cover the beans with the least amount of boiling water as possible to prevent scorching and cook until tender. Drain off the water. Add the corn which has been cut from the cob. Add the milk and cook slowly until the corn is tender. Add the butter and season with salt and pepper to taste.

Greenbeans were kept for winter use by stringing them whole on white twine and hanging them in a dry loft. These were washed and soaked overnight before cooking and were referred to as "leather britches".

FRIED HAM WITH RED-EYE GRAVY

Slice ham about ½ inch thick. Cut gashes in fat around edge to keep ham from curling. Place slices in a heavy skillet and cook slowly. Turn several times, and cook until ham is brown on both sides. Remove from pan and keep warm. To the drippings in the skillet, add about ½ cup hot water; cook until gravy turns red. Serve with the fried ham and hot biscuits.

Hams were cured by hanging them in a cool place for a week to 10 days. They were then placed in a large tub and rubbed 2 or 3 times with a mixture of salt, molasses, and saltpetre. After 2 or 3 days, they were soaked for 3 weeks in a strong brine. Finally, they were soaked for 8 hours in cold water, hung up to dry for a week; and then smoked for 5 days.

HAM LOAF

- 1 cup milk
- 2 eggs, beaten
- 1 cup soft bread crumbs
- 1 lb. ground ham
- 1 lb. sausage
- ¾ cup brown sugar (firmly packed)
- ¼ cup vinegar
- ¼ cup water
- 1½ Tbsp. dry mustard

Combine milk, eggs, and soft bread crumbs. Add meat, mixing well. Shape into a loaf and place in a shallow baking pan. Combine brown sugar, vinegar, water and dry mustard in a saucepan on medium heat. Bring to a boil, stirring constantly; and pour over the ham loaf. Bake in a moderate oven (350°) for one hour and 15 minutes.



3 lb. pork roast
Pepper & garlic

Season meat well with pepper and garlic. Place in roast pan and bake in moderate oven (350°) for 1 hour. Add ½ cup of water and sauerkraut to the pan. Bake an additional 30 minutes.

SPARERIBS WITH APPLE DRESSING

2 sections of spareribs
Salt and pepper
2 slices diced salt pork
½ cup chopped celery
¼ cup chopped onion
3 tart apples
¼ cup sugar
2 cups soft bread
crumbs
¼ cup fresh chopped
parsley
¼ cup milk
¼ tsp. salt
¼ tsp. pepper

Fry diced pork until crisp (bacon will do). Remove cooked pieces. Cook celery and onion in fat for three minutes. Peel, core, and slice apples and add to celery mixture. Sprinkle with sugar. Cover and cook over low heat until apples are tender, about 15 minutes. Add remaining ingredients and mix lightly.

Spread dressing inside one section of the spareribs. Cover with the other section. Tie together and sprinkle with salt and pepper. Lay spareribs on a rack in a roasting pan and roast in the oven (350°) for 1½ hours, or until meat is tender. Remove string before serving.

HOG MAW

1 (1½-2 lb.) pork maw
5 or 6 medium potatoes,
diced
1 onion, diced
3 carrots, diced
2 lbs. loose sausage
1 tsp. salt
½ tsp. pepper

FRIED CABBAGE

Cut the cabbage very fine, sprinkle with salt and pepper, stir well and let stand for 5 minutes. Drop 1 tablespoon lard onto a hot iron kettle; then the cabbage, stirring briskly until the cabbage is quite tender. Add ½ cup cream and remove kettle from the fire. Then stir in 3 tablespoons cider vinegar.

CABBAGE AND PEPPER SLAW

1 large head cabbage
3 medium green peppers
1 cup sugar
1 cup vinegar
1 cup water (warm
enough to dissolve
sugar)

Grate cabbage and peppers into large bowl. Combine other ingredients in small bowl and stir until sugar has dissolved. Pour liquid over cabbage and pepper and mix thoroughly. Chill until ready to serve.

SWEET AND SOUR CUCUMBERS

Peel and thinly slice 4 medium cucumbers and 2 medium onions. Mix together and pour over 1 cup vinegar and 1 cup milk. Add ½ cup of sugar. Add salt and pepper to taste and chill overnight.

General Grant always made sure that his Army had the best of rations although he ate sparingly himself. It was said that he often breakfasted on a cucumber soaked in vinegar.

HASH BROWN POTATOES

Wash 6 medium potatoes and place them in a kettle. Add cold water and a dash of salt. Cook until fork tender. Drain. Put the potatoes back in the empty pot and hold over the flame for a minute or two until the skins burst. Peel while hot. Chill and then chop fine. Season with salt and pepper

RED BEANS AND RICE

Wash and soak 2 cups red kidney beans overnight. Drain and put them into an iron pot. Cover with water. Bring to a full boil over high heat. Stir well and let beans settle. Add 1 country ham hock, 1 chopped onion and 3 minced garlic cloves, 2 chopped stalks of celery and 1 chopped green pepper. Season with salt and pepper. Reduce heat to medium and cook about 3 hours until tender. Adjust seasoning. Slice meat and serve with beans over freshly cooked rice.

ANNIE'S BAKED CORN

1 pint creamed corn
1/3 cup sugar
1/3 to 1/2 cup milk
Dash of pepper Little vanilla
Lump of butter 2 or 3 eggs

Beat eggs. Add vanilla and milk. Pour over rest of ingredients. Bake at moderate heat (350°) for about an hour, or until done.

