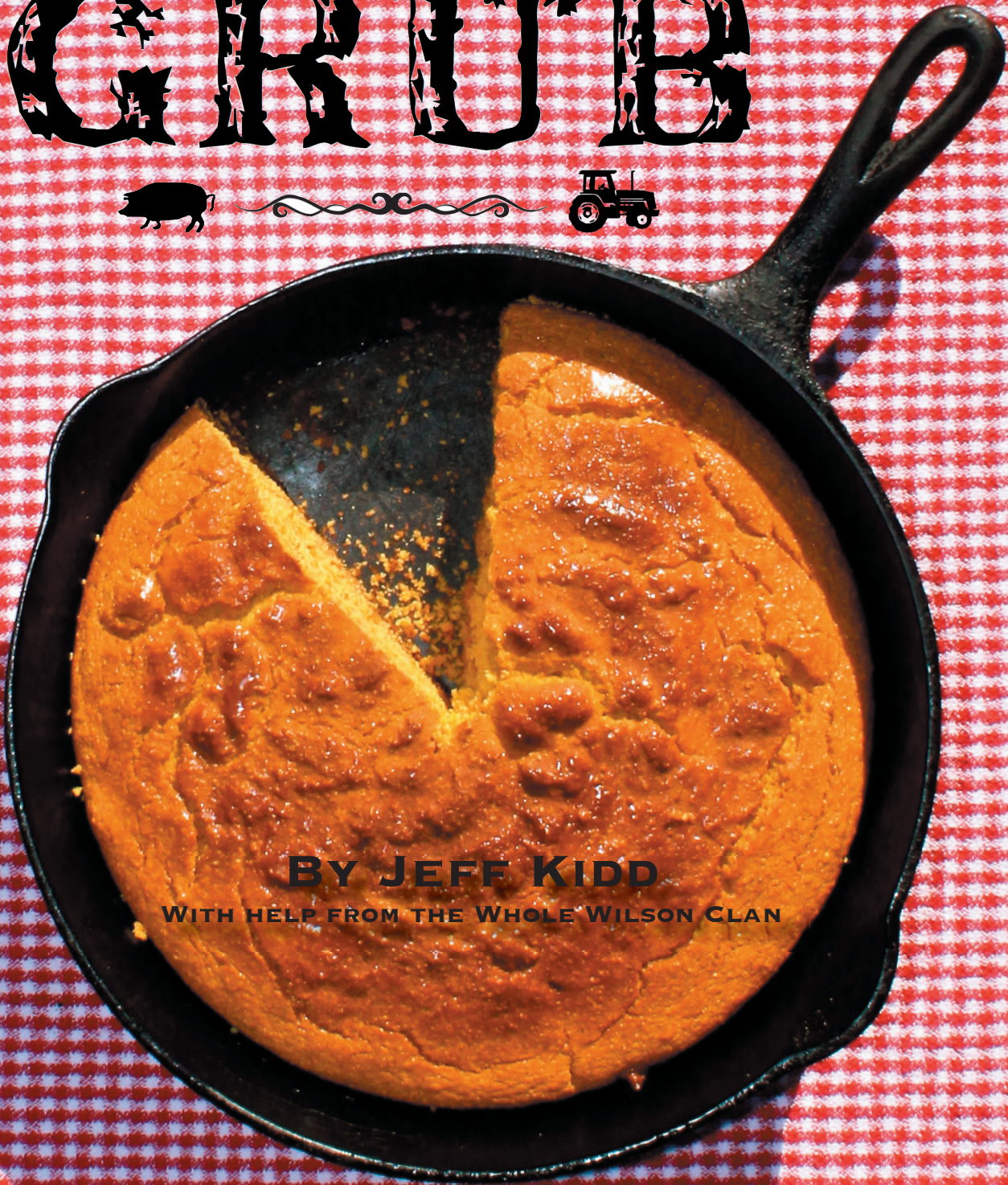




WILSON GRUB



BY JEFF KIDD

WITH HELP FROM THE WHOLE WILSON CLAN

WILSON
GRUB

**EATING OUR WAY FROM THE APPALACHIAN FOOTHILLS
TO THE LOWCOUNTRY OF SOUTH CAROLINA**

Recipes of familiar dishes compiled by Jeff Kidd, with contributions by several family members and adaptations taken from other published sources as noted.

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WILSON GRUB

PREFACE

Sure, Santa's visit got us riled in the morning. But by noon, the wads of wrapping paper were swept from Granny's floor, at least three new toys lay broken in a corner and a hot-basted aroma from the kitchen overwhelmed the Christmas tree's pine scent.

Time for the real main attraction in the modest, six-room farmhouse on an eastern Kentucky ridge top.

Us cousins began to hunker down, some on the brown, cloth sofa next to the wood stove, and one or two of the luckiest among us in Papaw's green, Naugahyde recliner. Then, we waited for Granny to haul out the TV trays. Behind her marched our mothers, bearing gifts for young bellies: Hearty green beans that lay fat and salty across your tongue; corn sweet enough for dessert; a thick slice of turkey or salt-cured ham, sometimes both; dressing that packed so much sage, the heartburn felt like a mule kick square to the chest when you lay down for your afternoon nap.

Those adept with a fork and mashed potatoes could dab at their plate and work a bit of it all into a single bite. Add a swig of Royal Crown cola — later, Coca-Cola after Uncle Kenny switched allegiances and started driving a delivery truck for the competition — and you could make a tasty slurry by swishing it all around in your mouth. Young'uns who cleaned their plates — that was all of us — got to top it off with pumpkin or pecan pie.

In all of those Christmases, I remember only two of the presents I received at Papaw and Granny's house. But years later, I can close my eyes and savor every one of those meals.

Indeed, though the dishes might change with the seasons, food is inextricable from my memories of visits to my grandparents, no matter the month. On Thanksgiving, we enjoyed tenderloin from a freshly butchered hog. On Independence Day, it was hand-churned ice cream slathered in Hershey's syrup poured from a tin can. There was always something good to eat when the Wilson family got together.

Of course, many families can say the same. What set apart the Wilsons and the other folks on that ridge is that they put their backs into almost every bite they put into their bellies. The beans and corn we enjoyed on Christmas had been planted by the side of the house in the spring and canned in a wash house out back that fall. The hogs that provided the ham and tenderloin were raised in a pen by the barn. If the ice cream was not derived from dairy cows that grazed Oliver and Leona Wilson's hillside, it was churned by their eager, bare-chested grandsons.

The farm where my mother, her two brothers and her two sisters grew up in a three-generation household was only modestly mechanized. The family didn't own a tractor, for example, until the early or mid-1960s and never did own a hay baler. My Uncle Jack recounts the absolute drudgery — and absolute necessity — of his least favorite chore, cutting firewood. Even in the summer when the family didn't need to burn wood to heat their home, they still needed it for the wood cooking stove in the kitchen. An electric range didn't arrive on the ridge until sometime in the 1940s. Neither did a refrigerator — often, the family kept butter and milk cool by dangling it down their water well.

"Most of what we ate, we grew or raised ourselves," my mother, Linda Wilson Kidd, once recalled. "We bought sugar and flour and coffee — a few staple items — but just about everything else, we provided for ourselves."

It would be a mistake to assume that the scarcity of store-bought food meant the family went hungry.

"We never realized we were poor until someone told us," my Uncle Kenny is fond of saying. "I figure there were a lot of folks who'd like to be that poor and eat that good."

Food was not only the focus of their labor. It also was the focus of their leisure. On Sundays, Oliver and Leona Wilson often packed their kids in the family vehicle and picnicked on the bank of a creek that has since been submerged by the dam that formed Cave Run Lake. In colder weather, neighboring families piled into the Wilson living room and ate popcorn they grew themselves while watching pro wrestling on the first television set on the entire ridge. Leona often carried homemade donuts to sick folks or kept her grandchildren happy with fried apple pies that seemed to erupt with nutmeg and cinnamon and allspice.

Eventually, my mother and her siblings left the farm and the farming way of life. Their children were more likely to fetch food from a microwave or a drive-thru window than a garden out back. Yet, many of the old ways remain familiar. I vividly recall helping my great-grandmother, Mahala Wilson, string the beans she piled in an apron on her lap; the ubiquitous smell of frying grease that coated the drinking glasses in Granny's metal

cupboard; my dislike of milk fresh from the udder; my approval of the frog legs Papaw giggered and fried; my primordial interest hog killing.

And I remember the insufferable heat of the outbuilding where Granny did her canning.

When the family purchased an electric stove, the old Home Comfort wood stove wasn't discarded. Instead, it was moved to an outbuilding, and Granny used it to put up all sorts of vegetables for the winter. That included some of those beans I helped string, as well as the Leona Wilson recipe I miss most of all — her vegetable soup. As with her apple pies, no one made it quite like her. The yellow onion was always perfect — quarter-inch, translucent squares retained a hint of firmness and imparted their flavor without fouling your breath. The broth tasted less of chicken stock, more of tomato juice. Funny, I don't even like tomato juice. But Leona peppered it heavily to beat back the sweetness, and every spoonful of her soup brought forth a veritable garden.

Granny has been dead more than a decade as I write this. People sometimes worry they'll forget the facial details of a departed loved one or the sound of their voice. I can't stand the thought that I'll forget the taste of her soup, her donuts, her apple pies.

This cookbook is an attempt to preserve those flavors and remember old ways and old times. They'll never be perfectly preserved, of course. No one will make Leona's fried apple pies, no matter how faithfully they follow the recipe herein. I hope I got close enough, however, to help her great-grandchildren get a sense of what it was like to lap the oozing, brown goodness that oozed from their crust.

I'm also interested in recording processes — slaughtering hogs, rendering lard or drying cushaws — so that they can be appreciated today, even if no one cares to replicate them.

Fair warning, however: Not every recipe I sought to preserve was written down, and not every chore on the farm was hermetically sealed in someone's memory. I had to improvise here and there, much as Granny did with the vegetable soup I loved so much. It might seem a simple proposition to list the ingredients and say a few words about her canning process, for example. To the contrary, I can't find her recipe anywhere. No one seems to have it, and frankly, were my grandmother still alive, she probably wouldn't be able to produce a recipe card, either.

And that's not just because, like so many kitchen mavens, she had made her soup so often, she didn't need to write down the recipe. Rather, my Aunt Ina informed me, Granny was never very fussy about soup ingredients. She might have made it the same way twice — or several times — but she didn't make it the same way throughout her life. She always used whatever was growing on the ridge at the time — corn, green beans, tomatoes and potatoes for sure, but it could also include squash or carrots. She almost always included one distinct ingredient — macaroni. But sometimes she added meat. Sometimes she did not. Thus, recording her recipe for posterity is literally impossible because there was no single recipe.

As such, I took occasional liberties, even though I tried to be faithful to family favorites whenever possible. For instance, the recipe for Leona's yeast roll recipe was recorded in

her own handwriting in the cookbook and user's guide that came with that old 1930s model Home Comfort wood stove. But I had to crib from other sources to replicate recipes no one bothered to write down or had long ago misplaced. (The Foxfire book series from the 1970s was particularly useful for that, as were several online resources.)

For that reason, Granny's vegetable soup seems to me to be emblematic of this entire project, for in the compilation, I tried not to get too fussy about what went in and what stayed out. To be sure, I mostly wanted to satisfy my hunger for both nostalgia and food, but I tried also to recognize the value in broadening the scope beyond homespun recipes from the pre-microwave era. That way, I might save some work for a cousin like little Koda Harper when, years from now, he wants to know how his Mamaw Ina made that yummy white spicy chili. And maybe Kiera Shaver would like to make one of the stuffed baked potatoes her Grandma Vada always requested when she visited her sister, Linda. So this book chronicles a lot of things we eat today, including quite a bit of cuisine that merely alludes to or was never prepared on the ridge.

In fact, as I see, that makes this book more authentic, not less so.

When my family moved to South Carolina in 1976, we were introduced to many new culinary traditions — for instance, pulled-pork barbecue and that great Southern delicacy, the boiled peanut. And when I moved to the coast, my tastebuds were introduced to yet more rich flavors in Lowcountry dishes. I was fortunate to marry a great gal who also is a great cook — and well-schooled in Lowcountry cooking traditions. Much like my family, Debi's parents sprang from an upwardly mobile but working-class upbringing. Her granddaddy raised butter beans and squash and many foods that would look perfectly in place on a Kentucky dinner table. Despite the common food traditions, differences also are evident — for instance, the prevalence of rice and seafood in Lowcountry cooking that owes to their historical cultivation there. In fact, South Carolina's southern coast was an important colonial center for rice production, and the seeds from Madagascar that became the Carolina Gold strain were considered the world's finest.

Our culinary interests continue to expand, and, I'm happy to report, neither our appetites, nor our curiosity are sated by national chains and processed foods alone. My stepson, Tommy, for instance, is both an adventurous eater and an avid cook. As a little boy, he spent a lot of time in the kitchen at the restaurant his father and Debi once owned. His interest in cooking never quite washed off — sort of like the slight film on those drinking glasses at my Granny's house — and he enjoys combining flavors, experimenting with seafood and game, and trying to replicate his favorite restaurant foods.

So don't mistake this for an academic text, or expect from it strict fidelity to particular recipes or long-ago places and times. The point is to show what and how we eat, so that anyone who cares to can get a sense of what it was like to hunker down in the living room and wait for that TV tray to slide memories toward your mouth.



The Home Comfort seal on an old wood-burning stove my cousin Wayne Harper purchased to boil down maple syrup. Our grandmother, Leona Williams Wilson, used a similar model for canning after the family bought an electric stove and moved the wood-burner to a wash house.

PHOTO: Jeff Kidd

CHAPTER 1: Preserved foods _____

Canning, drying and putting up food

Farming was a massive, year-round, family enterprise on the ridge where my mother grew up in a three-generation household. But it was not a commercial enterprise.

My papaw, Oliver Wilson, sometimes sold hams or bartered away other cuts from the hogs the family slaughtered. My granny and great-grandmother churned butter from the milk cows and sold it at market. Burley tobacco was harvested in late fall, and proceeds provided Christmas presents and a little spending cash.

But for the most part, the Wilsons worked their fields to feed themselves, and the men usually held jobs in addition to farming. That's pretty remarkable considering how much they consumed — at times four adults and five children lived there together. And with the exception of staple items like flour, coffee and sugar — and maybe a few fruits and the occasional case of pop — my mom, aunts, uncles, grandparents and great-grandparents were able to feed themselves with what they grew and raised.

In additions to hogs for meat and cows for milk, the Wilsons raised chicken for poultry and eggs. They also cut hay to feed their livestock, including the horses and mules that helped them tend to their massive gardens in the days before the farm was more mechanized.

The family didn't butcher its own beef — in fact, they rarely ate beef — and not every meal included meat (at least, if you don't count the salted pork that seasoned their beans.) However, fruits and vegetables abounded. The hillsides on the farm of about 60 acres produced tomatoes, field corn, popcorn, squash, string beans, cabbage, carrots, lettuce, beets, peas, peanuts, potatoes, sweet potatoes and probably some other things I've overlooked. Rhubarb was grown in raised beds near the house. The family also picked wild blackberries and plucked apples from the trees that grew in their yard.

My aunts and uncles talk about "putting out a garden," but that wasn't a little section of the backyard set off by landscape timbers, like my little scrub patch in suburbia. Citified and modernized folks of today would look at the "garden" and see a bonafide farm.

Self-sufficiency posed little problem during the summer and fall harvests, but the family had to put up food to eat during the cold winter months and early spring. Often, that meant canning food for later consumption. Almost everything the family prepared could be and was preserved in glass jars, and that included meats, such as sausage. This method of preservation was necessary when Burl and Mahala Wilson first purchased the farm property from Burl's brother, Lee, in the 1920s, because it was not then electrified. However, even after power lines linked the ridge to modernity sometime in the late 1930s or early 1940s, the family could not yet afford a refrigerator or freezer. This meant wood had to be kept chopped, split and stacked even in the heat of summer. It also meant the person preparing food at the height of the dog days might sweat away as much weight cooking as they put on eating.

And I didn't need my Uncle Jack to recall that for me.

When the family finally was able to spring for an electric cooking range and oven, the old 1930s-model Home Comfort cooking stove was moved from the kitchen to the wash house, just behind the main house. It remained in service there for decades, and one of my earliest memories of the ridge was watching my granny, Leona Wilson, can corn and half runner green beans, an exercise that turned that wash house into a hillbilly sauna.

While helping me prepare this cookbook, my Aunt Ina found the Home Comfort cookbook and owner's manual that came with the stove. It also contained a few handwritten recipes — yeast rolls and fruitcake among them — scrawled in the white space at the end of a few chapters. So much of Leona's cooking and baking was done from memory by the time I was around, seeing instructions for some of her favorite dishes in her own script was palpating.

But the manual unlocked more than sentiment; it also contained detailed instructions about the stove's operation and for canning methods that closely approximate the steps my grandmother and great-grandmother followed. That manual — along with the

recollections of my mother, Ina, Jack and my Uncle Kenny — are the basis for the descriptions that follow.

Canning methods

The great thing about canning is that the method can be used to preserve just about anything that will fit through the mouth of a jar. In fact, that explains the diameter of the family's sausage patties. Prepared after a hog killing, Granny fried up the sausage and dropped it into her canning jars, with a little hot, liquified fat to help create the seal. For obvious reasons, patties the size of flapjacks wouldn't work.

Just about every vegetable the family grew was canned at one time or another. So was Granny's vegetable soup — one of my favorite dishes, particularly when served with a wedge of cornbread. Occasionally, foods not grown on the farm also were canned. At least once a summer, a man in an old truck would wend his way up the gravel road to the farm to sell the family fresh peaches, which were grown in more southern states. Those were a favorite of my great-grandfather, Burl, who always bought a bushel or two. Some of the fruit would be put aside and consumed fresh, and the family would spend the rest of the day peeling the remainder so that they could be canned.

As described in the Home Comfort manual, there were two main methods of canning. The jar-cooked method involved packing partially cooked food into clean, hot jars. A little bit of pre-cooking shrinks the contents, which helps the packing and drives out air. The jars and their contents are then sterilized and cooked at the same time, preventing entrance of bacteria during the canning. Sterilization was accomplished with boiling water or steam, often from a pressure cooker.

The "Home Comfort Cookbook" described seven steps to the jar-cooked method, which was often used on the ridge:

1. Prepare by washing jars and lids. Discard any with imperfections. Be sure rubbers are new; unused old ones deteriorate after a year or so. Clean and pare food as if cooking for immediate consumption.
2. Large fruits and vegetables should be put in a wire basket and immersed in boiling water for five minutes, counting from the time the water begins to boil again. Then, dip up and down in cold water two or three times to keep shape and make handling easier. Berries, soft fruits and vegetables may be canned without pre-cooking. Pre-cook hard fruits a short time in syrup before canning them. Tomatoes and peaches can be scalded about two minutes to remove skins easily. Greens may be wilted over steam to reduce their bulk and preserve volatile oils. Meat can be partially cooked.
3. Pack prepared food in clean jars that have been heated in the oven or rinsed in warm water to prevent cracking. Pack firmly but not so tightly that material is crushed. Pack fruits and vegetables within 1/2 inch of top of jars. Allow a little more space for meats and for lima beans, peas and corn because they swell considerably. Fill jars of vegetables with boiling water to within 1/4 inch of top.

Add 1 teaspoon salt to each quart. Fill jars of fruit with sugar syrup to within 1/2 inch of top. No liquid is necessary with canned meats and fish, although a few tablespoons of pan gravy may be added to each quart jar with 2 teaspoons salt.

4. When jars are packed, put on fresh new rubbers and partially fasten the tops to allow for expansion. If the tops fasten with levers, leave the lower one up. If they screw, do not quite complete turning. (The Wilsons typically used screw-top jars.)
5. To process jars in a steam pressure cooker, follow directions of manufacturer carefully. For processing with a water bath, fill boiler with water about height of jars. When the water comes to boil, lower the jars in 2 inches above the tops. Continue to add water as that in the boiler evaporates. Process the required length of time for the particular food, counting from the time the water begins to boil after the cans have been added. Remove jars from boiling water as soon as time is up.
6. Finish by tightening covers on jars immediately. Place the jars upside down on a cloth and keep off drafts until cool. Then wash and label the jars. Or wrap them in paper or small paper sacks to keep off dust and note contents of jars on wrappers. Store in a cool, dark, dry cupboard.
7. Canned pork and poultry should be well bled and cooled at least 24 hours before canning. Fish should be out of the water on ice no more than four or five hours. Meat may be simmered or roasted just until the pink color begins to disappear. It can also be seared for a browned flavor and color before packing. Cut into convenient-sized pieces for packing and serving. Disjoint chicken, rabbits, squirrels, etc. About 4 tablespoons pan gravy may be added to jars (it is not necessary to add liquid to meats) with 2 teaspoons of salt to each quart. Bones, if small, should be packed with meat to add flavor and nutritional value, and to aid in heat penetration.

Putting up potatoes

There was no root cellar on the ridge, but the family had a method of keeping potatoes through the winter months. Those to be stored were left in the soil until fall. Then, my papaw, Oliver Wilson, found a place near the house to dig a hole about three or four feet wide and about a foot deep, so that he got below the frost line. The hole was lined with cardboard and straw, and the potatoes were placed on top. Then, they were covered with a blanket and more straw, then covered over with dirt. Potatoes stored this way would keep for several months in cool and cold weather. Whenever the family needed a mess, someone would be sent to uncover the bed and retrieve them.

Usually, Oliver dug several holes per season. Later, he built a wood box that could be set in the ground to keep potatoes fresh. They also preserved tomatoes (picked while still green) and apples in similar fashion. Aunt Ina recalls that apples stored in this manner were a treat often enjoyed at Christmas.

Dried apples

More often, however, the apples eaten during non-harvest times were dried. Several varieties were plentiful on the ridge, including "rusty coats," which derived their name from the color of their skins. The entire family participated in their gathering and in the preparation of dried apples, which were peeled and sliced thinly. Screen wire was attached to a wood frame, and the apple slices were placed upon it. The apples were spread on the screen and covered with cheesecloth to keep bugs away.

If the sun was out, the apples were put outside in the sun. The screens were taken in at night. Sometimes, if the Home Comfort wood stove was being used, the apples would be put in a shallow pan and allowed to dry in the oven as the fire was dying down. The temperature couldn't be too high, however, or the flesh would scorch.

After the apples were dried, they were put in gallon jars and sealed for later use.

Other preserved foods

Cushaws are striped, pumpkin-like gourds with curved necks. Often, they were picked and placed under the bed in the rear bedroom — shared by Mahala and Burl and, after Burl's death, Mahala and Leona's mother, Nora Kendall Williams. The cushaws would dry up and keep. They would be retrieved for use as a side dish or as the main ingredient of a custard-like pie.

Hickory nuts and walnuts also were gathered on the ridge and usually stored in a woodshed.

A good place to start

Most cookbooks are organized so that recipes progress in the order in which a meal might typically be served — appetizers near the front, side dishes and main courses near the middle, desserts at the end. As such, many of the recipes in this section might seem better suited for later in the book.

But preserving food was such an integral part of life on the ridge that I felt it needed a prominent place at the beginning of the book. Besides, when you think about it, preserved food truly belongs at the front of a cookbook following time progression — this work is a first step in preparing many of the delicious recipes that follow.

Leatherbritches

There was always a garden on the ridge, and as much food was put away for winter as possible. For a long time, the Wilsons did not own a freezer, for fruits and vegetables had to be canned or dried for preservation.

Beans were allowed to get as fully grown as possible. They remained on the vine longer than beans that were canned. The beans were then picked. A string of several feet was threaded through a large-eye needle. The beans are then sewn onto the string and hung

up to dry. Sometimes, instead of stringing the beans, they were placed on a mesh screen — much like the apples laid out for drying — and put on the home's tin roof to dry.

Whatever method was used for drying, when completely dehydrated, the beans were sealed in large containers, often old lard cans or 1-gallon jars.

Sometime during the winter, the beans were dropped in a pot of boiling water and cooked for several hours. Salt and pork are added for seasoning. The reconstituted beans took on a different texture than beans freshly prepared.

Source: Mahala Wilson

Applesauce, Apple Butter, Apple Jelly, Preserves & Jam

Apples grew in abundance on the ridge, and so it's no surprise so many family recipes — apple stack cakes and fried apple pies most prominently — called for them. Applesauce, apple butter and apple jelly were also staples, and the process for making each started the same way — apples were washed, cored and quartered, then placed in a large pot with water added to about one-third the depth of the fruit, which was cooked until tender. It was very important to stir constantly — scorching can ruin an entire batch of preserves, jams and jellies.

Once the apples were tender, Leona ran them through a colander to remove the peels and any lumps. What happened next depended on what was being made.

If applesauce was the aim, sugar and cinnamon were added to taste, then poured into sterilized jars. Leona processed them in the canner for about 10 minutes on 10 pounds of pressure to make sure everything was hot enough to seal.

To make apple butter, the applesauce was returned to the cooker after being run through the colander. Leona added sugar to equal about 1/3 of the volume of the applesauce. This was cooked slowly until the desired thickness was reached. Again, this will burn easily, so it had to be stirred frequently over lowered heat. This usually did not get put in the pressure canner; rather, it came out so hot that it self-sealed when poured into jars.

The process was a bit different for apple jelly. For this, Leona strained the cooked apples through a cheesecloth so that she was left only with the juice. (Usually, she would set aside the juice, then add water back to the strained apples and continue to make apple butter.) The juice was returned to heat. For every 3 cups of juice, a 2-ounce package of fruit pectin could be added (but did not necessarily have to be). As the mixture reached a boil, about 5 cups of sugar was stirred in, and the heating continued until it completely dissolved. The mixture was then removed from heat and ladled into sterilized jars, leaving a 1/2 inch of space at the top. The rims were wiped with a dry, clean cloth and covered with a lid to seal the ring. Most modern recipes recommend letting the jelly stand for 24 hours at room temperature, then refrigerating. Jelly can take up to a week to set, and once it does, it is ready to serve.

This same process can be used to make other types of jellies, jams and preserves.

Blackberry jam was made on the ridge following the same procedures as used to make

apple butter. Strawberries and rhubarb/cherry jellies and jams were also possible. I recall having peach preserves as a youngster, but I'm not sure these were made on the ridge — peaches typically were either trucked in seasonally or consumed from a store-bought can.

If you're inclined to experiment with your own recipes today, note a few differences in the terminology. Jellies typically are made with the juice that is left after boiling and, sometimes, reduced. Jams include mashed up fruit in the mix, and preserves entail larger chunks. Most recipes call for the addition of 3/4 cups of sugar for each cup of fruit. One to 2 tablespoons of lemon juice can be added when using very ripe fruit and is particularly desirable when pectin is not being added because the acidity will help the jams and preserves set.

Source: *Leona Wilson*

Apple Butter

Another variation of the apple butter recipe, this one with spices added.

Ingredients

1 peck apples	2 teaspoons cloves
10 cups sugar	1 teaspoon allspice
2 tablespoons cinnamon	4 cups water

Method

1. Wash, quarter and cook apples, unpeeled, with water. Cover and let simmer slowly, until tender.
2. Rub through coarse sieve. There should be about 5 quarts pulp. Add half as much sugar as pulp and spices. Let simmer about 2 hours, stirring frequently.
3. When thick, pour into hot, sterilized jars and seal at once. Remember that apple butter becomes stiffer when cold. Recipe makes 9 or 10 pints.

Source: *Leona Wilson*

Dill Pickles

Ingredients

2 quarts water	6 bunches dill, fresh
1 quart vinegar	1 teaspoon garlic powder
1 cup sugar	5 pounds cucumbers, quartered vertically
1 cup salt	

Method

1. If you plan to can pickles for long-term storage, prepare canning jars appropriately. If not, simply washing the jars and lids will suffice.
2. Wash and dry the cucumbers, trimming away the blossom end of each.
3. Divide the spices between the jars, then pack in the cucumbers, clipping the ends if they stand less than 1/2 inch below the top of the jar. Squeeze in as many as you can without smashing the cucumbers.
4. Combine the vinegar, water and salt in a saucepan over high heat and bring to a boil.
5. Pour the brine over pickles, filling each jar to within a 1/2 inch of the top. Remove air bubbles by tapping jars on counter, topping off with more brine if necessary. Tighten the lids on the jars.
6. If storing for long-term, place jars in boiling pot of water for five minutes, then remove immediately.
7. If storing for short term, let jars cool to room temperature and then refrigerate. Wait at least two days before opening.

Source: Leona Wilson, adapted from "Hillbilly Cookbook"

Chow Chow

A Deep South staple.

Ingredients

1 peck green tomatoes	2 ounces cloves
1 peck string beans	2 ounces celery seed
1/4 peck white onions, small	2 ounces allspice
1/4 peck green peppers	1 pound brown sugar
2 heads cabbage, large	1 box yellow mustard seed
1/4 peck red peppers	1 ounce turmeric
4 tablespoons white mustard seed	vinegar

Method

1. Chop the tomatoes, let them stand overnight in their own juice.
2. Squeeze out the brine. Chop the cabbage, peppers, onions, and beans, mix together, and add the tomatoes and the spices and sugar.
3. Put in a porcelain kettle, cover with vinegar, and boil three hours. When cool, seal in jars.

Source: Debi Kidd, derived from "Foxfire Vol. 1"

Pickled Beets

Ingredients

10 pounds fresh small beets, stems removed 1 quart white vinegar
2 cups white sugar ¼ cup whole cloves
1 tablespoon pickling salt

Method

1. Place beets in a large stockpot with water to cover. Bring to a boil, and cook until tender, about 15 minutes depending on the size of the beets. If beets are large, cut them into quarters. Drain, reserving 2 cups of the beet water, cool and peel.
2. Sterilize jars and lids by immersing in boiling water for at least 10 minutes. Fill each jar with beets and add several whole cloves to each jar.
3. In a large saucepan, combine the sugar, beet water, vinegar, and pickling salt. Bring to a rapid boil. Pour the hot brine over the beets in the jars, and seal lids.
4. Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 10 minutes.

Source: Derived from AllRecipes.com

Pickled Corn

I never quite acquired the taste for pickled corn, but it seemed to be popular with folks on both my Mom and Dad's sides of the family. Maybe I should revisit it.

Method

1. Shuck and silk corn. Boil on cob and then pack in a clean churn jar, sprinkling a little salt over the ears as you pack them. Some cut the corn off the cob before pickling, but many prefer to pack the full ears into the churn jar.
2. When the corn is pickled, you can eat it directly off the cob, or cut it off with a knife and fry in bacon grease or butter. There's no need to can it in order to preserve, but I definitely recall this coming out of a canning jar.
3. It is also possible to pickle the corn and the beans together in the same churn jar. Most remove the corn from the cob when doing it this way. Then it is served fried in bacon grease or in butter.

Source: Adapted from "Foxfire Vol 1"

Pickled Pigs Feet

Only occasionally did the Wilsons make pickled pigs feet. My dad loved them, though, and they were pretty popular among the Kidd clan, which lived about 15 miles away from the Wilsons on a slightly larger farm.

Ingredients

pigs feet	pepper
salt	cider vinegar

Method

1. Cut off horny parts of feet and toes, scrape clean and wash, singeing off stray hairs.
2. Place in kettle with plenty of water, boil, skim, pour off water and add fresh.
3. Boil until bones will pull out easily. Do not bone, but pack in stone jar and pepper and salt sprinkled between each layer; cover with cider vinegar, salt and pepper.
4. Boil until thoroughly heated, stir in smooth blend of flour and water, and return to boil until flour is cooked.
5. Serve hot as a breakfast dish. Or boil feet until tender, then remove bones and pack in stone jar for preservation. When cold, it helps to slice the meat, which is less likely to fall off the bone.
6. Let liquor in which feet are boiled stand overnight; in morning, remove fat and prepare and preserve for use.

Source: Derived from "Foxfire Vol. 1"

Sauerkraut

Interesting fact that my family probably didn't know or entirely understand when they made sauerkraut: Lacto-fermentation is a key chemical process taking place in the making of kraut and has been used for centuries to preserve seasonal vegetables beyond their standard shelf-life, according to the website thekitchn.com. Fermentation is reliable and safe, and fermented sauerkraut can be kept at cellar temperature — about 55 degrees — for months. Those without cellars — and this would include the Wilsons — can make do with storing the kraut in the refrigerator. My family usually canned their kraut, so it kept even longer.

Besides preserving the cabbage, fermentation also imparts many of the same healthy probiotics as a bowl of yogurt, which is good for digestion and regularity.

Ingredients

5 heads cabbage, chopped	4 cups vinegar
7 tablespoons kosher salt	

Method

1. Select firm cabbage heads and chop. Have a clean churn jar (usually five gallon), and pack the jar with alternating layers of chopped cabbage and a sprinkling of salt and a sprinkling of vinegar.
2. When the jar is filled, cover the cabbage with a clean white cloth, large cabbage leaves or a saucer. Then place a flat flint rock or other weight on top of this to hold the cabbage under the brine.
3. Mahala Wilson often carried her container under the cliff, near a spring, to keep it in a cool place out of direct sunlight. Don't have a cliff handy? Keep the mixture in a cool place out of direct sunlight. Let this stand 10 days, or as long as is necessary to get it as sour as you want. Smaller batches will ferment more quickly than large batches. It's also a good idea to press down on the cabbage every few hours when you first set it out and a couple of times a day thereafter.
4. When this is completed, take the kraut out and pack it in canning jars. Then put the jars in a pot of water and bring to a boil to both seal the jars and cook the cabbage. (These days, when Ina makes kraut, she skips the fermentation and processes it in a canner.)

Source: Based on Ina Wilson recipe, adapted from "Foxfire Vol. 1"

Teriyaki Beef Jerky

Ingredients

2 pounds beef round steak, cut into thin strips	1 teaspoon ground black pepper
1/4 cup soy sauce	1 teaspoon Montreal steak seasoning
2 tablespoons Worcestershire sauce	1/2 teaspoon garlic, minced
2 tablespoons liquid smoke	1 teaspoon onion powder
2 tablespoons brown sugar	1 teaspoon ginger, ground
2 teaspoons salt	juice from one orange
2 tablespoons white vinegar	

Method

1. Mix all ingredients except steak in large bowl.
2. Add steak and submerge. Cover and marinate in the refrigerator for 8 hours or overnight.
3. Remove meat from bowl and place between two pieces of plastic wrap; pound to 1/8-inch thickness.

4. Arrange the meat strips on the tray of a dehydrator and dry at your dehydrator's highest setting until done to your liking, at least 4 hours. Store in an airtight container or resealable bags.

***Source:** Tommy Buskirk*



Howdy, folks. That's me, waving from the grown-ups table in the dining room of my grandparents' house. Others, clockwise around the table, are Kenny Wilson, Leroy Caudill, Glenn Kidd, Oliver Wilson and Wayne Harper.

PHOTO: Linda Kidd



“Treasures from Mahala Wilson,” a sketch by Ina Wilson depicting an egg basket and butter churn used by her grandmother, my great grandmother.

CHAPTER 2: Breakfast and brunch _

Making butter

From an adult's perspective, milking cows was a good chore to assign to a kid on the farm where my mother grew up because aside from lugging full pails up the hill from the barn to the house when the work was complete, it wasn't physically taxing.

From my mom's perspective, however, logging a hillside might have been preferable, particularly on rainy days. Precipitation meant complications, like keeping the mud off the udder and out of the pail, and dodging the wet whiplash of an agitated cow tail. Mom often got a sharp slap across the face if she wasn't careful.

But if the work was irksome, it also was important. The family drank what she squeezed, and also used it to make buttermilk and butter — usually with enough left over to sell.

Even by the time the kids had left the farm and had kids of their own, Papaw and Granny were still keeping a milk cow — frankly, to my chagrin. One of my earliest memories of visits to the ridge is the warm squish of cow pie between my toes as I walked, barefoot and careless, through the pasture with Papaw on our way to fish a pond behind the barn. That sensation — and that smell — arguably was preferable to the taste and viscosity of unpasteurized whole milk. Well, if you ask me, anyway.

I'll take my milk out of the grocer's case, thank you very much.

I don't think my distaste for farm milk was merely a matter of being forced to drink something with which I was unfamiliar. Growing up, my Aunt Ina knew nothing but this whole milk, and she wasn't crazy about it, either. In fact, she liked it even less than I did if the cow had been grazing on wild onions — the taste tended to migrate from the pasture in the evening to the breakfast table the next morning. Then, there were the times when the refrigerator was on the fritz. The milk would sour by supper, though the family tried to choke it down, anyway. But at least there was a refrigerator by the time Ina came along. My Uncle Jack, who is 10 years older, remembers the days before an electric refrigerator, when milk and other spoil-prone food was placed in a bucket and dangled from a rope in water well to keep cool.

At any rate, milk cows were integral to self-sufficient life on the ridge. Here is a description — from udder to butter — of how milk typically was handled.

Milking

The cows were milked every day, even on Sundays. Mom often drew this chore, but everyone on the farm milked a cow at some time or another. The process starts by washing the udder. You want to dry it off, but you can't get too vigorous about it, or you'll irritate the skin. (The cow's skin, not the milker's, although I think I can empathize. I can remember vacationing at the beach and spending hours on end riding a boogie board in the surf until my teats were rubbed bright red.)

You might take a seat on a short stool, and you placed a pail beneath the cow to catch the milk. And you had best keep an eye on it — you don't want the cow to kick over a full pail. You also want to maintain some mobility — getting stepped or peed on by a cow is no way to start the morning.

Place your hands on two of the four teats — working on the diagonal is better than working teats that are side by side. The thumb hangs free as the rest of the fingers start at the top of the teat and squeeze their way down to push out the milk. Don't jerk the teats — you wouldn't want someone doing that to you, would you? Be firm but gentle.

Maintain your grip so that the milk doesn't flow back up the udder.

Repeat the squeezing process with the other hand. Alternate until each teat looks deflated, then switch and use the same process to milk the other two teats. A milking typically yielded a little less than a gallon, if the pasture was lush.

Let the processing begin

Once the cow is milked, the pail is carried to the refrigerator. The next day, cream was skimmed off the top and put in a separate container. It could be used immediately for coffee or cooking, but some also was saved until Granny or my great-grandmother, Mahala Wilson, had enough to fill a butter churn. Granny usually used a hand churn, but at one point, she also had an electric churn. When there was enough cream to make butter, it was set out to sour.

Manual churning was arduous. It usually took about a half hour of constant churning with the plunger or "dasher" that goes through the hole in the center of the lid to begin to produce butter. As the cream was churned, some of it would collect in clumps as the motion broke down membranes that surround the fats. The clumps become bigger and more dense as fat globules attach to them while air is forced out of the mixture by the churning. The big clumps were spooned out, then the remaining liquid was strained through cheesecloth to catch more. The clumps and solids were butter. The liquid that remained in the churn was buttermilk.

Although the churning needed to be steady and constant, it was important to keep an eye out so that the butter could be separated out when enough of it had accumulated. Over-churning produced butter with too much liquid, which ruined the taste. Fortunately, the butter tended to form in a lump around the dasher, which made it easier to monitor and separate.

After the butter was removed from the churn, it usually was worked into a solid piece to remove as much of the remaining cream as possible. It could then be rinsed in cold water, dried, packaged and refrigerated.

Both butter and buttermilk were used for the family's own consumption. Buttermilk was particularly useful for making cornbread and biscuits. Excess butter often was taken into town and sold.

Leona's Donuts

If my Granny made anything that gave her own fried apple pies a run for their money, donuts were it. She made these for many years, often carrying them to sick folks. I'm no doctor, but I must say these are the remedy for anything that can be cured by yummy.

Ingredients

2/3 cup sugar	1 cake yeast
3 tablespoon shortening	2 tablespoons water, lukewarm
1 teaspoon salt	5 cups flour
1 cup milk, scalded	2 eggs

Method

1. Scald milk. Add sugar, shortening and salt. Let cool to lukewarm.
2. Add yeast that has been mixed with water. Add about 2 cups flour.
3. Set in warm place to rise. When light, add well-beaten eggs and remaining flour or enough to make a soft dough.
4. Cover and let rise until double in bulk. Knead until free from large bubbles. Roll out on slightly floured board 1/2 inch thick.
5. Cut with donut cutter, cover and set in warm place to rise again until double in bulk.
6. Drop donut topside down in deep hot fat (370 degrees), fry until puffy and brown on underside, then turn and fry on the other side.
7. Drain on absorbent paper. Sprinkle with powdered sugar while still warm, or allow to cool slightly and cover with White Mountain icing or mixture of milk and confectioner's sugar.

***Source:** Leona Wilson*

Leona's Donuts (Short Version)

Method

1. You can expedite the recipe for Leona's Donuts by using canned biscuit dough or making the Bisquick Biscuit recipe. Roll the dough thin and cut with donut cutter.
2. Drop donuts topside down in deep hot fat (370 degrees), fry until puffy and brown on underside, then turn and fry on the other side.
3. Drain on absorbent paper. Sprinkle with powdered sugar while still warm, or allow to cool slightly and cover with White Mountain Icing or Simple Confectioners Frosting.

***Source:** Leona Wilson*

Sausage Gravy

You ain't worth marrying if you don't know how to make sausage gravy. And if you don't make yours in a cast iron skillet, it ain't worth eating.

Just saying.

Ingredients

- | | |
|---------------------------|-----------------------------|
| 1/3 cup all-purpose flour | 1/2 teaspoon seasoning salt |
| 4 cups whole milk | 2 teaspoons black pepper |

Method

1. It's a little sad if this part doesn't go without saying, but fry up some sausage patties in a cast iron skillet. Hold out two pieces, crumble into bits and return to the pan, with all its drippings.
2. Reduce the heat to medium-low. Sprinkle on half the flour and stir so that the sausage soaks most of it up, then add a little more until just before the sausage looks too dry.
3. Stir it around and cook it for another 30 seconds or so, then pour in the milk, stirring constantly.
4. Cook the gravy, stirring frequently, until it thickens. (This may take a good 10-12 minutes.) Sprinkle in the seasoned salt (one departure from the traditional method that calls for regular salt) and pepper and continue cooking until very thick. You could add a little water or more milk if you prefer yours a bit thinner ... but who does?
5. Pour over scrambled eggs and/or biscuits. You can also pour it over dill pickle slices (no joke; Elden Kidd loves it that way.)

Servings: 6

Source: *Leona Wilson and all her young'uns*

Breakfast Quiche

Ingredients

Homemade or premade crust	1/8 teaspoon black pepper
4 beaten eggs	dash nutmeg
1 1/2 cups half-and-half, light cream, or milk	3/4 cup chopped cooked ham or fried bacon
1/4 cup sliced green onions (or white onion)	1 1/2 cups shredded Swiss, cheddar, Monterey jack and/or havarti cheese
1/4 teaspoon salt	1 tablespoon all-purpose flour

Method

1. Preheat oven to 450 degrees.
2. You can use Leona's Pie Crust recipe or a premade crust.
3. Fit into a 9-inch pie pan. Trim edge, leaving 1/4-inch overhang. Prick dough with a fork. Line with double layer of foil. Bake for 8 minutes at 450 degrees. Remove the foil and bake for 4 to 5 minutes more or until pastry is set and dry. Remove from oven. Reduce the oven temperature to 325 degrees.
4. Meanwhile, in a medium bowl stir together eggs, milk, onions, salt, pepper and nutmeg. Stir in ham or bacon. In a small bowl toss together the cheese and flour. Add to egg mixture; mix well.

5. Pour egg mixture into hot, baked pastry shell. Bake in 325 degree oven for 40 to 45 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving.

Servings: 6

Source: Debi Kidd, derived from
Better Homes and Gardens New Cook Book

Basic Bisquick Pancakes

Bisquick began saving homemakers time on biscuits and all sorts of other bread-like recipes in the 1930s. One cup of Bisquick replaces a mixture of one cup of flour, 1½ teaspoons of baking powder, ½ teaspoon of salt, and 1 tablespoon of oil or melted butter, thus cutting down on prep time.

I don't know if you would consider recipes made with Bisquick to be "from scratch" — probably not — but we use them a lot, and they sure are good.



Ingredients

- 2 cups Bisquick mix
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 eggs
- 1 teaspoon vanilla

Method

1. In medium bowl, stir all ingredients with whisk or fork until blended.
2. Spray skillet with cooking spray and place over medium-low heat.
3. For each pancake, pour slightly less than ¼ cup batter onto hot griddle. Cook about 30 seconds or until edges are dry. Turn; cook other side until golden brown.

Source: Linda Kidd

Bisquick Waffles

Ingredients

- | | |
|---------------------|-----------------------------|
| 2 cups Bisquick mix | 1 egg |
| 1 1/3 cups milk | 2 tablespoons vegetable oil |

Method

1. Heat waffle iron; grease with shortening.
2. Stir ingredients until blended. Pour onto center of hot waffle iron. Close lid of waffle iron.
3. Bake about 5 minutes or until steaming stops. Carefully remove waffle.

Servings: 6

Source: Linda Kidd

Cinnamon Rolls

This isn't a rush-the-kids-out-the-door-to-catch-the-bus recipe. It's more of a Saturday morning treat. The ingredients are pretty simple, though, and I like these better than the canned cinnamon rolls you pop in the oven (which is saying something because I love those, too.)

You could try a few variations — one of the icing recipes would make a good topper, as would pecans. You could also substitute brown sugar for white sugar. You can use canned biscuits instead of the homemade biscuit dough and halve the cinnamon mixture



and butter. But Mom never did any of these things. She learned this recipe from her mother, and I don't think Granny made them any other way, either.

Ingredients

Leona's Biscuit Dough
(Chapter 5) or Bisquick
Biscuit dough

3 tablespoons cinnamon

1/2 cup sugar

1/2 stick butter

Method

1. Roll out biscuit dough to quarter-inch thickness into a square.
2. Mix cinnamon and sugar. Sprinkle about two-thirds of the mixture evenly over dough.
3. Slice butter into thin slices, spread over dough.

4. Roll dough into a cylinder. Slice the roll into 1-inch sections, then place in a greased 9-x-13 pan.
5. Sprinkle the rest of the cinnamon-sugar mixture evenly over the rolls.
6. Bake at 425 degrees about 25 minutes or until browned.

Source: Linda Kidd, learned from Leona Wilson

Cinnamon Toast

This is such a simple little pleasure — and much quicker to prepare if you don't have time for cinnamon rolls. The keys are using good, soft white bread and keeping a close eye on the toast as it cooks — you want it to caramelize, not burn.

Ingredients

2 slices of white bread	1/2 teaspoon cinnamon
8 pats of butter	1 tablespoon sugar

Method

1. In a small bowl or jar, stir together the cinnamon and sugar so they are well mixed.
2. Put four pats of butter on each slice of bread, then sprinkle the toast with the cinnamon and sugar mixture.
3. Toast your bread under an oven broiler or in a toaster oven. Sugar should just begin to caramelize and mix with butter.

Servings: 1

Source: Linda Kidd

Pancakes

Ingredients

4 cups all-purpose flour	4 teaspoons baking powder
3 cups milk	2 eggs
1 teaspoon salt	4 tablespoons shortening

Method

1. Combine ingredients until batter is smooth.
2. Cook pancakes on hot griddle or in hot skillet.

Servings: 4

Source: Leona Wilson

Redeye Gravy

It is acceptable to forgo Sausage Gravy for Redeye Gravy ... assuming, of course, you're having ham for breakfast.

Ingredients

1 (3-pound) country ham, sliced	2 tablespoons butter
2 tablespoons fat from the ham	1 beef bouillon cube (optional)
1/2 cup coffee	cooked grits
1/4 cup water	

Method

1. Heat a skillet over medium-high heat. Add the fat from the ham and render. When the fat is rendered, add the ham steaks and pan-fry until golden brown on both sides.
2. Remove the ham from the pan and set aside on a plate and keep warm. To the pan, add the coffee and water and stir with a wooden spoon, scraping up any browned bits from the bottom of the pan.
3. Add the butter and the bouillon cube and stir to incorporate. Serve the gravy over the ham steaks. Gravy also is tasty on grits.

