

## BEVERAGES

### Egg Nog

1 doz. egg yolks  
1 lb. granulated sugar  
1 qt. bourbon (part of this may be either rum or brandy)  
1 qt. coffee cream  
1 qt. whipping cream

Put the dozen egg yolks in an electric mixer. Feed in the granulated sugar very slowly so as to get a completely smooth, clear light mixture. When this is perfectly smooth, begin to add the bourbon very slowly. (The process up to here would normally consume at least 30 minutes -- with a good mixer.) Add one quart of coffee cream.

Put the whole thing in the ice box until a half hour before serving, at which time the whipping cream should be beaten until only moderately thick. Be careful not to get it too thick. Mix it slowly into mixture and serve with nutmeg.



## BREADS

### Soda Biscuits

2 c. flour (sifted)                      1/4 tsp. soda  
1 tsp. salt                                6 tbsp. shortening  
2 tsp. baking powder                3/4 c. buttermilk or sour milk

Sift flour, salt, baking powder and soda into bowl. Cut in shortening with pastry blender. Stir in buttermilk or sour milk (to make a soft dough). Round up lightly on floured board. Pat out gently. Cut and place close together in greased baking pan. Bake 12 minutes in hot oven (475 degrees).

### HUSH PUPPIES

Helen Musselman  
Victorville

These fried corn meal puffs are traditionally served at Southern fish fries. In fact, legend has it that they were originated at just such an affair: One evening while the folks were enjoying the fried fish, their dogs set up a howl for food. An enterprising person dropped a little left over corn meal batter mixture into the hot frying fat. When it had fried to a puff, he threw it to the dogs to hush them up. Hence, hush puppies were actually designed to hush the puppies.

Sift together into a bowl 3/4 cup yellow corn meal, 1/2 cup flour, 1 teaspoon baking powder and 1 teaspoon salt. Add 3 tablespoons minced onion if desired. Add 3/4 cup milk to 1 beaten egg and stir into corn meal mixture.

Heat deep fat to 365 deg. (will brown 1-inch bread cube in 60 seconds). Drop batter by teaspoonfuls into hot fat. Turn when they come to surface. Fry to a golden brown, about 3 to 4 minutes. Drain on absorbent paper. Serves 6.

### CORN STICKS

2 cups cornmeal      1 1/2 cups water  
4 teaspoons Crisco  
2 teaspoons Baking Powder  
1 teaspoon salt      1 egg  
Grease pans well—mixture should be stiff.

### BREAD

2 1/2 c. lukewarm water  
2 1/2 c. warm milk, not hot  
Mix 1 pkg. yeast with 1 tsp.  
sugar and 1/2 c. warm  
water, let puff up

7 Tbsp. shortening, half butter  
and half Crisco  
5 Tbsp. sugar  
2 1/2 Tbsp. salt  
About 15 c. flour, sifted

Knead; let rise (double in bulk). Knead, put in greased pans.  
Bake about 50 or 60 minutes. Makes 5 loaves.

### CORN MEAL PANCAKES

1 c. corn meal      1/2 tsp. salt  
1/2 tsp. soda      1 egg (beaten)  
1 to 1 1/4 c. buttermilk

Mix meal, soda, salt. Add beaten egg and buttermilk. Beat until smooth. Pour 1/4 cup on hot greased griddle. Serves 6.

Isabel Taylor (Mrs. Henry)

### CORN CAKES

2 cups corn meal      1/2 cup flour  
3 tsp. baking powder    1/2 tsp. salt  
2 eggs                    2 cups milk  
4 tbsp. melted butter

Combine dry ingredients. Beat the eggs, add the milk and mix into the dry ingredients, stirring until the batter is smooth. Add melted butter and drop by the tablespoonfuls onto a hot griddle.

Mrs. Hill Montague, Jr.



**BAKING POWDER BISCUITS**

Mrs. Charles D. Conklin, Jr.

2 c. flour  
 4 tsp. baking powder  
 1 tsp. salt  
 1 Tbsp. sugar

3 Tbsp. Spry or Crisco  
 1 egg  
 3/4 c. milk (egg and milk should  
 be 1 cup)

Sift flour, baking powder, sugar and salt. Mix in shortening good. When mixed good, add egg and milk. Stir good with Tbsp. It will be a little sticky. Put plenty of flour on board and knead for a minute or a little longer. Cut with biscuit cutter. Bake in pan that has been greased. Bake in 350 deg. F. oven until brown.

**FLORIDA HUSH PUPPIES****(4 servings)**

2 cups corn meal	2 teaspoons baking powder
1½ teaspoons salt	1 small onion, chopped
2 eggs, beaten	1 teaspoon sugar
½ cup milk	Fat for frying

Sift corn meal; add salt, sugar, baking powder, and onion, mixing well. Add eggs, and beat vigorously, add milk, and mix well. Form into rounds. Drop into deep hot fat (375 F. on fat thermometer). Fry until well browned, turning once. Drain on absorbent paper, and serve while still hot, with fish or shrimp.

## CASSEROLE DISHES

### CASSEROLES

#### BUNTY PATE'S NOODLE RING

1 3/4 cups uncooked noodles  
3/4 cup scalded milk    2 eggs, separated  
3 Tbsp. chili sauce    1 tsp. A-1 sauce  
Salt and pepper to taste 1 cup grated cheese

Cook noodles in salted water until tender. Drain. Beat egg yolks slightly, gradually pour over milk in which cheese has been melted. Season with salt, pepper, A-1 sauce and chili sauce. Add noodles, fold in egg whites, stiffly beaten. Pour mixture in grease ring mold, set in warm water. Bake in slow oven—345—until firm—about 50 minutes. Contributed—Mrs. R. N. Greathead, Jr.

(Fill with creamed chicken, mushrooms or any desired creamed dish.)

#### OYSTERS EN CASSEROLE

1/2 teaspoon paprika    1 Quart oysters  
1/4 teaspoon salt    1/4 lb. butter  
1/2 teaspoon pepper    1/2 cup flour  
Dash of cayenne

1 tablespoon Worcestershire sauce  
1 teaspoon lemon juice    1/2 green pepper  
1/2 onion    1/2 garlic bud

Melt butter, add flour and cook for 5 minutes or until light brown. Add paprika, salt, pepper and cayenne. Add minced onion, pepper and garlic. Cook slowly for 5 minutes. Take from fire and add Worcestershire sauce and lemon juice. Heat oysters in own liquor, drain and fold sauce in. Pour in casserole, sprinkle with cracker crumbs. Bake at 400 degree for 30 minutes.