This is a delicious baked corn recipe that has been passed down by word of mouth for at least four generations.

CORN FRITTERS

1 egg, lightly beaten 1 tsp. sugar
1 cup whole kernal corn 1/2 cup flour
1/2 cup milk 2 tps. baking powder
1/4 tsp. salt Dash of pepper

Sift flour, baking powder, salt and pepper together. Blend egg and milk together and add sugar. Add to flour mixture gradually. Stir in corn, and drop by spoonfuls into deep hot fat and fry until brown. Drain and serve with maple syrup.

Mix together vegetables, sausage, and seasoning. Stuff into maw (pig's stomach). Place in a large baking pan and bake in a moderate oven (350°) for about 2 hours. Vegetables should be easily pierced. Remove maw from pan; split open, and spoon out vegetables and sausage onto plates. Additional salt and pepper may be added to suit one's taste.

Serve with Stewed Tomato Sauce. This is made by combining tomatoes, chopped onion and green pepper in a sauce pan with 1/2 cup sugar. Heat to boiling and simmer 15 minutes. Mix 3 tablespoons flour with 1/2 cup cold water. Add some of the sauce to the paste; then stir into sauce and simmer for 5 more minutes.

HOMEMADE SAUSAGE WITH SAGE

2 lbs. lean pork, 1/2 tsp. cumin
ground 1/4 tsp. ginger
1 tsp. salt 1 bay leaf, crumbled
1/2 tsp. sage 1/2 tsp. pepper

Mix pork thoroughly with all ingredients; shape into patties the size of a biscuit. Fry in a skillet until nicely browned on each side.

SCRAPPLE

1 1/2 lbs. pork liver 4 cups buckwheat flour
1 1/2 lbs. pork 2 cups cornmeal
2 1/2 quarts water 1/4 tsp. sage
Salt and pepper

Cover liver and pork with water and boil until tender. Remove meat. Cool broth and skim fat from surface. Grind meat and return to broth. Add salt, pepper and sage and bring to a boil. Slowly add the mixture of buckwheat flour and cornmeal. Stir. Boil for about one hour, stirring frequently. Pour into small loaf pans. When cold, slice and fry until light brown and crisp on both sides.

CORNMEAL MUSH

- 1 lb. sausage
- 3 cups water
- 1 cup cornmeal
- 2 tsps. salt
- ¼ tsp. pepper

Brown sausage in a large skillet; pour off fat. Add 2 cups of water; heat to boiling. Combine cornmeal, salt, pepper, and remaining water. Add to boiling liquid, stirring constantly. Place on low heat and simmer for 10 minutes, stirring frequently. Pour into a greased loaf pan and chill. Cut into ½ inch slices and fry slowly in hot fat until brown.

BRAISED RABBIT

- 1 cup flour
- 1 tsp. salt
- ¼ tsp. pepper
- 1 rabbit, dressed & cut for frying
- 1 egg, well beaten
- 1½ cups water
- 1 cup dry bread crumbs
- 6 Tbsps. lard or bacon drippings

Mix salt, pepper and flour. Use to coat pieces of rabbit. Dip pieces in a mixture of egg and one tablespoon of water. Coat well with bread crumbs. Brown on all sides in hot lard in skillet. Add 1 cup water slowly; cover tightly, and simmer 1 hour or until tender.

FRIED VENISON STEAK

Rub the steak with a mixture of salt and pepper; dip in wheat flour or cracker meal and cook a rich brown on both sides in one-half cup of hot fat. Place on a dish and cover to keep warm. Dredge two teaspoons of flour into the fat in the pan and stir until browned. Add a cup of boiling water with one tablespoon of currant jelly dissolved in it; stir a few minutes; strain the gravy and pour it over the meat and serve.

VEGETABLES AND SIDE-DISHES

OLD-FASHIONED GREEN BEANS

Wash 1½ pounds of green beans and remove the ends. Break into 1 inch pieces. Place 1 medium slice (¼ lb.) salt pork in 1 cup of water. Heat to boiling and cook 15 to 20 minutes. Add beans and hot water to almost cover and continue to cook for about 1 hour. Add ½ teaspoon salt and ¼ teaspoon pepper the last 15 minutes of cooking.

HOME BAKED BEANS

- 1 lb. pea (navy) beans
- ¼ lb. salt pork, cut in strips, or 4 slices of bacon
- 1 small onion, chopped
- ½ tsp. dry mustard
- ¼ cup brown sugar
- ¼ cup molasses
- ½ tsp. salt
- ½ cup water

Wash beans and place in kettle. Cover with water and soak overnight. Drain off most of the water; add enough cold water to cover beans. Bring to a boil over low heat. Simmer for 2½ hours, adding boiling water to keep beans well covered. Fry salt pork or bacon in skillet; remove from pan and cook onion for a few minutes in the fat. Add remaining ingredients and mix well. Add to beans which have been drained in a bean pot. Add ½ cup water, mix lightly, and break bacon into bits and sprinkle over top. Cover and bake in a moderate oven (325°) for 1½ to 2 hours, or until nicely browned.

There are many variations to this traditional dish. This is the one we like best.