Servings: 6

Source: *Derived from Paula Deen recipe at FoodNetwork.com*

Jeff's White-Flag Scrambled Eggs

This recipe is borne of utter culinary ineptness. It started as a noble attempt at an omelette and became scrambled eggs in surrender. I've since dropped all pretense, and I also altered the recipe a bit when I started getting serious about losing weight and eating protein in the morning. I'll warn you, they come out looking a little dark and unappetizing, but they taste good. To me, anyway.

By the way, you can put just about any kind of meat in there — country ham, sliced deli meat, hot dogs. I've tried it all. You also can improvise on the vegetables. I sometimes use real eggs, or one real egg and the egg-substitute equivalent of one egg. I've added cherry tomatoes, corn and green peas, too, the peas being much yummiier than they probably sound.

Ingredients

1/2 cup egg beaters or similar substitute	Salt
1/8 cup ham, cubed	Pepper
1/4 green bell pepper	1 heaping tablespoon low-fat cottage cheese
1/8 cup onion, chopped	1/4 cup spinach, shredded
Cooking spray	1 tablespoon salsa

Method

1. Heat pan on medium heat, then spray with cooking spray. Add the chopped bell pepper.

2. Chop the onion. Spray the pan again and stir the bell pepper, then add the onions. Cook until the onions are translucent.
3. Add cottage cheese, salsa, ham and spinach. Salt and pepper to taste. I'm usually pretty heavy on the pepper.
4. Stir constantly to mix and keep cottage cheese from burning.
5. When the cottage cheese gets melted and gooey and some of the water from the salsa begins to cook off, add the eggs. Stir constantly and cook until the eggs are done.

Servings: 1

Source: *Jeff Kidd*

Kathleen's Quick Waffles

Ingredients

1 1/4 cups self-rising flour

1 egg

1 tablespoon sugar

4 tablespoons butter, melted

1 cup milk

Method

1. Mix into a batter.
2. Pour batter into waffle iron, following the iron's cooking directions.

Servings: 6

Source: *Kathleen Harper*

Smoked Sausage on Bagels

Linda Wilson Kidd was introduced to this simple breakfast sandwich by a coworker at a bank in Columbia, who was a native of Czechoslovakia. We've been gobbling them up since.



Ingredients

bagels, sliced in half

smoked sausage, about 1/2 link per whole bagel

cheddar cheese, grated, about 1/4 cup per whole bagel

Method

1. In a skillet, brown linked smoked sausage that has been cut into medallions. Depending on

how thick you cut the pieces, you can usually make enough to cover two whole bagels (four halves) with a single 6-inch link.

2. Cut bagels in half lengthwise. (I always needed both sides to get me going in the morning, but if you eat like a bird, you can split a bagel with someone.) Don't overcook them, though.
3. Arrange the sausage medallions on top of the cut side of the bagels. Cover with grated cheese.
4. Place in toaster oven set at 350 to 375 degrees. Allow it to toast 5 to 10 minutes, depending on how toasted you like your bagels and how browned you like your cheese.

Source: *Linda Kidd*

Leona's Waffles

Ingredients

2 cups flour	1 1/2 cups milk
1 teaspoon salt	2 teaspoons baking powder
2 cups sugar	3 tablespoons shortening, melted
3 eggs, whites and yolks separated	

Method

1. Sift together the flour, baking powder, salt and sugar.
2. Beat yolks well. Gradually add yolks and milk to dry ingredients, mixing well.
3. Add melted shortening.
4. Beat egg whites until stiff. Fold into batter.
5. Cook on an evenly heated, well-greased waffle iron.

Servings: 6

Source: *Leona Wilson*

Gravy and Pickles

I'm not sure what accident first caused my dad to drop a dill pickle slice into sausage gravy. Can't even figure out how these two food items got so close in the first place. But somewhere down the line, Elden decided he loved dill pickle slices smothered in sausage gravy. He managed to pass along this peculiar appreciation for mismatched foods to one other person — my cousin, Kelli Caudill Shaver.

Ingredients

dill pickle slices	sausage gravy
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Source: *Elden Kidd*



From left, sisters Ina, Vada and Linda Wilson at the breakfast table in the farmhouse where they grew up.

CHAPTER 3: Appetizers _____

Veggie Squares

Ingredients

- | | |
|--------------------------------------|-------------------------|
| 2 cans crescent rolls | 1 green pepper, chopped |
| 2 8-ounce blocks cream cheese | 2 carrots, shredded |
| 1 package Hidden Valley dressing mix | 2 tomatoes, chopped |
| 1 cucumber, chopped | 1 cup broccoli, chopped |
| 1 cup cheese, shredded | 4 green onions, chopped |
| 1 cup cauliflower, chopped | 1 cup Miracle Whip |

Method

1. Place crescent rolls on cookie sheet. Spread out and press seams together.
2. Bake for 11 minutes according to directions. Cool completely.
3. Mix cream cheese, Miracle Whip, Hidden Valley dressing. Spread on cooled rolls.
4. Top with chopped vegetables, then with cheese.
5. Cut into squares and refrigerate.

Servings: 12

Source: *Ina Wilson*

Bacon Wrapped Shrimp

Ingredients

16 large shrimp, peeled and deveined barbecue seasoning, to taste
8 slices bacon

Method

1. Preheat oven to 450 degrees.
2. Wrap shrimp with 1/2 slice of bacon, securing with a toothpick. Be sure and use the large shrimp —the cooking time for the shrimp and the bacon is similar. If you use medium-sized shrimp, you might want to precook the bacon a little — over cooked shrimp are tough and rubbery.
3. Line a jelly roll pan with extra heavy duty foil, and place baking rack in pan. Place the shrimp on the rack, and drizzle with the barbecue seasoning. The bacon will turn from creamy white to a little opaque, and the seasonings will soak in.
4. Cook the bacon for 10 to 15 minutes. The rack keeps the shrimp from sitting in the draining bacon fat. With a little luck, you won't tear the foil — you can throw that away and only have to scrub the rack.

Servings: 4

Source: *Tommy Buskirk*

Baked Mozzarella Tomatoes

Ingredients

4 tomatoes, halved horizontally 1/4 teaspoon salt
1/4 cup sliced mozzarella cheese ground pepper, to taste
1 teaspoon chopped fresh oregano 4 teaspoons extra-virgin olive oil

Method

1. Preheat oven to 450 degrees.

2. Place tomatoes cut-side up on a baking sheet. Top with mozzarella, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Servings: 8

Source: *Jeff Kidd*

Bawled Peanuts

A true Southern delicacy, I didn't discover boiled peanuts until moving to South Carolina. They were sold at the ballpark where I practically grew up, and they came in brown paper bags from Cromer's P-Nuts in downtown Columbia. Only years later did I have them right out of the boiler ... well, maybe not right out of the boiler but still pretty hot. It was like falling in love all over again. Some folks don't like the consistency. Those folks are weird.

Incidentally, peanuts were often grown on the ridge, but only later in life did my Uncle Kenny discover boiled peanuts. Now, my mom brings him a mess of green peanuts for boiling whenever she visits.

Ingredients

2 pounds raw green peanuts

approximately 2/3 cup salt

Method

1. Rinse and drain peanuts.
2. Place peanuts and desired amount of salt in stock pot with 4 1/2 quarts water; bring to a boil over high heat. Cover, reduce heat to medium and cook 3 to 6 hours, until peanuts are tender as a cooked bean, adding water as needed to keep peanuts covered; stir occasionally. Note cooking times can vary depending upon how fresh the peanuts are, the fresher the nuts the faster the cooking time.
3. Remove from heat.

Servings: 12

Source: *Linda Kidd derived from Southern Living recipe*

Sugar and Vinegar Cucumbers

Ingredients

1 cup sugar

4 cucumbers, peeled and sliced

1 cup white vinegar

1 medium red onion, sliced

1 cup water

Method

1. In a large bowl, mix sugar, vinegar and water ingredients.
2. Peel and slice cucumbers and onion and add to mixture.
3. Cover and refrigerate for 1 hour before serving.

Source: Jeff and Debi Kidd, as best we can replicate from Jestine's Kitchen in Charleston

Coconut Shrimp

A favorite restaurant appetizer, and here's how you make it at home.

Ingredients

1 egg	1/4 cup all-purpose flour
1/2 cup all-purpose flour	2 cups flaked coconut
2/3 cup beer	24 shrimp
1 1/2 teaspoons baking powder	3 cups oil for frying

Method

1. In medium bowl, combine egg, 1/2 cup flour, beer and baking powder. Place 1/4 cup flour and coconut in two separate bowls.
2. Hold shrimp by tail, and dredge in flour, shaking off excess flour. Dip in egg/beer batter; allow excess to drip off. Roll shrimp in coconut, and place on a baking sheet lined with wax paper.
3. Refrigerate for 30 minutes. Meanwhile, heat oil to 350 degrees in a deep-fryer.
4. Fry shrimp in batches: cook, turning once, for 2 to 3 minutes, or until golden brown. Using tongs, remove shrimp to paper towels to drain. Serve warm with your favorite dipping sauce.

Servings: 8

Source: Jeff Kidd, derived from AllRecipes.com

Ham Delights

My mom picked up this recipe sometime in the 1980s, and it was a big hit at holiday parties and other events where guests were expected to bring a dish or appetizer. My sister and I quickly learned that with a little arm-twisting, Linda could be urged to make these for no occasion at all.

Ingredients

2 sticks butter	3 tablespoons mustard
2 tablespoons poppy seeds	2 packages Pepperidge Farms party rolls
2 teaspoons Worcestershire sauce	1 pound boiled ham slices
1 medium onion, finely diced	1/3 pound grated Swiss cheese
1/2 teaspoon salt	

Method

1. Split the rolls.
2. Blend butter, poppy seeds, Worcestershire sauce, chopped onion, salt and mustard. Spread it on top and bottom of rolls.
3. Place ham and cheese on rolls. Wrap in foil and bake 10 minutes at 400 degrees.

Servings: 9

Source: *Linda Kidd*

Little Smokies In a Blanket

Ingredients

Little smokies sausage

crescent rolls

Method

1. Preheat oven according to directions on crescent roll package.
2. Unroll but leave intact 2 triangles of crescent rolls.
3. Pinch seam together and cut lengthwise into 5 strips, then cross-wise to make 10 strips.
4. Roll each strip around one sausage and place in baking pan that has been sprayed with non-stick cooking spray.
5. Bake according to crescent roll package directions.

Servings: 5

Source: *Linda Kidd*

How To Get A Girl Stuffed Mushrooms

On a fairly successful first date, I split a stuffed-mushroom appetizer at a restaurant in the Savannah, Ga., Marketplace. The girl was impressed. Although the relationship didn't last, my affinity for the mushrooms did. So when I met Debi, I tried to figure out how to make these stuffed mushrooms on my own for our first date. The recipe and the relationship went quite well, I'm happy to report.

Ingredients

12-24 white button mushrooms w/ stems

1/4 cup Italian bread crumbs

8 ounces 1/2 roll of pork sausage

1/4 cup parmesan cheese, grated

4 ounces cream cheese

1 cup spinach, finely chopped

1 cup 6-cheese Italian blend, shredded

Method

1. Preheat oven to 350 degrees. Chop spinach. Remove stems from mushrooms and chop finely to measure about 1/2 cup and discard remaining stems. Place mushroom caps,

rounded sides down, in a lightly greased shallow baking pans. (Portabella and other varieties can be substituted for white buttons. If you use white buttons, the mushrooms can be also can be placed upside down in a mini-muffin pans.)

2. Cook sausage and chopped stems in a large skillet over medium heat, 8-10 minutes or until sausage is thoroughly cooked, stirring frequently. Drain.
3. Place cream cheese, bread crumbs, spinach in a large bowl. Add sausage and mix well.
4. Spoon generous amounts of mixture into mushroom caps. Bake 15 minutes.
5. Sprinkle shredded and parmesan cheese over mushrooms and return to oven. Bake additional 5 minutes, or until mushrooms are tender and stuffing and cheese slightly browned.

Servings: 8

Source: *Jeff Kidd*

Party Cheeseball

My uncle, Jack Brooks, introduced this recipe to my mother in the mid-1980s, and it became a holiday staple in her household, too.

Ingredients

- | | |
|---------------------------------------|------------------------|
| 2 packages cream cheese, (8 ounce) | 1 teaspoon lemon juice |
| 2 cups sharp cheddar cheese, shredded | 1 dash salt |
| 1 tablespoon chopped pimento | 1 cup pecans, chopped |
| 1 teaspoon Worcestershire sauce | |

Method

1. Mix ingredients well, except for pecans. Chill.
2. Roll into one or two balls, then, roll over chopped pecans.

Servings: 12

Source: *Jack Brooks*

Mexican Roll-Ups

Ingredients

- | | |
|--------------------------------|---------------------------------|
| 1 cup sour cream | 8 ounces cream cheese, softened |
| 4 ounces black olives, chopped | 4 ounces green chilies, chopped |
| 2 cups cheddar cheese, grated | 1/4 cup onion, minced |
| 1 teaspoon garlic salt | 12 flour tortillas |
| 1 small jar, pimentos | |

Method

1. Blend sour cream and cream cheese until smooth.
2. Add remaining ingredients, except for tortillas, and mix well.
3. Spread mixture on tortillas. Roll up and place, seam side down, on a plate.
4. Chill for several hours. Slice into 1/2-inch sections. Serve with salsa.

Servings: 12

Source: *Ina Wilson*

Pinwheels

Ingredients

- | | |
|---|-----------------------------|
| 1 can Pillsbury crescent rolls | 1/2 pound ham, finely cubed |
| 1 8-ounce container cream cheese and chives | |

Method

1. Roll the crescent rolls out into flat rectangles.
2. Spread the cream cheese and chives evenly on top of each rectangle.
3. Place ham on top.
4. Roll the crescents length-wise. Cut into 1/4 inch slices.
5. Lay them flat on a cookie sheet. Bake at 325 degrees about 15 mins.

Servings: 8

Source: *Haley Wilson Presley*

Potato Skins

Ingredients

- | | |
|---|----------------------------------|
| 6 large thick-cut skins of potatoes
(each potato should yield 3 to 4 pieces) | 8 ounces shredded cheddar cheese |
| 1/4 cup melted butter | 1/2 cup chopped green onions |
| 8 slices bacon, cooked and crumbled | |

Method

1. Preheat oven to 400 degrees.
2. Brush both sides of potatoes with butter; place them skin side down on an ungreased cookie sheet. Bake for 30 to 40 minutes or until lightly browned on both sides, turning once.

3. When potatoes are ready, top with bacon, cheese, and green onion; continue baking until the cheese has melted.

Servings: 6

Source: *Linda Kidd*

Really, They're Just Frozen Meatballs

OK, this recipe is almost too stupid to include. But I did because on several occasions, Debi and I have had a party to attend and no time to prepare a decent appetizer. Not only do these get us through the door, the crock pot is almost always empty at the end of the night. Use your favorite brand of meatball (if you have one), and make sure to use tomato- or molasses-based barbecue sauce (even though real barbecue sauce is mustard-based.)

Ingredients

28 ounces frozen meatballs (1bag) 1 bottle prepared barbecue sauce (tomato-based)

Method

1. Put the meatballs in a crock pot.
2. Mix in the barbecue sauce.
3. Cook on medium heat until meatballs are cooked through. (About 40 minutes.)
4. Serve as appetizer, on toothpicks.

Servings: 15

Source: *Jeff Kidd*

Sausage Balls



Ingredients

3 cups biscuit mix
10 ounces cheddar cheese, grated
1 pound sausage

Method

1. Hand mix all ingredients.
2. Roll into balls and place on cookie sheet.
3. Bake in oven preheated to 350 degrees for 15 to 18 minutes.

Servings: 15

Source: *Vada Caudill*



My cousin Wayne Harper with the Home Comfort wood-burning stove he purchased with the aim of restoring and using it to reduce maple sap to make syrup. **PHOTO:** Jeff Kidd

CHAPTER 4: Dips, Garnishes & Condiments ---

Keeping honey bees

In Rowan County, most folks farmed, and that meant most folks also kept bees to pollinate the crops. In addition, the hives provided wax and honey, which was more popular as a sweetener than sorghum.

My Papaw Wilson usually prepared and kept hives in hollowed-out tree stumps, rather than in the man-made box hives familiar to most folks today. Bees are attracted to water

sources, and they also head toward the morning sun. Armed with this knowledge, it was possible to locate native swarms and follow them to their hives, usually located in hollow trees, which could then be managed and harvested. Such hives are often referred to as “gums,” even if not located in an actual gum tree. (Bees also seem to like red cedar.)

When a bee tree is located, the keeper looks for an entrance hole and then cuts the tree 3 to 4 feet above and below the hole. The section can then be relocated.

Once, while helping his father with this task, Uncle Kenny accidentally ran his chain saw into the hive. The bees swarmed out. Kenny ran. But Oliver Wilson barely flinched. “Where are you going?” he asked his son. The bees finally settled down, and Kenny returned to his task, suffering only a sting or two.

It is possible to foster the creation of new hives. When old ones become crowded, a new queen is created and the old queen and a few bees will leave to establish a hive elsewhere. Kenny said once you have a place prepared, you can lead the swarm to a new location of your picking, perhaps a tree log that has been hollowed out to receive the bees. Whether relocating a hive or preparing a spot for a new one, a nesting site that is clean, dry, protected from the weather and about five gallons in volume is best. A 1- to 2-inch opening, raised off the ground and preferably facing south or southeast is also preferred.

The honeybee queen lays her eggs in the bottom of the hive. As such, the comb in the upper portion of a tree hive is usually full of pure honey, with no bee larvae. This allows beekeepers to remove honey without damaging the brood area, which might damage the hive colony.

When Kenny moved back to the ridge as an adult, he raised bees of his own. He started with mail-order bees that were predominantly yellow. Within three years, most of the bees in his hive were predominantly black — they bred with native bees, which in that part of Kentucky are largely black.

Wayne's Maple Syrup

You don't make maple syrup for convenience's sake. It's a long, arduous process that requires the gathering of a lot of raw material to produce a modest amount of end product. My cousin Wayne Harper doesn't mind taking his time, though. He appreciates doing things the old fashioned way and making something with a taste that's difficult to locate on a grocer's shelf.

Wayne has only been at it a year or two, but now he's all in. After a season of boiling down sap in big kettles over open flame, he purchased and is restoring an old Home Comfort wood stove, much like the one in our mothers' home on the ridge.

Here's how he makes it:

First, he collects sap from some hearty maples — sugar, silver and red maples work well, and so do box elders. Wayne said you also can tap walnut trees, though they don't give as much sap and the end product isn't as sweet. I've read that you also can tap hickories,

sycamores and sweet birch trees. You're looking for trees at least a foot and a half in diameter with large, healthy crowns and that are exposed to the sun.

When a suitable specimen is found, Wayne drills a hole in the trunk. Into the hole, he hammers a spline, which can be ordered from a supply house or made yourself. Wayne fashions his out of PVC pipe. He then hangs a bucket to catch the sap.

You can't go collecting sap just any old time, however. Tap too early in the year, and you won't get a flow of sap. You want to collect when water starts flowing through the tree, usually in February or March in Kentucky. The flow of sap does not typically begin until after a time of hard freeze that is followed by sunny weather and temperatures in the 40s. Flow usually lasts three to four weeks, and while it is on, you have to collect the sap daily, preferably in the afternoon. Sap can be stored in large reservoirs if temperatures don't go much past the mid-40s.

Now comes the fun part.

One has to collect a lot of sap to make syrup. And I mean a lot — it usually takes about 30 gallons to make a few gallons of syrup, Wayne says. Essentially, he's just reducing down the sap. It can be heated in a pot or shallow pan and brought to a hard boil. Wayne skims the top periodically to get rid of impurities. This process can take several hours, and the final minutes are key — you have to watch closely to keep the syrup from scorching and ruining an entire batch.

Once removed from heat, the syrup can be transferred to jars for storage.

Source: *Wayne Harper*

Artichoke and Spinach Dip

Ingredients

2 cups parmesan cheese	2/3 cup cream cheese
10 ounce box frozen chopped spinach, thawed	1/3 cup mayonnaise
14 ounce can artichoke hearts, drained and chopped	2 teaspoons garlic, minced
1/3 cup sour cream	

Method

1. Preheat oven to 375 degrees.
2. Mix together parmesan cheese, spinach, and artichoke hearts.
3. Combine remaining ingredients and mix with spinach mixture.
4. Bake for 20-30 minutes.
5. Serve with crackers or toasted bread.

Servings: 8

Source: *Debi Kidd*

Trawler's Famous Crab Dip

Back in the old days, The Trawler restaurant in Mount Pleasant, near Charleston, S.C., served this dip with club crackers as customers were looking over the menu. Debi learned to approximate it.

Ingredients

1 1/4 cups mayonnaise	1 teaspoon horseradish
1 cup crab meat	3 tablespoons French dressing
1/2 cup cheddar cheese, grated, fine	

Method

Mix all of the ingredients and serve with crackers. For more or less tang, adjust the amount of horseradish or French dressing.

Servings: 10 **Source:** *Debi Kidd, derived from Trawler restaurant recipe*

Basic Brown Gravy

Ingredients

2 cups water	2 tablespoons butter
2 teaspoons beef bouillon (or more to taste)	1/8 teaspoon onion powder
1/4 teaspoon ground black pepper	2 tablespoons cornstarch
1/4 teaspoon Kitchen Bouquet or browning-and-seasoning sauce	2 tablespoons cold water

Method

1. Boil all ingredients in a pot together, except for the water and cornstarch, which will be your thickener.
2. Once the mixture boils, mix the cold water and cornstarch into a paste in a small bowl. It should be the consistency of runny glue, so add a dab more water if necessary.
3. Slowly pour in thickener, while stirring. Continue boiling for 2 to 3 more minutes, still stirring. Remove from heat and let cool to thicken more.

Servings: 8

Source: *Leona Wilson*

Bawled Peanut Hummus

This recipe was borne of Debi's curiosity as to whether you could actually make hummus with boiled peanuts.

Ingredients

15 ounces boiled peanuts	1/2 to 1 teaspoon salt, to taste
1/4 cup fresh lemon juice, about 1 large lemon	1/2 teaspoon ground cumin
1/4 cup tahini	2 to 3 tablespoons water
Half of a large garlic clove, minced	1 dash ground paprika
2 tablespoons olive oil, plus more for serving	

Method

1. In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl, then process for additional 30 seconds.
2. Add olive oil, minced garlic, cumin and the salt to whipped tahini and lemon juice. Process for 30 seconds, scrape sides and bottom of bowl then process another 30 seconds.
3. Add half of the shelled boiled peanuts and process for 1 minute. Scrape sides and bottom of bowl, add remaining boiled peanuts and process 2 minutes or until thick and quite smooth.
4. If the consistency is more chunky or thick than you prefer, you can slowly add water, a tablespoon or so at a time, until the desired consistency is achieved.
5. Scrape the hummus into a bowl then drizzle about 1 tablespoon of olive oil over the top and sprinkle with paprika.

Servings: 8

Source: *Derived from InspiredTaste.com recipe*

Black Bean Salsa

Ingredients

14 1/2- ounce can diced tomatoes	1/2 teaspoon cumin
1 jalapeno, finely diced	3 tablespoons cilantro, finely chopped
1/2 red onion, finely diced	1/2 cup canned black beans, drained, rinsed
Juice of 1 lime	1/2 cup kernel corn

Method

1. In a medium bowl mix together the tomatoes, onions, jalapeño, onion, lime juice, cumin and cilantro, beans and corn.

2. Refrigerate at least an hour and adjust seasonings to taste.
3. Serve with chips or vegetables, or use as a garnish on fish or other meats.

Servings: 8

Source: *Debi Kidd, derived from Low-Cholesterol.food.com*

Guacamole

Ingredients

2 ripe avocados	1 tablespoon of fresh lime juice
1 teaspoon minced garlic	1/2 red onion, minced (about 1/2 cup)
1/2 teaspoon coarse salt	dash of freshly grated black pepper
2 tablespoons cilantro (leaves and tender stems), finely chopped	

Method

1. Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.
2. Roughly mash avocado with a fork, retaining a bit of chunkiness.
3. Add the chopped onion, garlic, cilantro, lime, salt and pepper and mash some more.
4. Best eaten fresh with tortilla chips, but it can be refrigerated, as well. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation. Guacamole gets brown and ooky if it oxidizes.

Servings: 8

Source: *Debi Kidd*

Hot Crab Dip

Ingredients

1 pound crab meat	1/2 teaspoon lemon pepper
1 tablespoon horseradish	2 dashes Texas Pete hot sauce
1 tablespoon capers, rinsed and drained	1 teaspoon Worcestershire sauce
2 cups Duke's mayonnaise	1 dash Old Bay seasoning
1/2 teaspoon garlic powder	

Method

1. Combine crab meat and remaining ingredients, blending well.
2. Bake at 350 degrees for 20 to 25 minutes.
3. Serve with crackers. Ritz and Club crackers are particularly good.

Servings: 8

Source: *Derived from "Full Moon, High Tide" cookbook*

Jen's Crack Dip

I might not make you do unspeakable things for a little taste, but this stuff is pretty addictive.

Ingredients

1 can diced tomatoes and green chilies 8 ounces cream cheese (1 box)
16 ounces hot sausage (1 roll)

Method

1. Brown sausage in a skillet, then drain.
2. Melt cheese and can of tomatoes and chilies in a saucepan over medium heat.
3. Mix the ingredients in a crock pot and set on low heat.
4. Mixture can remain in the crock pot and served with chips.

Servings: 8

Source: Jennifer Kidd

Pimento Cheese

I've had the honor of covering the Masters at Augusta National seven times. I never had much of a taste for pimento cheese until, hungry late one evening after filing my story, I found that this was the only type of sandwich remaining in the usually well-provisioned media center. So I tore apart the green plastic wrapper and took a bite. Yum! As Debi and I often told Tommy when he was young, taste changes. Mine sure did. For the better.

This recipe is a close approximation of the Augusta fare.

Ingredients

8 ounces mild cheddar cheese, grated 1/2 tablespoon sugar
4 ounces pimentos, chopped fine salt, to taste
5 small sweet pickles, finely diced 6 tablespoons mayonnaise
2 tablespoons sweet pickle juice

Method

1. Place prepared ingredients in a bowl of food processor and mix until thoroughly combined.
2. Serve on bread as a sandwich (which also can be grilled) or with fresh vegetables as a dip.

Servings: 4

Source: Debi Kidd, derived from Southern Living recipe

Shrimp Sauce

It's not that my family *makes* this recipe a lot; it's that we *eat* it all the time. You should not patronize a Japanese restaurant that doesn't make this well, nor should you confine its application to shrimp or other seafood. Order an extra helping and pour it over your fried rice.

And if you're ever stranded in the middle of nowhere with a plate of yakiniku, with no iron chef in sight, you can fend for yourself.

Ingredients

2 cups mayonnaise	3/4 teaspoon paprika
1 1/2 tablespoons ketchup	1/4 teaspoon white pepper
2 tablespoons sugar	1/4 teaspoon black pepper
2 teaspoons garlic powder	1 pinch salt

Method

In a blender or food processor, combine mayonnaise, ketchup and sugar. Season with garlic powder, paprika, white pepper, black pepper and salt. Blend until smooth.

Servings: 10

Source: *Derived fom AllRecipes.com recipe*

Sweet Dip

Ingredients

8 ounces cream cheese	1 small jar marshmallow cream
1 box instant vanilla pudding mix	1 cup coconut, shredded
1 can pineapple, crushed	

Method

1. Combine ingredients and chill.
2. Serve with graham crackers.

Servings: 12

Source: *Kathleen Harper*



My cousin, Kelli Caudill Shaver, rolls out dough in the kitchen of our grandmother, Leona Williams Wilson. **PHOTO:** Linda Kidd

CHAPTER 5: Bread & Biscuits _____

Kentucky Cornbread

Corn was an important crop on the ridge, though labor-intensive to cultivate without much mechanization — until the family purchased a tractor in the mid-1960s, "mechanization" amounted to tying a snow sled behind a mule team to slide the young'uns between the rows at picking time.

Corn meal was a common ingredient and prepared on the ridge with a grist mill Oliver Wilson operated. Corn meal, of course, means cornbread — a common dish that can be as simple or as complicated to prepare as you wish.



Cornbread comes in many varieties — the majority unknown to me until I moved to South Carolina when I was 6. To that point, the only cornbread I ever knew was made in a skillet with white cornmeal, useful for sopping up soup beans, and often converted to a dessert by crumbling up a slice into a glass of milk or buttermilk.

When I moved farther south, I discovered cornbread could be yellow. And sweet. And baked in a pan. Or a muffin tin. Who knew?

Indeed, the family imparted many variations. Basic self-rising corn meal could be substituted for the regular cornmeal and baking soda. Ina Wilson sometimes adds cream corn or subtracts an egg.

I love them all, but this is the recipe I grew up eating.

Ingredients

2 cups white cornmeal	1 teaspoon salt
1/2 cup all-purpose flour	1 1/3 cups milk
1 teaspoon baking soda	1 egg

Method

1. Heat oven to 450 degrees. Grease cast iron skillet (9-inch square pan can work, but that's NOT the way you make it.) Place in oven to heat.
2. In a large bowl, mix ingredients. Pour into skillet.
3. Bake 20 to 25 minutes, until brown.

Servings: 8

Source: *Leona Wilson*

Leona's Biscuits

No self-respecting family cookbook representing God-fearing folks south of the Mason-Dixon Line would dare omit a biscuit recipe. And for good reason — made right, they're yummy on their own, smothered in sausage gravy, dipped in butter and honey, used for a sandwich of bacon and egg ... just name it.

You also get a lot of mileage out of the basic biscuit dough — you'll note it is used here in cinnamon rolls, pie crust, pastry shells and all sorts of other recipes, making it as much an ingredient as a food unto itself.

This version of the recipe calls for buttermilk, but I believe my Granny often used regular, whole milk, too.

Ingredients

2 cups all-purpose flour, sifted	2 tablespoons shortening
4 teaspoons baking powder	3/4 cup buttermilk
1/2 teaspoon salt	

Method

1. Stir together dry ingredients, blend in shortening with pastry blender or 2 knives until mixture is consistency of coarse corn meal.
2. One or 2 more tablespoons shortening may be added for richer biscuits.
3. Make a well in center of flour mixture, pour in liquid and stir vigorously with a fork for 30 seconds. Place on a lightly floured board and knead gently and quickly for another 30 seconds.
4. Roll dough with lightly floured rolling pin or pat it out gently to the desired thickness — about a half inch.
5. Cut dough with biscuit cutter, dipped in flour.
6. Tops may be brushed with milk or melted butter for a soft, well-browned crust. Place 1/2 inch apart on a greased baking sheet and bake in a hot oven about 7 to 15 minutes.

Source: Leona Wilson

Drop Biscuits

Sometimes, your stomach just won't wait for you to roll and cut biscuits. This is a "break-glass-in-case-of-emergency" recipe.

Some family members even prefer drop biscuits — or at least what you can do with them. Whenever Linda Kidd made biscuits for her family — from her mom's recipe, drop biscuits or from a can — her grandson Jacob got a biscuit man, with body parts shaped from the dough.

Ingredients

3 cups all-purpose flour	1 1/2 stick (3/4 cup) cold butter, cut into pieces
2 tablespoons baking powder	1 1/4 cup buttermilk
1/2 teaspoon salt	1/2 cup shredded cheddar cheese (optional)

Method

1. Preheat oven to 400 degrees.
2. Add flour, baking powder, and salt to large bowl; add butter pieces and beat until butter is completely cut into the flour mixture. (You can also use a food processor for this step.)
3. While stirring, drizzle in the buttermilk until dough just comes together and is no longer crumbly. If you desire, stir in cheddar cheese.
4. Drop in clumps on two baking sheets, then bake for 15-17 minutes, or until golden brown. (Optional: Brush with melted butter when biscuits first come out of the oven.)

Source: Linda Kidd

Bisquick Biscuits

Bisquick biscuits were the go-to recipe by the time I was growing up, and when you consider how much effort and mixing went into Leona's scratch variety, you can see why. Much less prep time — "90 seconds from package to oven," as the Bisquick slogan goes.

Ingredients

2 1/4 cups Bisquick mix

2/3 cup milk

Method

1. Heat oven to 450 degrees.
2. Stir ingredients until soft dough forms.
3. Turn onto surface dusted with Bisquick mix. Knead for about 30 seconds. Roll dough 1/2 inch thick.
4. Cut with 2 1/2-inch cutter. Place on ungreased cookie sheet.
5. Bake 8 to 10 minutes or until golden brown.

Servings: 9

Source: Linda Kidd

Yeast Rolls

This recipe was handwritten into Leona Wilson's old "Home Comfort Cookbook." This recipe is doubled-up and likely used for big-group occasions.

Ingredients

2 cakes yeast

2 teaspoons salt

2 cups whole milk, lukewarm

7 1/2 cups flour

2 eggs

1/2 cup shortening and butter, mixture

1/2 cup sugar

Method

1. Crumble yeast, then add liquids.
2. Dissolve salt and sugar.
3. Beat eggs and add 1/2 of the flour and beat until butter is elastic.
4. Add melted shortening, then add most of remaining flour; maybe all of it. Mix well.
5. Put on a floured board and knead until elastic. Let stand 2 hours or until double in bulk. Punch down, then let rise again for about 40 minutes.

6. Make walnut size balls of dough. Place about 2 inches apart in well-buttered 9 x 13 inch pan. Bake 30-45 minutes in an oven preheated to 350 degrees. Brush top of rolls with butter while hot.

Source: Leona Wilson

Leona's Pie Crust

Ingredients

2 1/4 cups all-purpose flour, sifted	1/4 cup ice water
1/2 teaspoon salt	2 teaspoons sugar
1 cup shortening	

Method

1. In a large bowl, combine flour, salt and sugar. Cut in shortening until mixture resembles coarse crumbs. Stir in water, a tablespoon at a time, until mixture forms a ball. Wrap in plastic and refrigerate 4 hours or overnight.
2. Roll dough out to fit a 9-inch plate. Place crust in pie plate and press evenly into the bottom and sides of pie plate. Place in freezer to chill for about 15 minutes. Preheat oven to 350 degrees.
3. When the pie crust is sufficiently chilled, line the pie crust with parchment paper, wax paper or aluminum foil. Fill at least two-thirds full with pie weights — dry beans, rice, or stainless-steel pie weights. Bake with weights for 20 minutes.
4. Remove from oven, cool a few minutes and carefully remove pie weights. Poke small holes in the bottom of the pie crust with a fork and return to oven (without the weights) and cook for an additional 10 minutes, until the crust is golden.
5. Cool completely before filling.

Source: Leona Wilson

Plain Pastry Dough

This is a good, basic dough recipe, particularly for pie shells, a little easier than Leona's.

Ingredients

2 cups all-purpose flour	2/3 cup shortening
1 teaspoon salt	5 to 7 tablespoons water, cold

Method

1. Combine flour and salt.
2. Cut in shortening with pastry blender or fork until pieces are the size of small peas.

3. Sprinkle 1 tablespoon of water over flour and gently toss with a fork.
4. Repeat until all is moistened.
5. Divide in half and form into a ball. Then, roll it out into a crust.

Source: *Linda Kidd*

Cracklin' Bread

A favorite at hog killin' time.

Ingredients

2 cups cornmeal	1 tablespoon salt
1 cup cracklins, lean, broken into small pieces	water

Method

1. Mix the dry ingredients, and add enough hot water to make a dough that can be molded into loaves.
2. Bake in oven preheated to 425 degrees for about 45 minutes.

Servings: 8

Source: *Leona Wilson*

Hush Puppies

Ingredients

1 cup flour	
1 egg	1 pinch baking soda
buttermilk	1 medium onion, chopped
1 cup cornmeal	
1 pinch salt	

Method

1. Mix dry ingredients in a bowl. Stir in egg and buttermilk until the mixture is the right consistency to hold its shape when rolled into a ball.
2. Mix in chopped onion and roll into balls about an inch to 2 inches across.
3. Drop into a couple of inches of hot oil or fat. Fry until brown and crispy; drain on paper towels.

Source: *Leona Wilson*

Chocolate Chip Pumpkin Bread

Ingredients

1 15-ounce can pumpkin	3/4 cup semi-sweet chocolate chips
1 2/3 cup sugar	2 teaspoon baking soda
2/3 cup vegetable oil	1 teaspoon salt
2 teaspoons vanilla	1 teaspoon ground cinnamon
4 eggs	1 teaspoon nutmeg
3 cups all purpose flour	1/2 teaspoon baking powder
1/2 cup nuts (optional)	

Method

1. Stir together pumpkin, sugar, oil, vanilla, and eggs in a large bowl.
2. Gradually stir in remaining ingredients.
3. Pour into 2, 8-inch loaf pans and bake at 350 degrees for an hour to an hour and 20 minutes. (Insert a toothpick in the middle of the loaf. if it comes out clean the bread is done.)

Source: Haley Wilson Presley

Banana Bread

Ingredients

2 cups all-purpose flour	2 large eggs
3/4 teaspoon baking soda	3 large, ripe bananas
1/2 teaspoon salt	1/3 cup plain yogurt
1 cup sugar	1 teaspoon vanilla extract
1/4 cup butter, softened	Cooking spray

Method

1. Preheat oven to 350 degrees.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking soda, and salt, stirring with a whisk.
3. Place sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute).
4. Add the eggs, 1 at a time, beating well after each addition. Add banana, yogurt, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist.

5. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray. Bake at 350 degrees for 1 hour or until a wooden pick inserted in center comes out clean.
6. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Source: Debi Kidd, derived from AllRecipes.com

Dandelion Fritters

Ingredients

4 cups of fresh picked (washed) dandelion flowers	2 eggs
2 cups flour	2 cups milk

Method

1. Mix the milk, flour and eggs and beat until blended well.
2. Warm some olive oil in a skillet on the stove (keep at medium heat). Holding the underside of the flowers, dip into the batter until totally covered in the fritter batter then place into skillet, flower side down.
3. Once they are brown, flip and brown the other side. If need be, continue flipping until the batter coating is light brown.
4. Remove from oil and allow excess oil to soak onto a towel or paper towel.

Servings: 10

Source: Jeff Kidd, derived from EdibleWildFood.com



The tractor owned by my Papaw, Oliver Wilson, is now property of my cousin Wayne Harper.

PHOTO: Jeff Kidd

CHAPTER 6: Salads _____

Tuna Macaroni Salad

Ingredients

- | | |
|--------------------------------------|---|
| 1 (12 ounce) package macaroni | 1 1/2 cups light mayonnaise |
| 3 tomatoes, peeled, seeded and diced | 1 tablespoon Italian-style salad dressing |
| 3 stalks celery, chopped | 1 tablespoon white sugar |
| 12 ounce can tuna | 1 pinch ground black pepper |

Method

1. In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
2. In a large bowl, combine the pasta, tomatoes, celery and tuna.

3. Prepare the dressing by whisking together the mayonnaise, salad dressing, sugar and pepper. Add to pasta salad, mix together, and refrigerate for 1 hour.

Source: Jeff Kidd, derived from AllRecipes.com recipe

Basic Coleslaw

Ingredients

1 cup mayonnaise	1/2 teaspoon garlic powder
2 tablespoons sugar	1/4 cup chopped onions
1/2 teaspoon salt	2 tablespoons vinegar
1/2 teaspoon pepper	16 ounces shredded cabbage
1/2 teaspoon celery seed	1/4 cup grated carrots

Method

1. In a large bowl, mix mayonnaise, sugar, salt, pepper, celery seed, garlic powder, onion and vinegar.
2. Add cabbage and carrots and mix to coat. Chill at least 1 hour before serving.

Servings: 10

Source: Linda Kidd

Ramen Coleslaw

Debi's mother, Elaine, introduced us to this dish. This version is adapted from AllRecipes.com.

Ingredients

2 tablespoons vegetable oil	1/2 teaspoon ground black pepper
3 tablespoons white wine vinegar	2 tablespoons sesame seeds
2 tablespoons white sugar	1/4 cup sliced almonds
1/2 teaspoon salt	1/2 medium head cabbage, shredded
3 ounce package chicken-flavored ramen noodles, crushed, seasoning packet reserved	1/2 medium white onion, chopped

Method

1. Preheat oven to 350 degrees
2. In a medium bowl, whisk together the oil, vinegar, sugar, ramen noodle spice mix, salt and pepper to create a dressing.
3. Place sesame seeds and almonds in a single layer on a medium baking sheet. Bake in the preheated oven 10 minutes, or until lightly brown.

4. In a large salad bowl, combine the cabbage, onions and crushed ramen noodles. Pour dressing over the cabbage, and toss to coat evenly. Top with toasted sesame seeds and almonds.

Source: Elaine Ray, adapted from AllRecipes.com

Beet Salad

Ingredients

1 bunch beets (3/4 pound without greens or 1 1/4 pound with), trimmed	1 1/2 tablespoons red-wine vinegar
1/4 cup sliced natural almonds	1/4 teaspoon sugar
3 tablespoons olive oil	1/2 teaspoon salt
1 tablespoon minced shallot	3 cups mâche or baby arugula
1 tablespoon fresh lemon juice	

Method

1. Preheat oven to 425 degrees.
2. Wrap beets in foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets and cool.
3. While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (nuts will get darker as they cool). Transfer almonds with a slotted spoon to a small bowl and season with salt.
4. Stir together shallot, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl.
5. Slip skins from beets and halve large beets. Cut beets into 1/4-inch-thick slices and add to dressing, tossing to coat.
6. Arrange beets on a platter and drizzle with any dressing remaining in bowl. Top with mâche. Sprinkle with almonds.

Servings: 6

Source: From AllRecipes.com

Carrot Salad

Ingredients

1 pound carrots, grated	2 tablespoons mayonnaise, or to taste
1/2 cup raisins	1 dash lemon juice
1 tablespoon sugar	

Method

1. In a large bowl, mix together the carrots and raisins.
2. Stir in the sugar, mayonnaise and lemon juice until evenly coated.
3. Refrigerate for at least 30 minutes before serving.

Servings: 6

Source: *Linda Kidd*

Broccoli Raisin Salad

My wife picked up this recipe from her mom one Thanksgiving. It was addictive.

Ingredients

4 cups fresh broccoli florets	1 tablespoon white vinegar
3/4 cup golden raisins	2 teaspoons sugar
1 small red onion, chopped	3 bacon strips, fried and crumbled
1/2 cup Duke's mayonnaise	

Method

1. In a large bowl, combine the broccoli, raisins and onion.
2. In a small bowl, combine the Miracle Whip, vinegar and sugar. Pour over broccoli mixture; toss to coat.
3. Sprinkle with bacon. Refrigerate for at least 2 hours before serving.

Servings: 6

Source: *Debi Kidd*

Creamy Fruit Salad

Ingredients

29 ounce can peach slices, undrained	1 banana, sliced
20 ounce can pineapple chunks, undrained	1/2 pint blueberries
3 1/8 ounce box dry vanilla instant pudding mix	1 bunch grapes
1 lb. strawberries, stemmed and quartered	

Method

1. In a large bowl, combine peaches, pineapples — including the juices — with vanilla pudding mix. Mix well until pudding is dissolved.
2. Stir in strawberries, banana, blueberries and grapes, then chill for an hour before serving.

Servings: 12

Source: *Linda Kidd, derived from AllRecipes.com*

Four-Bean Salad

Ingredients

14 ounce can of kidney beans	1/3 cup white vinegar
8 ounces fresh yellow wax beans	2 tablespoons honey
8 ounces fresh green beans	1/3 cup extra virgin olive oil
14 ounce can of cannellini beans	1/2 teaspoon celery seed
1 large red bell pepper, seeds removed and chopped	Salt and pepper, to taste
1 medium onion, chopped	

Method

1. Drain about half the liquid from the canned beans and warm on the stovetop over low medium.
2. Wash and prep the fresh beans while warming canned beans. Remove the ends and cut them into 2-inch pieces.
3. I steam them separately, noting that the yellow wax beans might not take as long to cook. (You also can boil them in a large pot of salted water.) When beans are bright and tender, immediately cool in an ice bath or under cool running water.
4. Add onions, bell pepper and cooked kidney and cannellini beans. Set aside.
5. In another bowl, add the vinegar, honey and celery seed. Season with salt and pepper and whisk until combined.
6. Pour this dressing over the beans and mix well.
7. Cover with a plastic wrap and refrigerate for several hours or overnight, making sure to stir once in a while.

Servings: 8

Source: *Derived from ChefInYou.com recipe*

Dandelion Salad

Although surely they existed in some abundance on the ridge, none of my aunts or uncles can recall eating a lot of wild edibles when they were children. The one exception was dandelion greens. Cousins Whitey and Rhea Jennings were particularly fond of them, often coming to the ridge to visit and pick greens on Saturdays. The family also ate dandelion greens with soup beans.

The greens and flowers can be eaten. (There is a recipe for dandelion fritters in the chapter on breads and a recipe for cooked greens in the side dish chapter.) If you're going to eat the greens raw, best to do so in the spring, before the plants produce flowers.

Ingredients

1 finely chopped red onion
2 tablespoons fresh basil
1 dozen grape tomatoes
2 pears, diced
1/2 cup walnuts
4 hard-boiled eggs
4 cups dandelion greens

Method

Toss together in a bowl. You can use the salad dressing of your choice, of course, but a basic olive oil and red-wine vinegar works well without overpowering the taste of the main ingredients.

Servings: 4

Source: *In honor of Whitey and Rhea Jennings*

Green Pea Salad

Great potluck recipe, when you're short on time.

Ingredients

4 slices bacon
1 quart water
16-ounce package frozen green peas
1/3 cup chopped onions
1/2 cup Ranch dressing
1/2 cup shredded cheddar cheese



Method

1. Place bacon in a skillet over medium-high heat, and cook until evenly brown. Drain, crumble, and set aside.
2. Bring the water to a boil in a pot. Boil the peas 1 minute, until just tender, and drain. Cool peas under cold running water.
3. In a bowl, toss together bacon, peas, onion, Ranch dressing, and Cheddar cheese. Refrigerate 30 minutes or until chilled before serving.

Servings: 12

Source: *Debi Kidd*

Green Jell-O Salad

When I was a kid, I didn't think I liked this. Actually, I never tried it. Then I did. Kids are stupid sometimes.

Ingredients

6 ounce package lime-flavored gelatin mix	2 cups heavy whipping cream
1 1/2 cups boiling water	1 cup chopped pecans
8 ounce package cream cheese	1/2 cup miniature marshmallows
20 ounce can crushed pineapple with juice	

Method

1. Pour 1 cup boiling water over the gelatin mix in a large bowl. Stir it until it is dissolved. Add 1/2 cup pineapple juice. Place it in the refrigerator to partially gel. It is important that the gelatin is only partially gelled.
2. Meanwhile, cook the pineapple in a small saucepan until it boils. Let it cook about 5 minutes. Cool it to room temperature.
3. When the gelatin is partially gelled, blend the softened cream cheese into it until it is creamy. Mix in the cooled, cooked pineapple.
4. Whip the cream until it is fluffy. Fold it into the gelatin-cream cheese mixture. Fold the nuts and marshmallows into the gelatin mixture. Pour it all into a pretty crystal bowl and place it in the refrigerator to completely gel. If you want to get real fancy, you can put it in a gelatin mold.