Mrs. Richard W. Fowlkes

#### HAM 'N NOODLES

Clare Rahn

1 can cream of chicken soup    1 c. diced, cooked ham  
1/2 c. milk    1/4 c. sliced ripe olives  
2 c. drained, cooked noodles

In a 1 1/2 qt. casserole combine the above ingredients and bake in moderate oven 375 deg. F. for 25 minutes. Garnish with green pepper or pimiento strips. Makes 4 generous servings.



CHEESES, made from Skim Milk:

Asin  
Baker's (U.S.)  
Champoleon  
Canquillote (French)  
Cooked cheese, Kochkäse (German, U.S., etc.)  
Cottage, plain (U.S.)  
Creuse (French)  
Dry, Trockenkäse (Bavarian)  
Frühstück  
Gammelost (Norwegian)  
Glumse (W. Prussian)  
Gray (Austrian)  
Gussing (Austrian)  
Hand (U.S., etc.)  
Hay (French)  
Holstein skim-milk (German)  
Kjarogaard (Danish)  
Leder (German)  
Mecklenburg  
Olevet (French)  
Pfister  
Pot (U.S.)  
Prattigau (Swiss)  
Pultost (Norwegian)  
Queso Anejo (Mexican)  
Radener (German)  
Romanello (Italian)  
Salio (Portuguese)  
Silesian  
West Friesian (German)  
White (Fromage Blanc)



## CHILI BEANS

This recipe is used both in making Chili Con Carne and as a vegetable with the Enchiladas.

Soak beans for 18 hours in cold water.

Dry chili beans	1 pound
Cold water	1-1/2 quarts
Salt	2 teaspoons
Onion, chopped fine	1/2 cup
Margarine	3 tablespoons
Worcestershire sauce	3/4 teaspoon
Prepared mustard	1 teaspoon
Catsup	1-1/2 tablespoons
Pepper	1/8 teaspoon
New barbecue sauce	1/3 cup
Yield:	5 to 6 cups

### Preparation:

1. Wash beans and pick over for stones and bad spots.
2. Soak beans about 18 hours in listed cold water.
3. Add salt and simmer until beans are just soft.  
Caution: Do not overcook.
4. Saute onion in margarine and add remaining ingredients.
5. Combine sauce and beans. Simmer slightly to blend.

Serve as a vegetable.

## CHILI CON CARNE

1. Heat 2 cups of chili meat in a double boiler.
2. Combine with approximately 5 cups of chili beans.
3. Stir to blend uniformly and heat.

Yield: Approximately 7 to 8 cups.



## FISH

### BOILED LOBSTER

Buy live active lobsters; chicken, 1 lb., Medium, 18 oz to 1-1/4 lbs. and Large, over 1-1/4 lb. Pick up with a vegetable tongs and plunge headfirst into boiling salted water. Cover and boil 5 to 8 minutes to the lb. Remove lobster and drop into cold water. Twist off the claws and place beside lobster. Turn lobster on back and cut lengthwise and discard the sac at back of head and dark vein running to end of tail. The green liver is edible. Serve one lobster per person.

### TROUT

(Excerpt from Jim Hagerty letter to Mrs. Dwight Young, 2/15/55)

In a pan over an open fire, fry some bacon and cook the fish in a combination of the bacon drippings and butter. Before frying the fish, dredge the trout in a sack of corn meal, seasoned with salt and pepper. It takes only about five or ten minutes to cook.



## FRUITS

### HONEYDEW FILLED AND FROSTED

1 large honeydew melon  
1 - 3 oz. pkg. cream cheese  
1 pkg. cocoanut (8 oz).

1 pkg. jello  
1/4 c. slivered almonds  
or seedless grapes

Peel entire melon. Cut small slice off bottom to permit its standing on end. Cut 1-1/2 inch slice off at top. Remove seeds from center. Add 4 cups boiling water to jello (favorite flavor). When it begins to jell add almonds or grapes and pour into cavity of melon. Replace top slice forming cover. When jello has set frost outside of melon with cream cheese which has been softened with a small amount of cream. After melon is completely covered sprinkle lavishly with shredded cocoanut. Serve upright and slice in thick round slices.





MEAT DISHES

BEEF

PRESIDENT EISENHOWER'S OLD-FASHIONED BEEF STEW

For 60 portions, use the following ingredients:

20 pounds stewing meat (prime round)  
8 pounds small Irish potatoes  
6 bunches small carrots  
5 pounds small onions  
15 fresh tomatoes  
1 bunch bouquet garniture  
3 gallons beef stock  
Salt, pepper, and accent

Stew the meat until tender. Add the vegetables and bouquet garniture (thyme, bay leaves, garlic, etc. in cloth bag.) When vegetables are done, strain off 2 gallons of stock from the stew and thicken slightly with beef roux. Pour back into stew and let simmer for one-half hour.

\* \* \* \* \*

To adapt above recipe to average family use (6 portions), use one-tenth of the ingredients listed. This would be approximately as follows:

2 pounds stewing meat (prime round)  
1 pound small Irish potatoes  
1 bunch small carrots  
3/4 pound small onions  
2 fresh tomatoes  
Assorted spices  
2 1/2 pints beef stock  
Salt, pepper, and accent

Cook as in above recipe, straining off 1 cup of stock from stew instead of the 2 gallons.

It must be emphasized that the recipe using these portions has not been tested.