Servings: 8

Source: *Seems like everyone knows how to make this*

Potato Salad

Ingredients

3 pounds small white potatoes
kosher salt
1 1/4 cup mayonnaise
2 tablespoons yellow mustard
1/2 cup chopped fresh dill
freshly ground black pepper
1/2 cup chopped celery
1/2 cup chopped white onion



Method

1. Place the potatoes and 2 tablespoons of salt in a large pot of water. Bring the water to a boil, then lower the heat and simmer for 10 to 15 minutes, until the potatoes are barely tender when pierced with a knife. Drain the potatoes in a colander, then place the colander with the potatoes over the empty pot and cover with a clean, dry kitchen towel. Allow the potatoes to steam for 15 to 20 minutes.
2. Meanwhile, in a small bowl, whisk together the mayonnaise, mustard, dill, 1 teaspoon of salt, and 1 teaspoon of pepper. Set aside.
3. When the potatoes are cool enough to handle, cut them in quarters or in half, depending on their size. Place the cut potatoes in a large bowl. While the potatoes are still warm, pour enough dressing over them to moisten. Add the celery and red onion, 2 teaspoons of salt and 1 teaspoon of pepper. Toss well, cover, and refrigerate for a few hours to allow the flavors to blend. Serve cold or at room temperature.

Source: Linda Kidd

Linda's Pepperoni Pasta Salad

Ingredients

2 cups uncooked spaghetti	2 green onions, chopped
1 cup cubed cheddar cheese	28 pepperoni slices
1 cup coarsely chopped cucumber	1/2 cup Italian dressing
1 small tomato, chopped	

Method

1. Cook pasta according to package directions; drain and rinse in cold water.
2. In a large bowl, combine the pasta, cheese, cucumber, tomato, onions and pepperoni. Add salad dressing and toss to coat.
3. Cover and refrigerate until serving.

Servings: 4

Source: Linda Kidd

Pear Salad

This is my kind of salad — healthy greens and a little something for my sweet tooth.

Ingredients

1/2 pear per person	cheddar cheese, grated
spinach	mayonnaise
walnuts, chopped	brown sugar

Method

1. For each salad, prepare a bed of spinach on a plate or in a bowl. Sprinkle with chopped walnuts — as many or as few as you like.
2. Clean and cube a half of a ripe-but-firm pear per serving, leaving the skins on. Place atop bed of greens.
3. Prepare the dressing mixing two parts mayonnaise and one part brown sugar. (About one tablespoon of mayonnaise and a 1/2 tablespoon of brown sugar per serving.)
4. Dollop the dressing on top. Sprinkle with grated cheddar.

Source: Debi Kidd



Mmmmmmm. Potato soup. See the recipe on Page 66. **PHOTO:** Jeff Kidd

CHAPTER 7: Soups & Stews _____

I've professed my love for my Granny's vegetable soup. But the family has more than one way to make Campbell's blush.

Brunswick Stew

Ingredients

2 pounds cooked, drained ground beef	1 pint tomatoes
1 pound cooked, drained ground pork	3 diced carrots
1 small cooked chicken, skinned and chopped	1 cup ketchup
4 diced potatoes	2 tablespoons chili powder
1 pint kernel corn	1 tablespoon salt
1 cup lima beans	1 teaspoon black pepper
3 chopped onions	3 tablespoons Worcestershire sauce

Method

1. The vegetables may be either raw or canned. Mix all ingredients, simmer 3 hours.

Source: Jeff Kidd

Debi's Vegetable Soup

Inspired by Linda Kidd's vegetable soup recipe, which was inspired by Leona Wilson's vegetable soup recipe, Debi concocted this recipe — evidence that inspiration is an ingredient that just makes food taste better.

Debi's contribution is a Lowcountry twist — collard greens.

Ingredients

1 pound lean ground beef	Minced garlic
1 medium onion chopped	Salt and pepper
3 stalks celery chopped	Dash sugar
3 carrots chopped	Bay leaf
4 small red potatoes chopped	Thyme
1 bag frozen mixed soup vegetables with okra and tomato	Dash Worcestershire sauce
Shredded collard greens (1 package if you buy them that way)	Dash Tabasco sauce
2 cans diced tomatoes	Dash ketchup
1 large box beef broth	Olive oil

Method

1. Brown ground beef in heated soup pot with a little olive oil or spray oil in bottom of pan, along with 2 teaspoons of minced garlic. Season beef with salt and pepper to taste.
2. As meat is browning, put chopped raw vegetables except greens in pot (celery, onion, potato and carrots.) Allow all to cook down, chopping ground beef into fine bits while browning.
3. Once raw vegetables have softened, drain any fat from pan by putting in a colander lined with a paper towel. If Debi is using extra-lean ground beef, she skips the draining.
4. Return all to pan, add canned tomatoes, frozen vegetables, greens, beef broth and seasonings and simmer until all is done, about one half to an hour.

Servings: 8

Source: Debi Kidd

French Onion Soup

My mother, Linda Kidd, introduced this to me by following a recipe on Lipton French onion soup mix. I've since had it prepared many ways by many people, including my wife, Debi. I've never had it a way I didn't like.

Ingredients

6 large red or yellow onions, peeled and thinly sliced root to stem	1/4 teaspoon of dry thyme
olive oil	salt and pepper
1/4 teaspoon of sugar	8 slices of toasted French bread
2 cloves garlic, minced	1 1/2 cups of grated Swiss mixed with grated Parmesan cheese
8 cups of beef stock	
1/2 cup of dry white wine (optional)	
1 bay leaf	

Method

1. In a large saucepan, sauté the onions in the olive oil on medium high heat until well browned, but not burned, about 25-30 minutes. Add the sugar about 10 minutes into the process so that everything caramelizes.
2. Add garlic and sauté for 1 minute.
3. Add the stock, vermouth or wine, bay leaf, and thyme. Cover partially and simmer until the flavors are well blended, about 30 minutes.
4. Season to taste with salt and pepper. Discard the bay leaf.
5. Ladle the soup into oven-proof soup bowls. Cover with the toast and sprinkle with cheese. Put into the broiler for 10 minutes at 350 degrees F, or until the cheese bubbles and is slightly browned.
6. Serve immediately. Instruct children to blow it cool, though, or the roofs of their mouths will remain burned and sore for a week.

Servings: 8

Source: Linda Kidd, derived from *SimplyRecipes.com* recipe

Linda's Beef Stew

This is not your usual beef stew, thickened with flour or corn starch. Mom makes her beef stew more soup like, and the taste of celery is distinct.

Ingredients

1 pound chuck steak, cubed	2 beef bullion cube
3 diced potatoes	2 teaspoons salt
3 stalks celery	2 carrots, chopped
1/2 green pepper, chopped	1 teaspoon pepper
8 ounces beef broth	

Method

1. Brown beef in stew pot, using a bit of oil.
2. Add remaining ingredients and simmer for 45 minutes on stove top. Can also make it in a crock pot and cook for 4 hours.

Source: Linda Kidd

Hearty Beef Stew

This is a little more traditional, thicker variation than Linda's beef stew. It can be served over rice.

Ingredients

2 pounds cubed beef stew meat	3 large potatoes, peeled and cubed
3 tablespoons vegetable oil	4 carrots, cut into 1 inch pieces
4 cubes beef bouillon, crumbled	4 stalks celery, cut into 1 inch pieces
4 cups water	1 large onion, chopped
1 teaspoon dried rosemary	2 teaspoons cornstarch
1/2 teaspoon ground black pepper	2 teaspoons cold water

Method

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown.
2. Dissolve bouillon in water and pour into pot. Stir in rosemary and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
3. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew.
4. Cover and simmer 1 hour more.

Servings: 8

Source: Debi Kidd

Potato Soup

Ingredients

6 -8 medium potatoes	2 cups chicken broth
1/4 cup butter	1/2 teaspoon salt
1/2 cup flour	1/4 teaspoon pepper
4 cups milk	1/4 pound cheddar cheese
6 bacon strips	

Method

1. Peel, cube, boil, drain and lightly mash potatoes to the consistency you like.
2. In separate pan, fry bacon strips. Remove bacon and crumble when cool.
3. In the pan of bacon drippings, melt butter, add flour and cook while stirring for about a minute or so.
3. Add half the milk and stir until lumps are out of flour mixture.
4. Transfer to a pot large enough to hold the rest of the ingredients.
5. Add remaining milk and on med-high heat, heat to a boil. Stir constantly to avoid scorching.
7. After boiling, turn heat off and add remaining ingredients, except bacon crumbles, which are sprinkled on top when served.

Note: You can also cube ham and add to the mix.

Source: *Debi Kidd*

Can't Fit the Recipe on One Page Gumbo

Ingredients

1 cup all-purpose flour	1/2 teaspoon Old Bay seasoning
3/4 cup bacon drippings	4 bay leaves
1 cup coarsely chopped celery	1/2 teaspoon dried thyme leaves
1 large onion, coarsely chopped	14 1/2 ounce can stewed tomatoes
1 large green bell pepper, coarsely chopped	6 ounce can tomato sauce
2 cloves garlic, minced	2 teaspoons gumbo file powder
1 lb. andouille sausage, sliced	2 tablespoons bacon drippings
3 quarts water	1 1/2 cups okra, chopped
6 cubes beef bouillon	2 tablespoons distilled white vinegar
1 tablespoon white sugar	2 tablespoons Worcestershire sauce
3 pounds uncooked medium shrimp, peeled and deveined	salt to taste
2 tablespoons Texas Pete sauce	

Method

1. Make a roux by whisking the flour and 3/4 cup bacon drippings together in a large, heavy saucepan over medium-low heat to form a smooth mixture.

2. Cook the roux, whisking constantly, until it turns a rich mahogany brown color. This can take 20 to 30 minutes; watch heat carefully and whisk constantly or roux will burn. Remove from heat; continue whisking until mixture stops cooking.
3. Place the celery, onion, green bell pepper, and garlic into the work bowl of a food processor, and pulse until the vegetables are very finely chopped. Stir the vegetables into the roux, and mix in the sausage. Bring the mixture to a simmer over medium-low heat, and cook until vegetables are tender, 10 to 15 minutes. Remove from heat, and set aside.
4. Bring the water and beef bouillon cubes to a boil in a large Dutch oven or soup pot. Stir until the bouillon cubes dissolve, and whisk the roux mixture into the boiling water.
5. Reduce heat to a simmer, and mix in the sugar, salt, Texas Pete, Old Bay seasoning, bay leaves, thyme, stewed tomatoes, and tomato sauce.
6. Simmer the soup over low heat for 1 hour.
7. Meanwhile, melt 2 tablespoons of bacon drippings in a skillet, and cook the okra with vinegar over medium heat for 15 minutes; remove okra with slotted spoon and stir into the simmering gumbo. Mix in shrimp and Worcestershire sauce, and simmer until flavors have blended, 45 more minutes.
8. Serve in a bowl or over rice.

Servings: 8

Source: *Debi Kidd, derived from AllRecipes.com*

Jeff's Goober and Beer Chili

For a long time, I never really had a chili recipe. I just made it up as I went along. I played around with peanut butter and beer, and somehow stumbled upon this method. Something about the heat combined with the smoothness of the peanut butter makes this appealing.

Ingredients

2 pounds ground chuck	1 (15-ounce) can of stewed tomatoes and chilis
2 tablespoons butter	1 (6-ounce) can tomato paste
1 medium onion, chopped	1 (4.5-ounce) can chopped green chiles
1 green bell pepper, chopped	2 tablespoons chili powder
1 yellow or red bell pepper, chopped	2 teaspoons ground cumin
3 to 4 garlic cloves, minced	2 teaspoons ground red pepper
2 tablespoons creamy peanut butter	1 teaspoon paprika
1 (12-ounce) bottle beer	1 teaspoon Texas Pete hot sauce
2 (15-ounce) cans pinto beans	2 tablespoons sugar
2 (8-ounce) cans tomato sauce	1 bay leaf

Method

1. Brown ground beef, then drain fat. Set aside.
2. In chili pot, melt butter, then add onion, garlic bell peppers.
3. Just as onions begin to turn clear, add peanut butter and stir to prevent burning.
4. Once peanut butter has turned to a syrupy consistency, add beer.
5. When mixture begins to simmer, add ground chuck, then the rest of the ingredients, except bay leaf. Bring to a boil.
6. Reduce heat, add bay leaf and simmer 3 hours, stirring occasionally.

Servings: 10

Source: Jeff Kidd

Jeff's Cincinnati Chili

This recipe is derived from my original chili recipe, adjusted to make it Cincinnati style – essentially, substituting cinnamon, allspice and cocoa for the beer and peanut butter of the original and adding a little water. I like my Texas-style chili thick and hearty, but Cincinnati chili is supposed to be a little more thin in consistency.

Ingredients

Spaghetti

2 pounds ground chuck

2 tablespoons butter

2 teaspoons ground red pepper

1 yellow or red bell pepper, chopped

3 to 4 garlic cloves, minced

2 (15-ounce) cans pinto beans

2 (8-ounce) cans tomato sauce

1 (15-ounce) can of stewed tomatoes and chilis

1 1/2 tablespoons unsweetened cocoa

2 tablespoons chili powder

2 teaspoons ground cumin

1 medium onion, chopped

1 green bell pepper, chopped

1 teaspoon paprika

Chopped onions and shredded cheddar cheese to taste on top



1 (4.5-ounce) can chopped green chiles

1 teaspoon allspice (ground)

1 teaspoon cinnamon (ground)

1/2 teaspoon salt

1 (6-ounce) can tomato paste

1/2 cup water

Method

1. In a large frying pan over medium-high heat, melt butter and sauté onion, ground beef, garlic, and chili powder until ground beef is slightly cooked.
2. Drain fat, then transfer to a large pot.
3. Add remaining chili ingredients. Reduce heat to low and simmer, uncovered, 1 hour 30 minutes. Remove from heat.
4. Cook spaghetti according to package directions and transfer onto individual serving plates (small oval plates are traditional).
5. Ladle Cincinnati Chili mixture over the cooked spaghetti and serve with toppings of your choice.
6. Oyster crackers are served in a separate container on the side.

Servings: 8

Source: *Jeff Kidd*

Spicy White Chili

Ingredients

1 onion, medium, chopped	1/4 teaspoon cayenne pepper
1 tablespoon oil	1/4 teaspoon cloves, ground
2 cloves garlic, minced	2 cans chicken broth
1 4-ounce can chopped green chilis	4 cups chicken, cooked, cubed
2 teaspoons cumin, ground	3 15-ounce cans great northern beans, rinsed, drained
1 teaspoon oregano, dried apricots	2 cups Monterey jack cheese, shredded

Method

1. In large sauce pan, sauté onions in oil until tender.
2. Stir in garlic, chilis, cumin, oregano, cayenne and cloves.
3. Add broth, chicken and beans. Simmer for 15 minutes.
4. Remove from heat and stir in cheese until melted.

Source: *Ina Wilson*

Jimmy's Mart Has Been Robbed Catfish Stew

In all honesty, I don't recall anyone in my family actually ever making catfish stew. However, I fondly remember discovering it not soon after moving to South Carolina at Jimmy's Mart, an independently owned convenience store that also sold some of the best hot dogs you'll ever put in your mouth. I tweaked a recipe I found at CDKitchen.com, to

approximate the way I think ole Jimmy Koon made his stew. He served it in Styrofoam containers, and we ate it with crackers. Folks in the South like to serve it over hot rice.

Ingredients

2 slices salt pork (can substitute bacon)	2 bay leaves
1 large onion, chopped	1 clove garlic, minced
2 cans (8 ounce size) tomato sauce	2 dashes Worcestershire sauce
1 can (6 ounce size) tomato paste	1/2 teaspoon Texas Pete hot sauce (add more if you like it spicy)
4 cups water	Salt and pepper to taste
1/4 teaspoon oregano	1 1/2 pounds catfish filet, cut into bite-size chunks

Method

1. In a large pot, cook salt pork until crisp, then remove.
2. Add chopped onion and garlic, and cook in drippings until translucent and soft.
3. Add tomato sauce, paste and water (4 cups more or less). Season with oregano, bay leaves, 2 dashes of Worcestershire sauce and salt and pepper to taste.
4. Simmer for 30 minutes.
5. Add catfish and cook for 15 minutes more.

Servings: 4

Source: *Derived from CDKitchen.com*

Jimmy's Fish Stew

Different Jimmy. Different fish.

Ingredients

1 blackfish, filleted and skinned	2 bay leaves
1 bell pepper, chopped	2 tablespoons shortening
2 medium onion, chopped	1 tablespoon Heinz 57 sauce
1 can tomatoes	1 teaspoon savory

Method

1. Sauté onions and bell pepper.
2. Add other ingredients, simmering until fish is cooked through.

Servings: 4

Source: *Jimmy Ray*

Lentil Soup

Ingredients

1 tablespoon olive oil	1 quart chicken broth
1 medium celery stalk, small dice	1 (15-ounce) can diced tomatoes with their juices
1 medium carrot, peeled and small dice	1 1/4 cups lentils (any color except red), rinsed
1/2 medium yellow onion, small dice	1 bay leaf
3 medium garlic cloves, minced	1/4 teaspoon finely chopped fresh thyme leaves
Kosher salt	1 teaspoon red wine vinegar
ground black pepper	2 ounces spinach leaves

Method

1. Heat the oil in a large saucepan over medium heat until shimmering, about 3 minutes. Add the celery, carrot, and onion and cook, stirring occasionally, until the vegetables have softened, about 10 minutes. Stir in the garlic and cook until fragrant, about 1 minute. Season with several generous pinches of salt and pepper.
2. Add the broth, tomatoes with their juices, lentils, bay leaf, and thyme and stir to combine. Cover and bring to a simmer, about 15 minutes. Once simmering, reduce the heat to low and continue simmering, covered, until the lentils and vegetables are soft, about 15 minutes more.
3. Taste and season with more salt or pepper as needed, then stir in the vinegar. Add the spinach and stir until wilted.

Source: Debi Kidd, derived from AllRecipes.com

Leona's Vegetable Soup

And here it is. My Granny's vegetable soup was among my one or two favorite foods of all time. At least I thought it was.

Turns out, Leona didn't really have one definitive recipe — she set aside vegetables all throughout the year, and when she had enough in her freezer to make a batch, she hopped to it. Most versions did have one curious ingredient — elbow macaroni. My Mom, aunts and uncles don't remember anyone else making it that way, and they can't remember very many batches my Granny made that didn't include it.

She also canned her vegetable soup, and we always seemed to take some home with us on visits to the ridge so we could enjoy it all year round.

This recipe is not so much an attempt to replicate her soup — no one seemed to have the recipe, anyway. Rather, it's a recipe I've adapted from several sources that emphasizes some of the flavors that distinguished her soup, at least to my palate. The broth tasted heavily of the tomatoes, but it was not ketchup-y (if that's a word.) Onions were distinguishable, slightly sweet and every so slightly crisp. I don't think she used Vidalias, but I never recall the onion taste being strong, just prominent. There always seemed to be a lot of corn and a lot of pepper, too, and although she did not always make soup with meat, that's the way I remember it. This recipe probably doesn't do hers justice, but there was no way I could compile a family cookbook without this.

Ingredients

1 pound stew meat	2 large, diced tomatoes with skins removed
4 cups chicken broth	1 onion, diced
1 cup chopped fresh green beans	1 1/2 cups fresh corn kernels
23 ounces (2 cans) can tomato-vegetable juice cocktail	1 can lima beans
3 1/2 cups water	1 cup elbow macaroni
2 tablespoons olive oil	1 teaspoon ground black pepper
2 large potatoes, diced	2 teaspoons salt
3 carrots, sliced	1 teaspoon onion powder
2 stalks celery, diced	

Method

1. Cut the stew beef into 1/2-inch cubes and brown in skillet.
2. In a large stock pot, combine broth, tomato juice, oil and water. Bring to a boil.
3. Add macaroni, lower heat to a simmer and allow to cook for 5 minutes.
4. Add remaining ingredients. Bring to a boil again, then reduce heat to a slow simmer. Cover with lid.
5. Simmer for 30 minutes or until vegetables are tender. Stir gently every 10 minutes. Add salt and pepper to taste and add water if soup becomes too thick.

Source: *Leona Wilson, best I can tell*



Is there any holiday gathering worth having without green bean casserole? **PHOTO:** Jeff Kidd

CHAPTER 8: Casseroles _____

Perfect for family get-togethers and carrying to sick folks, who doesn't love a good casserole?

Broccoli and Cheese Casserole

Ingredients

1 small onion, chopped	10 3/4 ounce can condensed cream of mushroom soup
1/2 cup chopped celery	5 ounce can evaporated milk
10 ounce package frozen, chopped broccoli, thawed	3 cups cooked rice
1 tablespoon butter margarine	8 ounce jar cheese spread

Method

1. In a large skillet over medium heat, sauté onion, celery and broccoli in butter for 3 to 5 minutes.
2. Stir in cheese, soup, and milk until smooth.
3. Place rice in greased 8-inch square baking dish.
4. Pour cheese mixture over rice, do not stir.
5. Bake uncovered at 325 degrees for 25 to 30 minutes or until bubbly.

Servings: 12

Source: *Derived from Food.com recipe*

Broccoli Cheddar Chicken

Ingredients

4-6 boneless, skinless chicken breasts	2 cups milk
1/2 sleeve of Ritz crackers	1/4 cup flour
1 1/2 cup broccoli	1 cup shredded cheddar cheese
1/4 cup butter	salt and pepper to taste

Method

1. Prepare chicken in a baking dish by seasoning with salt and pepper, then cover with foil and bake at 425 degrees for 45 minutes or until chicken is cooked.
2. While the chicken is cooking, cut the broccoli into small pieces and place in a sauce pan. Add water to cover and bring to a boil. Then remove from heat, cover, and let the broccoli steam.
3. In another sauce pan, melt the butter, then add milk and flour. Stir until well mixed, then slowly add in shredded cheddar cheese until it is fully melted and smooth.
4. After the chicken is cooked, remove it from the oven. It will be sitting in its own juices at this point, so it's easiest to just plate the chicken. Then, divide broccoli evenly over the chicken and pour the cheese sauce over it.
5. Sprinkle Ritz cracker crumbs over the top to finish off.

Servings: 6

Source: *Debi Kidd*

Carrot Casserole

Ingredients

3 cups cooked, mashed carrots (6 cups raw)	1 cup light cream
1 cup Velveeta	1 1/2 cup Ritz cracker crumbs
1/4 cup finely chopped onion	

Method

1. Cook and mash carrots.
2. Mix in Velveeta until melted, then add onion, cream, and cracker crumbs. Mix well.
3. Cover and bake at 350 degrees for 40 minutes.

Servings: 8

Source: Richard Shaver

Chicken Bog

Another simple Lowcountry staple.

Ingredients

1 chicken, quartered	1/4 teaspoon garlic powder
1 pound smoked link sausage	1 teaspoon ground red pepper
1 cup chopped onion	3 bay leaves
1 large carrot, sliced	8 cups water
1/2 cup butter	3 cups raw white rice
2 teaspoons seasoned salt	1 1/4 teaspoon black pepper

Method

1. Slice the sausage into 1/2-inch pieces.
2. In a stockpot, combine the chicken, sausage, carrot, onion, butter, seasonings and bay leaves.
3. Add the water, bring to a boil, cover, and cook at a low boil for 40 minutes.
4. Remove the chicken from the pot and let cool slightly. Pick the meat from the bones, discarding the bones and skin.
5. Add the rice to the pot and bring to a boil, stirring well. Boil for 10 minutes, then reduce the heat, cover the pot, and simmer for 10 minutes, or until the rice is done.
6. Remove the bay leaves, and return the chicken to the pot.

Servings: 12

Source: Debi Kidd

Chicken Casserole

Ingredients

4 chicken breasts, deboned	8 ounces sour cream
1 package Pepperidge Farm dressing, (sage)	1 1/3 cups chicken broth
1 stick margarine, melted	1 can cream of mushroom soup

Method

1. Cook chicken in water for about 20 minutes. Drain.
2. Mix dressing crumbs and butter. Place crumbs in 8x8 baking dish, reserving 1/2 cup for topping.
3. Layer chicken pieces on crumbs.
4. Mix sour cream and chicken soup. Pour over chicken. Top with remaining crumbs.
5. Pour chicken broth over dish. Bake at 350 degrees for 20 minutes.

Servings: 5

Source: *Linda Kidd, Vada Caudill, Ernestine Wilson all made very similar versions of this dish. Ina Wilson also derived a version from a church cookbook.*

Green Bean Casserole

What family doesn't have a recipe for this? The variation seems to be in the variety of green bean used. My mom usually made it with french green beans.

Ingredients

1 can condensed cream of mushroom soup	4 cups cooked cut green beans
1/2 cup milk	1 1/3 cups fried onions
1 dash ground black pepper	

Method

1. Stir the soup, milk, black pepper, beans and 2/3 cup onions in a 1 1/2-quart casserole.
2. Bake at 350 degrees for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.
3. Bake for 5 minutes or until the onions are golden brown.

Servings: 8

Source: *CampbellsKitchen.com*

Hamburger and Green Bean Casserole

Ingredients

2 cans green beans, drained	1 teaspoon salt
1 pound ground beef	canned biscuits
3/4 cup ketchup	

Method

1. Brown ground beef, then drain.
2. Combine all ingredients except biscuits in 9-inch casserole dish.

3. Place four to six canned biscuits on top of mixture.
4. Bake following directions on biscuit can.

Servings: 6

Source: *Linda Kidd*

Guilty Pleasure Macaroni and Cheese

We should be embarrassed. Embarrassed to eat so poorly. Embarrassed to enjoy macaroni and cheese out of a box. But when you need your belly full fast, cheesy goodness beckons.

Ingredients

1 box Kraft Macaroni and Cheese	1/3 cup sweet peas, drained
6 cups water	1 can tuna, drained
2 tablespoons butter	1/4 cup cheddar cheese, shredded
1/4 cup whole milk	

Method

1. Use the water, butter and milk to make the macaroni and cheese following the directions on the box.
2. Turn off the burner, but keep the pot over the heat. Add the other ingredients and stir until the shredded cheddar is melted.

Servings: 4

Source: *Debi and Jeff Kidd*

Hoppin' John

This is traditional New Year's Day fare in South Carolina's Lowcountry. Debi and I got married on New Year's Day, so of course, we served this.

Ingredients

1/2 pound black-eyed peas	1/2 teaspoon salt
1 1/2 cups water	1/4 teaspoon pepper
1/4 cup onion, chopped	1/4 teaspoon oregano, crushed
1 clove garlic, chopped	1 bay leaf
1 tablespoon bacon grease or oil	1 dash cayenne pepper
1/2 cup long grain rice	ham bone

Method

1. Wash beans and add to 5 cups of boiling water, boiling for 2 minutes.
2. Remove from heat, cover and soak for 12 hours.
3. Drain and rinse black-eyed peas.
4. Sauté onion and garlic in grease until onion is tender.
5. Add peas, rice, ham bone, 1 1/2 cups of water and seasonings, bringing to a boil.
6. Reduce heat and simmer uncovered 25 to 30 minutes or until tender.
7. Remove bay leaf before serving.

Servings: 8

Source: *Debi Kidd*

Macaroni & Sausage

This very simple dish became a staple of Linda's kitchen in the 1970s and 1980s. The more sausage, the better. Linda doesn't recall the origin of the recipe; she thinks Elden sort of made it up.

Ingredients

1 pound sausage, patty style

6 cups tomato juice

12 ounces macaroni

Method

1. Brown sausage in pan while making macaroni, according to package directions.
2. Drain fat from sausage. Add to finished macaroni, then add tomato juice. Salt and pepper to taste.
3. Add back on stovetop and heat until tomato juice begins to simmer.

Servings: 8

Source: *Linda Kidd, via Elden Kidd's vivid culinary imagination*

Pork Heart en Casserole

Method

1. Slice pork hearts thin, and across meat grain.
2. Roll in flour, sauté with a little chopped onion in hot back fat; place in casserole with 1 cup water or stock.
3. Add any desired herbs and a chopped pimento; season with salt and pepper.
4. Cover cook until tender, about 1 to 2 hours in moderate oven. When almost done, drop biscuit dough over meat and bake until brown and done through.

Servings: 4

Source: *Leona Wilson*

Sweet Potato Casserole

Ingredients

3 cups sweet potatoes, mashed	1 teaspoon vanilla
1/2 cup evaporated milk	1/3 cup flour
2 eggs, beaten	1 cup brown sugar
1/2 cup sugar	1 stick margarine
1/2 stick margarine, melted	1 cup pecans, chopped

Method

1. Mix sweet potatoes, evaporated milk, eggs, sugar, 1/2 stick of margarine and 1 teaspoon of vanilla. Put in a baking dish.
2. Make a topping by combining flour, brown sugar, 1 stick of margarine and chopped pecans.
3. Place topping on top of sweet potato mix in dish.
4. Bake at 400 degrees for 25 minutes.

Servings: 8

Source: *Debi Kidd*

Thanksgiving Carcass Tetrazzini

I'm not sure which I like more — Thanksgiving turkey, of which I'm a big fan, or what Debi does with the remains.

Ingredients

8 ounce package spaghetti noodles	2 cups chopped cooked turkey
2 tablespoons butter	10 3/4 ounce can condensed cream of celery soup
6 ounce can sliced mushrooms	1 cup sour cream
1 stalk celery, chopped	1/2 cup grated Parmesan cheese
1 teaspoon salt	1 cup bread crumbs
1/8 teaspoon pepper	

Method

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Preheat oven to 375 degrees.

3. Melt butter in a large heavy skillet. sauté mushrooms and chopped celery for 1 minute. Season with salt and pepper, and stir in turkey, condensed soup, and sour cream.
4. Place cooked noodles in a 9x13 inch baking dish. Pour sauce mixture evenly over the top. Sprinkle with parmesan cheese.
5. Bake in preheated oven for 15 minutes. Add bread crumbs to top.
6. Cook an additional 10 to 15 minutes, or until sauce is bubbling and breadcrumbs are browned.

Servings: 6

Source: *Debi Kidd*

Tuna Noodle Casserole

This was my introduction to cooking — in third grade, my assignment was to take home a recipe and prepare it for class. Turns out I *can* follow instructions. I'm pretty certain I made an A, and we liked the dish so much, I made it many times for years to come.

Ingredients

1 can tuna, drained	1/2 cups bread crumbs
1 can mushroom soup	1/4 stick butter, melted
3 cups elbow macaroni	1/4 teaspoon salt

Method

1. Prepare macaroni, drain, then place in casserole dish.
2. Add can of tuna, can of mushroom soup and salt. Mix well
3. Sprinkle breadcrumbs over dish, then pour melted butter.
4. Bake at 425 degrees in preheated oven for 15 minutes or until bread crumbs turn golden brown.

Servings: 6

Source: *Jeff Kidd*



Jennifer Kidd visits with her great-grandmother, Mahala Susan Hall Wilson, as she takes dinner in the rear room of her home at the end of Lower Oak Grove Road, Rowan County, Ky. PHOTO: Linda Kidd

CHAPTER 9: Side dishes _____

Sausage and salted pork were plentiful, but particularly in the days before refrigeration on the ridge, other meats were not always eaten in large quantities or even at every meal. This chapter of side dishes — many based upon vegetables grown on the farm — shows why you didn't need a big slab of ham to make a good meal.

The Family Dressing

Granny's dressing is, to me, the taste of Thanksgiving, in part because her recipe was so distinctive, and in part because my mom and Aunt Ina make theirs in very similar fashion. It's not for everyone, I suppose — it's heavy on the sage, and I must admit that when I lay my head down to sleep on Thanksgiving night, the heartburn it induces keeps me up at night.

If it gave me pneumonia, I wouldn't care, though.

This recipe rather defies precise measurements, though I've tried my best to help those who would replicate it. That's because Granny didn't follow precise instructions,

particularly when it came to the breading. She mostly crumbled up whatever was lying around and threatening to go stale — biscuits, cornbread, white bread. Also interesting is that I do not recall ever using this recipe as stuffing for the turkey — perhaps turkey wasn't the traditional Thanksgiving meal when my mom and her siblings were growing up, although the giblets came to be part of the recipe.

The consistency was unique, too — it was very moist and pasty. If yours comes out dry, you're doing it all wrong.

Ingredients

5 cups cornbread, white bread and biscuits, whatever is on hand, but cornbread for sure	1 1/2 cup turkey broth
2 stalks celery, chopped	2 tablespoons sage
1/2 medium onion, chopped	1 teaspoon salt
1/2 cup butter, melted	1 teaspoon pepper
turkey giblets and/or neck, chopped	1/2 teaspoon poultry seasoning

Method

1. In a large mixing bowl, crumble the bread, then add the chopped celery. Sauté the onion in a skillet, then add to the bowl and mix well.
2. Melt butter, then add to mixture, along with the seasonings.
3. Cook the giblets in the skillet, then add to the mixture in the bowl.
4. Add broth from the basting pan of the turkey you're preparing. (You also can use canned chicken broth.) Use a little more or a little less — mixture shouldn't be soggy, but it definitely should be quite moist.
5. Place spoonfuls side by side in a 9x13 pan until it is covered.
6. Bake at 400 degrees for 25 to 30 minutes or until brown.

Servings: 12

Source: *Leona Wilson*

Baked Acorn Squash

Ingredients

1 medium acorn squash, halved and seeded	2 tablespoons brown sugar
1 tablespoon butter	

Method

1. Preheat oven to 350 degrees.
2. Turn acorn squash upside down onto a baking dish. Bake until squash begins to soften, about 30 to 45 minutes.

3. Remove squash from the oven and turn so that the flesh is facing upwards. Place butter and brown sugar into the cavity. Return to the oven and bake an additional 30 minutes.

Servings: 2

Source: *Debi Kidd*

Fried Mashed Potato Cakes

Ingredients

2 cups cold mashed potatoes	1/4 cup chopped green onions
1 egg, lightly beaten	1/2 cup bread crumbs

Method

1. Place mashed potatoes in bowl. Let stand at room temperature for 30 minutes.
2. Stir in egg and onions.
3. Shape into patties. Dip both sides in bread crumbs and let stand for 15 minutes.
4. Heat 1 inch of oil to about 375 degrees. Fry cakes three or four at a time, until golden brown. Drain on paper towel and serve warm.

Source: *Leona Wilson*

Copper Pennies

Linda Kidd made this side dish often, and it was a family favorite.

Ingredients

1 pound of raw carrots, peeled and sliced thin	1/4 cup of vegetable oil
1/2 of a medium Vidalia or other sweet onion, sliced very thin	3/4 cup of apple cider vinegar
1/2 of a green bell pepper, sliced very thin	1 tablespoon of Worcestershire
1 can of condensed tomato soup	1 tablespoon of yellow mustard
3/4 cup of granulated sugar	Salt and cracked black pepper, to taste

Method

1. Peel carrots, wash and cut them into thin rounds. You should have roughly 4 cups of sliced carrots.
2. Place in microwave safe bowl, covered and cook on high, about 7 minutes or until crisp tender. Drain.
3. Place into a medium to large glass bowl and top with the very thinly sliced sweet onion and bell pepper. Toss.

4. Meanwhile, in a medium saucepan, whisk together the tomato soup with all of the remaining ingredients. Bring to a boil, reduce heat and simmer for about 5 minutes.
5. Pour hot mixture over the vegetable mixture, cover and refrigerate for 24 hours, stirring occasionally. Dish should be served cold.

Servings: 12

Source: *Linda Kidd*

Fried Green 'Maters

Ingredients

4 large green tomatoes	1/2 cup cornmeal
2 eggs	2 teaspoons coarse kosher salt
1/2 cup milk	1/4 teaspoon ground black pepper
1 cup all-purpose flour	lard for frying

Method

1. Slice tomatoes 1/2 inch thick. Discard the ends.
2. Whisk eggs and milk together in a medium-size bowl.
3. Mix cornmeal, flour, salt and pepper.
4. Dip tomatoes in egg and milk mixture, then dredge through cornmeal mix.
5. In a large skillet, melt lard until there is about 1/2 inch in the pan (you also can melt shortening or use vegetable oil) and heat over a medium heat.
6. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side.
7. Drain on paper towels.

Servings: 8

Source: *Leona Wilson*

Baked Beans

Ingredients

4 cans baked beans	1/2 cup brown sugar
1 can green chili peppers, chopped (4 ounce)	1 teaspoon garlic powder
1 Vidalia onion, small, peeled and chopped	1/2 pound bacon
1 cup barbecue sauce	

Method

1. Cook bacon in skillet, holding out four strips.

2. Crumble all but four strips of bacon. Mix with other ingredients in a casserole dish. Place remaining four bacon strips on top.

3. Preheat oven to 350 degrees. Bake for 4 hours. For faster version, bake at 425 for 2 hours.

Servings: 10

Black-eyed Peas

Were I forced to choose between black-eyed peas and butterbeans, I'd probably just have to fling myself into a deep, deep lake with a cinderblock strapped to my back.

Ingredients

1 pound dry black-eyed peas	1 pinch garlic powder
2 cups chopped cooked ham	1 onion, diced
salt and pepper to taste	

Method

1. Place black-eyed peas in 8-quart pot. Add enough water to fill pot 3/4 full. Stir in ham and diced onions, and season with salt, pepper, and garlic powder
2. Bring to a boil. Cover the pot, and simmer on low heat for 2 1/2 to 3 hours, or until the peas are tender.

Servings: 6

Source: *Debi Kidd*

Brussels Sprouts

Why do brussels sprouts get such a bad rap? Yummy little mini-cabbages. It's not fair.

Ingredients

1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed	1 teaspoon kosher salt
3 tablespoons olive oil	1/2 teaspoon freshly ground black pepper

Method

1. Preheat oven to 400 degrees.
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should

be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary.

4. Serve immediately.

Servings: 6

Source: *From AllRecipes.com*

Butterbeans

Butterbeans are really just big 'ole lima beans. And they are yummy.

Ingredients

2 pounds butter beans, either fresh from the shell or one 10-ounce package, frozen

1 chunk salted meat, such as bacon or ham

2 tablespoons butter

1/4 teaspoon coarse ground pepper

Method

1. Shell the beans and wash thoroughly if you're using fresh beans, which is preferred.
2. Put 2 cups water in a medium saucepan and add the beans and pork. Cook the beans until tender, about 30 minutes. Cook uncovered for at least half the time so that they water reduces down a bit.
3. Drain most of the liquid and add the butter. Sprinkle lightly with the black pepper before serving.

Servings: 6

Source: *Debi Kidd*

Buttered Turnips

Ingredients

3 bunches turnips

1/3 cup butter, melted

salt

1 tablespoon parsley, minced

1/2 teaspoon sugar

Method

1. Wash and peel turnips, dust with salt and cook until tender.
2. Caramelize sugar, then melt butter in same pan.
3. Add parsley and pour this over turnips. Let stand 10 minutes before serving.

Servings: 6

Source: *Debi Kidd, derived from Hillbilly Cookbook*

Basic White Rice

The dishes my mom's family grew up eating hold much in common with Lowcountry cuisine. Both tend to use simple recipes, based on readily available vegetables and meats. Both have their roots in dishes prepared by the rural poor, even if modern versions have been gussied up.

Here's one big difference, though — white rice is a staple of virtually every Lowcountry meal; conversely, I can't remember an authentic recipe from my family that included rice. It wasn't readily available and it just wasn't used.

That's changed some with the advent of instant rice and large supermarkets, of course, but proper rice preparation isn't religion in Kentucky the way it is in South Carolina. To prepare some of the Lowcountry dishes, you'll need to know the basic, though. This should help.

Ingredients

1 cup long grain rice
cooking oil

salt

Method

1. There are basically two ways of making rice well. Here is the first, derived from family experience and tips offered at FineCooking.com.
2. In a medium, heavy-bottomed pot with a tight-fitting lid, combine 1 3/4 cups water, the rice, salt and a teaspoon or so of oil or butter. (Some folks will rinse the rice in cold water before adding to the pot, to remove some of the additives used by some manufacturers to aid in processing.)
3. Bring to a boil over high heat. As soon as the water is boiling, lower the heat to a simmer and cover. Simmer until the water is completely absorbed and the rice is tender, usually about 12 minutes.
4. Remove the pot from the heat and let it sit, undisturbed with the lid on, for at least 5 minutes and for as long as 30 minutes. Remove the lid, fluff the rice gently with a fork.
5. The second method — which Debi always uses — is with a rice steamer. (You need a stove-top model, not an electric steamer.)
6. The steamer comes with a big pot that will hold the water and a pan that sits inside the pot that holds the rice above the steaming water, somewhat like a double-boiler. Fill large pot with water up to the fill line marked on the interior. Add rice to the internal pot, adding the same amount of water as rice, a teaspoon of salt and a tablespoon of butter or cooking oil.
7. Place the internal pot into the external pot and put on the lid. Put the burner on high until the water boils.

8. Reduce to medium heat and continue to cook for about 15 minutes, stirring the rice once or twice during the cooking process.
9. Remove the pot from the heat and let it sit, undisturbed with the lid on, for at least 5 minutes. Fluff the rice gently with a fork.

Servings: 6

Source: *Debi Kidd*

Broccoli and Cheese

Ingredients

1 (10 ounce) package frozen broccoli florets, thawed	salt and pepper to taste
3 tablespoons butter, melted	1/2 cup shredded cheddar cheese

Method

1. Place broccoli in a steamer over 1 inch of boiling water, and cover.
2. Cook until tender but still firm, about 2 to 6 minutes. Drain and transfer to a microwave safe casserole dish.
3. Pour melted butter over broccoli (use more or less, to taste) and season with salt and pepper. Sprinkle cheese over the top and microwave, on high, for 1 minute, or until cheese is melted.

Servings: 6

Source: *Debi Kidd, derived from AllRecipes.com*

Collard Greens (Quick Method)

Collard greens are a southern delicacy, and usually, when they're made correctly, they take damn near all day. Debi has come up with a way to expedite matters, though.

Ingredients

1 package collard greens, pre-washed and cut	1 teaspoon salt
2 tablespoons olive oil	1 teaspoon sugar
1 teaspoon garlic, minced	1-2 cups chicken broth
2 dashes crushed red pepper	

Method

1. Wash and cut greens or buy bagged greens which are already cleaned and cut.
2. Put 2 tablespoons olive oil in sauté pan with a tsp minced garlic and a sprinkle of crushed red pepper over medium high heat.

3. Put enough greens in pan to fill in, they will shrink down. Put about 1 tsp salt and 1 tsp sugar on greens then pour chicken broth in to loosen greens in pan about 1-2 cups. Do not cover greens in liquid just enough to sauté with.

4. Cover the greens with lid and cook down until tender, approximately 10-15 minutes. Greens will be tender but not mushy when done.

Servings: 8

Macaroni and Cheese

Has there ever been a church supper where homemade macaroni and cheese was not served? Not south of the Mason Dixon line, there hasn't. God is great.

Ingredients

4 cups elbow macaroni	1 heaping teaspoon dry mustard
1 whole egg, beaten	1 pound cheese, grated
1/4 cup butter	1/4 cup grated parmesan cheese
1/4 cup all-purpose flour	1 teaspoon salt
1 1/2 cups whole milk	1/2 teaspoon ground black pepper
1 cup heavy cream	

Method

1. Cook macaroni until very firm. Macaroni should be too firm to eat right out of the pot. Drain.
2. In a small bowl, beat egg.
3. In a large pot, melt butter and sprinkle in flour. Whisk together over medium-low heat. Cook mixture for five minutes, whisking constantly. Don't let it burn.
4. Pour in milk, cream, and mustard, and whisk until smooth. Cook for five minutes or until very thick. Reduce heat to low.
5. Take 1/4 cup of the sauce and slowly pour it into beaten egg, whisking constantly to avoid cooking eggs. Whisk together till smooth.
6. Pour egg mixture into sauce, whisking constantly. Stir until smooth.
7. Add cheeses and stir to melt.
8. Add salt and pepper. Taste sauce and add more salt as needed.
9. Pour in drained, cooked macaroni and stir to combine.
10. Pour into a buttered baking dish, top with extra cheese, and bake for 20 to 25 minutes or until bubbly and golden on top.

Servings: 10

Source: *Derived from PioneerWoman.com recipe*

Deviled Eggs

Ingredients

6 large hard-boiled eggs	2 tablespoons sweet pickle relish
salt and black pepper	1 teaspoon prepared yellow mustard
2 tablespoons Duke's mayonnaise	paprika
2 strips bacon, crumbled (optional)	
Dash Tabasco	

Method

1. Peel shells off cooled hard-boiled eggs; slice into halves lengthwise.
2. Remove yolks from whites and place in a small round bowl. Mash yolks with a fork into fine pieces.
3. Add Duke's mayonnaise, yellow mustard, Tabasco, sweet pickle relish, bacon and salt and black pepper to taste.
4. Stir mixture until creamy.
5. Spoon mixture into egg white halves.
6. Sprinkle tops of filled deviled eggs with paprika.
7. Chill in refrigerator 1 to 2 hours or until cold before serving.

Servings: 6

Source: *Jeff Kidd*

Crock Pot Macaroni & Cheese

This is why Debi cooks so darn good. She had a momma that knew what she was doing in the kitchen. This is another one of those recipes no church social goes without.

Ingredients

16 ounce box elbow macaroni	4 eggs, beaten
16 ounce block sharp cheddar cheese (mild will do in a pinch)	12 ounce can evaporated milk, preferably Carnation
8 ounces Swiss cheese, grated	1/2 stick butter melted

Method

1. Cook the elbow macaroni until tender. This is enough to feed a mess of people. (And by mess, we mean 10 to 12.)
2. Mix all ingredients well. Elaine likes to see macaroni and rest of ingredients covered with liquid, add more milk if needed.

3. Heat crock pot on low to start. Elaine usually cooks for 3-4 hours on low. But, if you need it sooner, you can cook on medium or high — just make sure to check after about 1 hour. The mixture needs to cook long enough to cook eggs and melt cheeses.

Servings: 8

Source: Elaine Ray

Dirty Rice

Ingredients

1 pound pork sausage	4 cups hot cooked rice
1 cup chopped onion	1/2 cup chopped cooked carrots
1/2 cup chopped celery	salt and freshly ground black pepper
1/2 cup chopped green bell pepper	Dash cayenne pepper

Method

1. Cook the sausage in a large skillet until browned.
2. Add the vegetables and sauté until soft.
3. Gently fold in the rice. Season to taste with salt, pepper and cayenne.

Servings: 12

Source: Debi Kidd

Fried Okra

This runs neck and neck with fried green tomatoes for the title of Favorite Fried Vegetable. I'm actually not sure how much my Kentucky kinfolk eat this, but it is a Lowcountry staple and difficult to stop eating, particularly if you have good, tender okra.

Ingredients

6 cups oil, for frying	1/4 teaspoon cayenne pepper
1/2 cup cornmeal	2 pounds fresh okra, sliced 1/2-inch thick
1 cup all-purpose flour	1/2 cup buttermilk
1 teaspoon salt	1/2 teaspoon garlic powder
1/2 teaspoon pepper	

Method

1. Heat oil in a large, heavy-bottomed skillet or dutch oven to 350 degrees. (You may not need to use this much oil; do not fill the pan more than halfway up the sides with oil.)
2. In a medium bowl, combine cornmeal, flour, salt, pepper, garlic powder, and cayenne pepper. Dip okra in buttermilk and then dredge in cornmeal-flour mixture to coat well.

3. Carefully add okra to the hot oil and cook until golden brown. (It may be necessary to fry the okra in batches.) Remove from oil, drain on paper towels. Best when served immediately.

Servings: 6

Source: *Debi Kidd*

Grilled Peaches

Most of the vegetables the Wilson clan ate, they grew on the ridge. But during the summer, a truck carrying peaches and other delectables drove the road up the ridge bringing fruits and vegetables grown elsewhere. Peaches were a favorite of Burl, my great grandfather.