# Meat Cuts and How to Cook Them

## VEAL CHART

Retail Cuts	Wholesale Cuts	Retail Cuts
<p>Standing Rump Roast      Rolled Rump Roast</p> <p>—Roast or Braise—</p>		<p>Heel of Round      Hind Shank</p> <p>—Braise or Cook in Liquid—</p>
<p>1 Loin Chop      2 Kidney Chop</p> <p>—Braise or Panfry—</p>		<p>Round Steak (Cutlet)      Leg (Round) Center-Cut Roast</p> <p>—Braise or Panfry—      —Roast or Braise—</p>
<p>Crown Roast      Rib Roast</p> <p>—Roast—      —Braise or Panfry—</p>		<p>Scallops      Rosettes</p> <p>—Braise or Panfry—</p>
<p>1 Blade Roast      2 Arm Roast</p> <p>—Roast or Braise—</p>		<p>Breast</p> <p>—Roast, Braise, Cook in Liquid—</p>
<p>1 Blade Steak      2 Arm Steak</p> <p>—Braise or Panfry—</p>		<p>Mock Chicken Legs      Loaf</p> <p>—Braise or Panfry—      —Roast (Bake)—</p>
<p>Rolled Shoulder Roast      City Chicken</p> <p>—Roast or Braise—      —Braise, Panfry—</p>		<p>Riblets      Stew Meat</p> <p>—Braise or Cook in Liquid—</p>
		<p>Fore Shank      Patties</p> <p>—Braise, Cook in Liquid—      —Braise or Panfry—</p>



# Meat Cuts and How to Cook Them

## LAMB CHART

Retail Cuts	Wholesale Cuts	Retail Cuts	
<p>Leg of Lamb (Three cuts from one leg)</p> <p>—Roast - Broil, Panbroil, Panfry—</p>		<p>1 American Leg      2 Boneless Sirloin Roast</p> <p>—Roast—</p>	
<p>Crown Roast      Rib Chops</p> <p>—Roast—      —Broil, Panbroil, Panfry—</p>		<p>Frenched Leg</p> <p>—Roast—</p>	
<p>2 Square Cut Shoulder      1 Blade Chop</p> <p>Arm Chop      Broil, Panbroil, Panfry, Braise</p> <p>—Roast—      —Broil, Panbroil, Panfry, Braise—</p>		<p>Loin Chop      English Chop      Rolled Loin Roast</p> <p>—Broil, Panbroil, Panfry—      —Roast—</p>	
<p>Cushion Shoulder      Saratoga Chops</p> <p>—Roast—      —Broil, Panbroil, Panfry, Braise—</p>		<p>Patties      Loaf</p> <p>—Broil, Panbroil, Panfry—      —Roast (Bake)—</p>	
<p>Rolled Shoulder      Boneless Shoulder Chops</p> <p>—Roast, Braise—      —Broil, Panbroil, Panfry, Braise—</p>		<p>Riblets      Stew Meat</p> <p>—Braise or Cook in Liquid—</p>	
<p>Neck Slices</p> <p>—Braise, Cook in Liquid—</p>		<p>Rolled Breast      Breast</p> <p>—Braise or Roast—</p>	
		<p>Mock Duck</p> <p>—Roast—</p>	<p>Shanks</p> <p>—Braise or Cook in Liquid—</p>

## SLICES OF BEEF TENDERLOIN, PRESIDENT

### Demi Glace

1 lb. Veal Bones  
1 lb. Beef Bones

1 Large Onion

1 Stalk Celery  
1 Large Carrot

The above ingredients cut in small pieces.

1 Bay Leaf  
1 Cup Cooking Oil

1/2 Cup Flour  
Stems from one bunch of Parsley

Put one (1) cup cooking oil in hot roasting pan. Add beef and veal bones and vegetables. Roast for twenty (20) minutes uncovered in oven at 350°. Add 1/2 cup flour, 1 bay leaf, parsley stems and continue to cook until golden brown. Add one gallon water and season to taste with salt and pepper. Continue cooking until the liquid is reduced to one quart. Strain through fine sieve.

Ingredients: (Twelve Servings)

6 lbs. Beef Tenderloin Sliced (2 oz. each slice)  
2 lbs. Fresh Mushrooms, sliced  
24 Baby Carrots\*\*  
1 Clove Garlic, finely chopped  
6 Shallots, finely chopped  
1 Qt. Demi Glace  
1 lb. Butter, 1/2 Cup Cooking Oil  
16 oz. Burgundy Wine



\*\* Take 24 peeled baby carrots, lay in ten inch pan. Add 1/2 cup butter, two (2) teaspoons sugar, 1/2 teaspoon salt. Cover with water. Cook until tender.

### Preparation of Beef

Melt 1/2 lb. butter with 1/2 cup cooking oil in twelve inch frying pan and heat to frying point. Season slices of beef with salt and pepper and brown them individually in hot oil and butter mixture. This procedure should be done quickly so that the beef is still rare, and only enough pieces of beef to cover the bottom of the pan should be browned at one time.

Remove beef slices and place in chafing dish. Using same frying pan and drippings prepare the sauce as follows: Add sliced mushrooms and simmer for ten (10) minutes. Add shallots and garlic and simmer five (5) minutes longer. Add Burgundy wine and 1 qt. Demi Glace and simmer for one hour.

Now pour this sauce over the slices of beef tenderloin in chafing dish, lay baby carrots on top of beef, bring to boiling point and serve.

## MEAT DISHES

### Beef



#### MEAT LOAF WITH VEGETABLES Florence Hoffmeyer Apple Valley

3 lbs. lean beef or meat loaf mixture	3 stalks celery, cut fine
1 c. bread crumbs	1 green pepper, cut fine
1 grated carrot	2 tsp. salt
1 grated potato	Pepper
2 small onions, finely minced	1/2 tsp. sage
	3 eggs, well beaten

Mix all ingredients, pound into shape. Put in well greased roaster. Place strip bacon across top of loaf. Bake at 350 deg. for 15 min. Pour 1/2 cup tomato juice or water over loaf. Bake 1 1/2 hours.