I'm fairly certain Burl didn't grill them up, but if he had only known. Grilling caramelizes the sugars in the fruit (and we add a little brown sugar to boot.) This is good on its own and unbelievable over vanilla ice cream.

Ingredients

2 peaches, large

4 pats butter

4 tablespoons brown sugar

cinnamon

Method

1. Cut peaches in half and remove pits.
2. Place peaches on grill over medium heat, cut side down. Heat for 3 minutes or until grill marks appear.
3. Turn peaches. Place a pat of butter and a tablespoon of brown sugar in the middle of each peach. Then, dust peaches with cinnamon.
4. Continue grilling for four minutes. Remove from grill and let allow to cool for a few minutes. Can be served with ice cream or by itself.

Servings: 4

Source: *Jeff Kidd*

Head Cheese

Method

1. Having thoroughly cleaned a hog's head, split it in two, removing the eyes and brain.
2. Clean ears, throw scalding water over head and ears, then scrape them well. When very clean, put in a kettle with water to cover and set over high heat.
3. Skim as any scum rises. Boil so that flesh leaves bones.
4. Take from water with skimmer into large wooden bowl or tray, then take out every particle of bone.
5. Finely chop meat, season to taste with salt, pepper and sage.

6. Spread cloth over colander, put meat in, fold cloth closely over it, lay weight on it so that it presses whole surface equally (the leaner the meat, the heavier the weight.)
7. When cold, take off weight, remove from colander and place in crock. Add vinegar in proportion of one pint to a gallon crock.
8. Clarify fat from cloth, colander and liquor from pot and use for frying.

Servings: 10

Source: *Leona Wilson*

Honey Glazed Baby Carrots

Ingredients

1 pound baby carrots	salt
2 tablespoons butter	black pepper
2 tablespoons honey	1/2 teaspoon tarragon

Method

1. In a double-boiler, bring water to a boil and steam carrots until tender.
2. Drain water from bottom pan, then put carrots back in, along with salt, pepper and tarragon to taste. Add the butter and honey, stirring over low heat until butter melts and carrots are coated.

Servings: 6

Source: *Debi Kidd*

Mashed Potatoes

I almost didn't include this recipe because it seems unfathomable that someone doesn't know how to make mashed potatoes. But, really, there are a lot of different methods. You can use Yukon gold potatoes, whipping cream, a potato masher, leave the skins on.

But I loved, loved, loved my mom's mashed potatoes when I was a little kid. Next to spaghetti, it was my favorite food, and only chocolate cake mix tasted better coming off the beater — so I thought the recipe was worth recording here.

Ingredients

1 1/2 pounds russet potatoes, peeled and quartered length-wise	4 tablespoons milk
1/2 teaspoon salt	2 tablespoons butter

Method

1. Put potatoes into a saucepan. Add 1/2 teaspoon salt. Add water until potatoes are covered. Bring to boil, reduce heat and simmer, covered, 15-20 minutes, or until done — a fork can easily be poked through them.

2. Drain water from potatoes. Put hot potatoes into a bowl. Add milk, butter and salt. Use a hand mixer to mash and whip potatoes until nearly smooth. Do not over-beat or the starches in the potato will turn this mixture to glue.

Servings: 8

Source: Linda Kidd

Lima Beans Made Right

We eat a lot of vegetables. Many don't really require a recipe because we prepare them simply — steamed or boiled, usually, maybe with a little salt and pepper, maybe a little butter. I must say, though, most vegetables benefit from sharing a pot with a hunk of ham, salted pork or, in this case, chicken broth.

Ingredients

cooking spray	1 1/2 cups chicken broth
1/2 medium onion, finely chopped	16 ounce package frozen baby lima beans

Method

1. Heat a large saucepan over medium heat, and spray with cooking spray. Sauté onions until soft and translucent.
2. Pour in chicken broth, and bring to a boil. Add lima beans, and enough water just to cover.
3. Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes, until beans are tender.

Servings: 6

Source: Debi Kidd

Pressure Cooker Green Beans and Taters

I miss the sound of steam through the regulator. Something good always came out of Mom's pressure cooker. Why don't more people cook with them these days?

Ingredients

3 cups fresh green beans, cut or snapped into 1-inch pieces	1 teaspoon salt
3 slices smoked bacon, cut into pieces	2 cups water
3 medium potatoes, cleaned and quartered	

Method

1. Place all ingredients into pressure cooker and stir.
2. Bring cooker to pressure and reduce heat to the lowest temperature that will still maintain a jiggle
3. Cook for 5 minutes. The potatoes should cook through and the beans will be soft.

4. Remove from heat and allow to cool for 5 minutes.
5. Reduce pressure under cool running water.

Servings: 6

Source: *Linda Kidd*

Pineapple Au Gratin

Ingredients

2 cans pineapple chunks, drained	8 tablespoons self-rising flour
2 cups grated sharp cheddar cheese	1 sleeve Ritz crackers
2/3 cups sugar	1 stick butter, melted

Method

1. Mix together cheese, sugar and flour.
2. Add pineapple and mix thoroughly.
3. Put in a 9x13 dish.
4. Crush crackers and mix with melted margarine, then distribute evenly over the pineapple mixture.
5. Bake 30 minutes at 350 degrees.

Servings: 8

Source: *Debi Kidd*

Qwik and Cheap Fwied Wice

My apologies. I let Tommy name his own recipe. The boy can cook, though.

Ingredients

2 cups long grain rice, cooked, salted and peppered to taste	2 tablespoons butter
1 bag mixed vegetables, frozen	1/2 teaspoons garlic, minced
1 chicken breast or thigh, cooked, chopped	2 tablespoons honey
2 eggs	2 tablespoons soy sauce
salt	1/2 tablespoon sriracha
pepper	

Method

1. In a large sauté pan, begin softening the vegetables over medium heat in teaspoon of oil and garlic.
2. Add 2 eggs and scramble in pan with veggies.

3. Add 2 tablespoons of butter and the rice. Fry 5 minutes, turning every minute. Add chicken after the third minute.
4. Prepare a honey sriracha sauce by combining soy sauce, honey and sriracha. Pour over rice, and stir. Cook another two minutes, stirring again after the first minute.

Servings: 4

Source: *Tommy Buskirk*

Red Rice

Red rice is another Lowcountry favorite. Debi learned this recipe the way many Charlestonians did — from her mom, with tips from the Junior League's "Charleston Receipts" cookbook. We added the andouille sausage. The recipe references a rice steamer, a common fixture in a Lowcountry kitchen, but you can cook this in a pot too.

Ingredients

- 4 strips bacon , crumbled
- 2 onions, chopped finely
- 1 bell pepper, chopped
- 1 can tomato paste
- 1 1/2 to 2 cups water
- 3 teaspoons salt
- 2 to 3 teaspoons sugar
- 1/2 teaspoon pepper
- 2 cups raw rice
- 8 tablespoons bacon grease
- 1 link andouille sausage, sliced



Method

1. Fry bacon and remove from pan. Sauté onions in the grease.
2. Add tomato paste, water, salt, sugar and pepper.
3. Cook uncovered slowly (about 10 minutes) until it measures about 2 cups.
4. Pour into the top of the steamer with the rice. Add the extra bacon grease. (You can use more or less, to taste or to health.)
5. In separate pan, brown andouille sausage.
6. Steam for 30 minutes, then add crumbled bacon and andouille sausage, and stir with a fork.
7. Cook another 30 to 45 minutes.

Servings: 6

Source: *Debi Kidd, derived from "Charleston Receipts,"*

Scalloped Potatoes

Ingredients

5 to 6 potatoes, sliced thin	2 bags shredded cheese
1 onion, chopped	5 tablespoons margarine
2 teaspoons salt	5 tablespoons flour
3/8 teaspoon black pepper	2 cups milk

Method

1. Place a layer of potatoes and onions in a buttered casserole dish. Sprinkle with salt, pepper and cheese.
2. Melt margarine in pan on low 10 minutes. Blend flour, 1/2 teaspoon of salt, 1/8 teaspoon black pepper. Cook on low 10 minutes until smooth. Remove heat. Stir in milk slowly. Bring to a boil and boil for 1 minute, stirring occasionally. Add 1 cup cheese and blend.
3. Cover potatoes with white sauce.
4. Add another layer of potatoes and repeat steps 1 and 3 until ingredients are gone.
5. Bake covered for 1 hour at 325 degrees. Remove cover and bake for a half hour.

Servings: 6

Source: Linda Kidd

Succotash

Ingredients

1 cup butter, divided	1 teaspoon white sugar
2 cups fresh lima beans	4 ears fresh corn kernels, cut from the cob
1/2 teaspoon salt	

Method

1. Melt 1/2 cup butter in a large saucepan over medium heat. Stir in lima beans and salt, and cook until tender, about 20 minutes.
2. Meanwhile, in a separate saucepan heat sugar and remaining 1/2 cup butter. Cook about 20 minutes. Add corn. Cook 10 minutes more.

Servings: 6

Source: Linda Kidd

Sweet Potato Fries

Ingredients

4 sweet potatoes, cut into large french fries	1 pinch salt and pepper to taste
1 tablespoon water	2 tablespoons olive oil

Method

1. Preheat the oven to 400 degrees.
2. Place the cut sweet potatoes into a microwave-safe dish with the water. Cook in the microwave for 5 minutes on full power. Drain off liquid, and toss with salt, pepper, and olive oil. Arrange fries on a baking sheet in a single layer.
3. Bake for 15 minutes, turning once, or until fries are crispy on the outside.

Servings: 4

Source: *Debi Kidd, derived from AllRecipes.com*

Twice-Baked Potatoes

Whenever Vada came to South Carolina for a visit — or whenever Linda came for a visit and felt like cooking — this was always among her requests. This is listed as a side dish, but it can easily become a meal.

Ingredients

potatoes, 1 per person	1/4 cup milk, per potato
1/4 cup onion	2 pats butter, per potato
salt, to taste	1/4 cup cheddar cheese, per potato
pepper, to taste	1/8 to 1/4 cup bacon bits or ham, per potato

Method

1. Scrub potato and pierce with a fork. Bake at 375 degrees for about an hour.
2. Remove from oven. Cut an oblong hole in skin and discard the peel. With a small spoon, scoop out the potato. Put in a mixing bowl.
3. Add other ingredients, except cheese. Mix ingredients. Re-stuff the potato with the mixture.
4. Sprinkle shredded cheese over potato. Return to oven and heat for 5 minutes.

Source: *Linda Kidd*



Fire up the pot! Time for a hog killin'. **SKETCH:** By Ina Wilson

CHAPTER 10: Meats & Main Dishes

Hog Killin'

I can't really explain my grotesque fascination with the slaughtering of hogs. Maybe it was my way of warding off the sissification of a suburban upbringing. Whatever the case, I was transfixed by steaming guts slithering out of a splayed carcass into a big, metal tub. I was curious to inspect the neatly singed entry wound on the hog's head, where my papaw, Oliver Wilson, had aimed his .22 rifle. It seemed such a delicate little hole for such a brutish task, but a larger round might make a mess — and we wanted to make head cheese, after all, not "Scarface."

I was not the only of the Wilson grandchildren excited about the annual Thanksgiving slaughter, though I might be the only one who remembers with reverence. My cousin Kelli Shaver's most vivid memory of hog killin' was our cousin Kenneth Lee Wilson chasing his sister, Haley, around the yard with a handful of hog guts.

There was a simple reason hog killin' was so closely associated with Thanksgiving: "It was getting about cold enough to kill a hog by Thanksgiving," my Uncle Kenny Wilson recalls. That's one reason tenderloin was the traditional holiday fare on the ridge when he was a kid. Turkey had replaced pork by the time Oliver and Leona Wilson had grandchildren running around their farm. Nonetheless, a hog was slaughtered most years when I was little, and tenderloin simply moved from the Thanksgiving dinner plate to the Friday-morning breakfast table.

If the serving part changed a bit through the years, the killing part did not. It commenced with one of my uncles letting the pig out of his pen and distracting it a bit with some corn or slop, so that it would lower its head to eat, exposing it for Papaw's fatal shot.

As my Uncle Jack recalls, preparations actually started the evening before, when two, 55-gallon barrels of water were hauled to the slaughter site by a sled and mules. (A tractor did this work by the time I was around, and it also was used to lug the hog from the barn behind the house to a clearing behind a row of outbuildings in front of the house, where the slaughter took place.) Lots of firewood was also gathered. That was needed to heat the water in a big, black cast iron kettle that was hung by a horizontal pole supported by two vertical, V-shaped posts. After the slaughter, this kettle would be used to render lard and make lye soap before it was returned to its regular duty — heating water for the weekly washing. Also, a strong horizontal pole had to be mounted between two trees by chains and equipped with a block and tackle. This is where the hog would be hoisted and shaved the next day.

The men rose at Thanksgiving daybreak, and the first task was to heat the kettle of water.

"Dad would then sharpen all of the butcher knives and position the sled near the heating water and hoist," Jack said. "When the water reached the boiling point, Dad would take a little single-shot .22 rifle and slay the first hog to be butchered. He would then slit the hog's main artery in the neck region to drain as much blood from the hog as possible. Then a chain was placed around the hog's hind feet and everyone pulled the slain hog from the hog lot to the prepared sled, where the cleaning would begin."

I can remember seeing a hog skinned —after a few cuts were made and the head removed, skin and fat layers were more or less rolled off the pig, exposing the leaner meat. This was a quick method, as it saved the tedious work of shaving the hog.

However, it was not the most common method. More typically, dippers were used to pour scalding water over small portions of the hog. That loosened the hair and allowed it to be scraped off with large knives. Care had to be taken not to pour the water so fast that it cooked the skin instead of scalding it. After the hog was completely cleaned, a spreader was put between the hog's hind feet and a hoist was attached. The hog was then lifted completely off the ground. The head was then severed from the body, and any remaining blood was drained.

A typical butchering method was to make the first incision a long cut down the middle of the underside, from crotch to chin, taking care not to slice the membrane that holds the intestines. The second cut freed the large intestine from the anus, then the membrane,

allowing the intestines to drop from the body cavity and into the tub. Only seldom did the Wilsons make chitterlings of the intestines, and this typically was the only part of the hog that wasn't consumed or used in some way. Usually, the intestines were simply discarded. Hearts, kidneys and livers were usually saved, however. So were the brains, snout and jowls, which were cured and eaten like ham. Sometimes the hooves and feet were saved; sometimes they were not.

Once the innards were disposed of, "Then the good parts came out, the ribs and tenderloin, which we would make for the Thanksgiving dinner," Jack told me.

But as my Aunt Ina Wilson notes, this was only the start of a few days of hard work.

The hog was washed thoroughly, inside and out, and put back on the sled, which by this time had been covered with cardboard. Oliver would then separate the hog into cuts of hams, shoulders, bacon and fatback. The tenderloin is located on either side of the backbone cavity. Fatback is hard fat that runs most of the length of the back. Some of the fatback was removed and used separately for cooking; some was rendered into lard or soap. According to Foxfire Vol. 1, which describes a butchering process that seems to closely resemble my family's procedure, the two sections of rib cage were removed by slicing the mesentery between the outside of the ribs and the inside of the "middlin' meat" — fat from the pig's belly and sides. Each section came out as one piece.

The shoulders and hams came off next. The thick side meat remained and could be made into country bacon if cured and smoked, although the Wilsons did not typically prepare the meat this way. The ribs followed and were placed on a chopping block and cut into 2-inch sections and put aside to can, along with the backbone, which was cut apart at each vertebra. Hams, shoulders, jowls and other cuts were trimmed. The fat and scraps are separated, with the parts containing both lean and fat used for making sausage and the parts containing all or nearly all fat used for lard.

Often, more than one hog was slaughtered. (Two were killed on the Thanksgiving days I can recall.) If that was the case, the process would begin again.

Butchered meat was taken into the smokehouse immediately and usually left to cool overnight. "Oliver would do a final trim on all of the cuts and cover them with curing salt," Jack recalled. Sometimes the hams were sold or traded for goods or services; the rest became the family's meat supply for months to come. The "smokehouse" was also a bit of a misnomer because the Wilsons seldom smoked their meat. Usually, it simply served as a dry, cool place to hang their salt-cured meat. The cool air outside and shade of the smokehouse provided refrigeration while the meat absorbed the salt. Because it might take a few weeks for the meat to fully cure, slaughtering was a wintertime task. When the family needed the meat to eat, it cut off what it needed, washed off the salt, soaked it overnight and then cooked it.

Meanwhile, outside the smokehouse, the kettle water was kept boiling over an open fire and the scraps containing the most fat went inside. A big, long-handled wooden paddle that resembled a boat oar was used to stir. As the fat began to render out, it was skimmed from the top and strained through cheesecloth into 5-gallon buckets. This is lard. The

process usually took several hours, and the stirring was constant to keep the contents from sticking to the pot.

Nonetheless, it held the kids' attention, my Aunt Ina said, because of the material caught in the cheesecloth — cracklin, or instant pork rinds. When the family had all the lard it needed, lye was added to rendering fat to make laundry soap. This was potent stuff, usually reserved for use in cleaning clothes made thoroughly nasty from the sweat and grime of field work, Ina said.

Leaner scraps were run through a grinder. Sage, salt and pepper were added to make sausage. In later years, Oliver would go to the IGA grocery store before a hog killin' and get a sausage-seasoning mix to be used instead. Using the old wood stove that was moved to the wash house after the family purchased an electric range sometime in the 1940s, the sausage was cooked in patties about the diameter of canning-jar lid. The cooked patties were then dropped inside and some grease poured on top. The jars were then turned upside down, and the hot grease helped seal the lids.

The meat around the head got cooked down to make head cheese. Jowls were cured and eaten like ham or bacon. The family sometimes set aside a chunk of pork fat, which was always kept around for stripping tobacco — a step in preparing the crop for market and a process would turn your hands black, sticky and nasty. Coating your hands with the pork fat helped that a little, although only a little.

Basic Chicken & Dumplings

Ingredients

1 stewing chicken	1 teaspoon salt
2 teaspoons salt	1/3 cup shortening
2 cups flour	1/2 cup milk
2 teaspoons baking powder	

Method

1. Cut up chicken. Place in a deep pot. Barely cover with water; add salt and simmer until meat is tender. Debone and set aside. Reserve broth.
2. Sift together flour, baking powder and salt. Cut in shortening. Add milk to make a stiff dough. Roll out to quarter-inch thickness. Cut into 1-inch squares and sprinkle with flour.
3. Drop briskly into boiling stock. Cover, simmer 40 minutes. Add meat and serve.

Servings: 8

Source: *Ina Wilson*

Baked Hamburgers and Mixed Vegetables

Mysteriously, Elden was seldom seen in the kitchen until he retired a few years back, yet in addition to the macaroni and sausage dish, he came up with this on his own, too. Perhaps he missed his calling.

Ingredients

1 pound ground beef	1/4 cup onion, chopped
12 ounces frozen mixed vegetables	2 tablespoons steak sauce
2 potatoes, chopped	Salt and pepper, to taste

Method

1. Divide the ground beef into 4 patties. Place each on a 12-inch square piece of aluminum foil.
2. Cover each evenly with potatoes, onions and mixed vegetables. Put a half tablespoon of steak sauce on top of each.
3. Fold the edges of the foil up to cover each patty and vegetables, but allowing an air pocket on top.
4. Bake in a 425-degree oven for about a half hour.

Servings: 4

Source: Elden Kidd

Basic Lasagna

Nothing special. No secret ingredients. Just good, basic, yummy lasagna. This can be made more figure-friendly by substituting roasted eggplant sliced length-wise for the lasagna noodles.

Ingredients

1 1/2 pounds ground beef	2 teaspoon salt
1 pound Italian sausage	2 cups cottage cheese
2 cloves garlic, minced	1 cup ricotta cheese
29 ounces whole tomatoes	2 whole beaten eggs
12 ounces tomato paste	1/2 cup grated parmesan cheese
4 tablespoons dried parsley	1 pound sliced mozzarella cheese
2 tablespoons dried basil	1 package lasagna noodles

Method

1. Bring a large pot of water with 1/2 teaspoon of salt and a tablespoon of olive oil to a boil. Cook until al dente.

2. Meanwhile, in a large skillet or saucepan, combine ground beef, sausage and garlic. Cook over medium-high heat until browned. Drain half the fat. Add tomatoes, tomato paste, 2 tablespoons parsley, basil and salt. After adding the tomatoes, the sauce mixture should simmer for 45 minutes.

3. While the mixture simmers, mix cottage cheese, ricotta cheese, beaten eggs, grated parmesan, 2 more tablespoons parsley, and 1 more teaspoon salt. Stir together well. Set aside.

4. Arrange 4 cooked lasagna noodles in the bottom of a baking pan, overlapping if necessary. Spoon half the cottage cheese mixture over the noodles. Spread evenly. Cover cottage cheese with a layer of mozzarella cheese. Spoon a little less than half the meat/sauce mixture over the top. Repeat, ending with meat/sauce mixture. Sprinkle top generously with extra parmesan.

5. At this point, you can freeze, refrigerate for up to two days or bake immediately at 350 degrees for 20 to 30 minutes. Top should be hot and bubbly.

Servings: 8

Source: *Debi Kidd*

Asian Barbecue Chicken

Ingredients

3 pounds chicken thighs, skin removed (about 8)	green onions
1/4 cup hoisin sauce	1 teaspoon Korean chili hot sauce
1/4 cup honey	1 teaspoon grated fresh ginger
1/4 cup soy sauce	1 tablespoons chopped green onion
2 tablespoons orange juice	5 cloves garlic, minced

Method

1. In large sealable plastic bag, mix together hoisin sauce, honey, soy sauce, orange juice, garlic, green onion, ginger and Korean chili sauce.

2. Add chicken thighs and marinate at least 1 hour in refrigerator. Remove chicken and place marinade in small saucepan over medium high heat; boil 2 minutes.

3. Arrange thighs on broiler pan and place on oven rack in medium or low position. Broil about 15 minutes, turn and broil about 10 minutes more, basting occasionally with marinade until thighs are done, taking care not to burn. Garnish with green onions.

Servings: 4

Source: *Tommy Buskirk, derived from 2003 National Chicken Cooking Contest*

Beanie Weenies

"Open can. Drain gelatin. Place sausage on cracker. Chew." Do Vienna sausages really require a recipe? Boiled cabbage, steamed cauliflower and fried bologna seem self-explanatory to me. Nonetheless, the point of this cookbook is not simply to catalogue recipes, but to describe what my family eats, too. Like fried Spam sandwiches and steamed carrots drizzled with honey. And peanut butter and jelly crackers.

This is another simple-to-make comfort food that I almost omitted simply because if you hear the name, you can probably figure out how to make it.

Anyway, if you can forget about the nitrates in the hot dogs, this dish really isn't all that bad for you, and it's goooooood. Best served with fried potatoes, thick-cut bacon, a green onion and a slice of white bread.

Ingredients

2 15-ounce cans pork and beans	1/4 onion, diced
1 -2 teaspoon prepared mustard	4 hot dogs, sliced into 1/2-inch pieces

Method

Mix all ingredients in a saucepan and simmer 5 to 8 minutes.

Servings: 4

Source: Linda Kidd

Beer Can Chicken

The first time I tried to make this, I discovered my grill wouldn't accommodate an upright chicken when the lid was closed. Frustrating. As a result, I haven't made this recipe very often. It can be prepared in the oven, however. If you use this method preheat the oven to 375 degrees and cook for about the same length of time.

Ingredients

1 whole chicken	3 tablespoons Greek spice rub
2 tablespoons vegetable oil	4 potatoes, cut in half
2 tablespoons salt	1 medium onion, cut in eighths
1 teaspoon black pepper	

Method

1. Remove neck and giblets from chicken and discard. Rinse chicken inside and out, and pat dry with paper towels. Rub chicken lightly with oil then rub inside and out with salt, pepper and dry rub. (You don't have to use the Greek spices. You can use another of your favorite rubs.) Set aside.

2. Open beer can and take a big gulp — this makes cooking more fun. Pour half of the remainder in a 9x13 pan.
3. Place beer can on a solid surface. Grabbing a chicken leg in each hand, plunk the bird cavity over the beer can. Transfer the bird-on-a-can to the pan, and arrange the potatoes and onions in the pan below it.
4. Put the pan on your grill, placing on the center grate, balancing the bird on its 2 legs and the can like a tripod. (You also can buy special beer can chicken racks just for this balancing act.
5. Cook the chicken over medium-high, indirect heat (i.e. no coals or burners on directly under the bird), with the grill cover on, for about 45 minutes. Remove the cover and brush the pan drippings over the bird. Close the lid and allow to continue cooking.
6. Cook for another half hour or until the internal temperature registers 165 degrees in the breast and 180 degrees in the thigh, or until the thigh juice runs clear when stabbed with a sharp knife.
7. Remove from grill and let rest for 10 minutes before carving.

Servings: 6

Source: *Jeff Kidd, derived from FoodNetwork.com recipe*

Buttermilk Fried Chicken

Ingredients

- | | |
|----------------------|--------------------------|
| 1 whole chicken, cut | 2 teaspoons pepper |
| 3 cups buttermilk | 2 cups all-purpose flour |
| 2 teaspoons salt | vegetable oil |

Method

1. Combined chicken and buttermilk in a large, nonmetal bowl; cover and chill 8 to 12 hours. Drain chicken, discarding buttermilk.
2. Preheat oven to 350 degrees. Combine salt and pepper. Sprinkle half of the salt mixture over the chicken. Combine remaining salt mixture and flour in a large zip-top plastic freezer bag
3. Place 2 pieces of chicken in bag; seal and shake to coat.
4. Remove chicken and repeat procedure with remaining chicken until all pieces are covered.
5. Pour oil to depth of 1/4 inch in a large skillet. Fry chicken pieces in 2 batches in hot oil over medium-high heat 5 to 6 minutes on each side or until brown.
6. Place chicken on a wire rack in a jelly-roll pan. Bake at 350 degrees for 30 minutes until done.

Servings: 6

Source: *Linda Kidd*

Chick-Fil-A Knockoff Sandwich

About the time my family discovered the Chick-fil-A in Columbia Mall, my mom discovered a recipe to replicate the restaurant's signature sandwich at home. This recipe is a bit more involved than the one she used but even truer to the Chick-fil-A taste.

Ingredients

2 skinless, boneless chicken breasts	1 tablespoon malted milk powder
Kosher salt	1 1/3 tablespoon confectioners' sugar
ground pepper	1/4 teaspoon baking soda
1 teaspoon paprika	1/4 teaspoon dry mustard
peanut oil, for frying	1 sour pickle, cut into 8 slices, plus 1 tablespoon pickle juice from the jar
1 egg	2 teaspoons white vinegar
1/2 cup nonfat milk	4 soft hamburger buns, split
3/4 cup all-purpose flour	1 tablespoon unsalted butter, softened
1/4 cup whole-wheat flour	

Method

1. Cut the chicken breasts in half horizontally to make 4 thin cutlets. Place the cutlets between 2 pieces of heavy-duty plastic wrap and pound to 1/8-inch thick with a mallet or heavy skillet. Season the chicken with 1 teaspoon salt and 1/2 teaspoon each pepper and paprika.
2. Heat about 2 inches peanut oil in a heavy-bottomed pan over medium heat until a deep-fry thermometer registers 325 degrees.
3. Meanwhile, whisk the egg, milk and 2 tablespoons water in a baking dish. Whisk both flours, the malted milk powder, confectioners sugar, baking soda, dry mustard, the remaining 1/2 teaspoon paprika and 1 teaspoon each salt and pepper in another dish.
4. Toss the pickle slices, pickle juice and vinegar in a bowl and set aside.
5. Working in batches, dip the chicken in the egg mixture, turning to coat, then dredge in the flour mixture and shake off any excess.
6. Fry the chicken in the hot oil until golden brown, about 4 minutes, adjusting the heat as needed. Drain on paper towels.
7. Heat a large skillet over medium heat. Spread the cut sides of the buns with some of the butter and lightly toast in the skillet, buttered-side down; spread with more butter. Put 2 pickle slices on each bun bottom; top with a piece of chicken and cover with the bun tops.

Servings: 4 **Source:** A nod to Linda Kidd, derived from FoodNetwork.com recipe

Chicken In a Bag

Sometime in the 1980s, my mom stumbled upon a recipe for cooking chicken in a plastic bag. It fell off the bone and was about the tastiest chicken we'd ever put in our mouths. This was a regular dinner staple and then ... I don't know. Haven't had it years, but this recipe, derived from a McCormick spice recipe, roughly approximates the dish.

Ingredients

1 package McCormick Bag 'n Season chicken	1 cup cut-up fresh onions
2 1/2 pounds chicken, parts	1 cup cut-up fresh carrots
1 cup cut-up fresh potatoes	

Method

1. Preheat oven to 350 degrees. Arrange opened cooking bag in 13-by-9-inch baking pan or dish. Sprinkle seasoning mix evenly over chicken.
2. Place chicken in single layer in bag. Add vegetables. Sprinkle any remaining seasoning over chicken and vegetables. Close bag loosely with nylon tie. Cut 4 small holes in top of bag to allow steam to escape.
3. Bake in lower half of oven 45 minutes to 1 hour. Remove from oven. Let stand 5 minutes.
4. Cut open bag. Serve chicken and potatoes with pan juices.

Servings: 8

Source: Linda Kidd, derived from a McCormick recipe

Chicken Marsala

Ingredients

3 boneless chicken breasts	2 garlic cloves
1 1/2 cups chicken broth	2 tablespoons capers
1/4 cup flour	10 ounces white mushrooms
salt	1/4 cup marsala wine
pepper	1 tablespoon cornstarch
1/4 cup butter	3 tablespoons cold water
1/4 cup olive oil	

Method

1. Pound the breasts to about a half-inch thickness between plastic wrap.
2. Dredge in the flour and salt and pepper lightly, and set aside.

3. Put oil and butter in large frying pan and heat to medium. Mince the garlic and sauté in the oil with butter until lightly golden.
4. Add chicken and sauté until light brown, usually seven to 10 minutes. Remove chicken to platter and keep warm in 200 degree oven.
5. Sauté mushrooms in the oil/butter mixture for about 3 minutes, then add drained capers and chicken broth. Cook another 2 minutes.
6. Add the marsala wine. Simmer another 3 minutes, then add chicken and any juices back into the sauce. Simmer 5 minutes.
7. Mix the cornstarch and water, then stir into the pan juices. Cook for about 3-5 minute to make sure cornstarch is well incorporated. Sauce will be somewhat thickened but not gravy-like.
8. Return all to warm platter and serve. Taste then add salt and pepper if needed.
9. Serve over angel hair pasta, along with steamed broccoli.

Servings: 6

Source: *Debi Kidd, derived from Food.com*

Chicken Quesadillas

Ingredients

- | | |
|-------------------------------------|---|
| 1 cup shredded Monterey jack cheese | 1 1/2 cups shredded, cooked chicken |
| 1 cup shredded sharp cheddar cheese | 2 tablespoons coarsely chopped fresh cilantro |
| 4 flour tortillas | |

Method

1. Combine cheeses in a medium bowl.
2. Heat a large frying pan over medium heat until hot, about 3 minutes. Place a tortilla in the pan and sprinkle with half of the chicken, half of the cilantro, and half of the cheese mixture. Top with a second tortilla and cook until the underside of the bottom tortilla is golden brown in several spots and half of the cheese is melted, about 3 minutes.
3. Using a spatula, carefully flip the quesadilla over and cook until the underside of the second tortilla is crisp and golden brown in several spots and all of the cheese is melted, about 2 to 3 minutes more.
4. Slide the quesadilla from the pan onto a cutting board and cut into wedges. Repeat with the remaining ingredients to make a second quesadilla. Serve with sour cream and salsa.

Servings: 4

Source: *Debi Kidd*

Chicken Spaghetti

Ingredients

3 to 4 chicken breasts	1 large jar mushrooms, chopped
12 ounces angel hair pasta	1 cup green peas, drained
1 or 2 bell peppers (depending on preference)	1 can diced tomatoes with green chilies
1 or 2 large onions (depending on preference)	1 pound Velveeta cheese
1 stick butter	1/2 cup black olives, chopped

Method

1. Simmer chicken in a large pot of salted water. When chicken is done, remove from pot, keeping water/broth at a boil. Put spaghetti in boiling chicken broth and cook for 8 to 10 minutes, until done. Drain. Cube chicken and set aside.
2. Chop bell peppers and onions. Sauté' together in a skillet with butter.
3. Cube Velveeta cheese. In a large pot, combine cheese with chicken, spaghetti, peppers, onions, chopped mushrooms, peas, tomatoes with chilies and optional olives, mixing well. Transfer mixture into two 9x13 pans. (Can be frozen at this point to bake later.)
4. Cover pan with aluminum foil and bake at 350 degrees for 40-45 minutes, stirring occasionally to ensure cheese is melted throughout. Spaghetti is done when cheese bubbles.

Servings: 8

Source: Adam and Alexis Wilson

Country Fried Steak

Ingredients

1 pound cubed steak	1/2 cup chicken broth
1 teaspoon salt	
1/2 teaspoon pepper	1 onion, finely chopped
1/4 cup flour	milk
2 tablespoons vegetable oil, plus more for gravy	

Method

1. Roll cubed steak in flour, salt and pepper.
2. Heat oil over medium heat in skillet. Brown steaks.
3. Pour in chicken broth, cover and simmer until meat is tender.
4. Remove meat and reserve pan drippings.

5. Heat more oil and mix in flour to make a roux. Add milk to heated roux enough to make gravy. Add salt and pepper to taste.

Servings: 4

Source: *Debi Kidd*

Country-Style Ribs

Ingredients

3 to 4 pounds pork ribs	32 ounces chicken broth, box
2 tablespoons butter	2 stalks celery, chopped
3 to 6 tablespoons flour	3 cups sliced onions
1 teaspoon Montreal steak seasoning	1 tablespoon poultry seasoning
1 teaspoon salt	1/2 cup water
1/8 teaspoon pepper	

Method

1. Mix three tablespoons of flour and Montreal steak seasoning. Trim ribs and coat ribs with the mixture.
2. Melt butter in a dutch oven or large pot, then brown ribs on all sides. Sprinkle with 1 teaspoon salt and 1/8 teaspoon pepper.
3. Add chicken broth and poultry seasoning. Cover and simmer until meat is tender, about 2 to 3 hours. Add celery after one hour and onion after two hours.
4. Transfer ribs to platter. In a cup, mix 2 tablespoons flour with some pan liquid to make a paste then pour into pan, stir until mixture thickens.
5. Return ribs to pot and cook an additional 10 minutes.
6. Ribs can be served alone or over bed of rice.

Servings: 6

Source: *Debi Kidd*

Cranberry Russian Chicken

Ingredients

4-6 boneless, skinless chicken breasts	1/2 packet of powdered onion soup mix
8-ounce bottle of Russian salad dressing	1 can of jellied cranberry sauce

Method

1. In a large pan, brown chicken breasts.
2. Mix cranberry sauce and Russian salad dressing together until the cranberry sauce is broken up well and evenly mixed. Mix in 1/2 packet of onion soup mix.

2. Place chicken in a 13x9-inch pan and pour the sauce mixture over the chicken. Cover with foil and bake at 425 degrees for 45 minutes, or until chicken is done.
3. Serve over white rice.

Source: *Richard Shaver*

Crock Pot Turkey

You can use a whole turkey or turkey breast. You can leave it on the bone or remove the bone. You should have a creamy, broth-like substance when finished. You may have to add water and re-adjust the spices.

Ingredients

turkey	1/2 teaspoon basil
butter	1/2 teaspoon sage
cream cheese	1/2 teaspoon thyme
1 tablespoon soy sauce	1/2 teaspoon pepper
1 tablespoon parsley	1/2 teaspoon garlic

Method

Put it all together in a crock pot and turn it to high. The cook times will vary depending on the amount of turkey that you put in.

Servings: 6

Source: *Kevin Harper*

Curry Chicken

Ingredients

1 pound chicken breast or thigh, cubed	4 cloves garlic, minced
3 potatoes, chopped	1 thumb-sized chunk of ginger, grated
2 medium tomatoes, chopped	1/2 cup chicken broth
1/4 cup fresh coriander for garnish	2 tablespoons ketchup
2 tablespoons Thai curry powder	1 can thick coconut milk
2 bay leaves	1 tablespoon fish sauce
1/2 teaspoon cayenne pepper	3 tablespoons vegetable oil for stir-frying
1/2 cup onion, diced	crushed salted peanuts

Method

1. Place a large frying pan over medium-high heat. Add the curry powder, 1 bay leaf and cayenne. Dry fry 1-2 minutes, until they are lightly toasted and fragrant.

2. Add 2 tablespoons of oil, plus the onions, garlic, and ginger. Also add a few tablespoons of the chicken stock. Stir-fry 1 minute.
3. Add the chicken and potatoes, stir-frying 1 minute to coat with the spices.
4. Add remaining stock plus ketchup, stirring well to combine.
5. Finally, add the coconut milk, fish sauce and remaining bay leaf.
6. Bring to a boil, then cover and reduce to simmer for 30 minutes until cooked. Add tomatoes during the last 10 to 15 minutes of cooking.
7. When chicken is cooked and tender, taste-test the curry for saltiness and flavor, adding more fish sauce as needed until desired flavor/salt level is achieved. Also add more cayenne, chili sauce, or fresh-cut chilies if you prefer it spicier. If too spicy, add more coconut milk or a little plain yogurt. Add a little more sugar if it's too sour for your taste.
8. Sprinkle over the fresh coriander, serve with plenty of Thai jasmine rice and crushed peanuts.

Servings: 4

Source: *Debi Kidd, derived from AllRecipes.com*

Debi's Quiche

Ingredients

- | | |
|--|--------------------------------|
| 1 pre-made pie crust | Dash ground nutmeg |
| 2 eggs, lightly beaten | 1/8 teaspoon black pepper |
| 1/2 cup egg white substitutes | 1 1/2 cups shredded cheddar |
| 1 1/2 cups half-and-half | 1 tablespoon all-purpose flour |
| 1/4 cup sliced green onions | 1/4 teaspoon salt |
| 3/4 cup chopped cooked ham, chicken or crabmeat (about 3 1/2 ounces) or one of those meats and bacon | |

Method

1. Prepare and roll out refrigerated pie crust according to package directions. Line a 9-inch pie plate with pastry. Trim; crimp edge as desired. Line unpricked pastry with a double thickness of foil. Bake in a 450 degrees for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or until pastry is set and dry. Remove from oven. Reduce oven temperature to 325 degrees.
2. Meanwhile, in medium bowl stir together eggs, half-and-half, green onions, salt, pepper, and nutmeg. Stir in meat. In a small bowl toss together the cheese and flour. Add to egg mixture; mix well.

3. Pour egg mixture into hot, baked pastry shell. Bake in the 325 degree oven for 40 to 45 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving.

Serves: 6 **Source:** *Debi Kidd, derived from "Better Homes and Gardens Cookbook"*

Deep Fried Turkey with Cajun Injection

Preparing a turkey for deep frying is a bit of a pain. Buying enough peanut oil to do the job is expensive. And danger lurks if you don't think ahead by patting the bird dry and remembering that you can't fill your pot so full of oil that it will brim over when you drop the turkey in. (You've seen the news reports every Thanksgiving or Christmas about people who burn down their house because their oil caught fire.) Yet, put a moist chunk of breast meat in your mouth, and all that trouble and risk were worth it. There's not a better way to prepare a turkey.

Ingredients

Turkey, 8-12 pounds	2 tablespoons garlic powder
1 cup lemon juice	2 tablespoons Tony Chachere's Cajun seasoning
1/2 cup Zatarain's liquid crab boil	1 teaspoon Tabasco
1/2 cup olive oil	1 teaspoon cayenne pepper
1/2 cup butter	3 gallons peanut oil
1/2 onion	

Method

1. Combine lemon juice, Zatarain's, olive oil, butter, garlic powder, cajun seasoning, Tabasco, and cayenne pepper in a saucepan and heat until butter is melted.
2. Pour into a food processor or blender with onion and puree.
3. Put mixture into a syringe and inject the turkey, making sure to evenly distribute the marinade.
4. Let sit for at least five hours.
5. Heat oil in a large boiling pot over an outdoor gas burner.
6. Pat turkey dry.
7. Bring the temperature of the oil to 250 degrees F. Once the temperature has reached 250, slowly lower the bird into the oil and bring the temperature to 350 degrees F.
8. Once it has reached 350, lower the heat in order to maintain 350 degrees F. After 35 minutes, check the temperature of the turkey using a probe thermometer. Once the breast reaches 150 degrees F, remove from the oil and allow to rest for a minimum of 20 minutes before carving.

Servings: 6

Source: *Debi Kidd*

Eggplant Parmesan

Ingredients

3 eggplant, peeled and thinly sliced 1/2 teaspoon dried basil
2 eggs, beaten 1/2 cup grated Parmesan cheese, divided
4 cups Italian seasoned bread crumbs 6 cups spaghetti sauce, divided
16 ounce package mozzarella cheese, shredded and divided

Method

1. Preheat oven to 350 degrees.
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses.
4. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top. Bake in preheated oven for 35 minutes, or until golden brown.

Source: Debi Kidd, derived from AllRecipes.com

Greek Chicken and Potatoes

Old Towne Greek Restaurant in downtown Charleston was, and still is, one of Debi's favorite places to eat. One of their signatures is whole Greek chickens roasted on a rotisserie in the front window.

When she took me to Old Towne, it became one of my favorites, too. They make all sorts of chicken dishes, and Debi recreated this one with intuition and a jar of seasoning that the restaurant sells.

Ingredients

Greek seasoning, preferably from the Old Towne Greek Restaurant on King Street in Charleston

minced garlic 1 large lemon
red potatoes olive oil
1 medium onion, chopped chicken pieces
1/2 bell pepper, chopped

Method

1. Marinate chicken pieces in a plastic gallon size ziplock bag with a mixture of olive oil, Greek seasoning, and lemon juice. Grill or bake until done. Sprinkle with lemon juice before serving.
2. Boil chopped red potatoes until barely soft. Meanwhile, sauté garlic, onion and bell pepper in olive oil, add potatoes and a little more oil to keep potatoes from sticking. Add Greek seasoning to taste and stir to coat potatoes with seasoning. Once potatoes are done, sprinkle them with some more lemon juice.

Source: Debi Kidd

Jagerschnitzel

When I was in college my best friend and my girlfriend worked at the Golden Crown Restaurant and Biergarten, which served very authentic German food (and no small amount of Jagermeister.) This was my favorite dish — I had it almost every time I ate there, and I ate there often. I scored the recipe from the head waitress, who also was the owner's daughter-in-law, and was surprised at its simplicity.

Their recipe did not include the mushrooms and onions. That was my own invention.

Ingredients

1 cup bread crumbs	1 medium onion, diced
1 tablespoon all-purpose flour	8 ounce can sliced mushrooms
salt and pepper to taste	1 ounce pack of au jus gravy mix
2 tablespoons vegetable oil	1/2 cup sour cream
4 pork steaks or cutlets, pounded thin	1 tablespoon cornstarch
1 egg, beaten	1 teaspoon seasoning salt

Method

1. In a shallow dish, mix together the breadcrumbs and flour. Season with salt and pepper.
2. Place the egg in a separate dish.
3. Heat oil in a large skillet over medium-high heat.
4. Dip pork steaks in egg, then coat with the bread crumb mixture. Fry in the hot oil until browned on both sides and cooked through, about 5 minutes per side.
5. Remove the pork to a platter and keep warm.
6. Add onion and mushrooms to the skillet and cook until lightly browned. Add the sour cream and stir.

7. Add the packet of au jus gravy mix and seasoning salt. Bring to a simmer. The gravy should begin to thicken, but you can add cornstarch if you need to thicken it or water if you need to thin it.
8. Once you have the gravy hot and at the desired thickness, remove it from the heat and pour over the cutlets.

Servings: 4 **Source:** *Jeff Kidd, derived from Golden Crown Restaurant recipe*

Fish Gravy

This is the recipe that convinced my mom that my wife can cook — and she can. She riffs off a recipe she originally picked up from the Paul Prudhomme Family Cookbook, but she had versions of this dish often growing up in Charleston.

Fish can also be replaced or supplemented with shrimp.

Ingredients

1/8 to 1/4 pound bacon	1/4 cup celery, chopped
1/2 teaspoon salt	1/4 cup green bell pepper, chopped
1/4 teaspoon red pepper, ground	3/4 cup chicken broth, hot
1/4 teaspoon black pepper	1 tablespoon all-purpose flour
1 pound fresh white-fleshed fish, filleted	1/4 cup green onions, tops only
4 tablespoons unsalted butter	2 cups rice, cooked
1/4 cup onions, chopped	

Method

1. Combine the salt, red pepper and black pepper and sprinkle about half of it evenly on both sides of the fish fillets. Let the fish sit for an hour at room temperature. Set aside the other half of mix to use later.
2. In a large skillet, heat the butter over high heat until half melted. Add the onions, celery, bell peppers and the remaining seasoning. Sauté about 2 minutes, stirring occasionally.
3. Add 1/2 cup of chicken broth and the flour, stirring until well blended. Reduce heat and simmer until liquid is almost evaporated, about 3 minutes, stirring frequently.
4. Stir the remaining broth, then add the fish in a single layer and sprinkle the green onions evenly over the top. Cover and cook until fish is cooked, usually about 5 minutes, shaking the pan occasionally. Do not overcook.
5. Remove from heat and serve immediately over rice.

Servings: 8

Source: *Debi Kidd*

Jeff's Half-Schlozzled Grilled Steaks

Many things go better with Jack Daniels. Steak is one of them.

Ingredients

Steaks	1/2 teaspoon minced garlic, per steak
1/2 teaspoon seasoning salt, per steak	2 dashes Worcestershire sauce, per steak
1/2 teaspoon cracked pepper, per steak	1/4 cup Jack Daniels, per steak

Method

1. You can use any cut of steak with this. I prefer New York strips or ribeyes. This works wonders on tougher cuts, however. Let it marinate an additional hour if you're cooking flank or sirloins.
2. Place steak on a cutting board. Punch holes in cut with a fork. Sprinkle with half of the dry ingredients and garlic. Massage into meat with a spoon.
3. Flip the steak and repeat the procedure using the other half of the dry ingredients and garlic (per steak.)
4. Place the steak in a glass dish or deep bowl. Sprinkle with Worcestershire sauce and use spoon to distribute liquid evenly. Then, gently pour Jack Daniels over cut, allowing to puddle a bit on the surface.
5. Continue with each steak you intend to grill. Lay cuts side by side in bowl or dish. It is acceptable to stack the cuts if you fill the bottom of the bowl or dish.
6. Allow to marinate for two hours uncovered. Turn after an hour, spooning liquid over top of steaks after doing so and, if steaks have been stacked, put steaks on top on bottom of dish.
7. Grill as desired.

Servings: 1

Source: *Jeff Kidd*

Kidney

This recipe is taken from the "All New Fannie Farmer Boston Cooking School Cookbook," a wedding gift to my Aunt Ina, who adopted and adapted several recipes that became family favorites. This recipe for kidney was written for beef, veal and lamb kidneys but was often used with pork kidneys.

Method

1. Split and remove the white tubes and fat from kidneys. Cover with cold water and let stand 30 minutes. Drain and pat dry with a paper towel. Cook kidneys briefly — overcooked kidneys toughen.

2. To broil kidneys dip in french dressing, then broil 10 minutes, turning frequently. Serve on on toast. Season melted butter with salt, cayenne and lemon juice and pour over the kidneys.

3. To pan-broil kidneys, cut in quarter-inch slices. Sprinkle with salt and pepper. Cook in butter until tender (about 5 minutes.) Add a little lemon juice or wine to the butter in the pan and pour it over the kidneys.