#### STEW

A perfect stew takes its own time. Don't rush it. Brown meat cubes; be sure every piece is a rich even brown. This takes about 20 minutes. On this depends its gravy's perfections and stew's deliciousness. Begin at least 3 hours before meal time. 1 1/2 to 2 lbs. of meat for 6 people, 1 1/2" cubes, beef chuck or flank and a 1 1/2" cube of suet. Preheat heavy kettle or Dutch oven. Toss in suet pulled to pieces, brown meat in hot suet fat. Keep it sizzling. All brown? Pour in 4 c. boiling water - measure, don't guess. Never shock that nice brown meat with cold water. Lower heat just a trifle and gently sift pieces of meat to be sure they aren't sticking. Add 1 tsp. lemon juice. This tenderizes the meat and gives a tang. It's a cooking secret. Next comes the Chef's subtle seasoning; add 1 tsp. Worcestershire sauce, drop in a clove of garlic (if you like), 1 medium sized onion, sliced, 1/2 tsp. pepper, 1/2 tsp. paprika, dash allspice or cloves and lastly a tsp. sugar (imagine) for that finishing touch. Simmer 2 hours. Take a peek occasionally and scoot meat about to prevent sticking. Add more water if necessary. (Cook in a pressure pan 20 min. at 10 lbs. pressure.) There's the bell the 2 hours are up; now the vegetables to the pan. Have ready 6 carrots, whole or sliced, a couple large potatoes, quartered and 1 lb. small onions (leave them out if you are not an onion lover). Cover and simmer 'til easily pierced with a fork - 20 to 30 min. Remove vegetables and meat carefully and place in heavy casserole. Make gravy with 4 tbsp. flour blended with cold water to a smooth paste, add more water then stir into stew liquid (about 2 cups). Blend thoroughly and cook 5 minutes. Return meat and vegetables for quick warm-up and ladle proudly.

"IT'S STEWPERDUCUS".

## BARBECUED SHORT RIBS

(makes 4 servings)



4 lbs. beef short ribs  
1½ cups water  
1 can (8oz.) of tomato sauce  
1 onion chopped  
1 tbsp. vinegar  
3 tbsp. Worcestershire sauce  
1½ tbsp. sugar  
1 tbsp. salt  
1 tsp. chili powder  
1 tsp. mustard

Place ribs in single layer in baking pan. Pour over mixture of remaining ingredients heated together. Cover with aluminum foil. Chill several hours. Bake in very hot oven (450 F) 30 minutes; uncover, continue to bake in moderate oven (350 F) basting often. Continue 1½ to 2 hours or until meat is tender. Serve with buttered rice mixed and heated with drained canned greenpeas, if desired.

Mrs. Leslie G. Elmes

## LIVER DUMPLINGS

1 lb. liver  
1 1/2 Tbsp. suet  
3/4 c. stale bread  
Dash nutmeg  
Sprig of parsley  
2/3 c. sifted flour, about

Mrs. William N. Irvin

1 1/2 tsp. salt  
1/4 tsp. pepper  
2 eggs, well-beaten  
1 sm. onion, minced  
1/2 tsp. fat

Wipe liver and put it through the meat grinder with the suet and salt and pepper. Let the bread soak in some water and then squeeze it dry, add it to the ground liver with eggs, parsley, nutmeg, onion (brown onion in the fat before adding this) and just enough of the flour so the mixture will hold together. Drop by tsp. into boiling salted water. Cook, uncovered, for 10 minutes. Cover and let cook 10 minutes more.

## SPARE RIBS

3 lbs ribs

Crack ribs across middle. Place on grill and brown over hot coals. When well browned place in kettle with Barbecue sauce or Sweet and Sour sauce and bake 2-3 hours. Another procedure is marinating ribs in Barbecue sauce several hours before placing on grill and basting with same sauce until ribs are brown and crusty.

## OUTDOOR STEAK

Build a charcoal fire on the ground and let it burn until it is a bed of red hot coals. Get a sirloin steak 2-1/2 to 3 inches thick. Roll the steak in a mixture of fine salt, black pepper and garlic powder. Throw the steak in the fire. After about 10 minutes nudge it over once and let it stay in the fire for a total of about 20 minutes. Take it out, brush off, and slice on the diagonal.

## MEAT DISHES

### GAME

#### VENISON ROAST DE LUXE

Allow meat to come to room temperature. Use about 4 lbs. placed on a platter and marinated overnight in a cool place in the following: 1 diced small onion, garlic to taste, celery leaves, cut fine, 3 tbsp. olive oil or cooking oil, 3 tbsp. vinegar. When ready to roast sprinkle all surfaces evenly with Meat Tenderizer, about 1/2 tsp. per pound of meat, use no salt, pierce all sides deeply with a fork and brown in cooker - then pressure meat for the required time. Add more cooking oil if needed.

"My own recipe."



1868 VENISON RECIPE

Always cut venison with the grain.

Cut venison in small strips, about 4 or 5 by 3 in. 1/4 of an inch thick, then put it on a slab and beat it well with a wooden or metal mallet, brush one side lightly with olive oil, put in a bowl with oiled side down, let soak for 1 hour. (Do not have it swimming in oil.)

Heat an iron broiler or iron skillet real hot, broil venison a few pieces at a time and if too much oil collects in pan remove it with paper towel. It must not fry - it must be cooked very fast or it will be tough.

In a double boiler put 1/2 lb. butter; 1/4 cup water and 1 heaping tbs. flour. (I always brown the flour in the butter before I add the water because we like brown gravy.)

This is for 6 people. We cook 3 slices per person.

As the venison is broiled, be sure it is also brown, then salt and pepper it, then drop it in the hot butter sauce. Put a lid on the pot. As each batch is browned, add it to the bottom of the pot, let it simmer (not boil) for 1 hour, then serve.

Use plenty of black pepper. But please don't add any other condiments or wine. Cook it this way until you master it, then cook it any old way you want - with sand or cockleburr juice if you like.



## MEATS

### Lamb

#### LEG OF LAMB

Leg of baby lamb  
Bottle of white wine  
1 garlic bud  
1 bay leaf

1/4 lb. bacon  
1 onion  
1 carrot  
freshly ground pepper

Marinate lamb 12 hours in wine with seasonings and vegetables. Prepare for spit by wrapping in bacon. When inserting the skewer, start at the small end and follow the leg bone. Center on spit. Sear over a hot flame for about 5 minutes. Grill over hot coals until done (1-1/2 - 2 hours depending on size). Have drip pan under to catch basting. Baste frequently with wine sauce. Cook 25 minutes per lb.



## PORK SAUSAGE

Pork sausage should be made from fresh pork, shoulders, neck and lean trimming.

Put meat through grinder twice.

4 lbs. pork	1 t. salt
1 lb. beef	2 t. pepper

1. Mix above ingredients thoroughly.
2. Put in casings or pat into molds.

\* \* \* \* \*

## PUDDING

1. Cut a hog's head into 4 pieces.
2. Remove brain, ears, skin, snout, and eyes.
3. Cut off the fattest part for lard.
4. Put the lean and bony parts to soak in cold water to extract blood and dirt.
5. When meat is cleaned, put it over the heat to boil using enough water to cover it.
6. Use the bony pieces of 1/4 beef and add to pork and one pork liver.
7. Boil until meat separates readily from bone.
8. Remove from heat and pick out all the meat discarding the bones.
9. Drain off the liquor and strain it for the scrapple.
10. Chop the meat fine.
11. Cork the meat with salt and pepper  
3/4 c. salt        )  
1/4 c. pepper     )     50 lbs. meat
12. Cook until it bubbles all over.
13. Put in pans and chill.
14. In cooking pudding, I put pudding meat in strainer over boiling water, then the fat is extracted.



(Above recipes from Mrs. Miles Horst, 1/13/56.)

## MEATS

### Pork

#### Roast Suckling Pig

Suckling pig - 10 lb.  
Sage stuffing

Salt  
1/4 c. butter

1/4 cup flour

Have butcher thoroughly clean 5 to 6 week suckling pig. Wash and dry inside and fill loosely with stuffing. Sew together securely and place on spit tying securely and centering it well. Sprinkle with salt and brush on melted butter. Roast over coals 35 minutes per lb. Baste with butter frequently to prevent cracking of skin. 1/2 hour before done dust with flour to brown surface. Serve pig with apple in mouth. To carve, cut at right angles to backbone down to bone making cuts about 1 inch apart. Cut along backbone and under meat to loosen.

\* \* \*

#### Special Meat Cure (for Hams)

For 500 pounds meat, mix the following:

25 lb. salt

3/4 lb. salt petre

5 lb. brown sugar

1/4 lb. cayenne pepper

2 lb. black pepper

Mix ingredients and put on meat after it has cooled. Rub in 1/2 the "mix." Put meat in a cool place packed in barrels or boxes. Let remain for 2 weeks. Take up and rub in remainder of "mix." Pack again and let remain about 6 weeks (except in extremely cold weather, a longer time is required for curing.) Hang it in meat house and smoke with hickory or apple for several days.

NOTE: We find it saves labor and that all the "mix" can be rubbed in at one time.

(from Senator A. Willis Robertson, 6/6/55)



## PICKLED PIG'S FEET OR SOUSE

- 4 pig's feet
- 5 tb. vinegar
- 4 c. stock
- 1 tb. salt
- 1/2 t. pepper
- 1 c. chopped beef tongue
- 1 c. chopped pig's feet meat

1. Scrape and clean feet well and put on to boil in enough salt water to cover.
2. Simmer for app. 4 hrs. or until meat will separate from bones.
3. Remove pig's feet from water and strain liquor to remove small bones.
4. Mix stock in which meat was cooked with vinegar, salt and pepper.
5. Bring to boiling and simmer for 30 min.  
5 c. will be reduced to about 3-1/4 c. liquor.
6. Take meat from pig's feet and chop very fine -- app. 1 c. of meat without skin and fat.
7. Add 1 c. chopped beef tongue and add meat to liquid.
8. Pour in containers and chill until set.

The smaller molds of souse same proportions, but 1 c. vinegar  
2 tb. salt.

(Recipe from Mrs. Miles Horst, 1/13/56.)



MEAT DISHES - VEAL

Kidneys in White Wine

2 Veal Kidneys  
2 tbs. butter  
2 tbs. flour  
1 c. white wine

1 lb. mushrooms, sliced fine  
A little stock or water to  
make right consistency

Wash kidneys and slice, removing white core and skin. Heat butter and brown the kidneys rapidly, first on one side and then on the other. Add flour, mix until smooth. Add wine and mushrooms. Cook rapidly 10 minutes. Serves 6.



## MEXICAN FOODS

### Chili

### Mexican Dishes

#### CHILI BEANS (For 50 to 75 servings)

Louise D. Page  
Apple Valley

6 lbs. Pinto beans                      2 tsp. soda

Soak in enough boiling water to cover, plus 2 qts. Soak for 1 hour. Drain and add enough hot water to cover. Cook until tender but not soft.

Brown the following in 4 tbs. fat:

4 c. chopped onions                      4 small cloves of garlic

Then add:

6 or 7 lbs. ground beef

6 tbs. chili powder                       $\frac{1}{4}$  c. salt

$\frac{1}{2}$  tsp. allspice                              3 qts. tomato puree

$\frac{1}{2}$  tsp. pepper                              4 to 5 can tomato sauce

Cook until meat loses its rawness; then add to beans and cook until flavor is blended. More water may be added if desired.

#### CHILI CON CARNIE (MEXICAN)

3 medium onions  
1 large clove garlic  
1 tbsp. shortening  
2 tbsp. chili powder  
 $\frac{1}{2}$  tbsp. flour  
1 tsp. cumin  
1 tsp. coriander  
1 tsp. oregano  
1 No. 2 can tomatoes  
1 cup water  
1 tbsp. sugar  
 $\frac{1}{2}$  tbsp. salt  
1 square chocolate  
1 lb. ground meat-browned  
1 can kidney beans



Chop 3 medium onions and 1 large clove garlic in 1 tbsp. shortening, brown until limp. Mix 2 tbsp. chili powder,  $\frac{1}{2}$  tbsp. flour, 1 tsp. cumin, 1 tsp. coriander, 1 tsp. oregano. Add to onion mixture. Pour in 1 No. 2 can tomatoes, 1 cup water and simmer. Add 1 tbsp. sugar,  $\frac{1}{2}$  tbsp. salt, 1 sq. chocolate. Add 1 lb. ground meat-browned. Simmer 1 hour. Then add 1 can Kidney beans and reheat.



## CHILI

1-1/2 lb. ground beef  
4 onions  
1 tbsp. butter  
1 can tomato soup  
1/2 cup water  
1 can tomatoes

Salt, pepper,  
paprika, chili powder  
2 cans kidney beans  
1 clove diced garlic  
1 tbsp. Worcestershire sauce

Brown meat. Add onions which have been browned. Cover with soup. Add water, seasonings, beans, garlic, Worcestershire sauce. Mix together and simmer in a cast iron pot over the coals for 2 hours. Add tomatoes before serving.