4. To make kidneys en Brochette, cover with stock or consommé and cook 10 minutes. Drain, reserving the stock. Slice and arrange on skewers with squares of bacon, mushroom caps and quartered small tomatoes. Broil until the bacon is crisp, turning to cook evenly. Baste with french dressing several times. Serve with slices of lemon or with brown sauce made with the stock.

Servings: 4

Source: *Fannie Farmer Boston Cooking School*

Liver

Liver was served somewhat frequently on the ridge — little was wasted after the slaughter of a hog — although not everyone was crazy about it. It was a favorite dish of Vada Louise, however, and her sister Ina recalled often being asked to come to her house and prepare it for her when Vada was a young woman.

Method

1. To prepare for cooking, wipe with a damp cloth and remove the thin outside skin and veins. If liver is tough, cover with boiling water, simmer for 5 minutes and drain.

2. For broiled liver: Cut slices of a quarter- to a half-inch. Broil 5 minutes. Spread with butter and sprinkle with salt and pepper.

3. For liver sautéed with butter, sprinkle with salt and pepper and roll in flour. Sauté in 2 tablespoons of butter for each pound of liver. Turn frequently. Cook half-inch slices about five minutes or until red color is gone. Serve with crisp bacon or add a little sour cream to the juices in the pan, heat and pour over liver.

4. For liver and bacon, pan fry bacon and drain over paper towel. Season liver and cover in flour. Cook in bacon fat and serve with bacon.

Servings: 4

Source: *Leona Wilson*

Mahala's Six-Shooter Fried Chicken

Chickens were raised for both eggs and poultry on the ridge. Presumably, if a hen wasn't good at providing the former, she would provide the latter soon enough. Unlike hog slaughtering, chicken killin' didn't fall upon the menfolk. That was Mahala Susan Wilson's job, and she was adept at it, from what I understand. I never saw her do this, but my mom says my great-grandmother would snatch the condemned hen by the neck, give it a lighting-quick twirl and ... SNAP ... ready to fricassee.

Well, almost, anyway. You still have to dress the chicken. Start by dunking the bird in a hot water, then pluck the feathers. Gut and clean the bird, taking care not to pierce the anal region or digestive tract, which is where salmonella resides in a chicken (not the blood, meat or skin.)

Lots of folks killed their chickens by laying their necks across a stump or chopping block and severing the head. But that part came later in the cleaning around the Wilson homeplace, thanks to Mahala Wilson's deft forearms. I like to imagine her slinging chickens as if they were six-shooters.

Fried chicken was prepared fairly simply, as the recipe ingredients suggest — no tobacco, Old Bay, sage, rosemary or other spices. Just salt and pepper. My Aunt Ina isn't even positive that Mahala dipped the pieces in egg and water, although that's fairly common to fried chicken recipes and other family members make it that way today, so I included that step here.

Once on the dinner table, Mahala always claimed the chicken back. She said she preferred it, but Ina thinks she just wanted to make sure the kids were well fed because there is very little meat on the back.

Ingredients

1 chicken, cut into parts	1 1/2 teaspoons pepper
lard	3 eggs
3 cups self-rising flour	3 cups water
5 teaspoons salt	

Method

1. Mix the eggs and water in a bowl. Dip the chicken pieces in the mixture.
2. Mix pepper, 4 teaspoons of salt and 2 cups of flour. in another bowl. Coat the chicken pieces after they have been dunked in the egg mixture.
3. Heat lard in a cast iron skillet until you have about an inch and a half of liquid. Fry the chicken pieces, turning once to fry both sides. If the hen was older, fry over slower heat to tenderize.
4. When the chicken is fried, drain some of the grease away. Then, mix the remainder of the grease with an equal amount of flour and a teaspoon of salt. Stir until the mixture begins to brown. Add a little water to thin, if you prefer. Voila — chicken gravy.

Servings: 6

Source: Mahala Wilson

Linda's Spaghetti Sauce

Ingredients

14.5 ounces petite cut tomatoes, diced	1/2 teaspoon paprika
6 ounces tomato paste	1 teaspoon seasoned salt
15 ounces tomato sauce	1 teaspoon pepper
4 ounces tomato and basil sauce	1 pound ground beef
1 tablespoon salt, or to taste	3 tablespoons olive oil
1 tablespoon chili powder	

Method

1. Heat olive oil in sauce pan, then brown ground beef. Drain after browned.
2. Add all other ingredients. Cook on medium to low heat for about 20 minutes.

Source: Linda Kidd

Marinated Flank Steak

Few are born into greatness, so sometimes you have to eat lesser cuts of meat until you arrive.

Ingredients

2 pounds flank steak	1/3 cup soy sauce
1/3 cup olive oil	1/4 cup honey
1/3 cup Jack Daniels whisky	1/2 teaspoon freshly ground black pepper
2 cloves garlic, minced	seasoning salt
2 tablespoon red wine	

Method

1. Pound these puppies like they just threatened your child. Then, poke holes in both sides of the meat with a fork.
2. Combine the marinade ingredients, which is everything but the seasoning salt. Place steak and marinade ingredients in a large freezer bag. Coat the steak well with the marinade. Seal the bag and place in a bowl. Marinate for at least 2 hours. If you go longer than that, let it chill in the refrigerator while it marinates, but I usually like to get my meat up to room temperature before cooking.
3. Using olive oil soaked onto a paper towel, coat the grill rack of your grill with olive oil. Preheat the grill with high, direct heat. The grill is hot enough when you hold your hand about an inch over it and you can only hold it there for about a second.

4. Take the steak out of the marinade bag and sprinkle generously on all sides with seasoning salt. Place steak on the hot grill. If you are using a gas grill, cover the grill. Grill for 4-6 minutes on each side.
5. Flank steak is best eaten medium rare; well-done will make it too tough. When the steak has cooked to your preferred level of doneness, remove from the grill and place on a cutting board. Cover with aluminum foil to hold in the heat and to keep the steak from drying out, and let rest for 10 minutes.
6. Make very thin slices, against the grain, and at a slight diagonal so that the slices are wide.

Servings: 6

Source: *Jeff Kidd*

Moussaka

Moussaka is a Greek dish, but Debi's recipe comes from a Lowcountry source — the Charleston Junior League's regionally famous "Charleston Receipts" cookbook. This recipe takes some work, but the results are well worth it.

Ingredients

4 tablespoons butter	1 teaspoon sugar
2 medium onions, chopped	1/2 teaspoon oregano
1 clove garlic, minced	1/2 teaspoon basil
1 1/2 pounds ground beef or lamb	1/4 teaspoon cinnamon
1 cup tomato sauce	1/2 teaspoon parsley, chopped
1 cup water	5 medium eggplants, sliced 1/2-inch thick, but not peeled
1 1/2 teaspoons salt	olive oil
1/4 teaspoon pepper	

Cream sauce

6 tablespoons butter	1/2 teaspoon salt
6 tablespoons flour	1/4 teaspoon pepper
3 cups milk	1/2 teaspoon nutmeg
5 beaten egg yolks	1/2 cup Romano cheese, grated

Method

1. Melt 4 tablespoons butter in large, deep pan and sauté onions until transparent.
2. Add garlic and sauté.
3. Add ground beef or lamb and brown well.

4. Add tomato sauce, water, salt, pepper, oregano, basil, cinnamon and parsley. Simmer until thickened, usually about 15 minutes.
5. Slice eggplant; soak in deep bowl of salt water for 30 minutes. Drain and pat slices with paper towel to absorb excess moisture. Brush with olive oil.
6. Broil 4 minutes on each side, 4 inches from heat.
7. Make cream sauce by melting 6 tablespoons butter in sauce pan, then add flour slowly and stir over low heat until well blended. Add milk gradually, stirring constantly until thickened. Remove from heat and slowly add beaten egg yolks, stirring quickly until well blended. Cook until thick. Add 1/2 teaspoon each of salt and pepper.
8. Grease 9x13 pan and arrange eggplant slices on bottom, overlapping slices. spread meat mixture over eggplant and arrange rest of the slices over the meat mixture, again overlapping slices.
9. Spread cream sauce over top.
10. Sprinkle with nutmeg and Romano cheese. Bake in 400-degree oven until cheese is brown and mixture is bubbly.

Servings: 8

Source: "Charleston Receipts," Junior League of Charleston, Inc., Mrs. J. Michael Grayson

Pot Roast In a Crock

Ingredients

4 pounds chuck roast	3 carrots, chopped
salt and pepper to taste	1 onion, chopped
1 packet dry onion soup mix	3 potatoes, peeled and cubed
1 cup water	1 stalk celery, chopped

Method

1. Season the roast with salt and pepper to taste. Brown on all sides in a large skillet over high heat, about 4 minutes per side.
2. Place the roast in the slow cooker and add the soup mix, water, carrots, onion, potatoes, and celery.
3. Cover and cook on Low setting for 8 to 10 hours.

Servings: 8

Source: Linda Kidd

Marrow Balls

Ingredients

1/4 cup marrow, fresh
2 tablespoons butter
3 eggs
salt
nutmeg
parsley, chopped
cracker crumbs

Method

Beat marrow and butter until creamy. Add remaining ingredients, using just enough cracker crumbs to make mixture right to roll into balls. Cook marrow balls in simmering soup of your choice for 15 minutes.

Servings: 4

Source: *Home Comfort Cookbook*

Salmon Patties

Ingredients

1 can (16 ounces) salmon
1 small onion, finely grated
ground black pepper, to taste
2 large eggs, well beaten
1 to 1 1/2 cups fine dry bread crumbs
3 tablespoons butter



Method

1. Turn salmon and liquid into a medium mixing bowl. Flake with a fork, removing OR mashing any bones (they are edible).
2. Mix in grated onion and pepper. Mix beaten eggs with salmon. Add enough bread crumbs, about 1/2 to 3/4 cup, to make thick enough to shape into 6 large patties.
3. Roll patties in 1/2 cup bread crumbs. In a cast iron skillet over low heat, melt 2 tablespoons of butter; add patties.
4. Fry patties slowly on one side; add remaining butter, turn patties and fry until brown on the other side.

Servings: 6

Source: *Linda Kidd*

Sausage

Ingredients

8 pounds pork	1 1/3 tablespoons black pepper
2 2/3 tablespoons salt	1 teaspoon rosemary
2 teaspoons sage	

Method

1. Cut meat into small pieces. Sprinkle with seasoning and mix well, then grind.

Source: Leona Wilson, derived from "Hillbilly Cookbook"

Multi-Meat Meatloaf

Ingredients

1 pound ground beef (ground shoulder roast is good)	1 teaspoon salt
1/2 pound mild patty sausage	1 egg
1/2 cup bread crumbs	1 small Vidalia onion
1/4 teaspoon black pepper	1/4 cup carrot, shredded
1/3 cup half-and-half	4 tablespoons apple cider vinegar
2 to 4 tablespoons dark brown sugar, packed firm (to taste)	4 tablespoons ketchup, plus 1/2 cup for sauce

Method

1. Combine all ingredients except the apple cider vinegar, the brown sugar and the 1/2 cup of ketchup. Place into a loaf baking dish.
2. Smooth out top.
3. Make a sauce by combining last two ingredients, plus 1/2 cup of ketchup. Pour on top and sides of meatloaf.
4. Bake at 350 degrees about 1 hour to 1 hour 15 minutes or until done.



Servings: 8

Source: Jeff Kidd

Slow Cooker Pulled Pork

Ingredients

3 pounds boneless pork shoulder	1/2 cup firmly packed brown sugar
1 packet onion soup mix	1/4 cup apple cider vinegar
1 cup ketchup	

Method

1. Place pork in slow cooker.
2. Combine all other ingredients in a bowl and then pour over the pork.
3. Cook in the crock pot on low for 6 hours.
4. Using two forks, shred the pork and stir well. Continue cooking on low for another 2 hours.

Servings: 6

Source: *Richard Shaver*

Sheppard's Pie

Ingredients

1 1/2 pounds lean ground beef	seasoning salt
1 onion chopped	pepper
2 cups frozen mixed vegetables	1 tablespoon butter
3 large potatoes	olive oil
1/2 cup beef broth	1/4 cup cheddar cheese, grated
1 teaspoon Worcestershire sauce	

Method

1. Peel and quarter potatoes, boil in salted water until tender.
2. While the potatoes are cooking, heat large frying pan with a tablespoon of olive oil
3. Sauté onions over medium heat until tender. Add mixed vegetables, stirring until they thaw and are nearly warm throughout.
4. Add ground beef and stir until no longer pink. Add salt, pepper and Worcestershire sauce.
5. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.
6. Mash potatoes in bowl with tablespoon of butter, season to taste.

7. Place beef and onions in baking dish. Distribute mashed potatoes on top. Sprinkle with 1/4 cup grated cheddar cheese.

8. Cook in 400 degree oven until bubbling, about 30 minutes. Broil for last few minutes if necessary to brown.

Servings: 8

Source: *Debi Kidd*

Souped-Up Meatloaf

This is a good, basic meatloaf recipe taken from the package of Lipton onion soup mix. Debi sometimes makes it with a meatloaf mix of beef and pork sausage. She also usually makes it with about a pound and a half of fairly lean ground beef — about a half pound less than the recipe calls for — in part because she thinks it intensifies the taste of the other ingredients. If you agree but want to make the full two pounds, you might want to add a little extra ketchup and a half pack of the soup mix.

I recommend the two-pound method because it ensures a meatloaf sandwich for lunch the next day.

Meatloaf is best served with mashed potatoes, brown gravy and peas.

Ingredients

2 pounds of extra lean ground beef	3/4 cup or water
1 package of Lipton onion soup mix	2/3 cup of ketchup
3/4 cup plain dry bread crumbs	1/4 cup carrots, shredded
2 eggs	

Method

1. Preheat oven to 350 degrees.
2. Grease a 13-by-9 loaf pan.
3. Mix all remaining ingredients in a large bowl.
4. Shape into loaf and place in pan.
5. Bake uncovered for 1 hour or until juices are clear.
6. For glaze, mix 1/2 cup ketchup with 1/4 cup brown sugar, top meatloaf and bake until heated.
7. Let stand for 10 minutes before serving.

Servings: 8

Source: *Derived from Lipton recipe*

Salmon, Grilled and Glazed

Ingredients

4 salmon fillets	7 tablespoons honey
salt, to taste	3 tablespoons lemon juice
pepper, to taste	2 tablespoons ground ginger
vegetable oil for the grill	6 teaspoons Dijon mustard
6 tablespoons soy sauce	3 teaspoons olive oil

Method

1. Preheat grill or grill pan to medium-high.
2. In a saucepan over medium-high heat, add all of the ingredients except salmon, salt, pepper and vegetable oil. Reduce until slightly thickened, stirring occasionally.
3. Season the salmon with salt and pepper. Grill about 5 to 7 minutes. Turn the filets, then slather the top with the glaze.
4. Continue grilling until fish is done, usually another 5 to 6 minutes, depending on size of fillets.

Servings: 4

Source: *Jeff Kidd*

Sloppy Joes

Ingredients

2 pounds ground beef	1 teaspoon chili powder
1 large yellow onion, chopped	1 tablespoon ground cumin
1/2 cup brown sugar	2 tablespoons minced garlic
1/4 cup wine vinegar	1 tablespoon prepared Dijon mustard
1 cup ketchup	salt and pepper to taste

Method

1. Brown ground beef in a lightly oiled skillet.
2. Put onion, sugar, vinegar, cumin, chili powder, garlic, mustard, ketchup, salt and pepper in slow cooker and mix well. Add ground beef and stir together.
3. Cook for a minimum of 8 hours on low setting.

Servings: 8

Source: *Linda Kidd*

Smoked Sausage and Sauerkraut

Ingredients

1 package pork smoked sausage, halved lengthwise 32-ounce jar sauerkraut, drained
2 tablespoons vegetable oil butter spread ground black pepper to taste

Method

1. Brown the sausages in a skillet over medium heat.
2. Pour sauerkraut into skillet, add pepper to taste and stir.
3. Cook covered over low heat 10 to 15 minutes.
4. Serve hot.

Servings: 6

Source: Linda Kidd

So This Is A Dinner Hamburger

I got very familiar with ballpark food during 22 years of covering high school sports. Most concession stands are designed to make money for booster clubs, which means you overpay for preservative-laden, 20-year-shelf-life nachos and hot dogs with hairs hanging out of the casing.

But there was one exception.

Anyone who has ever attended a sporting event on Hilton Head Island likely is familiar with that delicacy known as a "Kelly Burger," prepared by Mike Kelly — plumber by day and grillmaster whenever the Hilton Head High Seahawks were playing ball. I've never had a hamburger anywhere, from any establishment, as good as what Mike serves up. His burgers are so good, Mike makes Ronald McDonald look like a clown. Well, you know what I mean. (As an aside, I covered both of Mike's sons; the younger of the two, Ryan Kelly, went on to pitch in the majors with the Atlanta Braves.)

It would be the height of rudeness to ask Mike for his recipe, but I noticed the tub of Montreal steak seasoning and spray bottle of Worcestershire sauce beside the grill. With those clues, I managed to approximate Mike's delicacy. It's not as good as the original, but it's close.

Ingredients

1 1/2 pounds ground beef 1 tablespoon garlic powder
1/2 onion, finely chopped 6 pats butter
1 egg Spray bottle of Worcestershire sauce
2 tablespoons Montreal steak seasoning

Method

1. Mix all of the ingredients except the butter and Worcestershire sauce in a large bowl. Knead gently.
2. Divide into six patties, placing a pat of butter in the center of each and covering so that it remains in the center. Douse patties with Worcestershire sauce.
3. Cook on a grill until medium, spraying frequently with Worcestershire sauce and allowing middle to retain pink coloration.
4. Surely, you can figure out the the bun, condiment, lettuce and tomato part.

Servings: 6

Source: *Jeff Kidd, derived from Mike "The Hamburger Guy" Kelly recipe*

Southern Hash

While I've seen a few pigs slaughtered in my time, if my family in Kentucky ever threw the whole porker over a roasting pit, I have no knowledge of it. But when my parents moved my sister and me to South Carolina, we were soon introduced to a food that is as much a culture as it is a dish. Simply put, the further south you travel (at least until you hit central Florida), the more serious folks become about barbecue. And let's get this straight — barbecue is not prepared on a grill, and it absolutely does not contain beef. It is pulled pork. On this the vast majority of Southerners can agree, although blood feuds have been fought over what to cover it in — mustard-based, ketchup-based, tomato-based or vinegar-based sauce. (I like them all but slouch toward mustard.)

Just as I've seen hogs slaughtered, I've been to my share of pig-pickin's, too, although, I must confess I've never actually participated in the all-night task of slow-roasting the guest of honor. I've eaten so much barbecue so many different ways that I just had to represent it here. I decided upon a tasty but less-appreciated form of barbecue — I cannot bring myself to call it a "side dish" — that I like more than the pulled pork if prepared properly. Hash is almost certainly the king of byproducts and leftovers.

Ingredients

2 1/2 cups diced Idaho potato	Freshly ground black pepper
2 cups boiling water	1 teaspoon finely chopped fresh rosemary
1/4 cup vinegar	1 teaspoon finely chopped fresh parsley
Kosher salt	20 ounces cooked meat, left over from pig picking'
2 tablespoons butter	1/2 cup yellow mustard
2 cups diced white onion	1/2 teaspoon Tabasco
1 cup diced celery	2 tablespoon vegetable oil, or as needed

Method

1. Preheat oven to 450 degrees. Place diced potato and a pinch of salt in a small saucepan. Cover with water, place over medium heat, simmer until just tender. Drain and rinse under cold water; set aside.
2. Melt butter in a sauté pan over medium heat. Add onion, celery, and salt and pepper to taste. Sauté until tender. Add rosemary and parsley, remove from heat, and set aside.
3. Place diced potatoes in a large bowl; roughly mash about half the potatoes with a fork or back of a spoon. Add onion mixture, meat, mustard, boiling water and Tabasco.
4. Transfer pan to oven to cook 10 to 15 minutes.
5. Serve over rice.

Servings: 10

Source: *Derived from Chowhound.com recipe*

Spare Ribs Under Pressure

We had this dish for supper all the time when I was a young'un. I don't know why we don't have it more often these days. I'm going to have to haul out the pressure cooker.



Ingredients

- 2 pounds pork spareribs
- 2 cups chicken stock, preferably homemade
- 1 tablespoon lard
- salt and freshly-ground black pepper
- 1/2 medium onion, roughly chopped
- 1 tablespoon Worcestershire sauce

Method

1. Cut the ribs into 3-rib sections and sprinkle liberally with salt and pepper.
2. Heat the lard in the pressure cooker over medium-high heat and sear the ribs, working in batches if necessary, until they are browned on all sides.
3. Return all of the ribs to the pressure cooker and add the onion and chicken stock. Lock the lid of the pressure cooker in place and increase the heat to high until the cooker reaches full pressure (15 psi).
4. Reduce the heat to medium, and cook for 15 minutes. Remove from the heat and allow the pressure to decrease naturally.
5. We usually ate the ribs right out of the pressure cooker, with potatoes and carrots or some other vegetable. You also can broil the ribs, placing them on a foil-lined baking sheet, meaty side up. You can also add barbecue sauce and broil 4 to 5 minutes., turn,

brush again and broil for another 3 to 5 minutes. If you broil, reduce the cooking time under medium heat in the pressure cooker to 10 minutes.

Servings: 6

Source: Linda Kidd

Stuffed Bell Peppers

Ingredients

9 large green bell peppers	1/2 teaspoon dried leaf basil
1 tablespoon butter	1/4 teaspoon dried thyme
1 tablespoon olive oil	1 pinch red pepper flakes, to taste
1 cup chopped onion	2 teaspoons salt, divided
1/2 cup chopped celery	1/2 teaspoon ground black pepper, divided
28 ounce can diced tomatoes	1 egg, lightly beaten
4 ounce can tomato paste	1 1/2 teaspoons Worcestershire sauce
4 garlic cloves, crushed	1/2 teaspoon onion powder
1 teaspoon dried oregano leaves	1 1/2 pounds lean ground beef
3/4 cup long-grain minute rice	3/4 cup shredded sharp cheddar cheese

Method

1. Cut tops off peppers; remove seeds and membranes. Chop edible part of tops and set aside. Rinse peppers under cold water.
2. Bring a large pot of salted water to a boil, add peppers, cover ; reduce heat, and simmer for 5 minutes. Drain peppers and set aside.
3. Heat olive oil and butter in a large skillet over medium heat until hot. Sauté chopped green pepper (from tops), chopped onion, and chopped celery for about 5 minutes, or until vegetables are tender.
4. Add tomatoes, tomato sauce, crushed garlic, thyme, oregano, basil, crushed pepper, 1 teaspoon salt, and 1/4 teaspoon of pepper. Simmer for about 10 minutes.
5. In a large mixing bowl, combine egg with remaining 1 teaspoon salt and 1/4 teaspoon pepper onion powder, and Worcestershire sauce. Gently stir to blend.
6. Add ground beef, cooked rice and 1 cup of the tomato mixture. Mix well.
7. Stuff peppers with meat mixture and place in a 3-quart baking dish. Pour remaining tomato mixture over the stuffed peppers. Bake at 350 degrees for 55 to 65 minutes. If desired, top stuffed peppers with shredded cheddar cheese just before peppers are done; bake until cheese is melted.

Servings: 9

Source: Derived from Food.com recipe

Stuffed Cabbage

Ingredients

1 1/2 pound ground beef, raw	1 teaspoon salt
1 onion, minced	1/2 teaspoon pepper
1/2 cup flour	1 head cabbage
1 teaspoon garlic powder	butter, melted

Method

1. Mix the ingredients except cabbage and butter.
2. Break apart about a dozen cabbage leaves, scald and drain. On each, put 1 1/2 tablespoons of the mixture and fasten with a toothpick
3. Place in a saucepan, half cover with boiling water, add a little salt and cook about 35 minutes over low heat.
4. Remove toothpicks and serve with melted butter or gravy.

Servings: 6

Source: *Debi Kidd*

Thai Lettuce Wraps with Peanut Sauce

My family is pretty nuts for Asian food. This is a recipe Debi stumbled upon recently, and we love it. You can also used ground beef or ground turkey for the meat.

Ingredients

MAIN

1 pound ground chicken breast	2 cloves garlic-minced
1 cup shredded carrots	1 tablespoon Thai chili paste
1/2 onion-chopped	2 tablespoons soy sauce
1 cup shredded cabbage	1 head bibb lettuce
1 tablespoon ginger	(can substitute iceberg, butter or romaine)

PEANUT SAUCE

1/2 cup creamy peanut butter	1/3 cup and 2 tablespoons water
1/2 cup sugar	1/4 cup oil
1/4 cup and 2 tablespoons soy sauce	2 teaspoons Thai chili paste
4 garlic cloves-minced	

Method

1. Sauté onion in olive oil until soft.
2. Add chicken and cook until no longer pink.
3. Add remaining ingredients and cook until vegetables are soft but not soggy.
4. To make peanut sauce, cook ingredients over medium heat until sugar dissolves. Whisk until smooth.
5. To assemble wraps, start with lettuce cup, top with chicken mixture and a little sauce.

Servings: 4

Source: *Debi Kidd*



My Uncle Kenny Wilson, as a young boy with a stringer full of fish. I'm not sure who took this photo. For the record, I've never seen him with a stringer full of possum.

CHAPTER II: Wild Fish & Game _____

Eat More Possum

When I was a young'un, my Uncle Kenny had a license plate on the front bumper of his pickup truck that read "Eat More Possum." It played to the Jed Clampett stereotype of hillbillies who survived by skewering any critters that crept in through the woods. Everyone in the family found the license plate hilarious, and like most things that are funny, there is an element of truth mixed in. After all, most folks in the family have eaten their share of game, and a few have probably sampled opossum.

Some of the recipes in this chapter, although legitimate, take a bit of comedic license: I didn't find "Groundhog Stew" in Granny's old recipe box and don't recall anyone ever

eating it ... although they might have. Other recipes, such as those for venison and frog legs, are absolutely authentic.

Here's the thing about the Wilsons' consumption of game: Yes, their means of living was spartan, but their garden, chicken coop and pig pen kept their bellies full. They ate game, but hunting was more a matter of recreation than survival. When you're a mile or so away from your nearest neighbor and many, many miles from the nearest store or park or other place where young people gather, roaming the 60 acres was a way to while away the hours. Give my Uncle Jack a gun, a dog and an afternoon to kill, and he "was everywhere you could be" on that ridge. And one of Leona Wilson's favorite pastimes was wandering the hillsides with her .410 shotgun or a single-shot .22 rifle in search of



squirrels and rabbits. She always took great delight when she could out-shoot the men.

Small game — squirrels, rabbits, quail and dove in particular — was the most frequent target; many of my family also hunt for larger animals — deer and turkey, for example — but didn't seem to do so as often. There are several possible explanations for this. One is that larger animals were not all that common on the ridge when my mom, aunts and uncles were growing up. Deer

are and have been hunted on or near the property, but my Aunt Ina, for example, cannot recall ever seeing a deer near the house when she was growing up, and I can remember seeing deer only once. Second, large animals entail a lot of work to dress and butcher, and a lot more space to store what is not consumed immediately. In all honesty, I've eaten a lot more game as an adult than I ever did growing up visiting the farm.

But all bets are off where fish are concerned. My papaw loved to fish and taught me how to bait a hook, tie a knot and cast a reel. He passed those same skills to his other grandchildren. Though we caught an occasional bass and often went carp fishing, we caught and ate mostly panfish — crappie and bluegill, in particular — and sometimes catfish. Fish was usually prepared simply — breaded and fried. I've included recipes for fish typically caught ourselves in this chapter, thus treating them differently from store-bought varieties, such as tuna and salmon, which can be found in the chapter on meats and main dishes.

Shrimp Baiting

There was a time in South Carolina's Lowcountry when white PVC poles appeared in the salt marshes as predictably as stakes in its tomato fields. The prospect of filling a 48-quart cooler with delectable shrimp attracted boaters and net-tossers from far beyond the region.

People still bait for shrimp during the annual season, but as the sun drops in the autumn skies of Beaufort County, I notice fewer and fewer of them queuing up at the boat ramps on my way home from work.

You can shrimp bait any time of day, but most people prefer to do it at night. It's best to arrive at your chosen spot just before sunset to drop softball-sized clumps of fish meal and clay near the 10 poles you've set out in a picket near a marshy edge. There's something soothing about finishing the preparations and watching twilight's last gasps before you start working your poles.

There's something equally satisfying about the teamwork good shrimp-baiting entails, too. If you have a buddy who knows how to handle a boat in tight quarters, you develop a rhythm. You're emptying your net as your partner pulls away from one pole; he's delivering you to the next pole as you're ready to toss again. The boat never stops, shudders or jerks; the net pulses open and closed without palpitations.

It's a duet under the stars.

For all the romanticism associated with the practice, however, it can be hard work, and things can go wrong. One night you can fill your cooler in an hour or two, the next night ... nothing. You can run your boat up an oyster rake, get lost on your way back to the landing, knock equipment from the deck of your boat with the lead weights of the cast net, send the net-caster tumbling into the water ...

These days, it seems more people are simply willing to catch their shrimp at the fish market. The number of licenses issued by the S.C. Department of Natural Resources has declined each year since a peak of 17,497 in 1998, to a little more than 5,000 in 2012. And for some of those folks, it's a money-losing venture. Even a cooler full won't always offset the price of the license (particularly if you're from out of state), fuel, bait, wear and tear on your boat, and, of course, beer.

Plus, the bait balls smell like a diaper full of rotten cod.

But anyone with access to a boat and a productive stretch of salt marsh should try their hand at it at least once. Here's how.

The basic technique: Although you can bait from land or a private dock, most prefer to shrimp-bait from a boat. Once on the water, the shrimper uses long poles — state law limits each party to 10 poles, each of which must have an official tag from DNR affixed to its end — to mark the location of the bait. The poles are set in a single row, about 20 to 30 feet apart, and bait balls are tossed into the water about six to 10 feet from each pole.

After waiting for the bait to settle and attract shrimp — usually about a half-hour — the boat is maneuvered from pole to pole, with a throw of the cast net over the bait at each approach. The technique works best with two people in the boat — one driving, one throwing the net.

Preparing the bait: Bait can be made of just about anything a shrimp will eat, including chicken feed and dog food. Most use a 1-to-1 mix of powdered clay and fish meal, both of which can be purchased at feed-and-seed or bait-and-tackle stores.

Mix the dry ingredients in a big drum — about five gallons of clay with five gallons of fishmeal. Water is added to make a doughy substance that is rolled into softball-sized balls. Make three or four balls for each pole.

Helpful hint: Wear gloves and hold your nose. Wet fishmeal smells awful.

Helpful hint II: Before tossing the bait balls into the water, flatten them into a hamburger shape. This will prevent them from rolling away from your poles if you're marking a sloped area or baiting in heavy current.

Best time to shrimp bait: Nighttime, on a rising tide, particularly when you can arrange it so that you arrive at your preferred spot just before sundown. That allows you to scout the area and place bait while the sun is still out.

Best places to shrimp-bait: Seek shallow water, particularly near grass lines, and place your bait balls five to 10 feet from the poles, so that you don't have to knock them down to get your cast net over the baited area.

Helpful hint: Make a few "free casts" before placing poles and bait. If you catch a few shrimp that way, you'll probably have a productive night. If not, move to another location.

Equipment you'll need: A cast net, a bucket to hold your bait, a cooler to hold your shrimp and a light to illuminate your deck if you're out at night.

Helpful hint III: Use the largest cast net you can throw effectively. If you are not adept at casting, drive the boat. The dark deck of a moving vessel is no place to learn.

Spicy Grilled Shrimp

There aren't really many bad ways to prepare shrimp. This is a particularly good way, though.

Ingredients

1 large clove garlic	2 tablespoons olive oil
1 tablespoon coarse salt	2 teaspoons lemon juice
1/2 teaspoon cayenne pepper	2 pounds large shrimp, peeled and deveined
1 teaspoon paprika	

Method

1. Preheat grill until it reaches medium heat.
2. In a small bowl, crush the garlic with the salt. Mix in cayenne pepper and paprika, and then stir in olive oil and lemon juice to form a paste.
3. In a large bowl, toss shrimp with garlic paste until evenly coated.
4. Place on skewers.
5. Lightly oil grill grate. Cook shrimp for 2 to 3 minutes per side, or until opaque. Remove from skewers and transfer to a serving dish.

Servings: 6

Source: *Jeff Kidd*

Sautéed Scallops and Angel Hair

Ingredients

2 pounds fresh sea scallops, cut into quarters	2 cloves garlic, minced
2 tablespoons butter	1/8 teaspoon white pepper
1/4 cup sherry cooking wine	1 pound angel hair pasta, cooked according to package directions
2 tablespoons fresh lemon juice	1 tablespoon fresh parsley, chopped

Method

1. Rinse scallops in cold water, drain.
2. Add butter to large skillet and melt over low heat.
3. Add scallops and cook over medium high heat 5 to 6 minutes, stirring constantly.
4. Remove scallops using a slotted spoon and set aside.
5. Add wine, lemon juice, garlic, pepper and chives to skillet.
6. Cook over medium heat 2 minutes, stirring occasionally.
7. Remove from heat.
8. To serve, spoon sauce over drained pasta, spoon scallops over sauce and sprinkle with parsley.

Servings: 6

Source: *Debi Kidd*

Shack Attack Shrimp Burgers



It's difficult to explain the pleasure of spending a day at Beaufort County's Hunting Island State Park and stopping by the Shrimp Shack on your way home. It's an iconic restaurant that has earned the "shack" monicker — wood sided, with a screened porch and modest decor. It serves up some of the finest fried seafood around, though, including the burger that made it famous. This is a rough approximation of a Lowcountry delicacy our family has enjoyed many, many times.

Ingredients

3/4 cup bread crumbs	1 teaspoon Old Bay seasoning
1 pound extra-large shrimp peeled and deveined	1/8 teaspoon salt
3 tablespoons mayonnaise	1/8 teaspoon pepper
1/2 onion, finely minced	2 teaspoons butter

Method

1. Pulse shrimp in a food processor until there is a mix of finely minced and coarsely chopped pieces.
2. Whisk the mayonnaise, onions, Old Bay, salt and pepper in a large bowl until uniform. Gently fold into the processed shrimp and bread crumbs until just combined.
3. Scrape the shrimp mixture onto a small baking sheet, divide it into 4 equal portions, and loosely pack each into a 1 inch-thick patty. Cover with plastic wrap and refrigerate for 30 minutes.
4. Heat oil in a 12-inch skillet over medium-high heat until shimmering. Put the shrimp burgers in the skillet and cook until crisp and browned on both sides, 8 to 10 minutes.
5. Serve on a bun with tartar or cocktail sauce.

Servings: 4

Source: *Jeff Kidd*

Shrimp Creole

Ingredients

3 tablespoons olive oil	1 1/2 teaspoons salt
1/2 cup onion, chopped	1 teaspoon sugar
1/2 cup bell pepper, chopped	1/2 teaspoon chili powder
1/2 cup celery, diced	2 dashes Tabasco
1 clove garlic, minced	1 tablespoon cornstarch
1 can tomatoes, mashed	1 pound shrimp, uncooked, peeled
1 can tomato sauce, (8 ounce)	1 tablespoon Worcestershire sauce

Method

1. Sauté onion, bell pepper, celery and garlic in olive oil in a 2-quart pot.
2. Cook for 4 minutes covered, stirring once.
3. Add tomatoes, tomato sauce, Worcestershire sauce, salt, sugar, chili powder and Tabasco. Cook 8 minutes, covered, stirring twice.
4. Combine cornstarch with 2 teaspoons of cold water and stir into mixture.
5. Cook uncovered four minutes, stirring once or twice.
6. Add shrimp and cook uncovered for 3 minutes.
7. Serve with rice.

Servings: 6

Source: Debi Kidd, derived from Paul Prudhomme recipe

Shrimp Scampi

Ingredients

1 1/2 pounds jumbo shrimp, shelled and deveined	2 teaspoons minced garlic
Kosher salt	1/4 cup dry white wine
ground black pepper	1 tablespoon freshly squeezed lemon juice
2 tablespoons unsalted butter	2 teaspoons finely chopped flat-leaf parsley leaves

Method

1. Pat shrimp completely dry with a paper towel.
2. Heat a large skillet over medium heat. Season the shrimp with salt and pepper.

3. Add the butter to the skillet. When the foaming subsides, raise the heat to high, and shrimp in a single layer.
4. Cook the shrimp for 1 minute. Add the garlic and cook for 1 minute. Turn the shrimp and cook for 2 minutes more.
5. Transfer the shrimp to a bowl.
6. Return the skillet to the heat and pour in the wine and lemon juice. Boil the liquid until slightly thickened, about 30 seconds.
7. Scrape up any browned bits from the bottom of the pan with a wooden spoon. Stir the parsley into the sauce. Pour the sauce over the shrimp, season with salt and pepper to taste and toss to combine.

Servings: 6

Source: *Debi Kidd, derived from FoodNetwork.com*

Charleston Shrimp and Grits

If you want an example of sharp lines of demarcation in regional cuisine, look no further than grits. My Papaw ground his own corn meal on the ridge in Kentucky where my mother grew up, and yet she never sampled one of the quintessentially Southern dishes until the family moved to South Carolina. Folks simply didn't eat grits in that border state.

And they didn't know what they were missing.

There are a few things you should know about grits, though, because nothing will expose you as an interloper or faux-neck more quickly than preparing them improperly. First, if you're drunk and hungry at 4 a.m., it is acceptable to boil your grits in water for your own consumption. Under no circumstances, however, should you let company eat grits that haven't been boiled in half-and-half or milk. (Lots of folks use whipping cream, too, but here's a little secret — grits don't soak up cream as well as they do milk, so if you insist upon cream, best to add a splash at the end after boiling in milk or half-and-half.) Second, never let said company see instant grits in your pantry. Again, you can eat them yourself in an emergency, but nothing that takes less than 20 minutes to prepare really qualifies as "grits." That means using the stone-ground variety for the best corn taste.

Now, truth be told, Debi and I are much more likely to get shrimp and grits in a restaurant than we are to prepare them at home. And at home, we're also more likely to opt for fish gravy and rice. But every Lowcountry girl should have this dish in her repertoire, and when Debi gets the notion, she cooks this up pretty mean. The key is in the roux. You've got to bear down and make sure you do not let it burn. Then, when you're down to the seventh step, you cannot overcook the shrimp. They need to be tender.

Do this right, and you just might have a new favorite dish.

Ingredients

1 cup stone-ground grits	1 green bell pepper, chopped
3 cups water	1 red bell pepper, chopped
1 tablespoon whipping cream	1 yellow bell pepper, chopped
2 teaspoons salt	1 cup chopped onion
2 cups half-and-half	1 teaspoon minced garlic
2 pounds uncooked shrimp, peeled, deveined	1/4 cup butter
salt to taste	1/4 cup all-purpose flour
1 pinch cayenne pepper, or to taste	1 cup chicken broth
1/2 lemon, juiced	1 tablespoon Worcestershire sauce
1 pound quarter-inch slices andouille sausage	1 cup shredded sharp cheddar cheese
5 slices bacon	

Method

1. Bring water, grits, and salt to a boil in a heavy sauce pan with a lid. Whisk in half-and-half and simmer until grits are thickened and tender, 15 to 20 minutes. Whisk often. Add tablespoon of whipping cream as grits near completion. Set aside; keep warm.
2. Sprinkle shrimp with salt and cayenne pepper; drizzle with lemon juice. Set aside in a bowl. Place andouille sausage slices in a large skillet over medium heat; fry sausage until browned, 5 to 8 minutes. Remove skillet from heat.
3. Cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Retain bacon drippings in skillet. Transfer bacon slices to paper towels, let cool, and crumble.
4. Cook and stir green, red, and yellow bell peppers, onion, and garlic in the bacon drippings until the onion is translucent, about 8 minutes.
5. Stir shrimp and cooked vegetables into the andouille sausage and mix to combine.
6. Melt butter in a saucepan over medium heat; stir in flour to make a smooth paste. Turn heat to low and cook, stirring constantly, until the mixture is medium brown in color, 8 to 10 minutes. Watch carefully because the mixture burns easily.
7. Pour the butter-flour mixture into the skillet with andouille sausage, shrimp, and vegetables. Place the skillet over medium heat and pour in chicken broth, bacon and Worcestershire sauce, cooking and stirring until the sauce thickens and the shrimp become opaque and bright pink, about 8 minutes.
8. Just before serving, mix sharp cheddar cheese into grits until melted and grits are creamy and light yellow. Serve shrimp mixture over cheese grits.

Servings: 8

Source: *Debi Kidd, derived from AllRecipes.com*

Baked Dove

Ingredients

1 cup flour	2 cloves garlic, minced
10 dove breasts	1/2 cup water
1 stick butter	1/2 cup cooking sherry

Method

1. Preheat oven to 350 degrees.
2. In skillet, melt butter. Add garlic and simmer 1 minute to release the flavor of the garlic.
3. Dredge dove breasts in flour and brown in skillet.
4. Place breasts in baking dish. Cover with water and sherry. Bake 1 hour.
5. Can be served with rice or noodles.

Servings: 5

Source: *Derived from Backwoodsbound.com*

Baked Snake

I've never actually known my family to eat snakes, but they did show up in the kitchen from time to time. My cousin, Kelli Caudill Shaver, recalls the time Granny opened the knife drawer to find a copperhead coiled inside. Thereafter, that particular storage area was known as the "snake drawer."

Copperheads lurked everywhere on the ridge where my mom, aunts and uncles grew up — down drains, in outbuildings, in the fields. And if there was a place you couldn't find a snake, Granny imagined one there, anyway, so that for as long as I can remember, I've been petrified of them.

So if they didn't eat snakes on the ridge, well, they certainly could have and never gone hungry.

I have sampled snake before — battered, deep fried rattlesnake — and it really isn't bad. And since we all seemed so preoccupied by them, I figured I'd throw this recipe in, just in case someone wanted to go all G. Gordon Liddy on their fear of serpents. (For you youngsters who don't get the reference, Liddy was a Watergate figure who, while incarcerated, faced his lifelong fear of rats by eating one.)

Anyway, this recipe is from BackwoodsBound.com, and it calls for Western diamondback rattlesnakes, which are in short supply in the Kentucky hills and South Carolina Lowcountry. I imagine you can improvise, though — I recommend a non-venomous variety ... unless you open your knife drawer to find a copperhead. At least you won't have to search far for something to kill it with.

Ingredients

1 tablespoons butter	4 ounces fresh mushrooms, sliced
1 tablespoon flour	1 lime, thinly sliced
1/4 teaspoon salt	1 teaspoon white pepper
1/8 teaspoon black pepper	1 teaspoon dried basil
1 cup half and half	1 teaspoon rosemary
1 24- to 30-inch skinned & cleaned snake. (Venomous varieties tend to be meatier.)	

Method

1. Melt the butter in a medium size non-stick skillet over low heat. Add the flour, salt and pepper. Cook until combined.
2. Add cream and increase heat to medium and stir until bubbly. Remove from heat.
3. Cut snake into 3-inch pieces. Place snake in a casserole dish and top with the cream sauce. Top with remaining ingredients.
4. Cover and bake at 300 degrees for 1 hour or until tender.

Servings: 2

Source: *Derived from Backwoodsbound.com*

Butcher Holler Possum

I've sampled most of the game, if not all of the recipes, cited in this chapter. The exceptions are groundhog, which I would eat, and possum, which I would not. I fear few things, but I do not like rats, and possums look like great big, souped-up rats to me. I'm sure someone in my family has forced one down the gullet at some point, though.

Ingredients

1 possum	1/2 stick butter, thinly sliced
salt and pepper	4 sweet potatoes, cubed or cut into 1/2-inch pieces
1/2 cup bread crumbs	1 cup water
1/2 cup applesauce	1/2 cup lemon juice
1/2 cup chestnuts, chopped	

Method

1. Preheat oven to 350 degrees. Skin and clean the possum by removing all the innards. Scrape the inside clean and scald in boiling water.
2. Season the inside with salt and pepper to taste.
3. Mix bread crumbs, applesauce and chestnuts in a bowl. Stuff the mixture and butter slices inside the possum.

4. Place in a dutch oven. Add the sweet potatoes, water and lemon juice.
5. Bake until tender, basting often.

Servings: 8

Source: "Pantry Pleasures: Soldier Area Homemakers"

Barbecued Raccoon

Raccoons are not to be thought of as cute little creatures. They tear up your trash cans. They raid your bird feeders. They deserve to be eaten.

Ingredients

1 raccoon	1/2 cup cider vinegar
2 tablespoons salt	barbecue sauce of your choice
1 red pepper pod	

Method

1. Dress and clean the raccoon, making sure no hair clings to the meat, the glands have been removed from underneath the legs and fat and discoloration have been removed. (Fat is easier to remove if the meat is hardened by freezing the raccoon.)
2. Place in a large kettle and cover with cold water. Add salt and pepper pod. Bring to a boil and simmer until the meat is tender when pierced with a fork, about 1 hour to an hour and a half.
3. Remove the meat to a roasting pan. Drizzle 1/2 cup of cider vinegar over meat, inside and out. Sprinkle with a small amount of black or red pepper, as desired. Cover and bake with barbecue sauce of your choice (ketchup-based) and for 30 minutes at 400 degrees.
4. Uncover and continue baking until browned.

Servings: 6

Source: "Aunt Bee's Mayberry Cookbook"

Coon Stew

Ingredients

1 raccoon, cleaned, skinned and quartered	2 carrots, diced
pepper	1 stalk celery, diced
4 cups water	2 large potatoes, cubed
1 onion, chopped	salt

Method

1. In a large pot, place the meat and cover with water. Bring to a boil and cook for 1 hour.
2. Remove meat and allow to cool. Discard water.
3. Remove meat from bones and cut into 1- to 2-inch cubes. Sprinkle with pepper.

4. Add meat back to pot and add water, carrots, celery, onion and potatoes. Season to taste with salt.

5. Bring to a boil, reduce heat and cook until veggies are tender. Adjust seasoning if needed.

Servings: 8

Source: *Derived from Backwoodsbound.com*

Deep Fried Coon

Ingredients

1 cup flour

2 tablespoons seasoning salt

1/2 cup cornstarch

1 cup extra flour (for dredging)

2 teaspoons baking powder

1 raccoon, cleaned

1 (12 ounce) can beer

1 pound bacon

1 tablespoon salt

pepper

1 tablespoon pepper

cooking oil

2 tablespoons garlic powder

Method

1. Make sure all fat and glands are removed from the coon.

2. Prepare the batter by whisking together cornstarch, baking powder, salt, pepper, seasoning salt and garlic powder.

3. Add beer and only mix lightly. Do not over-mix. If there are flour lumps just squish with the back of a spoon.

4. Fry the bacon.

5. Stuff the bacon inside the coon. Season to taste with more seasoning salt and pepper.

6. Pour on the batter and spread to create a thin layer all over.

7. Add to hot oil in a Dutch oven, fish fryer or turkey fryer.

8. Cook until golden brown. Remove and drain.

9. Allow to cool a few minutes before slicing.

Servings: 6

Source: *Derived from Backwoodsbound.com*

Creamy Rabbit Casserole

Ingredients

2 rabbits cut into pieces	1/3 cup vinegar
5 tablespoons butter	salt and pepper to taste
1 medium onion, chopped	1/2 teaspoon thyme
1 1/2 cups heavy cream	

Method

1. In a dutch oven melt 3 tablespoons butter and brown the rabbit pieces. Remove and set aside.
2. Add remaining 2 tablespoons butter and sauté onion till clear. Return rabbit to pan.
3. Mix remaining ingredients and pour half of this over rabbit. Cover and simmer over very low heat for 1 hour.
4. Skim off fat and add remaining cream mixture. Heat gently for 10 minutes until sauce thickens.

Servings: 4

Source: *Derived from Backwoodsbound.com*

Buttermilk Fried Rabbit

Ingredients

2 domestic rabbits or 3 cottontails, cut into serving pieces	2 teaspoons cayenne
2 cups buttermilk	2 cups flour
2 tablespoons Italian seasoning, or 1/2 cup of mixed chopped fresh herbs like oregano, thyme and parsley	1 teaspoon salt
1 tablespoon paprika	2 cups vegetable oil
1 tablespoon garlic powder	

Method

1. Mix the buttermilk with the all the spices except the teaspoon of salt and the flour. Coat the rabbit with the mixture and set in a covered container overnight, or at least 8 hours.
2. When you are ready to fry, pour the oil into a large pan — a big cast iron frying pan is ideal — and heat over medium-high heat. The general idea is you want the oil to come halfway up the side of the rabbit.

3. Meanwhile, take the rabbit out of the buttermilk and let it drain in a colander. Don't shake off the buttermilk or anything, just leave it there. Let the oil heat until it is about 325 degrees; this is the point where a sprinkle of flour will immediately sizzle. Do not let the oil smoke. When the oil is hot, pour the flour and salt into a plastic bag and shake to combine.
4. Put a few pieces of rabbit into the bag and shake to get it coated in flour. Fry for 12-15 minutes. Fry gently — you want a steady sizzle, but nothing raging, and you definitely don't want the rabbit to just sit in oil. You might need to adjust the heat a bit. Turn the rabbit pieces and fry for another 10-12 minutes. The belly flap pieces and the forelegs will come out first, followed by the loin, and the hind legs will come out last.
5. You will probably need to fry in batches, so just leave the rabbit pieces in the colander until you are ready to flour them up and fry them. Don't let the floured pieces sit. When the rabbit is good and fried, let them rest on a rack set over a paper towel to drain away any excess oil. Serve hot or at room temperature.

Servings: 6

Source: *Leona Wilson, derived from "Hillbilly Cookbook"*

Fried Rabbit and Gravy

Ingredients

1 rabbit, cut into serving pieces	vegetable oil for frying
1/3 cup all-purpose flour	3 tablespoons all-purpose flour
1/2 teaspoon salt	1 1/2 cup milk or chicken broth
1/8 teaspoon black pepper	salt and pepper
1/8 teaspoon cayenne pepper	brown bouquet sauce

Method

1. In large plastic food-storage bag, combine 1/3 cup flour, salt, black pepper and cayenne pepper. Shake to mix.
2. Add rabbit pieces. Shake to coat.
3. In large skillet, heat 1/4 inch of oil over medium-high heat until hot.
4. Add coated meat and brown on all sides.
5. Reduce heat and cover tightly. Cook over very low heat until tender, about 20-25 minutes. Turn pieces once.
6. Remove cover and cook 5 minutes longer to crisp.
7. Transfer meat to plate lined with paper towels and set aside to keep warm.
8. Discard all but 3 tablespoons of the oil.

9. Over medium heat, stir 3 tablespoons flour into reserved oil. Blend in milk or broth. Cook over medium heat, stirring constantly, until thick and bubbly. Add salt, pepper and brown bouquet sauce to taste.

Servings: 4

Source: *Derived from Backwoodsbound.com*

Stewed Rabbit

Ingredients

7 quarts water	1 16 ounce can chopped tomatoes
4 or 5 rabbits	10-12 medium potatoes, cubed and cooked
5 stalks celery	2 tablespoons flour
1 large onion, quartered	salt and pepper

Method

1. In a large pot over high heat, bring the water to a boil. Add the rabbits, celery and onion.
2. Simmer on low heat for 2 1/2 hours.
3. Remove the rabbits from the pot and set aside.
4. Add tomatoes and potatoes to the pot.
5. Remove the rabbit meat from its bone and dust with flour. Add the meat back to the pot and salt and pepper to taste. Simmer for one hour.

Servings: 8 **Source:** *Derived from Pantry Pleasures: Soldier Area Homemakers*

Fried Fish

Fishing was a favorite Wilson pastime. Crappie, bluegill, bass and catfish were common catches and almost always prepared fried. This catch-all recipe can be adjusted according to the type of fish caught. Catfish and bigger pieces will require more oil for frying than panfish like crappie and bluegill.

Ingredients

fish, cleaned	salt, to taste
milk	pepper, to taste
flour	cooking oil
corn meal	

Method

1. Scale and clean fish. Large fish can be filleted and even cut into smaller pieces. Smaller fish are typically gutted and fins and heads removed.

2. Rinse fish in cold water, then place in a bowl of milk to soak for about 30 minutes.
3. Mix equal parts flour and cornmeal, with salt and pepper added to taste. (A Lowcountry take on this recipe replaces the salt and pepper with Old Bay seasoning.) Dredge fish pieces through mix, once on both sides.
4. Fry in a skillet — about a half inch of oil for small fish, up to an inch for larger pieces.

Source: *Leona Wilson*

Groundhog Stew

Ingredients

1 groundhog	1 cube beef bullion
3 carrots, medium	1 teaspoon rosemary, dried
3 potatoes	1 teaspoon parsley, dried
1/4 cup butter or margarine	1/2 teaspoon black pepper, ground
1 onion, diced	3 stalks celery, cut into 1-inch pieces

Method

1. Quarter the groundhog and place the pieces in a large pot with enough cold water to cover the meat. Boil for 10 minutes, then strain the water and set aside in a separate, clean pot.
2. Refill the pan, and bring the liquid to a boil again, cooking for 10 minutes.
3. Strain the water into the pot holding the first original water. Add the bouillon cube.
4. Remove meat from the bones and cut into bite size chunks.
5. Add the chunks and remaining ingredients to the pot liquor and bring the stew to a full boil.
6. Reduce heat and simmer 30 minutes.
7. Lower the heat and let the contents simmer for 90 minutes hours. Add the carrots and potatoes and continue cooking the stew for about another 30 minutes, until the meat is tender and separates easily from the bone.

Servings: 8

Source: *Derived from MotherEarthNews.com*

Squirrel and Sweet Potatoes

Ingredients

several squirrels, cleaned and cut	pepper
sweet potatoes, 1/2 per squirrel	flour
salt	

Method

1. Parboil squirrels in saltwater.
2. Boil sweet potatoes until about half cooked.
3. Drain water off squirrels, then dust in mix of salt, pepper and flour. Put in a greased roasting pan and roast at medium heat.
4. When meat is hot, add sweet potatoes to pan.

Source: Hillbilly Cookbook

Oliver's Fried Frog Legs

I remember quite clearly the first time I helped eat a mess of fried frog legs that Papaw had collected from the farm pond. I assume they were giggered, although I suppose he could have captured them in some other fashion. Whatever the case, they tasted just like chicken. Since my first taste at about age 4 or 5, I've had frog legs broiled, sautéed and baked. Nothing is quite like the fried version, though. This particular recipe is taken from AllRecipes.com.

Ingredients

24 frog's legs, skin removed	1 tablespoon ground black pepper
1 (4 ounce) packet saltine crackers, crushed	2 eggs
1 cup all-purpose flour	1/2 cup milk
1/2 cup cornmeal	2 cups vegetable oil for frying
1 teaspoon minced onion	1 cup peanut oil for frying
2 teaspoons salt	

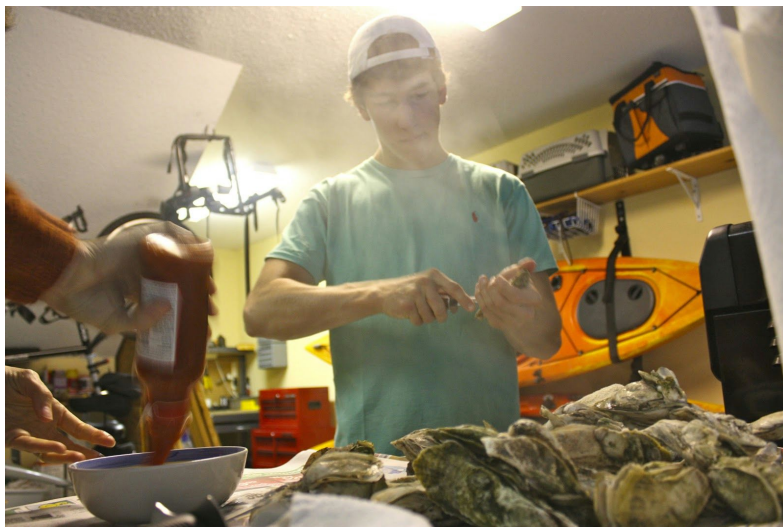
Method

1. Rinse the frog's legs and pat dry; set aside.
2. In a large resealable bag, combine the saltine cracker crumbs, flour, cornmeal, onion, salt and pepper. Shake to mix.
3. In a shallow bowl, whisk together eggs and milk.
4. Heat the vegetable oil and peanut oil in a large skillet over medium-high heat. The oil should be about 1/2 inch deep.
5. Dip the frog's legs into the milk and egg, then dip into the cracker mixture until evenly coated. Carefully place them in the hot oil. Cook until golden brown on each side, about 5 minutes per side.
6. If the legs start to brown too quickly, reduce the heat to medium. Drain on paper towels before serving.

Servings: 6

Source: Leona Wilson, derived from allrecipes.com

Steamed Oysters



For the longest time, I simply did not like oysters. It didn't matter how many friends did or how much fun I had at oyster roasts that are a rite of fall and winter in the Lowcountry. I nibbled on a hot dog and wondered why anyone would want to swallow hockers.

But a couple of years ago, my wife talked me into

trying oysters again for the first time in at least 10 years. Now, I can't get enough of them, particularly raw or steamed. I'm still not a fan of mussels or clams, but I often find myself craving oysters.

Fortunately, they're in bountiful supply in the Lowcountry, which produces some remarkably tasty oysters, though you have to make sure you pull them from clean, salty waters.

Now, be warned — oyster roasts with more than a couple dozen guests entails a lot of hard work, a pretty big fire and a large piece of canvas, if everyone is serious about eating them. Here's the thing, though — Debi and I rarely entertain that many people at once. So we've had to find a way to scale back the production of steamed oysters, and after a little experimentation, this is what we hit upon — with some help from Tommy.

Ingredients

12 to 18 at a time oysters, clusters or singles

lemon or lemon juice

saltine crackers

drawn butter

Tabasco sauce

Method

1. Clean your oysters. Depending on where you buy them and how they come to you, hosing them down might suffice; if they're caked in mud, you'll want to scrub them clean, too.
2. Pour about 2 inches of water into a 5-gallon pot, heated over a stovetop, an open gas flame, or a grate placed over a fire or barbecue pit. (You can include a can of beer and cut back on the water, if you like.)

3. If you have a pot with a steamer basket, as I do, arrange a dozen to 18 oysters in the bottom and drop a dampened bath towel on top. If you don't have a basket, wrap the oysters in a towel in a single layer. Place the steamer basket or towel in the pot when the water reaches a simmer. Place a lid on top.
4. Steam until shells open slightly, then for two minutes more. This usually takes about 12 minutes.
5. Remove from heat. Oysters can be removed with tongs or, if water has steamed off, the pot can be dumped on a picnic table.
6. Get to shucking. You can serve with drawn butter, lemon and/or cocktail sauce. I prefer to keep it simple. Lowcountry oysters are sweet, and if you don't overcook them, all you really need is a dash of Tabasco and, maybe, a saltine cracker.

Source: Jeff and Debi Kidd

Roasted Venison Backstrap with Gooseberry Sauce

This recipe is derived from an Emeril Lagasse dish. Demi-glace might have been a bit too highfalutin' for the taste of those on the ridge, and this recipe takes a while to make. It's worth it, though.

Ingredients

1 1/2 to 2 pounds venison strip loin, about 2 inches in diameter, trimmed	2 tablespoons olive oil
1/2 cup port wine	1/4 cup cold butter, divided
3 (3-inch) strips orange peel	1 tablespoon minced shallots
1/2 teaspoon coarsely ground black pepper	1/2 teaspoon minced garlic
1/4 teaspoon ground allspice	1/4 cup sugar
1 bay leaf	1 (3-inch) cinnamon stick
1 sprig fresh thyme	1/2 cup demi-glace
salt and freshly ground black pepper	1 1/2 cups gooseberries

Method

1. Place venison in a zip-top plastic bag or other sealable, non-reactive container. Combine whiskey, orange juice, pepper, allspice, bay leaf, and thyme, and pour mixture over the venison. Seal and refrigerate. Allow venison to marinate overnight, turning occasionally.
2. Preheat oven to 400 degrees.
3. Remove venison from the marinade, reserving marinade. Season all sides of the loin with salt and freshly ground black pepper.

4. Heat the olive oil in a large, oven-proof skillet over high heat. Sear the loin in the hot oil on all sides (1 to 2 minutes). Place the skillet in the oven and bake for 17 to 20 minutes or until desired degree of doneness. The venison will be medium-rare when it reaches 125 degrees on an instant-read thermometer.
5. Remove the venison loin from the skillet and allow meat to rest for 10 minutes before slicing.
6. Add 1 tablespoon of butter to the skillet used to brown the venison. Heat over medium-high heat until melted. Add shallots and garlic. Cook, stirring constantly, for 30 seconds or until softened.
7. Add reserved marinade, sugar, and cinnamon stick to the shallot mixture. Bring mixture to a boil and cook until mixture is reduced by half, about 3 to 4 minutes. The sauce should be thick and syrupy.
8. Add demi-glace and gooseberries, and bring to a low simmer. Cook sauce at a low simmer until berries are softened and the sauce is thickened and coats the back of a spoon, 5 to 7 minutes. Remove the orange peel, bay leaf, thyme, and cinnamon stick from the sauce. Adjust seasonings with salt and pepper.
9. Remove the sauce from the heat and stir in the remaining 3 tablespoons of butter. Serve warm with sliced venison.
10. NOTE: Gooseberries can be hard to come by at the 7-11, so it's acceptable to drop the demi-glace and gooseberries from this recipe.

Servings: 6

Source: *Derived from Emeril Lagasse recipe*

Slow-Cooked Venison Roast

Ingredients

3 pounds boneless venison roast	1/4 teaspoon ground black pepper
1 cup orange juice	1 ounce package dry onion soup mix
1 can Pepsi	1 10.75-ounce can condensed cream of mushroom soup
1 large onion, sliced	4 potatoes, quartered
1 tablespoon Worcestershire sauce	5 carrots, sliced
1 tablespoon garlic salt	

Method

1. Clean the meat and soak overnight in a bowl containing the Pepsi and orange juice.
2. Put the meat in slow cooker and cover with onion. Sprinkle with Worcestershire sauce, garlic salt and pepper.

3. In a small bowl combine the soup mix and the soup; mix together and pour mixture over venison.
4. Cook in a crock pot on a low setting for 6 to 8 hours, adding the potatoes and carrots about 45 minutes to one hour before you're ready to serve.

Servings: 10

Source: *Ina Wilson*

Marinated Venison

Ingredients

2 pounds venison	1 tablespoon onion salt
1/2 (10 fluid ounce) bottle Worcestershire sauce	1 tablespoon garlic powder
12 ounces orange juice	vegetable oil for frying
1 1/2 cups all-purpose flour	

Method

1. Pound venison flat, and cut into 1 inch strips; place in a large bowl. Pour in Worcestershire sauce and beer. Cover, and refrigerate for 1 hour or more.
2. In a shallow bowl, combine flour, onion salt and garlic powder. Drag soaked meat through the flour mixture. Heat oil in a large heavy skillet, and fry meat until golden brown.
3. You also can substitute beer, Jack Daniels or another whiskey for the orange juice.

Servings: 8

Source: *Derived from allrecipes.com*

Venison Burgers

My Aunt Ina, who has probably prepared more venison than anyone in the family, more or less forgets about trying to make hamburgers from deer meat. "Deer burger is OK in chili, but to fry or grill it, it does not have enough fat to be good." I've made this before from deer meat given to me by one of my hunter friends. The key is cutting it with enough hamburger meat to impart some fat. I'd say no more than 90 percent lean — and even that is pushing it.

Ingredients

1 pound ground deer	1 egg, beaten
12 ounces chorizo	1 pound ground beef, no more than 90 percent lean
1/2 medium onion, finely chopped	

Method

1. In a large bowl, combine all of the ingredients.

2. Shape into 1/4-pound patties.
3. Fry in a skillet with a little oil or place on grill and cook over medium heat.
4. Serve with your favorite burger condiments.

NOTE: Additional ground beef can be used as a substitute for the chorizo, but add a teaspoon of Montreal steak seasoning to the mix if you do this.

Servings: 4

Source: *Derived from Backwoodsbound.com*

Venison Sloppy Joes

Ingredients

1/4 pounds bacon	1 teaspoon chili powder
2 pounds venison stew meat	2 tablespoons minced garlic
1 large yellow onion, chopped	1 tablespoon prepared Dijon-style mustard
1/2 cup brown sugar	1 cup ketchup
1/4 cup wine vinegar	salt and pepper to taste
1 tablespoon ground cumin	

Method

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
2. Remove from skillet, crumble and set aside.
3. Brown stew meat in bacon grease for flavor.
4. Put onion, sugar, vinegar, cumin, chili powder, garlic, mustard, ketchup, salt and pepper in slow cooker and mix well. Add bacon and venison and stir together.
5. Cook at least 8 hours on low heat. Use a fork to separate the meat.

Servings: 12

Source: *Kevin Harper*

Venison Stew

Ingredients

2 tablespoons vegetable oil	1 tablespoon salt
2 pounds venison stew meat	3 cups water
3 onions, chopped	7 small potatoes, peeled and quartered
2 cloves garlic, minced	1 pound carrots, cut into 1 inch pieces
1 tablespoon Worcestershire sauce	1/4 cup all-purpose flour
1 bay leaf	1/4 cup water
1/2 teaspoon dried oregano	

Method

1. In a skillet, deeply brown the meat in oil. Add onions, garlic. Worcestershire sauce, bay leaf, oregano, salt, and water. Simmer, covered, for 1 1/2 to 2 hours, or until meat is tender.
2. Add potatoes and carrots; cook until tender.
3. Combine flour and water. Stir into the stew. Remove bay leaf before serving.

Servings: 6

Source: *Derived from AllRecipes.com*

Venison Chili

Ingredients

4 tablespoons unsalted butter	1 teaspoon ground cumin
1 red onion, chopped	1/2 teaspoon cayenne pepper
4 cloves garlic, minced	1/2 teaspoon chili powder
3 tablespoons dark brown sugar	2 tablespoons chopped fresh cilantro
1 tablespoon peanut butter	salt to taste
3 cups red wine	4 tablespoons vegetable oil
4 tablespoons red wine vinegar	10 slices cooked bacon, diced
4 tablespoons tomato paste	2 pounds venison stew meat, trimmed and finely diced
4 cups chicken broth	2 cups black beans, cooked and drained

Method

1. Melt the butter in a large pot over medium heat. Stir in the onion and garlic, and sauté for 3 to 4 minutes. Stir in the brown sugar and peanut butter and sauté for 2 to 3 more minutes.
2. Stir in the red wine, vinegar, tomato paste, chicken stock, cumin, cayenne pepper, chili powder, cilantro and salt. Simmer for 30 to 35 minutes, or until the mixture is reduced by about half.
3. Meanwhile, heat the oil in a large skillet over medium-high heat. Stir in the bacon and fry for 3 to 4 minutes, or until the bacon is browned. Move the bacon to one side of the skillet and add the venison to the empty side of the skillet.
4. Season the meat with salt to taste and sauté the meat for 15 minutes, or until well browned. Stir in the beans and toss all together. Transfer this mixture to the simmering pot.
5. Mix everything together thoroughly and let simmer for about 40 minutes.

Servings: 6

Source: *Variant of recipe on AllRecipes.com*



Yes, this is what you think it is. No, I will not tell you which relative I got it from. PHOTO: Jeff Kidd

CHAPTER 12: Libations _____

Uncle Bun: A Hazy Look at a Prolific Moonshiner

The commotion downstairs jolted Mickle Curtis from his slumber at 2 a.m. More than 50 years later, he vividly remembers the racing of his heart, scampering down the stairs to see what all the clanging was about, the glug-glug-glug as his step-grandfather, Bun Wilson, hurried to empty jugs down the kitchen drain.

“Back to bed,” said his stepfather, Homer Lee Wilson, who was helping with the disposal.

But young Mickle just stood there, his pulse quickening again when the federal agents burst through the door a few moments later. Would he be going to jail tonight, too?

Bun was the only one locked up that night, and his son, Homer Lee, bailed him out the next morning. The short stay was but one of Bun’s many run-ins with the law. He spent at least a few years in the 1950s in the federal prison in Ashland, Ky., as Mickle recalls.

Kenny Wilson — my uncle and Bun’s grand-nephew — remembers reading letters Bun wrote to the family of his brother Burl that suggest Bun might also have served second, shorter hitch in the 1960s.

Such are the hazards of the moonshiner’s trade.

But when you’re good at such a job — and Bun had a reputation as one of the best in eastern Kentucky — risk brings ample reward. Census-takers listed Bun Wilson as a farmer and laborer, and for a while he ran a drug store in Louisa, Ky., near the Kentucky-West Virginia border. But the distilling of untaxed spirits was his real career. And behind the counter of that store, Bun stashed soda bottles filled with his corn whisky, selling them to patrons who knew how to go about asking for it. With the proceeds, Bun paid cash for a farm in Carter County, where he relocated his family, put the sheriff on the take and continued to ply his trade.

Bun wasn’t Carnegie rich, but folks sure thought he was a big wheel when he purchased a brand-new 1948 Chevrolet. He paid cash for that, too, and through the years, he purchased several pieces of property in eastern Kentucky.

But after the passing of his wife, Bessie Brown Wilson, senility crept in. Depression seemed to follow when Homer Lee fetched Bun from his farm and brought him to Mansfield, Ohio, where he had settled with his wife and four children. Bun never seemed happy in Ohio, away from his land and away from his still, Mikle recalls. He grew quiet, almost sullen. And before dawn one September morning in 1974, Bun looped a belt around his neck, drew it tight and choked out a life that previously had been lived on his terms.

“He was the type of man everybody had respect for, and you dared not to mess with him,” Mikle said. “He never had no trouble with anyone trying to steal his stuff or anything like that. But of course, well, he was pretty cautious, too.”

A moonshiner had to be. So did his customers, most of whom lived in the dry counties of eastern Kentucky.

When Mikle was a boy, he often spent part of his summers on his maternal grandparents’ farm, which neighbored Bun’s. Uncles on his mother’s side would send him up the hill to fetch a pail of ... well ... something a helluva lot stronger than water. They hid it in a spring house, out sight of Mikle’s grandmother, a teetotaling Baptist.

Mikle wasn’t merely a paying customer to Bun and Bessie, however. He and a cousin checked in on them and did chores from time to time. Often, the boys were enlisted to walk the road and pick up soda bottles from the shoulder. Bun paid them a nickel per bottle. Then, one day, Bun gave them a present ... and another job. He bestowed each with a new, single-shot .22 rifle and a box of shells. Thereafter, the boys, no more than 10 or 11, picked up bottles from the side of the road with rifles slung over their shoulders. If an unfamiliar car passed, they were to fire in the air, reload, then fire again.

“I think Bun could see the road from his still, and he knew if he heard those shots to come take a look at things,” Mikle said.

Bun sometimes enlisted his step-grandson in other aspects of his moonshine operation. Occasionally, he helped load bags of corn and sugar onto a sled hitched to a mule. Together, they trudged up a ridge behind the farmhouse, as far into the woods as that mule could manage. Then, Bun and Mikle unloaded the cargo and lugged it yet deeper into the forest, down a hillside to a spot where a clear-running spring provided the water Bun turned to moonshine.

“But to this day, I could never go find that still again,” Mikle said. “It was pretty well-hidden.”

Mikle doesn't think revenuers ever found the still, either. When raiders arrived — usually preceded by a tipster, presumably dispatched by the sheriff — they typically searched the farmhouse, overlooking even the outbuildings. Credit them for good aim — Bun indeed kept his moonshine in the house. In fact, Bun went to jail after the late-night raid that Mikle recalled because, despite pouring almost all of his goods down the sink, he forgot to empty the half-pint bottle in the kitchen cabinet. It contained just enough of his latest run to provide a sample to prospective customers.

It was a rare lapse by someone used to outwitting the law — even on the night he was arrested. That moonshine he poured down the drain? It didn't go to waste. When Bun added indoor plumbing to the farmhouse, he installed a double sink. One side drained away the dirty dishwater; the other emptied into a 55-gallon tank buried beneath the house. Whenever the home was raided, Bun and Bessie — and on this particular occasion, visiting Homer Lee, too — poured out the whisky. When the coast was clear, they used a hand pump to retrieve it.

Such craftiness meant Bun seldom resorted to violence. Seldom. But not always.

My Uncle Kenny believes that as a young man, his great uncle lived at least a few years on the same ridge in Rowan County where he would later grow up. That farm was cobbled together by Bun's brother Lee, who then sold it to another brother, Burl — my great-grandfather. Years before his death, Burl signed over the farm to his only living son, Oliver Wilson, who raised my Uncle Kenny and his brother and sisters there in a three-generation household.

It's not clear when or how long Bun lived on the ridge — probably not for long, and he probably wasn't very old. But when Oliver, my grandfather, was in the throes of Alzheimer's disease in the late 1980s, he once pointed to the living room wall in the farmhouse and told Kenny, “There's a bullet in that wall.” He then told a disjointed story about Bun shooting someone during a disagreement. The dispute might have had nothing at all to do with moonshine, but it left a man dead — Kenny can't recall the first name but believes the deceased was a Thornsberry and a close relative of the Jenningses, a family that lived a few miles down the gravel road from the Wilson farm.

“There never was any more trouble over it, though,” Kenny said of the slaying. One presumes the killing was justified — Bun apparently did no time over it, and the

Jenningses and Wilsons remained quite neighborly for generations. In fact, they intermarried — Oliver's sister, Vada, wed Jesse Franklin Jennings in 1928.

Mikle heard similar whispers about Bun. He said he thinks his step-grandfather was responsible for two killings, and his sister, Joanne Wilson, inherited a gun believed to have been used in one of them.

But if Bun could be a lethal hellion, he also could be a dutiful provider. Case in point: Before he was sent to federal prison, Bun worried Bessie would run out of cash in his absence. So he put out a potato patch before he was incarcerated and buried jars of his whisky as he hoed his rows. Bessie was instructed to dig them up and sell them whenever she needed cash.

Bessie almost certainly was well-versed in the trade, what with Bun selling out of their home. Turning the family kitchen into an illicit storefront might have been risky, but not as risky as a high-speed chase through the hills of eastern Kentucky. That's why Bun seldom ran his own whisky. Mostly, he sold in bulk and let bootleggers take the risk of toting illegal alcohol over long distances, Mikle said.

That prospect didn't seem to bother Bun's only child, however. After visits to Kentucky, Homer Lee almost always carried moonshine back to his buddies in the factory where he worked after first moving to Mansfield. Many of those men also were transplants from the Kentucky hills who brought with them a taste for corn squeezin's. Homer Lee's runs made his wife nervous — Lula "Tootsie" Wilson worried they'd get pulled by a trooper and that the entire family would have some explaining to do.

Aside from those Kentucky-to-Ohio runs, it is possible the closest anyone else in the family came to running moonshine for Bun came after Bessie's death. My Uncle Kenny, whose memory of such things is nearly flawless, recalls reading in a letter from Bun to relatives on the ridge that he had married a woman named Roberta May. That name rings a bell with Mikle, but he doesn't recall Bun remarrying. Whatever the case, when Homer Lee fetched Bun and brought him to Mansfield, he came alone. Further, I can find no record to indicate Bun ever married a woman named Roberta May — in Kentucky, Ohio or West Virginia.

Those disparate recollections seem difficult — nearly impossible, in fact — to reconcile. But surely Roberta May really existed, even if she never married Bun, because Kenny recalls another letter to the ridge, in which Bun described news far less blissful than matrimony: Bun's woman shot him during an argument as they drove down the road! Apparently, Bun was only grazed, and when the car stopped — Kenny doesn't recall who was driving — Bun slinked out the door and got help from a passerby.

Kenny isn't sure where that letter is today, or if it even still exists. Details of that story, like the letter itself, have been lost to the years. So has the moonshine recipe that, Mikle says, made Bun Wilson one of the most renowned moonshiners in Carter and surrounding counties.

Homer Lee might have known how to make Bun's 'shine — Mikle recalls that he operated the still while Bun was in prison, which would have been before Homer Lee moved to Mansfield. But if Homer Lee did know the recipe, he apparently took it to his grave when he passed away in 2008 after building a successful towing and auto-mechanic business.

As such, there will be a glaring omission from this beverage chapter of the family cookbook.

But perhaps we can fill our Mason jars with a batch of Oliver's blackberry wine and raise spirits in memory of his Uncle Bun.

Oliver's Blackberry Wine

My first drink of alcohol was a sip of Stroh's beer, offered by my dad while we listened to a Cincinnati Reds game on the front porch of our house in Springfield, Ohio. I was 3 or 4.

The second drink packed a little more punch. That swig of my grandfather's blackberry wine crept like a warm mouse from an old jelly jar and nestled in my tummy — the last time I would experience that sensation. (Yeah, right.)

Method

1. Start with 3 gallons of blackberries and squeeze them into a juice. (You can use any sort of berry, actually, and you also can find recipes that use frozen concentrate.)
2. Add a gallon of cold water, 2 yeast cakes and 5 pounds of sugar. Mix well. You'll want to use a 5-gallon container, but it's best not to use metal or resinous woods. A crock or glass works best. You'll also want to leave about an inch or so of space at the top — the mixture will expand as it ferments.
3. Cover the container with a cloth and tie a string around it to keep bugs out. Shake the container every few hours for the first few days, and a couple of times a day thereafter. Keep in a dark place at about room temperature.
4. The mixture should start bubbling in two or three days. Once it slows — usually about three days after it starts — strain the liquid gently and transfer to a small-necked container. You'll want to give it a taste and might need to add a bit more sugar. You also can add one more yeast cake.
5. Keep the new container as airtight as you can. You can connect the main jug by hose to a 1-gallon jug about half full of water. I believe this is the way Papaw made it on the ridge. However, most homemade wine recipes you find online advise simply affixing a balloon tightly around the neck of the larger jug.
6. Shake every few days. If you use the balloon method, it should begin to fill with gas as fermentation continues. When the balloon deflates back to its original state, the wine is ready to bottle.
7. Strain again and pour into bottles, using clean caps or corks to seal tightly. Important caution: Do not bottle until you're confident fermentation has ceased. Otherwise,

pressure can build and explode the corks off of your bottles. This usually takes at least 30 days and could take about six weeks.

8. Once the wine is bottled, you can drink it immediately, or allow it to continue to age by storing it in a cool, dry, dark place.

Source: Oliver Wilson

Arnold Palmer

I had the privilege of covering the Masters eight times. There's nothing quite like sitting on the second-story veranda of the clubhouse, looking out below the big oak toward the 18th green, snacking on a pimento cheese sandwich and drinking an Arnold Palmer ... while you're looking at Arnold Palmer.

Ingredients

5 ounces lemonade 1/2 cup ice

5 ounces iced tea

Method

Combine lemonade and iced tea in tall glass. Add ice and stir until chilled.

Servings: 1

Source: Jeff Kidd and every other golf fan within a 500-mile radius of Augusta, Ga.

Bourbon Slush

Ingredients

6 cups water 2 cups tea

6 ounces limeade 1 1/2 cups sugar

6 ounces orange juice 1 1/2 cups bourbon

6 ounces lemonade

Method

1. Mix all the above ingredients in a large bowl with a lid.
2. Freeze
3. When ready to serve, scrape into glass and add Sprite, 7-up or ginger ale.

Source: Jean Thomas

Bloody Mary

I'm not really a fan — I've never been big on tomato juice as a beverage. But Debi loves these — craves them, actually. So I'll avert my eyes, hold my nose or do whatever it is you do when you intend to tolerate something you don't like.

Ingredients

6 ounces V8 juice	ground pepper
2 ounces vodka	Tabasco to taste
1/2 ounce lemon juice	celery stalk for garnish
1 dash of Worcestershire sauce	lime wedge for garnish
celery salt	

Method

1. Build the liquid ingredients in a tumbler over ice cubes.
2. Add the seasonings to taste. (For a twist, you can add a bit of Old Bay Seasoning, too.)
3. Stir well.
4. Garnish with a lemon or lime and celery or pickle.

Servings: 1

Source: *Debi Kidd*

Chocolate Milkshake (Which is Redundant)

Why bother with any flavor of milkshake other than chocolate? I loved fiddling around with ingredients when I was a kid, but chocolate was always the dominant flavor.

Ingredients

2 cups chocolate or fudge royal ice cream	1 tablespoon Hershey's Chocolate Syrup
1 cup whole milk	1 tablespoon nondairy creamer
1 teaspoon vanilla extract	

Method

1. Combine ingredients in a blender. Mix until smooth.
2. Pour into glass.

Servings: 1

Source: *Jeff Kidd*

Debi's Banana Smoothie

On weekdays, Debi doesn't challenge her chompers until at least noon. Most mornings, it's a smoothie on the way out the door.

Ingredients

1 1/4 cups orange juice	1/2 cup vanilla or plain yogurt
1 ripe medium banana, peeled and sliced	2 ice cubes
1 cup frozen blueberries	2 tablespoons vanilla protein powder

Method

Combine ingredients in a blender; cover and blend until smooth and frothy. Serve immediately.

Servings: 1

Source: Debi Kidd

Eggnog

Why aren't there other sorts of nog? I wonder.

Ingredients

4 cups milk	1 1/2 cups sugar
5 whole cloves	2 1/2 cups light rum (optional)
1/2 teaspoon vanilla extract	4 cups light cream
1 teaspoon ground cinnamon	2 teaspoons vanilla extract
12 egg yolks	1/2 teaspoon ground nutmeg

Method

1. Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.
2. In a large bowl, combine egg yolks and sugar. Whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.
3. Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

Servings: 8

Source: Linda Kidd, derived from AllRecipes.com

Hot Cocoa

Ingredients

3/4 teaspoon vanilla extract	1/4 cup Hershey's Cocoa
4 cups milk	miniature marshmallows
1/3 cup hot water	1/2 cup sugar
dash salt	

Method

1. Stir together sugar, cocoa and salt in medium saucepan; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 2 minutes.
2. Reduce heat. Add milk, stirring constantly. Do not allow to continue to boil.
3. Remove from heat; add vanilla. Beat with rotary beater or whisk until foamy.
4. Serve topped with marshmallows or whipped cream, if desired.

Servings: 5

Source: *Linda Kidd, derived from Hershey's recipe*

Iced Vanilla Coffee Milk

Ingredients

3 cups coffee, decaffeinated strongly brewed, chilled	1/2 cups whipped dessert topping, fat-free
1 cups milk, fat-free	1 pinch cinnamon, ground for garnish (optional)
2 teaspoon vanilla extract	4 whole cinnamon sticks
2 teaspoon sugar substitute	for garnish (optional)

Method

1. In a pitcher, combine coffee, milk, vanilla, and sugar substitute; stir well.
2. Fill four, 10-ounce glasses with ice. Pour coffee mixture over ice. Spoon 2 tablespoons of the whipped topping into each glass. Stir gently so that some topping mixes with coffee and some remains at the top of the glass. Garnish each with a pinch of ground cinnamon and a cinnamon stick, if using.

Source: *The South Beach Diet Taste of Summer Cookbook*

Mint Julep

Kind of funny, I've never had a mint julep while in the home of the mint julep. For that matter, I've never been to a horse race in Kentucky, either. I've enjoyed both in South Carolina.

Ingredients

4 mint sprigs	1 teaspoon powdered sugar
2 1/2 ounces bourbon	2 teaspoons water

Method

1. Muddle mint leaves, powdered sugar and water in a glass.
2. Fill with shaved or crushed ice and add bourbon.
3. Garnish with a mint sprig.

Servings: 1

Source: Jeff Kidd

Mulled Wine

Ingredients

2 oranges	3 cinnamon sticks
2 (750 milliliter) bottles red wine	1/2 teaspoon ground cloves
1 (750 milliliter) bottle white wine	1/3 cup brown sugar
3-inch piece of fresh ginger, peeled and thinly sliced	1/4 cup brandy

Method

1. Use a sharp knife or a vegetable peeler to remove the zest from the oranges in strips, being careful to remove only the orange part, leaving the pith behind. Then, juice the oranges into a large, heavy-bottomed pot.
2. Pour the red wine and white wine into the pot with the orange juice. Place the strips of orange zest, ginger, cinnamon sticks, cloves, and brown sugar into the pot with the wine mixture; stir to dissolve the sugar.
3. Cover and heat over medium-high until heated through, but not boiling, reduce the heat to medium-low and heat for an hour or longer to bring all of the flavors together. Adjust the sweetness by adding more brown sugar, as necessary. Strain and serve hot with a splash of brandy, if desired.
4. If serving for a party, you can put the win in a crock pot and ladle it out to guests.

Servings: 18

Source: Debi Kidd, derived from AllRecipes.com

Sassafras Tea

Aside from dandelion greens, wild edibles weren't often harvested on on the ridge. I developed a brief fascination with them, however, during a study unit on them when I was in fourth grade. I learned all about smilax, poke sallet and other plants growing all over my burgeoning suburban home in South Carolina.

One of my favorites was sassafras tea. Sassafras is usually a small tree, growing in clumps, in old fields and at the woods' edge. It is one of the first trees to appear on cut-over lands, which explains its abundance around my home at that time.

In the mountains, however, sassafras may grow to 60 feet tall. Twigs and the bark of young trees are bright green, older bark becomes crackled in appearance. Leaves are variable in shape, being oval, mitten-shaped, or three-divided. Leaves, twigs, and bark are all aromatic. The greenish-yellow, fragrant flowers appear in early spring and are followed by deep blue berries. The so-called "red sassafras" is identified by some botanists as *Sassafras albidum* variety *molle*, according to "Foxfire Book Volume 2," and has soft hairiness on the leaves and twigs. Either variety can be used for this recipe, taken from the Foxfire book.

Method

Gather old field roots and tender limbs in March. Boil roots and limbs and sweeten with sugar to taste. Or wash roots, beat to a pulp with a hammer. Boil, strain, sweeten, and drink with ice. Or put one cup shredded bark in quart of boiling water. Boil 10 to 12 minutes. Strain and sweeten with honey or sugar.

Servings: 6

Source: *Adapted from "Foxfire Vol. 2"*

Sherbert Punch

Ingredients

1 cup pineapple juice, chilled

1/2 gallon sherbet, flavor of your choice, frozen

2 liters bottle carbonated lemon-lime beverage, chilled, more if needed

Method

Combine pineapple juice and sherbet in punch bowl. Fill punch bowl the rest of the way up with soda.

Servings: 12

Source: *Linda Kidd*

Tea

Really, I'm including this recipe just in case only Yankees survive the zombie apocalypse and one stumbles upon this book. Southerners already know how to make this. In fact, Southerners are born with the recipe encoded in their brain stems, meaning they fall out of the womb with the innate ability to breathe, swallow and mix the correct ratio of sugar to steeped tea. Every. Single. Southerner.

Well, except my poor mother, bless her heart. Somehow, her iced tea always comes out tasting like bug spray, so I spent much of my childhood sneaking over to my neighbor's house, where the tea was so sweet, it would rot your molar before the first swig hit your

belly. Of course, my mother is forgiven because she is perfect in all other ways, but the inability to make tea is a rather glaring defect if you live in the South, where it is the type-O negative of beverages.



Anyway, a few things everyone from north of the Mason-Dixon Line should know:

- If you ask a Southerner if they want sweet or unsweet tea, you will get a quizzical look in reply. ALL tea is sweet, just as ALL tea is iced.

- If you're ever waiting tables at a restaurant that commits the abomination of omitting sugar from its tea, you should quit. No one needs work that bad. Unless, of course, you're saving for the transplant of a vital organ or something. In that case, do not bother bringing a hundred packets of Sweet and Low to the table, thinking you're doing a Southerner a favor. You are not. Sweeteners (with the exception of Splenda) won't dissolve if the tea is already iced, which, of course, it has been because all tea fit for consumption is iced. (Didn't you read the first tip?)

Now, you can tart up your tea with lemon, mint, fruits and what have you. Also up for argument is just how much sugar should be in the recipe. Personally, I think you should add enough to make it the consistency of Karo

corn syrup, then back it up a teaspoon. But these are considerations Southerners can debate among themselves and are beyond the scope of this recipe.

The point here is to help Yankees who find themselves in a pinch — maybe a Southerner is paying a visit or the zombie apocalypse has ensued.

Ingredients

6 to 8 tea bags

1 quart ice

1 quart hot water

3/4 cup sugar

Method

1. In a 2-quart size sauce pan. Put the hot water in it and bring it to a boil. Add the tea bags.
2. Remove the pan from the heat, and allow it to steep for 20 minutes. If the tea sits for too long, it will get bitter. If it doesn't sit long enough, it won't be strong enough to give you the caffeine jolt you deserve.
3. Put the sugar in a two-quart pitcher. pour the hot tea on top and stir. Add ice and/or cold water to fill out the pitcher and stir again.

Servings: 8

Source: *Debi and Jeff Kidd*



My great grandfather, Burl Wilson, far right, is shown in a field of burley tobacco. With him are his son Oliver, middle, and a man I haven't identified. Burl had several peculiar habits and many quirky expressions, including "sweeten'ngs" — his term for dessert.

CHAPTER 13: Sweeten'ngs & Snacks__

Burl Wilson, one of my maternal great-grandfathers, died in 1967, two years before I was born, so I never heard his voice. But I hear he had quite a way of thinking and of talking. Long after electricity was run to the farmhouse Burl purchased from his brother Lee in the early 1920s and signed over to his son Oliver in the 1950s, Burl cautioned his grandkids to avoid the sockets during lightning storms, lest a bolt leap from the circuitry and zap them dead. My mother and her two sisters each had names that ended with the letter A, but Burl pronounced them "Lindy," "Iny" and "Vady." And his grandson Kenny, who actually had a name that ended with a Y, was simply called "the Boy."

The title of this chapter is a doff of the cap to Burl. He didn't refer to sweets or desserts, but to "sweeten'ngs." I think it lends a bit of his voice to this project, even if I never heard it.

Making sorghum

Some of the farmers markets you can visit today offer fewer vegetables than Burl's family grew in a half season. In fact, they ate enough fiber to make the outhouse hinges glow, consumed enough vitamins to make Jack LaLanne look like a scurvy victim and ingested enough protein to make old Doc Atkins blush.

But damn if the Wilsons didn't love their carbohydrates, too.

"We pretty much had desserts — something sweet — every day with dinner or supper," my mother recalled. Her grandfather Burl called them "sweeten'ngs."

Yes, the family knows how to satisfy a sweet tooth, and the recipes span the generations — from Mahala's apple stack cakes, to Leona's donuts, to Linda's buckeyes, to Kathleen Harper's candy shop pizza. Our saccharine decadence knows few limits.

We're not limited in our choice of sweeteners, either. In the pages of this book, you'll find recipes that include granulated sugar, confectioners sugar, brown sugar, sugar substitutes, molasses, honey, maple syrup and corn syrup.

What I couldn't lay hands on, however, is an old family recipe that uses a once-popular sweetener, sorghum syrup. Among the folks of modest means in the Appalachian foothills, the syrup made from the juice of sorghum was a highly prized substitute for sugar or, more often, molasses in recipes that called for it. As explained in the "Foxfire Primitive Survival Guide," "In some communities, aside from honey, it was the only sweet substance available, as sugar cost money, and money was the rarest commodity of all." (Perhaps one reason I couldn't find sorghum recipes was that my mother grew up after World War II, and sugar again became more affordable. It had previously been a rationed commodity.)



No one along the ridge where the Wilson homeplace was located made sorghum themselves, but the family often went to a place run by the Trent family on Trent Ridge, off Highway 32 near Elliottville, to purchase it. My father, who grew up not far away, remembers the Kidd family also going to buy sorghum from a neighbor.

Sorghum planted in late May could be harvested at a convenient time —

between the heat of summer and winter's first freeze. It is a tall cane that looks similar to field corn and makes a cone-shaped seed head, which is shown in the inset photo, taken by Larry Rana of the USDA. Similar to maple sap, the juice can be cooked down to a thick syrup, and it takes about 10 gallons of juice to make a gallon of syrup.

Juice could be extracted from sorghum in several ways — through mechanical presses driven by gasoline engines, for example, or in big roundabout presses driven by mules or a tractor. My dad remembers buying it from a mill that extracted it with a roundabout.



A sorghum press, similar to one that was operated in Elliottville, Ky., where my dad's family often purchased the sweet product. PHOTO: Lewis Hine, Tennessee Valley Authority

Making the syrup is a long, slow process. At harvest time, those doing the gathering went through the field, stripping off the stalks' leaves and cutting off the heads, which produced BB-sized seeds that turned hard and red at maturity. Seeds could be saved for next year's crop, fed to chickens or put out for birds, according to the Firefox article. Spent canes could also be fed to hogs, as could the byproduct skimmed from the pot while the sorghum is being cooked down.

This job completed, the farmer would then cut off the stripped stalks at the base with a hoe or mowing blade and stack them in piles. It is best to process the stalks soon after they're harvested. As the cane is put through the press mill, it is strained with cheesecloth on top of a milk can or bucket. It is greenish in color and sweet. The cane itself can be chewed on, much like sugar cane. As the squeezing starts, a fire is built in a pit, and after about 20 gallons of juice is extracted, cooking can begin. A cleaned pan or pot is placed over an open fire and the juice poured in. All the juice should be added before it gets really hot, however.

The mixture simmers the rest of the day. The foamy substance that constantly floats to the top is skimmed away. It can be fed to hogs or set aside, boiled separately and pulled into candy, a process similar to a taffy pull. When the mixture isn't being skimmed, it is being stirred. The trick is to maintain even heating — keeping it hot enough to evaporate the water from the juice, but not so hot as to scorch the liquid. Much like the rendering of lard, processing sorghum requires attention and time. Eventually, the syrup begins to

clear — less foam is produced and brown bubbles appear. It should be cooked until it is the consistency of corn syrup, taking into consideration it will thicken as it cools. The syrup is then ladled or poured into sterilized jars for storage.

Since the 1950s, sorghum has been produced primarily for forage or silage. One reason is that it is labor-intensive to make; another is that it has a lower nutritional value than molasses. Nonetheless, the crop is enjoying a bit of a revival for use in both biofuels and, in grain form, and in gluten-free foods. If you use sorghum in the latter manner, it's a good idea to be blended with tapioca starch or use more oil, fat or eggs to promote moistness and prevent grittiness.

But in my opinion, the old way is still the best way to use sorghum: mashed up with some butter and slathered over hot biscuits.

Ale 8 Cake

I'll be honest, until I set out to write this book, I had never made this cake and, to my knowledge, neither had anyone else in my family. But while reading *The Island Packet*, one of the newspapers for which I work, I came across a recipe for 7-Up cake, and it occurred to me that it could be vastly improved by upgrading the beverage with which it is made. For the uninitiated, Ale 8 is made in Winchester, Ky., which is about 45 miles from Morehead. It is a blend of ginger and citrus and unquestionably the best-tasting drink to come out of the Bluegrass State that does not also come out of a still.