PASTRIES

PIE CRUST

Louise Page  
Apple Valley

- 1 1/2 c. flour
- 1/2 c. plus 2 tbs. shortening
- 1/2 tsp. salt
- 4 to 6 tbs. water

Sift together flour and salt; cut in shortening. Blend until it looks like coarse meal. Add water a little at a time until mixture holds together. Divide into two parts. This will make both lower and top crust for one medium sized pie.

GRAHAM CRACKER PIE CRUST

Mrs. Carl O. Anderson  
Marianna Ranchos

- 1 1/2 c. graham cracker crumbs
- 1/3 c. powdered sugar
- 1/2 c. butter or margarine

Crush graham crackers and mix with butter and sugar. Pat mixture into pie pan. Place in refrigerator or cold place. Allow to stand for several hours, then fill with pie filling.

MY STANDBY PUMPKIN PIE

- 1 egg, well beaten
  - 6 tbsp. sugar
  - 1 tbsp. cornstarch
  - 1 large c. pumpkin
  - 1 1/2 c. milk
  - 1 tsp. ginger
  - 1 " cinnamon
  - 1/2 tsp. cloves
  - 1/2 " nutmeg
  - 1 tsp. vanilla
- Bake in unbaked pie crust in moderate oven until set
- MRS. ROBERT G. BECHTEL

KEY LIME PIE (CHIFFON)

(Make a Pastryshell)

- Mix Together
- 3 large egg yolks
  - 6 tbsp. sugar
  - 1/4 tsp. salt

Add----- 1/4 cup unstrained Lime Juice  
Cook over low heat, stir mixture until it boils, remove from heat.

Stir----- 1/2 cup boiling water  
Into----- 1 pkg. Lime Jello and 1 tsp. grated lime rind.

Beat in the hot custard. Cool. Fold this into a meringue of:

- 3 egg whites (1/2 cup)
- 1/4 tsp. cream of tartar
- 6 tbsp. sugar

Fill into cooled baked pie shell. Chill 2 hours.





**LEMON CHIFFON PIE**

Mrs. Clifford Seeler

5 Tbsp. sugar                      2 Tbsp. water  
 2 eggs (yolks)                      Grated rind 1 lemon  
 3 Tbsp. lemon juice

Cook until thickened, stirring constantly. Beat 2 egg whites until stiff and 3 Tbsp. sugar. Fold into lemon mixture. Pour into baked pie shell. Chill and top with whipped cream.

**PUMPKIN PIE**

Mrs. H. Oldenbergh

1/2 can pumpkin                      1 1/4 c. sugar  
 3 eggs                                      1/2 pt. milk  
 1 tsp. nutmeg                              1/8 lb. butter, melted  
 1 tsp. cinnamon                              (if you use fresh pumpkin use  
 Juice 1 orange                              1 heaping cupful)  
 Rind orange, grated

Mix above ingredients together. Make pie shell, pour in mixture and bake 1 hour.

**CHERRY PIE**

4 cups drained cherries                      3 tbsp. cornstarch  
 1 c. cherry juice                              1 tbsp. shortening  
 3/4 c. sugar                                      1 tbsp. lemon juice  
 1 unbaked pie shell

Mix sugar, cornstarch, and shortening with cherry juice. Cook until clear and thick. Pour over cherries and add lemon juice. Place in pie shell. Top with shapes cut out of pastry. Bake in hot oven 450 ° for 20 minutes and reduce heat and bake 10 minutes more.

**CHOCOLATE CAKE**

("The Day" Committee, 9/26/56)

1/2 cup butter                              1 tsp. baking powder (rounded)  
 2 cups sugar                                      2/3 cup cocoa (dissolving in half  
 3 eggs                                              cup of boiling water)  
 1 cup sour milk                                      1 tsp. vanilla  
 2-1/2 cups sifted flour                              1/4 tsp. salt  
 1 tsp. baking soda

Sift flour, soda, baking powder and salt; cream shortening, slowly beat in sugar, and egg yolks and vanilla. Add the cocoa, then the flour mixture alternately with the milk. Fold in stiffly beaten egg whites. Pour into two greased layer cake tins. Bake 25 minutes in 375° F. oven.



## SALADS - and SALAD DRESSINGS



### MAYONNAISE

Elinor Seeler

8 tsp. sugar  
2 tsp. dry mustard  
2 tsp. cornstarch (large)  
1/8 tsp. black pepper

2 eggs  
1 c. vinegar, 1/2 water if strong  
1 c. milk

Put all ingredients in saucepan. Cook until thickened, stirring constantly. Let boil 3 or 4 minutes. Add piece of butter, size of walnut. Cool and beat with rotary beater.

### GERMAN POTATO SALAD

Greta T. Markley

5 lb. potatoes  
2 medium-size onions  
1 cucumber  
1/2 lb. bacon

1 1/2 c. vinegar (cider)  
3 Tbsp. salt  
1 tsp. pepper

Boil potatoes in skins, remove skins, slice thin. Add thinly sliced onions and cucumber. Cut bacon in small pieces and fry crisply. Add vinegar and heat. Then pour on potatoes. Add salt and pepper. Serve warm.

### COLE SLAW

1 head cabbage  
boiling water  
1 green and 1 red pepper  
2 Tbsp. sugar

1/2 onion  
1/2 c. vinegar  
1 clove garlic  
1/2 c. salad oil

Shred cabbage very fine. Pour boiling water over cabbage and let stand 10 minutes. Drain in colander and shred in green and red peppers. Boil vinegar and sugar with garlic. Add salad oil and remove garlic. Pour over cabbage. Let stand overnight and serve chilled.

### POTATO SALAD

(New York World Telegram, 9/6/52, as reported by Aksel Nielsen)

Boil potatoes, slice or cube, and marinate in wine vinegar for 20 minutes. Drain and mix with chopped onions and chopped parsley. Salt and pepper to taste. Pour the used vinegar over this mixture and add mayonnaise to taste, spiked with one-eighth teaspoon of Worcestershire sauce, celery salt and a pinch of garlic salt.

Serve cold, garnished with slices of hard-boiled eggs, sliced pimiento and olives.

## SAUCES

### Barbecue Sauce #1

1 cup sugar  
1/2 pint bottle soy bean sauce  
1/2 cup vinegar  
1/2 cup catsup  
Dash of tabasco

Mix together and baste meat or fowl after it is 2/3 cooked. Can be used for meats and fowl. Makes a wonderful sweet and sour barbecue.