Ingredients

2 sticks butter	3 cups all-purpose flour
3 cups sugar	1/8 teaspoon baking powder
5 eggs	salt
1/3 cup oil	7 ounces Ale 8
1 teaspoon lemon extract	

Method

1. Cream butter and sugar, then add eggs one at a time.
2. Add lemon extract and oil.
3. Add flour, baking powder and a pinch of salt, then add Ale 8. Blend thoroughly.
4. Grease and flour a tube pan. Bake at 300 degrees for about 1 1/2 hours.
5. Remove from oven and allow to cool. Then, move cake to a plate.
6. Frost with White Mountain Icing or Simple Confectioners Frosting. In either recipe, use 1/4 teaspoon lemon extract and 1/4 teaspoon vanilla extract instead of 1/2 teaspoon of vanilla extract.

Source: *Derived from Beaufort Gazette recipe submitted by Mary Kaye Laban*

Mahala's Apple Stack Cakes

An old family recipe. Mahala Wilson introduced it to her granddaughters. This cake became popular throughout the region during the Great Depression, when spices used for traditional cake recipes became harder to come by. Although this is a cake, the batter has the consistency of cookie dough.

Ingredients

1/3 cup lard, (can substitute shortening)	1/2 cup molasses
1/2 cup sugar, plus 2 1/2 teaspoons	18 ounces apples, dried, sliced
1 egg, large	6 cups water
4 cups all-purpose flour	1 cup brown sugar, firmly packed
1 teaspoon baking powder	1 teaspoon cinnamon
1 teaspoon baking soda	1/2 teaspoon allspice
1/2 teaspoon salt	1/2 teaspoon nutmeg
1/2 cup buttermilk	

Method

1. Beat lard with a wooden spoon until smooth and creamy. (Could also mix on medium speed with a mixer, but that's not how it was done on the ridge.) Gradually add 1/2 cup of sugar and beat 5 to 7 minutes.
2. Add egg and beat until the yellow disappears.
3. Combine flour with baking powder and baking soda.
4. Stir together buttermilk and molasses.
5. Gradually add flour mixture to lard mixture, alternating with buttermilk mixture. Beginning and ending with flour mixture. Beat until blended.
6. Divide dough into 5 equal portions, pressing each portion in a cast iron skillet. (Can also use a 9-inch, greased cake pan.)
7. Prick dough several times with a fork. Sprinkle each layer evenly with a 1/2 teaspoon of sugar.
8. Bake at 400 degrees for 10 minutes or until golden brown. You'll bake a layer at a time.
9. Remove layers from pan and allow to cool completely on a wire rack.
10. Make the dried apple filling by stirring together apples and water in a large saucepan or Dutch oven. Bring to a boil, reduce heat, simmer 30 minutes or until apples are tender.

11. Stir in sugar and spices. Return to a boil, reduce heat, stirring occasionally for 10 to 15 minutes or until most of the liquid has evaporated.
12. Cool completely.
13. Spread 1 1/2 cups dried apple filling between each layer to within 1/2 inch of edge, beginning and ending with the cake layer. Loosely cover cake and let stand 2 days at room temperature.

Servings: 12

Source: Mahala Wilson

Butter Gooey Cake

Ingredients

1 box yellow cake mix	2 eggs
1 egg	1 teaspoons vanilla
1 stick butter, melted	1 stick butter, melted
8 ounces cream cheese	1 box powdered sugar

Method

1. Preheat oven to 350 degrees. Lightly grease a 9x13 pan.
2. With an electric mixer, combine cake mix, egg and butter. Mix well, then pat into bottom of prepared pan and set aside.
3. Still using an electric mixer, beat cream cheese until smooth; add eggs and vanilla. Dump in confectioner's sugar and beat well.
4. Reduce speed of mixer and slowly pour in butter. Mix well.
5. Pour filling onto cake mixture and spread evenly. Bake for 50 minutes.
6. There are several variations of this recipe.

PUMPKIN GOOEY: Use a spice cake, chocolate or yellow mix. Follow the original recipe, adding a 15-ounce can of pumpkin pie filling and an extra egg to the cream cheese filling. Cool and cut into squares and top each with a pecan half. Serve with whipped cream.

PINEAPPLE GOOEY: Add a 20-ounce can of drained, crushed pineapple and an extra egg to the cream cheese filling.

LEMON GOOEY: Use a lemon cake mix instead of yellow. Add the juice and zest of 2 lemons to the cream cheese filling.

CARROT CAKE GOOEY: Use a spice cake mix and add 1 cup chopped nuts and 1 1/2 cup finely grated carrots to the cream cheese filling.

PEANUT BUTTER GOOEY: Use a chocolate cake mix. Add 1 cup creamy peanut butter and an extra egg to cream cheese filling.

CHOCOLATE CHIP GOOEY: Use either yellow or chocolate cake mix. Sprinkle 1 cup chocolate chips and 1 cup chopped nuts of on top of filling.

BANANA GOOEY: Add 1 ripe banana and an extra egg to filling.

NUT GOOEY: Add 1 cup chopped nuts to cake mixture.

CHIPPY GOOEY: Stir in 1 cup chocolate chips, peanut butter chips, butterscotch morsels and/or Heath toffee bits to the filling.

Source: Ina Wilson

Carrot Cake

Ingredients

CAKE

3 cups grated carrots	4 eggs
2 cups all-purpose flour	1 1/2 cups vegetable oil
2 cups white sugar	1 1/4 teaspoons vanilla extract
2 teaspoons baking soda	3/4 cup chopped pecans
1 teaspoon baking powder	1 teaspoon ground cinnamon
1/2 teaspoon salt	

FROSTING

3 1/2 cups confectioners' sugar	1 1/4 teaspoons vanilla extract
8-ounce package cream cheese	1 cup chopped pecans
1/2 cup butter, softened	

Method

1. Preheat oven to 350 degrees. Grease and flour a 9x13 inch pan.
2. In a large bowl, combine grated carrots, flour, white sugar, baking soda, baking powder, salt and cinnamon. Stir in eggs, oil, 1 1/4 teaspoon vanilla and 3/4 cup chopped pecans. Spoon batter into prepared pan.
3. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
4. To Make Frosting: In a medium bowl, combine confectioners' sugar, cream cheese, 1/2 cup butter or margarine and 1 1/4 teaspoons vanilla. Beat until smooth, then stir in 1 cup chopped pecans. Spread on cooled cake.

Source: Linda Kidd, derived from AllRecipes.com

Creamsicle Cake

Ingredients

1 orange supreme cake mix	1 container Cool Whip
3-ounce package orange Jello-O	1 teaspoon vanilla
1/2 cup boiling water	2 small packages vanilla pudding, instant
1/2 cup cold water	1 1/2 cup milk

Method

1. Mix cake as directed on package for 13-by-9-inch pan. Cool.
2. Put holes with fork.
3. Mix Jello-O with boiling water and cold water and pour over cake. Refrigerate cake for 1 hour to set.
4. Make icing by mixing pudding with milk. Add a few drops of orange flavoring to taste. Then fold in Cool Whip.
5. Frost cake and keep refrigerated.

Servings: 15

Source: Jennifer Kidd

Earthquake Cake

Ingredients

1 cup pecans, chopped	1 cup coconut, shredded
1 box German chocolate cake mix	8 ounces cream cheese
1 stick margarine	1 box powdered sugar

Method

1. Spray 9x13 pan with no-stick spray.
2. Sprinkle nuts and coconut in bottom of pan.
3. Prepare cake mix as directed on box, then pour over the nuts and coconut.
4. Beat cream cheese, sugar and margarine together. Drop by teaspoons into top of the batter in pan.
5. Bake at 350 degrees for 45-50 minutes.

Source: Ina Wilson

Cats Game Day Cupcakes with Almond Cream Cheese Frosting

The level of devotion to University of Kentucky athletics in the eastern part of the state, from whence my family springs, is almost indescribable, particularly when it comes to basketball. Indeed, although I never actually lived in the state, I rooted for the Wildcats and knew every player during the latter part of the Joe B. Hall era. I looked forward to preseason, when Uncle Kenny would bestow one of the posters produced by his employer, Coca-Cola, with the season schedule and portraits of each player. Sam Bowie. Dirk Minnifield. Derrick Hord. Their allure was strong enough to distract me from the sunset of Frank McGuire's career at the University of South Carolina.

Gamecock gravity eventually proved inescapable for me, but the rest of my family's devotion seems unshakable, enduring even Billy Gillispie's unfortunate tenure. Perhaps other sports teams enjoy such adulation. But do Packer Backers, the Red Sox Nation or Cameron Crazies have their own dessert?

I thought not.

Ingredients

CUPCAKES

2 cups sugar	2 1/2 cups cake flour
2 sticks butter, softened	1 teaspoon salt
2 eggs	1 cup buttermilk
1 tablespoon cocoa powder	1 teaspoon vanilla extract
1 tablespoon Wilton royal blue gel food coloring	1/2 teaspoon baking soda
1 small dab of Wilton violet gel food coloring	1 tablespoon vinegar

FROSTING

8 ounces cream cheese, softened	1/2 teaspoon almond extract
1/2 stick of butter, softened	1 box powdered sugar

Method

1. Preheat oven to 350 degrees. Prepare cupcake pans with cupcake liners.
2. In a mixing bowl, cream sugar and butter, mixing until light and fluffy. Add eggs one at a time and mix well after each addition. Mix cocoa and food colorings together in a separate dish to form a paste, and then add to sugar mixture. Mix well. Sift together flour and salt. Add flour mixture to creamed mixture alternately with buttermilk. Blend in vanilla. In a small bowl, combine baking soda and vinegar and add to mixture.
3. Pour batter into liners evenly and bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool completely before frosting.

4. For frosting, blend cream cheese, butter and almond extract. Mix in powdered sugar. Spread or pipe onto cooled cupcakes.

Servings: 10

Source: Alexis Wilson

Fruitecake

Fruitecake gets a bad rap. Granny made it pretty well.

Ingredients

1 pound dates	1/2 cup butter
1 pound seedless raisins	1/4 cup brown sugar, packed
1/2 pound citron	1 egg
2 cups sugar	1/2 cup all-purpose flour
1 quart boiling water	1/8 teaspoon baking soda
1 teaspoon cinnamon	1/4 teaspoon salt
1 teaspoon nutmeg	1/4 teaspoon cinnamon, ground
1 teaspoon allspice	1/4 cup molasses, unsulfured
1/2 teaspoon cloves, ground	2 tablespoons milk
1/4 cup rum	

Method

1. Put first 10 ingredients in a pot, boil and let simmer 1/2 hour. Remove and stir in 2 rounded tablespoons of lard. Let stand overnight.
2. Preheat oven to 325 degrees F (165 degrees C). Butter a 6x3-inch loaf pan or round pan and line it with parchment paper.
3. In a large bowl, cream together butter and brown sugar until fluffy. Beat in egg. Whisk together flour, baking soda, salt, and cinnamon; mix into butter and sugar in three batches, alternating with molasses and milk. Stir in soaked mixture. Scrape batter into prepared pan.
4. Bake in preheated oven for 40 to 45 minutes. Cool in the pan for 10 minutes, then sprinkle with 2 tablespoons rum.
5. Cut out one piece parchment paper and one piece cheesecloth, each large enough to wrap around the cake. Moisten cheesecloth with 1 tablespoon rum. Arrange cheesecloth on top of parchment paper, and unmold cake onto it. Sprinkle top and sides of cake with remaining rum. Wrap the cheesecloth closely to the surface of the cake, then wrap with paper. Place in an airtight tin, and age for at least 10 weeks. If storing longer, douse with additional rum for every 10 weeks of storage.

Source: Leona Wilson

Gingerbread

Ingredients

1/2 cup sugar	1/2 teaspoon baking soda
1/2 cup butter	1/2 teaspoon ginger
1 cup molasses	1/2 teaspoon cinnamon
1/2 cup sour milk	

Method

1. Mix ingredients and put into a large loaf pan.
2. Bake at 375 degrees for about an hour.

Source: Leona Wilson

Peanut Butter Cake

Ingredients

2 cups flour	1 stick margarine
2 cups sugar	1/2 cup peanut butter
1 teaspoon baking soda	1 cup water
1/2 teaspoon salt	1/2 cup buttermilk
1/2 cup oil	1 teaspoon vanilla
2 eggs	

FROSTING

1/2 cup peanut butter	1 teaspoon vanilla
1/3 cup milk	1 box powdered sugar
1 stick margarine	

Method

1. Heat oil, water, peanut butter and butter. Bring to a boil and pour over dry ingredients.
2. Add buttermilk, eggs and vanilla.
3. Bake at 350 degrees for about 25 minutes or until done.
4. Make the frosting by melting peanut butter, milk and margarine in a sauce pan.
5. Add butter and sugar.
6. Spread on cooled cake.

Source: Ina Wilson

Petticoat Tails Shortbread

Ingredients

1 cup flour
1/4 cup sugar

1 stick butter

Method

1. Cream sugar and butter.
2. Add flour.
3. Using half of mixture, shape with hands into a round shape on a baking tray.
4. Prick all over and mark edges with flat of a fork. Mark lightly into triangles.
5. Repeat with the other half of the mixture.
6. Bake at 300 degrees for 20 minutes, watching closely to cook until brown.
7. Sprinkle with sugar.
8. Allow to cool on the tray until crisp.

Source: Debi Kidd

S'more Cheesecake

Ingredients

2 1/4 cups graham cracker crumbs
1/3 cup sugar
1/2 cup butter, melted
16 ounces cream cheese, softened
1 can sweetened condensed milk
3 eggs

1 cup mini semisweet chocolate chips
2 teaspoons vanilla
2 cup mini marshmallows
1/2 cup semisweet chocolate chips
1 tablespoon shortening

Method

1. In a small bowl, combine cracker crumbs and sugar, and stir in butter. Press into the bottom and 1 3/4 inches up the sides of a greased 10-inch springform pan. Set aside.
2. In a mixing bowl, beat the cream cheese, milk and vanilla until smooth. Add eggs and beat on low until combined.
3. Stir in mini chocolate chips and 1 cup of mini marshmallows. pour over crust. Bake at 325 degrees for 40-45 minutes or until center is almost set.
4. Sprinkle with marshmallows. Bake another 4-6 minutes longer or until marshmallows are puffed.

5. Meanwhile, melt regular chocolate chips and shortening. Stir until smooth. Drizzle over marshmallows.
6. Cool on wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen. Cool 1 hour longer.
7. Refrigerate overnight. Remove side of pan.

Source: *Kathleen Harper*

Rum Cake

Not quite the way Granny made it, I don't think, but close.

Ingredients

CAKE

- | | |
|--|---|
| 1 cup chopped walnuts | 3 tablespoons, plus 1/2 cup vegetable oil, divided |
| 1 3/4 cups all-purpose flour | 1 cup instant vanilla pudding mix (or one 3.4-ounce package of instant vanilla pudding) |
| 1/4 cup cornstarch | 4 eggs |
| 4 teaspoons baking powder | 3/4 cup whole milk |
| 1 teaspoon kosher salt | 3/4 cup dark rum (I prefer Captain Morgan's) |
| 1/2 cup unsalted butter, at room temperature | 1 tablespoon vanilla extract |
| 1 1/2 cups granulated sugar | |

SYRUP

- | | |
|-----------------------------|------------------|
| 3/4 cup unsalted butter | pinch of salt |
| 1 1/2 cups granulated sugar | 1/2 cup dark rum |
| 1/4 cup water | |

Method

1. Preheat oven to 325 degrees. Grease and flour a standard bundt pan (12-cup capacity). Sprinkle the chopped walnuts around the bottom; set aside.
2. In a medium bowl, whisk together the flour, cornstarch, baking powder, and salt; set aside.
3. Using an electric mixer on medium speed, cream together the butter and granulated sugar until light and fluffy, about 3 minutes. Add the flour mixture and the 3 tablespoons of vegetable oil, and mix on medium-low speed for a minute or two - the mixture should look like wet sand. Add the pudding mix and mix again on medium-low speed until combined.

4. In a medium bowl, whisk together the eggs, milk, rum, remaining 1/2 cup vegetable oil, and vanilla extract. Add the egg mixture to the dry ingredients and beat on medium speed until thoroughly combined, about 2 to 3 minutes, scraping the sides of the bowl as needed. (The batter will be quite thin - this is good! It will be nice and moist!)
5. Pour the cake batter into the prepared bundt pan and bake for 50 to 60 minutes, or until a tester inserted into the center of the cake comes out clean.
6. When the cake has about 10 minutes left to bake, start the rum syrup. Melt the butter in a medium-sized saucepan over medium heat. Once it is melted, add the sugar and the water. Boil for 5 minutes, stirring constantly. Turn off the heat and stir in the rum. Once it is mixed in, return it to medium heat for about 30 seconds.
7. When the cake comes out of the oven, immediately pour about one-third of the rum syrup over the bottom of the cake. Pour slowly so it has time to seep into the cake. Let it sit for 5 minutes.
8. Invert the cake onto a serving platter. Using a fork or a skewer, poke holes all over the cake - the top, sides, and around the inside. Don't be shy - all of the holes ensure that the rum syrup seeps into the cake evenly. Sloooooowly pour the remaining rum syrup over the top of the cake, allowing it to drip down the sides. You want to do this step very slowly (it took me almost 15 minutes) so that the syrup actually seeps into the cake and doesn't just pool on the bottom of the serving dish.
9. Allow the cake to cool to room temperature before serving. Leftovers can be kept, tightly wrapped, at room temperature for up to 5 days.

Source: Leona Wilson, derived from BrownEyedBaker.com

Red Velvet Cake

Ingredients

CAKE

- | | |
|---------------------------------|--------------------------------------|
| 1/2 cup shortening | 1 teaspoon vanilla extract |
| 1 1/2 cups white sugar | 1 cup buttermilk |
| 2 eggs | 2 1/2 cups sifted all-purpose flour |
| 2 tablespoons cocoa | 1 1/2 teaspoons baking soda |
| 4 tablespoons red food coloring | 1 tablespoon distilled white vinegar |
| 1 teaspoon salt | |

ICING

- | | |
|---------------------------------|--------------------------------|
| 5 tablespoons all-purpose flour | 1 cup butter, room temperature |
| 1 cup milk | 1 teaspoon vanilla extract |
| 1 cup white sugar | |

Simple Chocolate Confectioners Frosting

A quick way to make chocolate icing.

Ingredients

1 1/2 cups confectioners sugar	3 tablespoons milk, cold
1 teaspoons vanilla or other extract	1/2 cup cocoa powder

Method

1. Combine sugar, cocoa and extract in a bowl. Stir in the milk, one tablespoon at a time.
2. Mix until smooth.

Source: Jeff Kidd

White Mountain Icing

Ingredients

1/2 cup sugar

1/2 tablespoon vanilla

2 tablespoons water

2 egg whites

1/4 cup corn syrup

Method

Mix ingredients and stir until smooth.



Source: Leona Wilson

Blackberry Cobbler

The Wilsons didn't often forage the ridge for wild edibles, but blackberries were an exception — a painful, dangerous exception. To pick them, one donned long sleeves to ward off bugs and briars, a layer that made the task all the less enjoyable since blackberries ripen in the Kentucky hills for about two weeks in July, at the peak of summer temperatures.

Along with a bucket in which to place the blackberries, a good dog at your side is handy when you're rooting around in ditches and underbrush. Copperheads and other species of snakes abound on the ridge, but Oliver Wilson had Rex, a black mutt with an uncanny ability to sniff out serpents and bark a warning. Rex was with the family many years. (By the time I was a young'un, though, he had grown old and was nearly blind. I was afraid of

him because Granny told me he bit my cousin Wayne, although Wayne says he doesn't remember that. Rex spent his final months confined mostly to an outbuilding on the ridge, with my Uncle Kenny feeding him from a spoon.)

Mahala Wilson could have used a seeing eye dog one summer afternoon when she gathered up the grandchildren and went to the old Hall homeplace where she grew up, just up the gravel road from the farm she moved to when she married Burl. Something must have distracted her, for she stepped on a boarded-up old well and fell through. Fortunately, the well shaft had grown over, so she didn't fall straight to the bottom. Instead, she got hung up in some vines. However, she still managed to get soaked — and to get entangled on the way down. The grandkids were too little to be of much help, except to run toward the house and holler for an adult. Fortunately, neighbor Aaron Jennings had been plowing a field nearby when he heard her pleas for help and came to her rescue. She emerged with her long dress and apron clinging to her like a wet cat's fur, but Mahala was otherwise no worse for the wear.

Despite the hazards, the blackberries were big, plump and sweet enough that you just had to buck up and get them picked when the opportunity arose. My Aunt Ina, for example, picked blackberries and made jelly the day she gave birth to Wayne.

Recipes like Oliver's blackberry wine and Leona's cobbler made this all worthwhile.

Ingredients

1 stick butter	1 teaspoon cinnamon
2 cups water	1 1/2 cups sugar
1/2 cup shortening	1 1/2 cups self-rising flour
2 cups blackberries	1/3 cup milk

Method

1. Heat oven to 350 degrees and melt butter in 9x13 pan.
2. Heat sugar and water, then set aside.
3. Mix shortening in flour until fine crumbs form.
4. Add milk. Pat out half of mixture on a floured paper towel. Cut into strips and place on the melted butter in pan.
5. Add fruit, then the remaining half crust, prepared in same way.
6. Pour sugar and water over this. It looks like a sloppy mess, but that's OK. After baking for 55 to 60 minutes, it will straighten out nicely.

Servings: 12

Source: Ina Wilson/Leona Wilson

Apple Cobbler

This recipe is essentially the same as the blackberry cobbler, save the fruit. Apples were in abundant supply on the ridge ... and much less treacherous to pick.

Ingredients

1 stick butter	1 teaspoon cinnamon
2 cups water	1 1/2 cups sugar
1/2 cup shortening	1 1/2 cups self-rising flour
2 cups apples, sliced	1/3 cup milk

Method

1. Heat oven to 350 degrees and melt butter in 9x13 pan.
2. Heat sugar and water, then set aside.
3. Mix shortening in flour until fine crumbs form.
4. Add milk. Pat out half of mixture on a floured paper towel. Cut into strips and place on the melted butter in pan.
5. Add fruit, then the remaining half crust, prepared in same way.
6. Pour sugar and water over this. It looks like a sloppy mess, but that's OK. After baking for 55 to 60 minutes, it will straighten out nicely.

Servings: 12

Source: Ina Wilson/Leona Wilson

Chocolate Cobbler

Ingredients

2 sticks butter	1 teaspoon vanilla
1 1/4 cups sugar	3/4 cup milk
1 1/2 cups self-rising flour	

CHOCOLATE LAYER

1 cup sugar	2 cups water, boiling
6 tablespoons cocoa powder	

Method

1. Preheat oven to 350. In the oven, melt 2 sticks of butter in 9x13 glass baking dish.
2. In bowl, mix together the 1 1/4 cups of sugar, flour, vanilla and milk. Once the butter is melted, pour the batter over the butter, but do not stir.
3. In a separate bowl, mix together the cocoa and remaining sugar.

4. Sprinkle cocoa/sugar mixture on top of the batter. Do not stir.
5. Pour 2 cups boiling water on top and do not stir. Bake for 30-45 minutes It should come out with a golden, brown crust. Serve warm, with ice cream.

Servings: 12

Source: *Ina Wilson*

Peach Cobbler

Ingredients

8 peaches, peeled and sliced	another cup sugar
2/3 cup sugar	1 cup water
1 cup self-rising flour	1 stick margarine

Method

1. Sweeten peaches with a sprinkling of sugar. You can use canned sliced peaches, but use only about 1/2 of the juice if you do.
2. Mix flour and sugar, then add water. Stir until it's all a big, sloppy mess.
3. Place margarine in a 9x13 pan. Set in oven until melted.
4. Dip peaches gracefully out of pan and over sloppy mess. Place into oven, preheated to 350 degrees.
5. Bake until brown, about 40-60 minutes.

Source: *Ina Wilson*

Basic Nachos

Ingredients

1 pound ground beef	1 can whole kernel corn, drained
8 ounces shredded Cheddar cheese	1 package nacho-flavor tortilla chips
1 can stewed tomatoes, drained	1 package taco seasoning mix

Method

1. Brown beef in a large skillet over a medium-high heat. Drain the fat from the pan once the meat is browned. Mix in taco seasoning mix.
2. Mix cheddar cheese, tomatoes and corn into the meat. Heat this mixture, stirring occasionally.
3. While the mixture is heating, make beds of chips onto 4 plates. Pour the hot mixture over the chips.

Source: *Linda Kidd*

Cornbread & Buttermilk

This was one of Mom's favorite after-dinner snacks. She sometimes used milk and sometimes used buttermilk.

Ingredients

leftover Kentucky cornbread

buttermilk

Method

1. Crumble Kentucky cornbread into a large glass or tumbler until about half full.
2. Fill the rest with buttermilk and stir with a spoon.

Servings: 1

Source: Linda Kidd

GORP

You could also call this SCARF. That's what my sister and I did whenever Mom stuck a jar of this in the refrigerator. It didn't last long.

Ingredients

1 cup salted peanuts (or dry roasted peanuts)

1 cup raisins

1 cup butterscotch chips

1 cup pretzel sticks

(you can also use chocolate chips or M&Ms)

Method

Put the ingredients in a sealable storage bag and shake. You can store it in the bag or transfer it to a jar or Tupperware bowl.

Source: Linda Kidd

Homemade Ice Cream

Homemade ice cream usually starts with a con. Turning the crank on the maker not only moved us closer to desert time, it seemed like an important, adult responsibility. The half-dozen older grandchildren pleaded for a turn at the crank.

After expressing serious doubts, the grown-ups always relented and let us take over.

That was quite a trick they played on us. I'm lucky I didn't need rotator cuff surgery after a summer trip to the ridge.

Ingredients

1 (14-ounce) can sweetened condensed milk

2 teaspoons vanilla

1 (5-ounce) can evaporated milk

2 cups whole milk

2 tablespoons sugar

Method

1. Whisk all ingredients in a 2-quart pitcher or large bowl until blended. Cover and chill 30 minutes.
2. Pour milk mixture into freezer container of a 1-quart electric ice-cream maker, and freeze according to manufacturer's instructions. Pfft. Yeah, right. Put a few quarts of water in the bucket of a wooden hand churn to allow the wood to swell and form a tight seal, particularly if you haven't used the maker in a while. After pouring the ice cream mixture into cylinder and locking it shut, fill the sides with four or five inches of ice, then sprinkle rock salt evenly over the ice. Add another four inches of ice and another cup of salt. Don't fill beyond the top of the ice cream container. Pour 2 cups of water over the ice and get to cranking'.
3. You'll have to crank for at least 20 minutes, and usually longer, until continuing is like trying to crank a seized motor.
4. Take off the top of the crank assembly, being careful to keep the lid on so salt water doesn't ruin desert. Remove the cylinder.
5. Some recipes will suggest putting the ice cream container in a freezer for 15 minutes, which is a pretty good idea. Others will suggest you go one step further and put the ice cream in a container freeze until firm, about 1 to 1 1/2 hours. ... "About 1 to 1 1/2 hours?" Good luck waiting that long with a bunch of excited young'uns who've just churned cramps into biceps. At Grandma and Papaw's house, the ice cream got served right out of the container. It was a little softer than soft-serve and melted quickly, but mmmmmm, mmmmm, it was good.
6. You can put peaches and other fruit in the mix when you make it, or substitute 2 cups of whole chocolate milk and 2/3 cup chocolate syrup for the sugar, vanilla, and whole milk. We usually ate it plain vanilla or doused it with Hershey's syrup from one of those old metal cans.

Source: *Leona and Oliver Wilson*

Ice Cream Without the Churn

In a hurry? Got a bum shoulder? Try this recipe instead.

Ingredients

4 eggs	1 3/4 cups sugar
1 can evaporated milk	3 ounces instant vanilla pudding
1 teaspoon vanilla	1 1/2 quarts milk
2 tablespoons flour	

Method

1. Combine sugar, flour and evaporated milk in pan. Add one cup of the milk that has eggs beaten into it.
2. Cook over low heat, stirring constantly until thickened.
3. Remove from heat, then add vanilla, pudding and remaining milk. Allow to cool for a few minutes.
5. Pour into 2-quart container and freeze.

Servings: 6

Source: Ina Wilson

Chocolate Chip Cookie Ice Cream Sandwiches

For a couple of summers when I was in middle school, Mom made these by the dozens and wrapped them up in foil. There was nothing better than coming in from a hot afternoon of fishing, rooting around behind the frozen peas and pulling out one of these puppies.

Ingredients

Tollhouse cookies

4 cups ice cream

Method

1. Make cookies according to directions for Tollhouse cookies elsewhere in this chapter, except you'll want to make the cookies a bit larger and make sure you space them at least 2 inches apart on the cookie sheet to ensure they don't run together.
2. Cook until edges are light golden brown. Cool 1 minute before removing from cookie sheet, then allow to cool completely, about 30 minutes.
3. For each ice cream sandwich, place 1 scoop of ice cream (about 1/3 cup) between 2 cookies. Gently press cookies together (ice cream should spread to edge of cookies).
4. Eat immediately, OR to save for later, wrap sandwiches individually in foil and freeze.

Source: Linda Kidd

Naners Foster

I was quite impressed when Debi made this for me. Any food you set aflame indoors seems very highfalutin to me. Anyway, I made one adjustment to this recipe — I insist upon Captain Morgan's spiced rum.

Ingredients

1 stick butter

4 bananas peeled and halved, cut lengthwise

1/2 cup brown sugar

1/4 cup Captain Morgan's 151-proof rum

Dash cinnamon

Method

1. Melt butter in a large skillet. Add brown sugar, cinnamon and stir together.
2. Add the bananas and cook until caramelized over medium-high heat. Pour in the rum and light with a barbecue grill lighter. Stand back when ignited and flambe. (Be careful; a flame will likely shoot up above the pan.) Let flame die down.
3. Serve over vanilla ice cream.

Servings: 5

Source: *Debi Kidd, derived from Paula Deen recipe*

Caramel Popcorn

Ingredients

2 sticks butter	1/2 teaspoon salt
2 cups brown sugar, packed	1/2 teaspoon vanilla
1/2 cup sugar	1/2 teaspoon baking soda
1/2 cup white corn syrup	8 quarts popped corn

Method

1. Put butter, sugars, syrup and salt in heavy sauce pan. Bring to a boil while stirring.
2. Reduce heat and boil 5 minutes without stirring.
3. Remove from heat and add vanilla and soda. Mixture will foam and change color.
4. Have popped corn in 2 buttered 9x12 pans. Pour mixture over corn and stir with wooden spoon to coat. Peanuts can be added at this point if desired.
5. Place in 250-degree oven for about 45 minutes, stirring every 15 minutes. Remove, break apart and store in airtight container.

Source: *Linda Kidd*

Wilson Cracker Jacks

Ingredients

1/2 cup syrup	8 quarts popped popcorn
2 cups brown sugar	1 teaspoons salt
1/2 cup sugar	1/2 teaspoon baking soda
2 sticks margarine	1 teaspoon vanilla
8 ounces peanuts	

Method

1. Pop corn as usual. Place in a large pan.

2. Combine syrup, brown sugar, white sugar and butter in a heavy skillet. Bring to a boil, then turn to medium and cook for 5 minutes.
3. Remove from heat and add baking soda and vanilla.
4. Pour over popcorn and stir.
5. Bake at 250 degrees for 1 hour. Stir often to prevent scorching.
6. Add peanuts during first stir.

Source: *Ina Wilson*

Chex Mix

This was always a popular wintertime snack. This version of the recipe is taken directly from BettyCrocker.com, although we usually excluded the bagel chips and usually used peanuts instead of mixed nuts.

Ingredients

3 cups Corn Chex cereal	6 tablespoons butter or margarine
3 cups Rice Chex cereal	2 tablespoons Worcestershire sauce
3 cups Wheat Chex cereal	1 1/2 teaspoons seasoned salt
1 cup mixed nuts	3/4 teaspoon garlic powder
1 cup bite-size pretzels	1/2 teaspoon onion powder
1 cup garlic-flavored bagel chips, broken into 1-inch pieces	

Method

1. In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.
2. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Servings: 24 **Source:** *Lots of folks, derived from "Betty Crocker Cookbook"*

Buckeyes

Mom usually made these around Christmas But only around Christmas time. Maybe we were missing the boat.

Ingredients

1 1/2 cups peanut butter	6 cups confectioners' sugar
1 cup butter, softened	4 cups semisweet chocolate chips
1/2 teaspoon vanilla extract	

Method

1. In a large bowl, mix together the peanut butter, butter, vanilla and confectioners' sugar. The dough will look dry. Roll into 1 inch balls and place on a waxed paper-lined cookie sheet.
2. Press a toothpick into the top of each ball (to be used later as the handle for dipping) and chill in freezer until firm, about 30 minutes.
3. Melt chocolate chips in a double boiler or in a bowl set over a pan of barely simmering water. Stir frequently until smooth.
4. Dip frozen peanut butter balls in chocolate holding onto the toothpick. Leave a small portion of peanut butter showing at the top to make them look like Buckeyes. Put back on the cookie sheet and refrigerate until serving.

Source: Linda Kidd, derived from AllRecipes.com

Butterscotch Haystacks



Hay is for horses. So the fact that it was grown on the ridge makes a story about it only obliquely relevant to a book of recipes intended for human consumption.

Nonetheless ...

Hay could be used for more than horse feed, of course. For instance, it was used to line the holes where the Wilsons stored potatoes for the winter. And since the farm was not heavily

mechanized and mules and horses and cows had to be fed, the Wilsons grew hay, like most folks they knew.

However, the family did not own a hay bailer, so at cutting time, they gathered the hay by hand and stacked it in a circle around a long pike set vertically in the ground. Round and round my mom, aunts and uncles went, piling the hay higher and higher until they had reached the top of the pike and achieved something shaped like ... well ... a haystack. The outer hay was then raked downward to direct rain groundward and form something of a shell that would allow the hay beneath to keep for a while.

No butterscotch was involved in the making of these haystacks, which seems a serious deficiency, but a deft segue into a description of this dessert. My mom made this once in a while, and my wife, Debi, has produced various iterations of this, as well.

Stacking hay must be for the women folk, though. The photo accompanying this recipe is from a batch I made. I didn't double-boil the butterscotch chips worth a darn, I had to

double-up on the chocolate chips and so my haystacks looked as though they were piled during a hard rain. Plus, I used chow mein noodles instead of shoestring potatoes. I greatly prefer the latter for their crispiness and saltiness.

Ingredients

12 ounces Butterscotch chips
12 ounces Semisweet chocolate chips
12 ounces Potato shoestrings

Method

1. In a large sauce pan over low heat, melt the butterscotch and chocolate chips.
2. Add the shoestrings, coating well.
3. Spoon on to wax paper and chill until firm.

Source: Linda Kidd

Kathleen's Bourbon Balls

My cousin's wife, Kathleen, never touches alcohol ... except to make this dessert. But she doesn't eat it. She doesn't know what she's missing.

Ingredients

1 cup chopped nuts
5 tablespoons Maker's Mark
2 tablespoons Jim Beam Devil's Cut
1/2 cup butter, softened
16 ounces confectioners' sugar
18 ounces semisweet chocolate

Method

1. Place the nuts in a sealable jar. Pour Maker's Mark over the nuts.
2. Seal and allow to soak at least overnight. Kathleen often lets them soak as long as three weeks.
3. Mix the butter and sugar.
4. Fold in the soaked nuts.
5. Form into three-quarter-inch balls.
6. Using a sucker stick, poke a hole in the top of each ball. Pour Jim Beam into each hole.
7. Refrigerate overnight.
8. Line a tray with waxed paper.
9. Melt the chocolate in the top of a double boiler over barely simmering water, stirring frequently.
10. Roll the balls in melted chocolate to coat. Arrange on the tray, then refrigerate.

Source: Kathleen Harper

Chocolate Covered Bacon

This was going to be the recipe that put my family on easy street. While lounging on my couch one day, I contemplated the the appeal of chocolate covered peanuts — that mix of sweet and salty. Why not kick up the protein and slather another food that I like even more than peanuts?

Debi told me it was a stupid idea.

A few years later, it seemed you could find prepackaged chocolate-covered bacon and chocolate-covered bacon recipes everywhere you turned. I included this recipe here, even though I've never made it. Apologies if it tastes bitter.

Ingredients

16 slices applewood smoked bacon, thick cut, cooked crisp and cooled, cut in half
3 (4-ounce) bars semisweet chocolate, chopped (recommended: Ghirardelli)
1 (4-ounce) bar white chocolate, chopped

Method

1. Melt both the semisweet chocolate and white chocolate in separate double boilers. Whisk until completely smooth. Remove them from the heat.
2. Dunk the bacon into the semisweet chocolate and make sure it is completely coated. Let excess drip off and lay on a parchment or waxed paper lined quarter sheet tray. Repeat with all the bacon slices.
3. Drizzle the white chocolate over the chocolate covered bacon. Put the sheet tray in the refrigerator to set, about 20 to 30 minutes. Remove from the sheet tray to a serving dish and serve.

Servings: 4

Source: *The Food Network*

Keep Your Nuts Out of My Fudge

Look, sometimes Mom made fudge that included a half cup to a cup of chopped walnuts. So I'm not saying it never happened. Just saying it shouldn't.

Ingredients

3 cups sugar	12 ounces of semi-sweet chocolate or chocolate chips, chopped
3/4 cup butter or margarine	
5-ounce can evaporated milk (Do not use sweetened condensed milk.)	7-ounce jar marshmallow cream
1 teaspoon vanilla	

Method

1. Grease 9-inch pan.
2. Bring sugar, butter and evaporated milk to full rolling boil in 3-quart saucepan on medium heat, stirring constantly. Cook 4 minutes or until candy thermometer reaches 234 degrees, stirring constantly.
3. Remove from heat.
4. Add chocolate and marshmallow creme; stir until melted. Add vanilla; mix well.
5. Pour into prepared pan; spread to cover bottom of pan. Cool completely. Cut into squares.

Source: Linda Kidd, derived from Kraft recipe

No-Bake Chocolate and Oatmeal Cookies

Ingredients

- | | |
|-----------------------------|--------------------------------------|
| 1/2 cup butter or margarine | 1/2 cup creamy peanut butter |
| 2 cups sugar | 2 teaspoons vanilla |
| 1/2 cup milk | 3 -3 1/2 cups dry quick-cooking oats |
| 4 tablespoons cocoa | |

Method

1. Add the first four ingredients into a 4-quart sauce pan.
2. Bring to a rolling boil and hold for 1 minute.
3. Remove from heat.
4. Add peanut butter into the hot mixture and stir until melted.
5. Add in vanilla. (almond extract is good also, but I only use 1/2 teaspoon almond and 1 1/2 teaspoon vanilla).
6. Mix in the oats and drop by tablespoons onto wax paper.
7. Let cool until set.

Source: Linda Kidd

S'mores

This is another one of these recipes that seems almost too simple and prevalent to include. Yet, I'm overcome by a sense of duty to make known my utter appreciation for this gooey confection. Most families make these around campfires, and I've had them there, of course. But I think my wife and kids most closely associate S'mores with steak dinners. Invariably, this is dessert, with marshmallows roasted over the fading coals.

Ingredients

4 rectangles from Hershey's chocolate bars 1 graham cracker, split in half
2 marshmallows

Method

1. Snap a graham cracker in half. Place four rectangles of chocolate on one side; sit the other side nearby.
2. Skewer two marshmallows and roast over a campfire, grill or stove burner. Only you can decide how best to prepare your marshmallow — barely browned or charred on the outside? But keep in mind, it definitely helps melt the chocolate if you get the marshmallow hot enough to melt the inside.
3. When the marshmallows are finished roasting, place on top of the chocolate. Cover with the other half of graham cracker, and use it to keep the goo off of you as you remove the skewer from the marshmallows.

Servings: 1

Source: *Jeff Kidd and many, many thousands of others*

Lush Pudding Dessert

Ingredients

1 stick margarine, melted 1 container Cool Whip
8 ounces cream cheese, softened 1 cup flour
2 packages instant pudding 1/2 cup chopped nuts
flavor of your choice, small
1 cup powdered sugar 3 cups milk, cold

Method

1. Mix margarine, flour and 1/2 cup of nuts, 1 tablespoon of powdered sugar. Pat into bottom of 9x13 pan.
2. Bake 15 minutes at 350 degrees. Let cool.
3. Mix remaining powdered sugar, half of the whipped topping and cream cheese. Spread over crust.
4. Mix pudding and milk for 2 minutes on low speed. Spread over cream cheese mixture. Top with remaining cool whip and sprinkle with additional nuts.
5. Refrigerate several hours before serving.

Servings: 12

Source: *Kathleen Harper*

Two-Minute Fudge

Ingredients

1 box confectioners' sugar	1 tablespoon vanilla
1/2 cup cocoa	1 stick butter
1/4 teaspoon salt	1 cup nuts
1/4 cup milk	

Method

1. Mix all ingredients except butter and nuts in a 1 1/2-quart casserole dish.
2. Place stick of butter on top. Microwave on high for 2 minutes.
3. Stir together and add nuts.
4. Place on wax paper and refrigerate for 1 hour or freeze 20 to 30 minutes.

Source: Elaine Ray

Egg Custard

Ingredients

Leona's Biscuit Dough or Bisquick Biscuit dough	1 teaspoon nutmeg
1 egg	1/2 cup sugar
1 cup sweet condensed milk	1 teaspoon vanilla
1 handful flour	

Method

1. Line a small pie pan with plain biscuit dough rolled thin. In a separate bowl, mix the remaining ingredients.
2. Pour the mixture into the crust and bake at 375 degrees. Mixture will bubble, and when bubbles settle, the custard is finished.

Servings: 4

Source: Ina Wilson

Easy Nanner Pudding

There's not a barbecue hut or church potluck in the entire South that does not feature banana pudding. And for good reason. And we can do this the hard way or the easy way.

Ingredients

1 box vanilla wafers	1 container Cool Whip
1 large package vanilla instant pudding	4 bananas sliced

Method

1. Mix pudding mix as directed on box.
2. Layer vanilla wafers, bananas, mix vanilla pudding and Cool Whip together. Spread pudding mixture over bananas and vanilla wafers. Should make about 3 layers.
3. Top with Cool Whip. Let sit in refrigerator for at least 1 hour before serving.

Servings: 8

Source: *Debi Kidd/Elaine Ray*

Not So Easy Nanner Pudding

Still not difficult; just not as easy as the Easy Banana Pudding recipe.

Ingredients

8 ounce package cream cheese	1 teaspoon vanilla extract
14 ounce can sweetened condensed milk	8 ounce container frozen whipped topping, thawed
5 ounce package instant vanilla pudding mix	4 bananas, sliced
3 cups cold milk	1/2 (12 ounce) package vanilla wafers

Method

1. In a large bowl, beat cream cheese until fluffy. Beat in condensed milk, pudding mix, cold milk and vanilla until smooth. Fold in 1/2 of the whipped topping.
2. Line the bottom of a 9x13 inch dish with vanilla wafers. Arrange sliced bananas evenly over wafers. Spread with pudding mixture. Top with remaining whipped topping. Chill.

Servings: 10

Source: *Debi Kidd, derived fom AllRecipes.com recipe*

Sands

Ingredients

2 cups flour	1 cup pecans, finely chopped
1 cup butter	confectioners sugar
1/4 cup sugar	

Method

1. Cream butter and sugar.
2. Mix in flour and pecans, shape cookies into crescent shape.
3. Bake at 350 degrees for 15 minutes.

4. Roll cookies in confectioners sugar while still warm.
5. Cool on rack.

Source: Elaine Ray

Snickerdoodles

Ingredients

1 1/2 cups sugar	2 3/4 self-rising flour
1/2 cup margarine, softened	1/4 teaspoon salt
1/2 cup vegetable shortening	1/4 cup sugar
2 eggs	2 teaspoons ground cinnamon

Method

1. Heat oven to 400 degrees.
2. Mix 1 1/2 cups sugar, the butter, shortening and eggs in large bowl. Stir in flour and salt.
3. Shape dough into 1 1/4-inch balls. Mix 1/4 cup sugar and the cinnamon. Roll balls in cinnamon-sugar mixture. Place 2 inches apart on ungreased cookie sheet.
4. Bake 8 to 10 minutes or until set. Remove from cookie sheet to wire rack.

Source: Linda Kidd

Molasses Cookies

Ingredients

1 cup brown sugar	1/4 cup water, boiling
1 egg	salt, to taste
1 cup molasses	flour
3/4 cup lard, melted	

Method

1. Mix the ingredients together, adding just enough flour to knead.
2. Roll, cut and bake in one at 450 degrees.

Source: Leona Wilson

Tollhouse Cookies

I don't suppose this recipe belongs to any one family. Lord knows we made it over and over, though. Chocolate chip is just the go-to cookie.

Ingredients

2 1/4 cups all-purpose flour	3/4 cup packed brown sugar
1 teaspoon baking soda	1 teaspoon vanilla extract
1 teaspoon salt	2 large eggs
1 cup (2 sticks) butter, softened	2 cups (12-ounce package) Nestle Toll House semisweet chocolate chips
3/4 cup granulated sugar	1 cup chopped nuts (I don't like 'em but lots of folks are just determined to ruin a good cookie, so ...)

Method

1. Preheat oven to 375 degrees.
2. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.
3. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.
4. **PAN COOKIE VARIATION:** Grease 15 x 10-inch jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.
5. **BLONDIE VARIATION:** Replace chocolate chips with butterscotch chips, or go half and half with butterscotch and chocolate.

Source: Nestle ... and every American kitchen in, well, America.

Nanaimo Bars

Ingredients

BOTTOM LAYER

1/2 cup unsalted butter	1 1/4 cups graham cracker crumbs
1/4 cup sugar	1/2 cup finely chopped almonds
5 tablespoons cocoa powder	1 cup shredded coconut
1 egg beaten	

MIDDLE LAYER

1/2 cup unsalted butter	2 tablespoons instant vanilla pudding mix
2 tablespoons, plus 2 teaspoon half-and-half	2 cups powdered sugar

TOP LAYER

4 ounces semi-sweet chocolate

2 tablespoons unsalted butter

Method

1. Melt first 3 ingredients in top of double boiler. Add egg and stir to cook and thicken (Roughly 3 minutes.)
2. Remove from heat. Stir in crumbs, coconut, and nuts. Press firmly into an ungreased 8x8-inch pan.
3. Cream butter, half-and-half, vanilla pudding mix, and powdered sugar together well. Beat until light. Spread over bottom layer.
4. Melt chocolate and butter over low heat. Cool. Once cool, but still liquid, pour over second layer and chill in refrigerator.
5. Cut into 1 inch squares and serve slightly chilled.

Source: Richard Shaver

You'll Puke and Still Love Them Brownies

When I was in college, I had a bad experience with fuzzy navels. It involved driving the white bus. Yelling at my shoes. Heaving. It was years before I could stomach a canned peach, let alone another of this mixed drink. That's an experience I imagine many have had — food traveling the wrong way down a one-way track ruins your taste for it.

Which brings me to my immutable love for all things chocolatey, fudgey and cocoa-esque.

When I was 4 or 5, Mom made a pan of brownies and sat me down in front of them to answer a phone call. By the time she had hung up about 20 minutes later, I had scarfed down more than half the 9x13 pan.

Later that night, I turned my pajamas brown.

But I still love brownies. And candy bars. And fudge.

Doesn't matter which way they're traveling.

Ingredients

1/2 cup butter

1/4 teaspoon baking powder

1 cup white sugar

1/2 cup chocolate chips

2 eggs

3 tablespoons butter, softened

1 teaspoon vanilla extract

3 tablespoons unsweetened cocoa powder

1/3 cup unsweetened cocoa powder

1 tablespoon corn syrup

1/2 cup all-purpose flour

1 teaspoon vanilla extract

1/4 teaspoon salt

1 cup confectioners' sugar

Method

1. Preheat oven to 350 degrees. Grease and flour an 8x8 pan.
2. In a saucepan, melt 1/2 cup butter. Remove from heat, and stir in sugar, eggs and 1 teaspoon vanilla. Beat in 1/3 cup cocoa, 1/2 cup flour, salt and baking powder. Add chocolate chips and continue to mix.
3. Spread batter into prepared pan.
4. Bake in preheated oven for 25 to 30 minutes. Whatever you do DO NOT OVERCOOK. Brownies MUST be gooey. And they MUST be free of nuts. THEY MUST, THEY MUST, THEY MUST!
5. Combine 3 tablespoons butter, 3 tablespoons cocoa, 1 tablespoon corn syrup, 1 teaspoon vanilla, and 1 cup confectioners' sugar. Frost brownies while they are still warm.
6. Serve with ice cream or solo.