### Barbecue Sauce #3

1 pt. vinegar  
1 small bottle catsup  
1/2 bottle prepared horseradish  
1 tbsp. cayenne  
1 tbsp. dry mustard  
1 tbsp. sugar  
1 tbsp. salt  
1/2 tsp. black pepper

Combine ingredients and use to baste while grilling. Especially good with ribs.

### Barbecue Sauce (from Sgt. Moaney, 9/24/56)

1/4 cup butter	2 tsp. salt
1 No. 2 can tomatoes, sieved (2 cups)	2 tsp. chili powder
1/4 cup vinegar	1-1/2 tsp. Worcestershire Sauce
1 tbsp. sugar	1/4 tsp. Tabasco Sauce, or more according to taste
3 tsp. paprika	1 tsp. black pepper
1 small onion, finely chopped	

Mix ingredients and simmer about 15 minutes. Use for basting meat or chicken, and serve as a sauce for it as well. Makes enough for about 5 pounds of meat (or chicken).

### Barbecue Sauce #2

1/4 c. chopped onion	1/4 c. vinegar
1/4 c. chopped celery	1 green pepper, chopped
2 tbsp. shortening	12 oz. chili sauce
1/2 tsp. paprika	1 tbsp. Worcester- shire sauce
salt	few dashes Tabasco
Juice 1/2 lemon	1/4 c. water
1/4 c. brown sugar	1 Tbsp. mustard

Saute onions and celery in fat. Add rest of ingredients in order indicated. Simmer 30 minutes.



### Sauce Bearnaise

4 egg yolks  
1/2 lb. butter  
2 shallots  
1/2 tsp. whole white pepper

1 bunch tarragon  
3 tbsp. cider vinegar  
1 sprig parsley

Chop shallots, crush pepper, chop tarragon, place in sauce pan with vinegar, reduce to thick consistency. Add egg yolks, place in double boiler and whip constantly with wire whip till thickened to consistency of mayonnaise. Remove from flame and cool (ingredients should be cool side of boiling point before melted butter is added); add lukewarm melted butter very slowly and whip constantly. If too thick, add vinegar. Strain through cheese cloth, and add very little chopped parsley.



Recipe of Dwight D. Eisenhower  
for Vegetable Soup



The best time to make vegetable soup is a day or so after you have fried chicken and out of which you have saved the necks, ribs, backs, un-cooked. (The chicken is not essential, but does add something.)

Procure from the meat market a good beef soup bone--the bigger the better. It is a rather good idea to have it split down the middle so that all the marrow is exposed. I frequently buy, in addition, a couple pounds of ordinary soup meat, either beef or mutton, or both.

Put all this meat, early in the morning, in a big kettle. The best kind is heavy aluminum, but a good iron pot will do almost as well. Put in also the bony parts of the chicken you have saved. Cover it with water, something on the order of 5 quarts. Add a teaspoon of salt, a bit of black pepper and, if you like, a touch of garlic (one small piece). If you don't like garlic put in an onion. Boil all this slowly all day long. Keep on boiling till the meat has literally dropped off the bone. If your stock boils down during the day, add enough water from time to time to keep the meat covered. When the whole thing has practically disintegrated pour out into another large kettle through a colander. Make sure that the marrow is out of the bones. I advise you to let this drain through the colander for quite a while as much juice will drain out of the meat. (Shake the colander well to help get out all the juice.)

I usually save a few of the better pieces of meat to be diced and put into the soup after it is done. The rest of it can be given to your dogs or your neighbor's chickens. Put the kettle containing the stock you now have in a very cool place, outdoors in the winter time or in the ice box; let it stand all night and the next day until you are ready to make your soup.

You will find that a hard layer of fat has formed on top of the stock which can usually be ~~lifted~~ off since the whole kettle full of stock has jelled. Some people like a little bit of the fat left on and I know a few who like their soup very rich and do not remove more than about half of the fat.

Put the stock back into your kettle and you are now ready to make your soup.

In a separate pan, boil slowly about a third of a teacupful of barley. This should be cooked separately since it has a habit, in a soup kettle, of settling to the bottom and if your fire should happen to get too hot it is likely to burn. If you cannot get barley use rice, but it is a poor substitute.

(over)



One of the secrets of making good vegetable soup is not to cook any of the vegetables too long. However, it is impossible to give you an exact measure of the vegetables you should put in because some people like their vegetable soup almost as thick as stew, others like it much thinner. Moreover, sometimes you can get exactly the vegetables you want; other times you have to substitute. Where you use canned vegetables, put them in only a few minutes before taking the soup off the fire. If you use fresh ones, naturally they must be fully cooked in the soup.

The things I like to put into my soup are about as follows:

- 1 qt ~~can~~ of canned tomatoes
- 1/2 teacupful of fresh peas. If you can't get peas, a handful of good green beans cut up very small can substitute.
- 2 normal sized potatoes, diced into cubes of about half-inch size
- 2 or 3 branches of good celery
- 1 good-sized onion (sliced)
- 3 nice-sized carrots diced about the same size as potatoes
- 1 turnip diced like the potatoes
- 1/2 cup of canned corn
- A handful of raw cabbage cut up in small pieces

Your vegetables should not all be dumped in at once. The potatoes, for example, will cook more quickly than the carrots. Your effort must be to have them all nicely cooked but not mushy, at about the same time.

The fire must not be too hot but the soup should keep bubbling.

When you figure the soup is about done, put in your barley which should now be fully cooked, add a tablespoonful of "Kitchen Bouquet" and taste for flavoring, particularly salt and pepper and if you have it, use some onion salt, garlic salt and celery salt. (If you cannot get "Kitchen Bouquet", use one teaspoonful of Lee and Perrin's Worcestershire Sauce.

Cut up the few bits of the meat you have saved and put about a small handful into the soup.

While you are cooking the soup do not allow the liquid to boil down too much. Add a bit of water from time to time. If your stock was good and thick when you started, you can add more water than if it was thin when you started.

As a final touch, in the springtime when nasturtiums are green and tender, you can take a few nasturtium stems, cut them up in small pieces, boil them separately as you did the barley, and add them to your soup. (About one tablespoonful after cooking).

### Bill's Duck Soup

Dice and fry until brown the following:

- 1/2 green pepper
- 2 large onions
- 2 strips uncooked bacon
- 2 stalks celery

Coat with flour duck legs and breast meat only.  
Brown and then mix with above.

Add:

- 1 large can whole peeled tomatoes (about 2-1/2 cups)
- 1/4 cup sugar
- crushed bay leaves

Cover whole mixture well with water and simmer uncovered for two or three hours - or until it is reduced to a thick consistency.

Let stand overnight. Before serving, add enough water to mixture to make it servable, bring to simmer and serve.

These ingredients are sufficient to cook four ducks.  
Will serve 6-8 people.

(Mrs. Edgar Eisenhower)



Bill's Duck Goop

53

Dice and fry until brown the following:

- 1/2 green pepper
- 2 large onions
- 2 strips uncooked bacon
- 2 stalks celery

Coat with flour duck legs and breast meat only. Brown and then mix with above.

Add:

- 1 large can whole peeled tomatoes (about  $2\frac{1}{2}$  cups)
- 1/4 cup sugar
- crushed bay leaves



Cover whole mixture well with water and simmer uncovered for two or three hours - or until it is reduced to a thick consistency.

Let stand overnight. Before serving, add enough water to mixture to make it servable, bring to simmer and serve.

These ingredients are sufficient to cook four ducks. Will serve 6-8 people.



Cover whole mixture well with water and simmer uncovered for two or three hours - or until it is reduced to a thick consistency.

Let stand overnight. Before serving, add enough water to mixture to make it servable, bring to simmer and serve.

These ingredients are sufficient to cook four ducks. Will serve 6-8 people.



## SOUP

### Oyster Gumbo

1-1/2 pint Oysters  
4 cups good fish stock  
1/4 cup butter  
1 tbsp. chopped onion  
2 cups cut frozen okra  
2 cups canned tomatoes  
Salt and pepper to taste

Clean, pick over, and parboil oysters; drain and cut oysters in small pieces. Add oyster liquor to fish stock. Cook onion 5 minutes in half the butter. Add to stock. Then add okra, tomatoes, oysters. Add 1 tablespoon flour to remaining melted butter and stir in soup. Serves 8 generously.



## VEGETABLES

### CORN ON THE COB (camp style)

Soak corn on the cob (just as it is picked with husks on) in water until it is thoroughly soaked. Cook ears on the cooler part of broiler or camp fire for about 20 min.

OR

Prepare corn on the cob as for regular cooking, rub well with salt and pepper and plenty of butter. Wrap in several thicknesses of aluminum foil and cook as above. THIS IS NOT COOKED IN WATER.

### CORN FRITTERS

Mrs. Charles D. Conklin, Jr.

1 can crushed corn	2 1/2 tsp. baking powder
1 2/3 c. flour	2 eggs
3/4 tsp. salt	1/3 c. milk

Sift flour with salt and baking powder. Beat eggs and add milk. Beat with dry ingredients. Beat all smooth. Add corn and stir into the batter. Drop by spoonfuls into hot fat, fry until brown. (Currant jelly on fritters is good).

### BAKED BEANS

2 c. pea or navy beans	1 small onion
1/2 t. salt	1 cup catsup
1/8 lb. salt pork	2 tbsp. molasses (dark)

Soak beans overnight in cold water. Simmer beans in fresh water until skins begin to burst. Put onions in bean pot and add beans to them. Imbed pork in beans and salt rest of ingredients. Add a little water to mixture and pour over beans. Bake in slow oven, 5-8 hours, adding water to cover beans until last hour.

Recipe from Mrs. I. P. LaRue (9/22/56)

### BOURBON BAKED BEANS

2 large cans Heinz baked beans (blue label)  
1/4 cup bourbon  
1/4 cup strong coffee  
1 tbsp. brown sugar  
2 tbsp. Worcestershire Sauce  
1 onion chopped

Mix all this in a casserole and let stand, covered at room temperature three or four hours. A little more than an hour before serving time, remove cover and bake at 350° F. an hour or longer, stirring occasionally.

### BAKED IDAHO POTATOES

Make several holes in washed and trimmed potatoes. Rub with butter or margarine and wrap in aluminum foil (double thickness). Place on grill and cook until done, turning occasionally. The average size potato takes 45-60 minutes. Pierce through with ice pick or fork to test for doneness.

### SPANISH RICE

6 slices bacon, cut in pieces	1/2 c. green pepper, diced
1 sm. onion, cut very fine	1 c. celery, cut small
3/4 lb. ground beef	1 lg. can tomatoes
1 8-oz. can tomato sauce	1 c. boiling water
2/3 c. Minute Rice	1 sm. can mushrooms, optional
1/2 tsp. salt	Dash garlic powder, if you like it

Render bacon until crisp, add green pepper, celery and onion to bacon fat and brown slightly. Then add ground beef which has been broken into small pieces and brown thoroughly, not too fast so meat will cook. Then add the tomatoes, tomato sauce, boiling water and rice. Lastly mix in the mushrooms if you want to use them. Cover and let simmer for about 10 to 15 minutes. I use a large iron skillet to make it in. Cut fresh parsley on top when served.

### WILD RICE

(from Frank M. Ludwick, Wash., D. C.)

Place wild rice in a colander and wash thoroughly with cold water. Drain and place in a pan deep enough for water to extend at least one inch over rice. Cover with boiling water. Let stand until water cools, drain and again cover with boiling water, permitting it to cool. Repeat this procedure three times, adding one level teaspoon salt to the last boiling water, and let rice open thoroughly.

Your wild rice is now steeped and ready for use in any recipe. Be sure to save the water from the last steeping of wild rice to use as liquid for all recipes requiring it. One pound dry wild rice makes approximately 6 to 7 cups when steeped. It may be used in dressings, stews, soups and as a stuffing for peppers or other vegetables.

### HOMINY -- fried

(from Marty Snyder)

1 cup Hominy (canned)	1 tsp. sugar
2 tbsp. butter	1/4 tsp. salt

Drain Hominy, melt butter and sugar in skillet, add Hominy. Fry for about 30 minutes until golden brown, stirring occasionally. Serve with syrup or molasses.

If you are using Hominy Grits, cook grits as per usual manner until fairly firm. Pour into flat pan, cool, cut into squares. Then prepare as above.