Source: Jeff Kidd

Buster Bars

Ingredients

42 Oreo cookies	2 cups powdered sugar
1/2 cup margarine	2/3 cups chocolate chips
1/2 gallon vanilla ice cream, softened	8 ounces salted peanuts
1 can evaporated milk, (14 ounces)	

Method

1. Crush cookies. (2 cups of graham cracker crumbs or vanilla wafers can be used in place of Oreos.) Add 1/2 cup melted margarine and mix well.
2. Press into 13x9-inch pan.
3. Spread softened ice cream over crust. Freeze until firm.
4. Combine powdered sugar, chocolate chips, 1/2 cup margarine and evaporated milk in saucepan. Allow chocolate chips to melt, then bring to a boil and simmer for 10 minutes.
5. Let cool completely, then pour over ice cream, spreading evenly.
6. Top with peanuts.
7. Return to freezer overnight.

Source: Ina Wilson

Graham Cracker Dream Bars

Ingredients

1 box graham crackers	1 cup coconut
1 1/2 cups butter	1 cup nuts, chopped
1/2 cup brown sugar	1 cup graham cracker crumbs
1/2 cup white sugar	2 cups powdered sugar
1 egg	1 teaspoon vanilla
1/2 cup milk, plus 1 tablespoon	

Method

1. Line a 9x13 pan with whole graham crackers.
2. Mix in a saucepan 1 cup butter, brown sugar and white sugar. Bring to a boil.
3. Add the slightly beaten egg and 1/2 cup milk, mixed together. Bring to a boil again, stirring constantly so the egg will not separate and clump.
4. Remove from heat and add coconut, nuts and graham cracker crumbs. Spread on graham crackers.
5. Top with another layer of graham crackers.
6. Mix 1/2 cup butter, powdered sugar, vanilla and 1 tablespoon of milk, then spread on top layer of graham crackers.
7. Refrigerate until cool, then cut. Best if refrigerated for several hours to allow the crackers to soften.

Source: Ina Wilson

Mississippi Mud Pie

Ingredients

2 cups graham cracker crumbs	12 ounce container nondairy whipped topping, thawed
1/4 cup sugar	3 1/2 ounce package instant chocolate pudding mix
1/2 cup butter or 1/2 cup margarine, melted	3 1/2 ounce package instant butterscotch pudding mix
8 ounce package cream cheese, softened	3 cups milk
3/4 cup sugar	

Method

1. Combine graham cracker crumbs, 1/4 cup sugar and butter.
2. Press firmly onto the bottom and sides of a 9-inch pie plate.
3. Blend together the cream cheese and sugar; mixing well.
4. Fold in half the nondairy whipped topping.
5. Spread mixture in the crust-lined pie plate.
6. Whisk together the pudding mixes and milk; mixing well.
7. Spread on top of the cream cheese mixture.
8. Top with the remaining nondairy whipped topping.

Source: Leona Wilson, derived from Food.com

Buttermilk Pie

Ingredients

1 9-inch pie shell, unbaked	3 eggs, beaten
1/2 cup butter, softened	1 cup buttermilk
2 cups sugar	1 teaspoon vanilla
3 tablespoons flour	1 dash ground nutmeg

Method

1. Preheat oven to 350 degrees.
2. Prepare unbaked pie plate.
3. Cream butter & sugar together with mixer.
4. Add flour & eggs, beat well.
5. Stir in buttermilk, vanilla and nutmeg. Pour into pie shell.
6. Bake on lower oven rack for 45-50 minutes. Let cool on wire rack.

Servings: 8

Source: Alexis Wilson

Pecan Pie

Ingredients

1 cup Karo dark corn syrup	1 teaspoon vanilla extract
3 eggs	1 1/2 cups pecans, halved
1 cup sugar	1/2 teaspoon cornstarch
2 tablespoons butter, melted	Leona's Pie Crust

Method

1. Preheat oven to 350 degrees
2. Mix corn syrup, eggs, sugar, butter, cornstarch and vanilla using a spoon. Stir in pecans.
3. Pour filling into pie crust.
4. Bake on center rack of oven for 60 to 70 minutes.
5. Cool on wire rack.

Source: Leona Wilson

Pumpkin Pie

Ingredients

2 cups pumpkin	1/4 teaspoon salt
1/2 cup sugar	7/8 cup milk
1/4 teaspoons nutmeg	1 egg, beaten
1/2 teaspoons cinnamon	Leona's Pie Crust or Bisquick Pie Crust
1/2 teaspoon ginger	

Method

1. Cook and strain pumpkin or use canned. Add spices, salt and milk and heat through.
2. Stir in eggs and pour into pie shell or crust made from Leona's Pie Crust (baked about 5 to 10 minutes in hot oven.)
3. Continue baking until done, for about 25 to 45 minutes in moderate heat, about 350 degrees.

Source: Leona Wilson

Raisin Pie

Ingredients

3 eggs, beaten	2 1/2 tablespoons lemon juice
1 cup sugar	2 tablespoons butter, melted
1/2 teaspoon cinnamon	1 cup raisins
1/2 teaspoon nutmeg	1 Leona's Pie Crust, unbaked
1/4 teaspoon salt	

Method

1. Combine eggs, sugar, spices, salt, lemon juice and butter.
2. Stir in raisins, then pour into pastry shell.
3. Bake at 375 degrees for 35 to 40 minutes or until filling is set in center. Leona Wilson always made homemade pie crust and make a lattice crust on top.

Source: Ina Wilson/Leona Wilson

Peach Pie

Ingredients

Leona's Pie Crust or Bisquick Pie Crust, bottom and top	1 teaspoon cinnamon
5 cups peaches, sliced	2 tablespoons butter
1 cup sugar	2 tablespoons sugar
1/2 cup flour	

Method

1. Put pie crust in 9-inch pie pan.
2. Mix peaches, sugar, flour and cinnamon. Place in pie pan.
3. Cover with top crust. Dot 2 tablespoons of butter across top of pie and sprinkle with sugar.
4. Slit crust with knife so steam can escape.
5. Bake at 425 degrees 25 to 35 minutes, until crust is golden brown.

Source: Linda Kidd

Pumpkin Pecan Pie

Thanksgiving presents so many difficult choices. Pumpkin pie for dessert? Or pecan pie? This is the recipe that says, "Why pick?"

Ingredients

PUMPKIN FILLING

1 egg	1/2 teaspoon cinnamon
1 cup canned pumpkin	1/4 teaspoon ginger
1/3 cup sugar	

TOPPING

2 eggs	
2/3 cup light corn syrup	1/2 teaspoon vanilla

2/3 cup sugar
2 tablespoons butter

1 cup pecans
Leona's Pie Crust or premade crust

Method

1. Place crust made from Leona's Pie Crust in 9 inch pie pan.
2. Mix pumpkin filling ingredients, then spread evenly in the pie dish.
3. Beat eggs lightly. Stir in corn syrup, sugar, margarine and vanilla until well blended.
4. Stir in pecans.
5. Spoon over pumpkin filling.
6. Bake 50-60 minutes at 350 degrees.

Source: Debi Kidd

Italian Coconut Cream Pie

Ingredients

PIE FILLING

2 cups sugar
1 stick butter
1/2 cup shortening
5 egg yolks
1 cup buttermilk
5 egg whites beaten stiff

2 cups flour
1/2 teaspoon salt
1 teaspoon soda
1 teaspoon vanilla
2 cups coconut
1 cup nuts

ICING INGREDIENTS

8 ounces cream cheese
1 teaspoon vanilla

1 box powdered sugar
1/4 cup coconut

Method

1. Preheat oven to 350 degrees and grease three 8-inch cake pans.
2. Mix first three ingredients until smooth.
3. Add yolks one at a time.
4. Sift dry ingredients and add buttermilk. And the vanilla and coconut.
5. Fold in stiffly beaten egg whites.
6. Bake 25 to 30 minutes.
7. For frosting, combine ingredients and top the pie.

Source: Ernestine Wilson

Leona's Butterscotch Pie

Ingredients

Leona's Pie Crust

1 cup sugar

4 tablespoons cream

4 tablespoons butter

2 egg yolks

6 tablespoons flour

1 cup milk

Method

1. Make pie crust from Leona's Pie Crust. Place in a 9-inch pie pan.
2. In a bowl, mix yolks, flour and milk.
3. Brown sugar, cream and butter in a cast iron skillet. It should look light brown.
4. Add the egg/flour/milk mixture into skillet, stirring constantly. Cook until thick.
5. When pie crust cools, pour in filling. Top with meringue.



Source: Leona Wilson

Meringue

Just about every pie you can think of goes better with meringue. Here's a basic recipe.

Ingredients

3 egg whites

3/4 cup white sugar

1/4 teaspoon cream of tartar

Method

In large bowl, beat egg whites and cream of tartar with electric mixer until foamy. Gradually add sugar, beating until mixture forms stiff peaks.

Source: Leona Wilson

Leona's Fried Apple Pies

Leona Wilson made no more distinctive dish than her fried apple pies. Often, they were eaten for breakfast, but they were good all day long. Her grandchildren particularly loved them, but when she passed away, the family realized no one had ever written down the recipe. This one is cobbled together from memory.

The distinctive thing about these pies is that the filling didn't really taste like an apple turnover or apple pie. It was spicier, more like apple butter.

Ingredients

18 ounces apples, dried, sliced

6 cups water

1 cup brown sugar, firmly packed

1 teaspoon cinnamon

1/2 teaspoon allspice

1/2 teaspoon nutmeg

Batch of Leona's Biscuit Dough



Method

1. Make the dried apple filling by stirring together apples and water in a large saucepan or Dutch oven. Bring to a boil, reduce heat, simmer 30 minutes or until apples are tender.
2. Stir in sugar and spices. Return to a boil, reduce heat, stirring occasionally for 10 to 15 minutes or until most of the liquid has evaporated.
3. Prepare pastry shells by making a batch of Leona's Biscuit Dough. If you're in a hurry, it is acceptable to use canned biscuit dough, as Leona did this often when she got older.
4. Roll the biscuit dough thin so that it is a little thicker than a pie crust. Use a saucer or inverted bowl to make discs about 6 inches in diameter.
5. Add dried apple filling in the center of each disc. Use a generous portion, but make sure you can fold the shell over turnover-style. Pinch the edges to seal.
6. Fill a skillet with about a half inch of oil. Heat. Drop in pies and fry, flipping once so that each side gets brown and the shell slightly crisped.
7. Remove and drain on paper towels. The pies are good served hot or cold.

Source: *Leona Wilson*

Eclair Pie

Ingredients

1 box graham crackers	1/2 stick margarine
1 box vanilla instant pudding, large	1/2 cup milk
12 ounces Cool Whip	powdered sugar
2 tablespoons cocoa, heaping	

Method

1. Beat pudding according to instructions on box until thick.
2. Fold in Cool Whip.
3. Starting with crackers, layer pudding mixture and crackers in a 9x9 pan.
4. Make a chocolate frosting by mixing cocoa, milk and soft butter. Add powdered sugar until it reaches spreading consistency.
5. Spread chocolate frosting.

Servings: 9

Source: Ina Wilson

Chocolate Pie

Quite often, various family members made this pie with boxed pudding as filling. But it was always best when made from scratch. The best were the ones Aunt Bernice, Dad's sister, made just for me whenever the family visited from South Carolina.

Ingredients

Leona's Pie Crust or Bisquick Pie Crust	3/4 cup semisweet chocolate chips
1 1/2 cups white sugar	2 ounces of squares of unsweetened chocolate, chopped
1/3 cup cornstarch	4 egg yolks, beaten
1/2 teaspoon salt	1 tablespoon vanilla extract
3 cups milk	

Method

1. Make Leona's Pie Crust. Place in 9-inch pie pan. Bake until golden brown.
2. Combine sugar, cornstarch, and salt in a 2-quart saucepan. Stir in milk gradually. Add chocolate chips and unsweetened chocolate. Place over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
3. Place egg yolks in a medium heatproof bowl. Gradually pour half of chocolate mixture into egg yolks, whisking constantly.

4. Whisk egg yolk mixture back into mixture in saucepan. Place over medium heat and bring back to a boil, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in vanilla extract.

5. Pour mixture into baked pie shell. Press a layer of plastic wrap onto filling. Refrigerate at least 4 hours but no longer than 48 hours. Remove plastic wrap before serving and top with whipped topping.

Source: Derived from AllRecipes.com

Cushaw Pie

Cushaws were kept under a bed during winter months and allowed to dry out. They were retrieved for preparation as a side dish, and they also were used for a custard-like pie similar to this recipe I borrowed from the Food.com website.

Ingredients

1 cup sugar	1 teaspoon ground nutmeg
1 teaspoon ground cinnamon	1 cup cooked cushaw squash, drained well, pureed
1/4 teaspoon ground cloves	3 large eggs
1 cup heavy whipping cream	Leona's Pie Crust
3/4 teaspoon ground ginger	

Method

1. Cushaw is easiest cooked by cutting it length-wise (this will take a little muscle and a serrated knife or small, clean hand saw), removing the inner pulp and seeds, and then baking the hull, skin still on, in a 350-degree oven on a lined baking sheet. It's done when the flesh is soft and the skin slides off easily. This usually takes about 1 hour.
2. It can be cooked more quickly by slicing the gourd lengthwise, then cutting away the rind and cutting the cushaw flesh into chunks. Boil or steam until fork-tender.
3. Puree the cooked cushaw flesh, rind/skin removed, in a food processor or blender in small batches until it is smooth and lump-free. You can also use a potato masher for a more rustic feel, but the resulting pie will be more lumpy, rather than a smooth, custard-like texture.
4. Be sure to drain the cushaw thoroughly or the pie will end up too watery. You can put the cooked, pureed pulp in a strainer, place the strainer over a bowl, and then cover and refrigerate overnight.
5. One cushaw will render enough pulp to make several pies, depending on the size. The leftovers can be frozen in 1-cup portions and will save you the trouble of making this step the next time you make Cushaw Pie.
6. Sift together sugar and spices and add to cooked, pureed squash.

7. Beat in eggs one at a time. Add cream and mix well.
8. Bake in unbaked pie shell made from Leona's recipe (found in the Breads & Biscuits chapter) 10 minutes at 450 degrees, then 40 minutes at 350. (If you use a deep dish pie crust, add an additional 15-20 minutes to the last leg of cooking.)
9. Pie is done when the edges are set and brown but the middle still has just a bit of movement, like a custard. A knife or toothpick inserted should come out clean.
10. Cool completely on a rack before cutting or refrigerating. Can be eaten immediately, refrigerated for a few days, or frozen for later enjoyment.

Source: Derived from a Food.com recipe

Rhubarb Pie

Rhubarb was grown in a raised bed on the ridge and used often in cooking. (It also had, ahem, laxative qualities.) Leona made her pies with a biscuit-like crust and sprinkled sugar on the top. She also frequently put strawberries in the pie. If you prefer it that way — fruit can remove a bit of rhubarb's strong tanginess — trade some amount of the rhubarb with an equal amount of the replacement.

Ingredients

4 cups rhubarb , skinned and cut into small bits	1/4 teaspoon nutmeg
1 cup sugar, plus 1 tablespoon	1/2 teaspoon lemon juice
6 tablespoons flour	2 tablespoon butter
1/2 teaspoon cinnamon	Leona's Pie Crust or Bisquick Pie Crust

Method

1. Use Leona's Pie Crust recipe, but add a half teaspoon of baking powder, and place in 9-inch pan without baking. Make a second crust for the top of the pie.
2. Mix sugar, flour and spices. Sprinkle about a quarter of the mixture over bottom of pie shell.
3. Add rhubarb. Cover with remaining dry mixture, then dot with butter.
4. Cover with top crust.
5. Place pie on lowest rack in oven. Bake for 15 minutes at 450 degrees.
6. Reduce oven heat to 350 degrees, sprinkle top of pie with a tablespoon of sugar and continue baking 40 to 45 minutes.

Source: Leona Wilson

Squash Pie

Ingredients

1 cup squash, cooked	1/2 teaspoon nutmeg
3/4 cup sugar	1/2 teaspoon ginger
2 cups milk	2 eggs
1/2 teaspoon salt	Leona's Pie Crust or Bisquick Pie Crust

Method

1. Beat eggs. Add milk and sugar. Mash and strain cooked squash and add salt and spices.
2. Combine two mixtures and blend well.
3. Fill deep pie shell or crust made from Leona's Pie Crust recipe baked about 5 to 10 minutes in hot oven and bake in moderate oven until done, about 15 to 30 minutes.

Source: *Leona Wilson*

Strawberry Pie

Ingredients

Leona's Pie Crust or Bisquick Pie Crust	3 tablespoons cornstarch
1 quart fresh strawberries	3/4 cup water
1 cup white sugar	1/2 cup heavy whipping cream

Method

1. Roll crust dough thin, into a pie crust. Place in a 9-inch pie pan. Bake until golden brown.
2. Arrange half of strawberries in baked pastry shell. Mash remaining berries and combine with sugar in a medium saucepan. Place saucepan over medium heat and bring to a boil, stirring frequently.
3. In a small bowl, whisk together cornstarch and water. Gradually stir cornstarch mixture into boiling strawberry mixture. Reduce heat and simmer mixture until thickened, about 10 minutes, stirring constantly.
4. Pour mixture over berries in pastry shell. Chill for several hours before serving.
5. In a small bowl, whip cream until soft peaks form. Serve each slice of pie with a dollop of whipped cream.

Source: *Linda Kidd, derived from AllRecipes.com*

Sweet Potato Pie

Ingredients

2 cups sweet potatoes, diced and cooked	1/2 cup sweet milk
2/3 cup molasses	salt
1/2 teaspoon ginger	Leona's Pie Crust or Bisquick Pie Crust
1/2 stick butter	

Method

1. Mix all ingredients except the dough and bring to a boil.
2. Make the crust dough. Set about half aside, and roll out the other half thin enough to make a pie crust. Place crust in a glass pie pan.
3. With half of the remaining dough, cut into cubes and drop into boiling mixture.
4. Pour filling in pie crust. Roll remaining dough thin and cut into strips. Lay the strips across the pie.
5. Bake at 400 degrees until crust is brown.

Source: Leona Wilson

Strawberry Pretzel Salad

Linda got this recipe from her sister-in-law, Bernice DeHart. The dish was a tradition in the Kidd family, which also was from the Morehead area.

Ingredients

1 1/2 cups pretzels, crushed	1 pound frozen strawberries, thawed
1/2 cup butter, melted	8 ounces crushed pineapple, undrained
8 ounces Cool Whip	2 packages strawberry gelatin
1/2 cup confectioners sugar	2 cups water, hot
8 ounces cream cheese, softened	

Method

1. Mix together pretzels, butter and sugar.
2. Put in a 9x13-inch pan and bake at 350 degrees for 10 minutes. Remove from oven.
3. Mix Cool Whip, cream cheese and confectioners sugar. Layer over the pretzel crust.
4. Mix strawberries, gelatin, pineapple and hot water. Allow to partially set, then pour over cream cheese mixture.

Servings: 12

Source: Linda Kidd, via Bernice DeHart

Pudding Fruit Salad

This is a variation of Leona's fruit salad, replacing Jell-O with vanilla pudding.

Ingredients

2 apples	2 cans fruit cocktail
2 oranges	1 10.5-ounce package mini marshmallows
2 bananas	1 3.5-ounce package vanilla instant pudding mix

Method

1. In a large bowl, mix the fruit cocktail and pudding until the pudding mix is dissolved.
2. Cut the apples, oranges and bananas into bite-size chunks. Add to the mixture, along with marshmallows, and stir gently.
3. Chill.

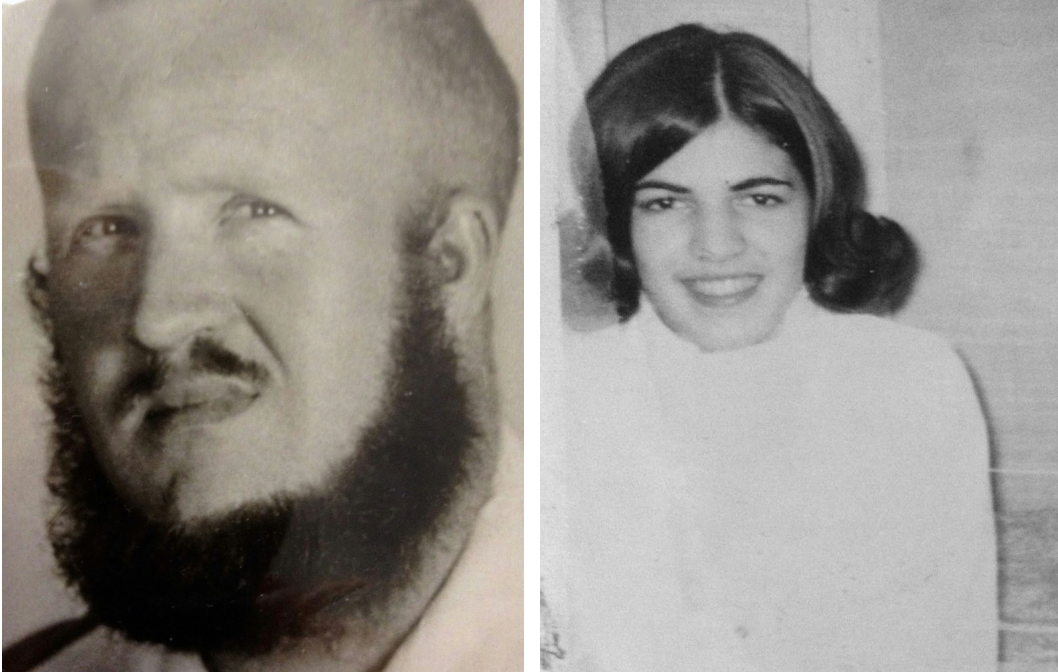
Servings: 12

Source: Jeff Kidd, based on Leona Wilson's Jell-O recipe



At top, Kayley Harper gives her little sister, Kyndal, a bite of cake at a family gathering in July 2012. Below, their cousin, Ayden Harper, eyes the watermelon carried by his second cousin, Kiera Shaver.





My second cousin, Whitey Jennings, and my Aunt Vada Wilson Caudill both suffered from diabetes that forced them to adhere to strict diets for most of their lives.

CHAPTER 14: Wilsons on a diet _____

Some of the recipes in this book would probably leave a nutritionist aghast, particularly if said nutritionist earned a degree in the 1980s. The Wilsons loved their desserts, their butter and their gravy. They fried with impunity, usually in lard. And they ate quite a bit of pork.

Even today, no one is recommending fried food or a diet heavy in white sugar or bleached flour. But some of the ingredients billed as healthy alternatives to butter and lard when I was a kid — margarine and vegetable shortening, for example — are now maligned, as well — so much so, in fact, that the American Medical Association supports a ban of their use. There is an emerging school of thought that carbohydrates, not fat, are the root of obesity and heart disease, and — oh yeah — those long-derided saturated fats help satisfy hunger and are necessary to help the body produce important hormones and cell membranes.

In other words, maybe those cooking methods and ingredients aren't so terrible, after all.

In fact, a lot of what was eaten on the ridge was pretty doggone good for you. Chicken and eggs are low in calories and high in protein. Pork is a good source of vitamin B6,

protein, thiamin and niacin. More than a dozen different fruits and vegetables were grown on the ridge and consumed regularly. Many meals included no meat, except, perhaps, for the chunk of salted pork used to season beans or some other vegetables. Often, the food was served fresh, and if it was not, it most likely had been canned or dried. The only artificial preservative was the blanket drawn over the picnic table after dinner — the day's biggest meal, better known today as lunch — intended to keep the flies off the leftovers so they could be eaten for supper.

And a hard day of work in the field was more than enough to work off the calories from that extra breakfast biscuit.

But if my family didn't think a lot about "health food" per se, they were not strangers to special dietary needs, either. My mom and Aunt Ina recall unfamiliar foods appearing on the ridge after their sister, Vada, was diagnosed with type 1 diabetes — Tab cola, one of the first sugar-free soft drinks; frozen carrots and peas that no one else was allowed to eat; cookies and desserts made for diabetics. For the rest of her life, Vada took daily insulin injections and tried to regulate her blood sugar by monitoring what she ate.

"I can't really remember anything that we did that was really special, but I think that was probably because we were just used to it," her daughter, Kelli, said. "We always had a lot of veggies and not a lot of desserts." Sweets weren't entirely verboten, however, and occasionally they were useful. For example, Vada kept cookies around to boost her blood sugar if it dropped too low, although "crackers were really the go-to" because they would elevate her blood sugar again without doing so too quickly. The need for cookies and crackers were diminished in about the mid-1980s when Vada switched from a pork-based insulin to a biosynthetic Humulin injection identical to pancreatic human insulin. That greatly reduced the peaks and valleys in her blood-sugar levels.

Some in the family also have grappled with type 2 diabetes, including Whitey Jennings, my second cousin once removed. Others, myself included, have dieted to lose weight or to keep it off. Those challenges are made more difficult by modern lifestyles and the prevalence of processed foods. Sometimes, you just have to commit yourself to eating right — dump the empty calories, bump up the protein and fiber.

I'm certainly no expert. Even if I were, someone reading this 20 years from now might chuckle heartily at my notions of "healthy" eating, just as today we scoff at the "benefits" of shortening or margarine. However, those looking to cut calories or add nutrients to family recipes can substitute applesauce for cooking oil and eggs in some recipes, yogurt for buttermilk or sour cream in others, or honey for corn syrup or sugar.

This chapter is a bit of a mishmash of recipes featuring such substitutes or foods recommended for diabetics or other medical challenges. A few of them — mashed cauliflower, for example — I've come to love in their own right, not simply as substitutes for food that isn't as good for me.

Black Beans & Rice

Though not really what most would consider "diet" food. However, many nutrition authorities, including those at the American Diabetes Association, believe rice and beans can be a healthy part of a diabetic's diet, particularly when the dish is heavy on the beans and light on rice, which is a carbohydrate.

Ingredients

1 teaspoon olive oil	1 1/2 cups low sodium vegetable broth
1 onion, chopped	1/4 teaspoon cayenne pepper
2 cloves garlic, minced	3 1/2 cups canned black beans, drained
3/4 cup uncooked white rice	

Method

1. In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and sauté for 4 minutes. Add the rice and sauté for 2 minutes.
2. Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans.

Servings: 8

Source: *Derived from American Diabetes Association recipe*

Cabbage Soup

Ingredients

3 cups nonfat chicken broth	1/2 cup green beans
2 garlic cloves, minced	1/2 cup chopped zucchini
1 tablespoon tomato paste	1/2 teaspoon basil
2 cups chopped cabbage	1/2 teaspoon oregano
1/2 yellow onion	salt
1/2 cup chopped carrot	pepper

Method

1. Spray pot with non-stick cooking spray sauté onions carrots and garlic for 5 minutes.
2. Add broth, tomato paste, cabbage, green beans, basil, oregano and salt and pepper to taste.
3. Simmer for a about 5-10 minutes until all vegetables are tender then add the zucchini and simmer for another 5 or so minutes.

Source: *Adapted from recipe at Food.Com*

Cauliflower Mashed Potatoes Substitute

This is another good diet-substitute food that cuts the carbs and calories from mashed potatoes. The recipe can be embellished with garlic or, at the risk of adding back the calories, cheese or sour cream.

Ingredients

1 head cauliflower	salt
2 tablespoons butter substitute	pepper
1/4 cup non-fat half-and-half substitute	

Method

1. Steam a head of fresh cauliflower.
2. Spray or melt butter substitute atop the cauliflower.
3. In a food processor or blender, puree the cauliflower with the half-and-half substitute.

Servings: 6

Source: Debi Kidd

Creamed Corn Without the Cream

Usually, Debi withholds the cream from her creamed corn, opting instead for whole milk. It's still yummy and not quite as caloric.

Ingredients

4 ears of corn or 20 ounces of frozen corn kernels, thawed	2 tablespoons butter
1/4 teaspoon freshly ground black pepper	2 tablespoons all-purpose flour
1 cup whole milk	1 teaspoon salt

Method

1. If you're using fresh corn on the cob, slice the kernels from the cob.
2. In a skillet over medium heat, combine the corn, salt, pepper and butter. Whisk together the milk and flour, and stir into the corn mixture.
3. Cook stirring over medium heat until the mixture is thickened, and corn is cooked through. Remove from heat and serve hot.

Servings: 4

Source: Debi Kidd

Eggplant Lasagna

Ingredients

1 teaspoon olive oil for brushing	2 large eggplants, peeled and sliced into 1/2-inch rounds
2 eggs	2 tablespoons olive oil
2 tablespoons water	1 pound ground beef
1 cup grated Parmesan cheese	48 ounces chunky tomato sauce
1 cup Italian-seasoned breadcrumbs	salt and ground black pepper to taste
2 cups shredded mozzarella cheese	

Method

1. Preheat oven to 375 degrees. Oil two baking sheets with 1 teaspoon olive oil.
2. Whisk eggs and water together in a shallow dish.
3. Combine Parmesan cheese, bread crumbs, salt, and ground black pepper in a separate shallow dish.
4. Dip eggplant slices in egg mixture. Press slices into the crumbs and tap off excess.
5. Arrange slices on the prepared baking sheets.
6. Bake eggplant slices in the preheated oven until tops are golden brown, 20 to 25 minutes. Flip eggplant and bake an additional 20 to 25 minutes.
7. Remove eggplant from the oven and increase temperature to 400 degrees.
8. Heat 2 tablespoons olive oil in a skillet over medium-high heat and stir in ground beef. Season beef with salt and ground black pepper.
9. Cook and stir until beef is crumbly, evenly browned, and no longer pink, about 10 minutes. Drain excess grease.
10. Stir tomato sauce into ground beef; bring to a simmer and set sauce aside.
11. Oil a 9x13 baking dish with olive oil.
12. Place 1/3 of the eggplant slices on bottom of the dish.
13. Pour 1/3 of tomato sauce with ground beef on top of eggplant layer.
14. Sprinkle 1/3 of mozzarella cheese on top of sauce layer.
15. Repeat 2 more times, finishing with a layer of mozzarella cheese.
16. Bake uncovered in the preheated oven until cheese is melted and sauce is bubbling, 10 to 15 minutes.
17. Remove from oven and allow to cool for 5 minutes.

Servings: 6

Source: *Debi Kidd, derived from AllRecipes.com*

High Protein Pancakes

This recipe was adapted from a South Beach Diet recipe I found on the Men's Health website. I've doubled the size of the recipe I found there and added the wheat germ and vanilla yogurt. I've also added banana and walnuts to this mix, to good results.

Ingredients

1/2 cup cottage cheese (low fat)	4 eggs
3/4 cup old-fashioned oatmeal	dash vanilla extract
1/4 cup wheat germ	cinnamon to taste
1/4 cup vanilla protein powder	nutmeg to taste
1/4 cup vanilla yogurt	

Method

Mix all the ingredients in a blender or food processor until blend is consistency of pancake batter. Prepare over medium heat in a skillet or on a griddle as you would a regular pancake. The result is a bit heavier and more cake-like but a whole lot more nutritious.

Servings: 4

Source: *Jeff Kidd, adapted from South Beach Diet recipes*

Pulled Pork Sandwiches

Pulled pork sandwiches appear on several menus recommended for those with Type 1 diabetes. This is among the tastiest recipes.

Ingredients

1/2 cup low-sodium soy sauce	1/4 cup honey
1/2 cup hoisin sauce	3 cloves garlic, minced
3 tablespoons ketchup	1 1/2 tablespoons peeled and grated fresh ginger
3 tablespoons rice vinegar	2 teaspoons dark sesame oil
4 pounds boneless Boston butt pork roast, trimmed of fat and cut into 2-inch chunks	

Method

1. Add everything but the meat and buns to the slow cooker and whisk to combine. Add the pork and toss it to coat. Cover and cook the meat on low for 8 hours.
2. When the pork is done, remove it from the slow cooker with a slotted spoon and place it on a cutting board. Shred the pork by pulling the pieces apart with two forks.

3. Return the meat to the cooker, stir it into the remaining sauce, and then serve it on the buns. If you like, make the dish up to 2 days ahead and store it covered in the refrigerator.

4. Simply skim off any accumulated fat and reheat the meat in a saucepan over low heat before serving.

Source: Spoonfed.com

Spaghetti Squash Spaghetti

Ingredients

1 spaghetti squash

Method

1. Cut the spaghetti squash in half and remove the seeds. Place in a shallow dish with cut side down and a half-inch of water.

2. Cover with plastic wrap.

3. Microwave until the squash is soft to the touch, about 7-10 minutes.

4. After it is cooked, let the squash cool for a few minutes, then use a fork to scrape out the spaghetti-like strands.

5. Top with your favorite pasta sauce or cheese.

Servings: 4

Source: Debi Kidd

That's Cheating Macaroni and Cheese

When you have a jones for instant mac and cheese that you just can't shake — but a midsection that you can — you can go lower-carb. Use only half the pasta in the box and bulk it up with a couple of cups of frozen mixed vegetables. Got this trick from the Men's Health website, which attributed the recipe to Sandra Woodruff, R.D., coauthor of "The Good Carb Cookbook."

Source: Jeff Kidd, derived from Men's Health

Marinated Bean Salad

Ingredients

1 can cut green beans

2 tablespoons pimiento, chopped

1 can yellow wax beans

2/3 cup cider vinegar

1 can kidney beans

1/3 cup Sprinkle Sweet

1 cup celery, thinly sliced

1 small onion, chopped

2 tablespoons green pepper

1 teaspoon mixed pickling spices

Method

1. Drain beans but reserve 1/2 cup of liquid.
2. In a large mixing bowl, combine the liquid with vinegar, Sprinkle Sweet and pickling spices.
3. Add beans and remaining ingredients.
4. Mix well, then cover.
5. Marinate in refrigerator overnight, stirring occasionally. Keep refrigerated.

Source: Rhea Jennings, derived from Pillsbury's "Sprinkle Sweet Recipe Book"

Homemade Granola

Ingredients

4 cups rolled oats	1/4 teaspoon salt
1 cup wheat germ	1/3 cup vegetable oil
1 cup slivered almonds	1/3 cup honey
1/4 cup brown sugar	1/3 cup water
1 teaspoon cinnamon	6-ounce package dried sweetened cranberries or cherries

Method

1. Heat the oven to 300 degrees. In a large mixing bowl, stir together the oats, nuts, brown sugar, cinnamon, and salt.
2. Make a well in the dry ingredients and add the oil, honey, and water. Toss the mixture until the ingredients are well combined, then spread it evenly on a cookie sheet.
3. Bake the granola for 40 minutes or until lightly browned, stirring every 10 minutes to keep the mixture from sticking. Let it cool completely, then stir in the cranberries or dried fruit.

Source: Debi Kidd

Tangy Yogurt Dressing

Ingredients

8 ounces yogurt	1/4 teaspoon garlic salt
2 tablespoons ketchup	1 tablespoon dried parsley
1/4 teaspoon paprika	2 tablespoons Sprinkle Sweet
1 teaspoon onion, minced	

Method

Combine all ingredients. Serve on tossed salad. Makes 1 cup.

Source: Rhea Jennings, derived from Pillsbury's "Sprinkle Sweet Recipe Book"

Tzatziki Sauce

Tzatziki sauce is tasty, light and can be served with more than Greek food.

Ingredients

8 ounces plain, nonfat yogurt	1 1/2 teaspoons olive oil
1/2 medium cucumber, peeled, seeded, finely chopped	1 teaspoon red wine vinegar
1/4 teaspoon sea salt	3 mint leaves, finely minced
2 teaspoons minced garlic	

Method

1. Place yogurt in a tea towel, gather up edges, suspend over bowl and drain for two hours in the refrigerator.
2. Place chopped cucumber in a tea towel and squeeze to remove liquid; discard liquid.
3. In a bowl, combine drained yogurt and cucumber, salt, garlic, olive oil, vinegar and mint.

Servings: 6

Source: Spoonful.Com

Sprinkle Sweet Sponge Cake

My Uncle Whitey — who actually was a second cousin — was one of several diabetics in my family. Nonetheless, he lived to age 70, in part because his wife Rhea learned to cook to accommodate his disease. They brought nothing into the house that Whitey couldn't eat. Guests ate what they ate, and often didn't know the difference. Rhea said she often sent sweets — made with Sprinkle Sweet, an early artificial sweetener developed by Pillsbury — to work with Whitey as gifts for his boss. They liked it so much, they often asked Rhea to make them more.

Ingredients

6 eggs, separated	1 1/4 cups all-purpose flour
1/2 teaspoon cream of tartar	1 1/2 cups Sprinkle Sweet
1/2 cup cold water	1 teaspoon baking powder
2 tablespoons lemon juice	1/2 teaspoon salt
2 teaspoons vanilla	

Method

1. In a large mixer bowl, combine egg whites and cream of tartar. Beat at high speed until stiff peaks form.
2. In a small mixer bowl, using same beaters, beat egg yolks at high speed for five minutes.
3. Combine water, lemon juice and vanilla. Combine flour Sprinkle Sweet and salt. At low speed of mixer, add dry ingredients and water mixture alternately to yolks. Blend well.
4. Fold batter gently into egg whites.
5. Pour into an engrossed 9- or 10-inch tube pan.
6. Bake at 325 degrees for 55 to 60 minutes.
7. When finished baking, invert pan immediately. Cool completely before serving.

Source: Rhea Jennings, derived from Pillsbury's "Sprinkle Sweet Recipe Book"

Sprinkle Sweet Oatmeal Cookies

Ingredients

1/2 cup butter, softened	1/2 teaspoon salt
1/2 cup Sprinkle Sweet	1 teaspoon cinnamon
1 egg	1/2 cup water
1 teaspoon vanilla	1 1/4 cups oatmeal
1 cup all-purpose flour	1/2 cup raisins
1/2 teaspoon baking soda	

Method

1. In large mixer bowl, cream butter and Sprinkle Sweet at high speed for two minutes, until light and fluffy.
2. Add egg and vanilla, then beat 1 minute at high speed, scraping sides of bowl.
3. Add dry ingredients and water, then blend well, beating 1 minute at medium speed.
4. Stir in oatmeal and raisins.
5. Drop by teaspoonfuls, 2 inches apart onto engrossed cookie sheets.
6. Bake 10 to 12 minutes at 375 degrees.

Source: Rhea Jennings, derived from Pillsbury's "Sprinkle Sweet Recipe Book"

Surprise Chocolate Cake

Ingredients

1 package dry yeast	1/2 cup cocoa
1/2 cup warm water	2 cups all-purpose flour
2 eggs	1 tablespoon baking powder
1/2 cup skim milk	1 teaspoon baking soda
1/3 cup shortening	1/2 teaspoon salt
1 1/2 cups Sprinkle Sweet	1 teaspoon vanilla
1 teaspoon red food coloring	

Method

1. In a large mixer bowl, soften yeast in warm water.
2. Add eggs, milk shortening and Sprinkle Sweet and beat two minutes at high speed.
3. Add cocoa, dry ingredients, vanilla and food coloring. Blend at low speed, then beat three minutes at medium speed.
4. Pour batter into greased bundt pan or 9-inch tube pan.
5. Cover with foil and let rise in a warm place for 45 minutes.
6. Bake covered for 30 to 35 minutes, until a wooden toothpick inserted into the center of the cake comes out clean.
7. When baked, invert immediately on wire rack to cool. Store in refrigerator.

Source: Rhea Jennings, derived from Pillsbury's "Sprinkle Sweet Recipe Book"

Baked Donuts

Leona's Donuts are delectable ... and fried. Here's a slightly healthier baked version for those who cannot resist but also want to watch their waist.

Ingredients

Baking spray with flour	1 extra-large egg, lightly beaten
2 all-purpose flour	1 1/4 cups whole milk, plus 3 tablespoons
1 1/2 cups sugar	2 tablespoons unsalted butter, melted
2 teaspoons baking powder	2 teaspoons vanilla extract
1 teaspoon ground cinnamon	1 1/4 cup confectioners sugar
1/2 teaspoon kosher salt	3 tablespoons milk
1/2 teaspoon vanilla extract	

Method

1. Preheat the oven to 350 degrees. Spray 2 doughnut pans well.
2. Into a large bowl, sift together the flour, Splenda, baking powder, cinnamon and salt. In a small bowl, whisk together the egg, 1 1/4 cups milk, melted butter, and vanilla. Stir the wet mixture into the dry ingredients until just combined.
3. Spoon the batter into the baking pans, filling each one a little more than three-quarters full. Bake for 17 minutes, until a toothpick comes out clean. Allow to cool for 5 minutes, then tap the doughnuts out onto a sheet pan.
4. For the glaze, mix confectioners sugar, 3 tablespoons milk and vanilla extract in a shallow bowl. Dip the donuts on each side.

Source: *Derived from FoodNetwork.com recipe*

Tofu Chocolate Pudding

Don't laugh until you taste.

Ingredients

12 1/3 ounces firm, silken tofu 1 tablespoon water
3/4 cup semi-sweet chocolate chips

Method

1. Combine the water and chocolate chips on top of a double boiler to melt.
2. Stir until the chocolate is melted and smooth. Set aside.
3. Drain the water from the tofu and drop it in a blender.
4. Puree until smooth.
5. Add the melted chocolate to the pureed tofu. Blend until well mixed.
6. Refrigerate for 2 1/2 hours, allowing the mixture to thicken.

Servings: 4

Source: *Derived from ChefInYou.com recipe*

Low-Fat Brownies

Ingredients

1/2 cup all-purpose flour 2 tablespoons vegetable oil
6 tablespoons unsweetened cocoa powder 1/2 teaspoon vanilla extract
1 cup white sugar 1 (4 ounce) jar pureed prunes baby food
1/8 teaspoon salt 2 eggs

Method

1. Preheat oven to 350 degrees. Grease an 8x8 inch square pan.
2. In a medium bowl, stir together flour, cocoa, sugar and salt. Pour in oil, vanilla, prunes and eggs. Mix until everything is well blended. Spread the batter evenly into the prepared pan.
3. Bake for 25 minutes in the preheated oven, or until top is shiny.

Source: From AllRecipes.com

pudding with a Protein Kick

A good way to infuse extra protein into a dessert without adding a ton of empty calories.

Ingredients

- 1 packages sugar free chocolate Jell-O Instant Pudding 2 cups nonfat milk
2 tablespoons chocolate whey protein powder

Method

Mix all ingredients together and let chill in refrigerator until firm.

Servings: 4

Source: Jeff Kidd, derived from Recipes.com

Fruit Pizza

A dessert recipe suitable for those with Type 1 Diabetes.

Ingredients

- Leona's Pie Crust or Bisquick Pie Crust 1 teaspoon finely grated orange zest
1 tablespoon melted butter 1/2 teaspoon vanilla extract
2 tablespoons sugar 1 (8-ounce) package low-fat cream
Assorted fruit (such as blueberries, banana slices, 1/4 cup Splenda
mandarin orange sections, seedless grapes,
kiwi fruit slices, and strawberry halves)
cheese at room temperature

Method

1. Heat the oven to 400 degrees.
2. Make a half batch of Leona's Biscuit dough and roll thin, into a crust. Place on a greased, 12-inch pizza pan.
3. Brush on the butter and sprinkle on the 2 tablespoons of Splenda. Bake the crust until it is golden brown. Cool the crust on a wire rack.

4. In a medium-size bowl, combine the frosting ingredients with a rubber spatula. Stir until smooth.
5. Spread the frosting over the cooled crust. Gently press in the fruit.

Source: *Derived from Spoonful.Com recipe*

Ale 4 Cake

This is a light version of the Ale 8 Cake described in the dessert chapter, for those seeking to maintain their girlish figures. It works well with Diet Ale 8, which is sweetened with Splenda.

Ingredients

2 sticks butter	1/6 cup applesauce
1 cups sugar	1 teaspoon lemon extract
2 cups Splenda	3 cups all-purpose flour
3 eggs	1/8 teaspoon baking powder
1/2 cup egg beaters or similar substitute	salt
1/6 cup oil	simple confectioners frosting
7 ounces Diet Ale 8	

Method

1. Cream butter and sugar, then add eggs one at a time.
2. Add lemon extract and oil.
3. Add flour, baking powder and a pinch of salt, then add Ale 8. Blend thoroughly.
4. Grease and flour a tube pan. Bake at 300 degrees for about 1 1/2 hours.
5. Allow cake to cool, then move to a plate. Frost with Simple Confectioners Frosting, described in the dessert chapter of this book.

Source: *Jeff Kidd*



Cast iron pot and pan. **SKETCH:** Ina Wilson

CHAPTER 13: The Joys of Cast Iron

The oldest cooking utensil in my kitchen is also the most-used. I don't remember exactly how we came to own the 10-inch cast-iron skillet — I think I snatched it from my Aunt Bernice during a visit not long after I moved to Beaufort. But it might also have been one of Granny's old pans, bestowed upon me by my mother at a time when I didn't care much about cooking and didn't appreciate the significance of the bestowing. Whichever is the case, I get a lot of satisfaction thinking how many family meals this thing has helped prepare — and for how many generations it has done so. Its even heat distribution makes it so handy for frying and making gravy — of both the sausage and shrimp varieties. My stepson, Tommy, uses it often, as well, and helps keep it properly seasoned.

I think another reason I grew attached to my cast iron skillet is that during my bachelorhood, I somehow got the notion that I didn't need to wash it — just empty it and wipe it down. Actually, that does work sometimes, but occasionally, you have to remove some gunk or burned-on food. Even then, it's not a good idea to clean by soaking, or even brief, full immersion in your sink.

To remove food that has stuck to the surface, scrub with a little salt and a nonmetal brush. That should clean the surface while retaining its non-stick finish. You can use a little hot water, too, but make sure to dry the pan completely before storing. You can use a few drops of mild dish soap, if you must, but if you make that a habit — or if your young'un does something supremely stupid, like putting your cast iron in the dishwasher — you might begin to notice some rusting. If that happens, don't fret — scrub it with steel wool and re-season it.

And how does one season cast iron?

Well, cast-iron skillets aren't "born" with a non-stick surface. You have to impart it by coating the cooking area with cooking oil and baking it at about 350 degrees for about an hour. It won't shine right away, but you can use it once you wipe it out with paper towels or a clean cloth. The nonstick coating and that pleasing sheen appear over time with repeated use. You also can repeat the initial seasoning process to help it along.

Cast-iron skillets are handy because you can use them in the oven, they last for decades and, once you have a good nonstick surface going, allow you to use less oil in your recipes.

A few other pointers:

- Cast-iron skillets are versatile as all get out, but there's one thing you should never attempt — boiling water in it. That will make the pan rust.
- Cast iron takes a long time to heat but retains heat for a long time and distributes it evenly. Keep the former in mind, however, when you're cleaning the kitchen. You have to be patient and allow the pan to cool, or you risk burning yourself. It's always a good idea to use a thick towel or an oven mitt when handling the skillet.
- I usually use paper towels to clean my skillet, but if you use cloth, it might be a good idea to designate a single rag for the job. Otherwise, you're likely to discolor a lot of your dishrags.
- Iron is a mineral essential to human health — your blood cells use it to produce oxygen-carrying hemoglobin. One of the coolest things about cooking with cast iron is that it infuses a little iron into your food.