

Mama's Cooking

Mama's Cooking

Janice T. Watlington

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Janice at eighteen

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Preface

This cookbook is in memory of Mama, my mother, whose mastery of the culinary arts was complete. As a minister's wife, she cooked on a short budget, yet nobody noticed. Guests were frequently at her table, and she always had several dishes in any church or family pot-luck dinner. Through her travails as a missionary wife, she incorporated dishes from Perú into her repertoire.



A Dinner in Trujillo, 1969

I grew up with her cooking, and enjoyed it immensely. Many of my strongest memories are of dinner time. I took her skills for granted until exposed to the harsh realities upon leaving the nest. I quickly decided that if I wanted to keep eating in the style Mama had raised me, I'd have to learn how to cook from her. I started collecting her recipes and techniques while in college, and continued until her death. I strive to someday be anywhere near her level of competence and comfort in the kitchen.

This cookbook is a collection of her recipes, gathered from a multiplicity of sources:

- An unpublished manuscript found among her cookbooks, with sixty recipes that she had entered into her Mac. These were all included.
- Her recipe boxes, a collection of recipes on 3 x 5 cards and clippings from labels and newspapers

- Recipes handed down verbally, which Mama never wrote down because she had made them thousands of times
- Recipes she had included in or used from Church cookbooks over the years. The cookbooks include:
 - Potpourri: St. Luke’s United Methodist Women Cookbook, 1990 edition
 - Best Recipes - 1982. Frayser Heights United Methodist Women
 - Kitchen Ade: Malesus United Methodist Women Cookbook, 1975 edition
 - Well-Blessed Recipes: Women’s Society of Christian Service, Malesus Methodist Church, Jackson, Tennessee, 1966.
 - Cook Book: Compiled by the Jolly Jills, Camp Douglas, Wisconsin. 1952.

Frequently these recipes track the evolution of a recipe. In these cases, the latest is presented here.

A number of these recipes are attributed to my eldest sister, Martha K. Morris, and some are from my sister, Mary E. Sieger (even if not directly acknowledged). Over the course of decades, the master started to incorporate the best work from her students. Special thanks goes to Mary for helping in the preparation of this book.

It is hoped that this cookbook will continue to grow as further recipes are remembered, or instructions improved. At the same time, it will hopefully become the basis for a new generation of cookbooks.

— John A. Watlington
September 2006

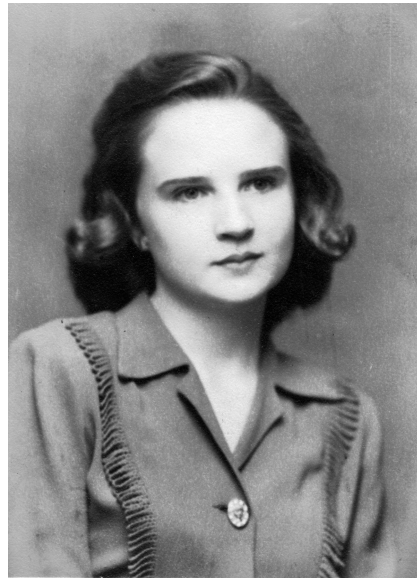


The author, the editor, and Susie. Chosica, Perú, 1965

Biography

Martha Janice Watlington was born on Oct. 5, 1927, to John Grady Threadgill (*b.* Feb. 8, 1893, *d.* April 9, 1960, *pb.* Hollywood Cem., Jackson, Tenn.) and his second wife, Katie Lou Latham (*b.* Feb. 20, 1900, *d.* Dec. 20, 1944) in Madison Co., Tenn., at her Grandmother Threadgill's place. John Grady was from the Luray community, Henderson Co., Tenn. and Katie Lou was from Mifflin in Chester Co. and Pinson Mound/Big Springs in Madison Co.

John Grady Threadgill farmed in Henderson Co. and in Madison Co., and had also worked as a traveling salesman. He and his family were living with his mother on the family farm on the Chester Levee Rd. south of Jackson in the Cedar Grove Community, east of Bemis, Tenn. He was farming the land there at the time he married Katie Lou in 1926. They continued to live there or near there, and farmed there until about 1930.



Janice at eighteen

Then, for four of Janice's childhood years, they lived in the Charles N. Hammond family home on Hart's Bridge Rd., near the Old Pinson Rd. Her brother, Lewis Grady, was born there on May 17, 1931. The Threadgills shared the house with the J. Carl Davis family, who became great friends.

In the depths of the depression (1934), the family moved to a farm near Perry Switch (on the Mobile & Ohio railroad). Janice was old enough to remember

well their move to this farm, where they lived in a seldom used, dilapidated tenant home that needed some insulation. Janice's mother, Katie Lou, used discarded corrugated cardboard and newspapers to improve it. It was after these "bad years" that Katie Lou discovered that she had tuberculosis in 1937. Janice's step-sister Christeen graduated from Malesus High School in May of that year. Janice's brother, Grady, remembers starting school while living there in the fall of 1937.

After Katie Lou's diagnosis, they moved to the two-story Patton place near Old Malesus Rd. on the west of the railroad. John Grady Threadgill farmed cotton on the Patton Place, but was also getting into selling agricultural fertilizers. While living here, the family attended the Bemis Methodist Church. Janice was baptized and joined the church in 1939.

Because her mother became ill in Janice's childhood she became acquainted with the kitchen and household chores very early, as well as buying groceries at nearby stores. The older children, Rebecca and Christeen, were also helpful while at home, but married soon after their High School graduation. They had a competent maid helping, and Katie Lou was able to instruct and guide the children until her death in December of 1944.

In school, Janice and Dorothy Faye Davis volunteered to help serve the school Hot Lunch, and therefore Arnold Rivers and I volunteered also. You could not only visit with the girls, you could also pick up extra favors from the cooks! Thus, by the time she graduated from High School, Janice was already a cook and housekeeper.

The Watlingtons and the Threadgills knew one another through the public schools. Christeen had been in my brother Herman Watlington's class, and Janice's older step-sister, Rebecca, was in my brother Samuel's graduating class. Even before our marriage, Janice ate often enough with the Watlingtons that Aunt Mai Hammond and Clara Mai Watlington were counselors and teachers too. My brother, Joe C., Janice, and Grady rode with Clara Mai to Bemis School in their last two years at J. B. Young High School. So Clara Mai and Janice became very good friends.

Clara Mai lived at that time on the Old Pinson Rd., but drove by Watlington Rd. to pick up Joe C., then went down Highway 45. Janice and Grady walked to Lester Riley's grocery store at the intersection of Hwy. 45 with Highway 18 to await Clara Mai, who was always very prompt. Clara Mai delivered them all to school in Bemis. Grady went with Clara Mai to Elementary School, but she dropped off Joe C. and Janice at the J. B. Young High School several blocks away and picked them up once school was over.

After living there from Spring 1939 through 1940, John Grady was able to buy the small home on the East side of the G.M. & N. railroad in 1941. He improved it for his family, adding an electric water pump and two additional bedrooms. The bathroom remained outdoors. At times, Uncle Bill Latham would stay there with them.

John Grady Threadgill's father, James Sykes Threadgill, and two brothers died in the early 1920s, but his mother, Mary Etta Reid Threadgill, continued to live on the family farm in the Cedar Grove community on the Chester Levee Rd. near Bemis. A younger brother of John Grady's, James Sykes Threadgill, Jr., continued



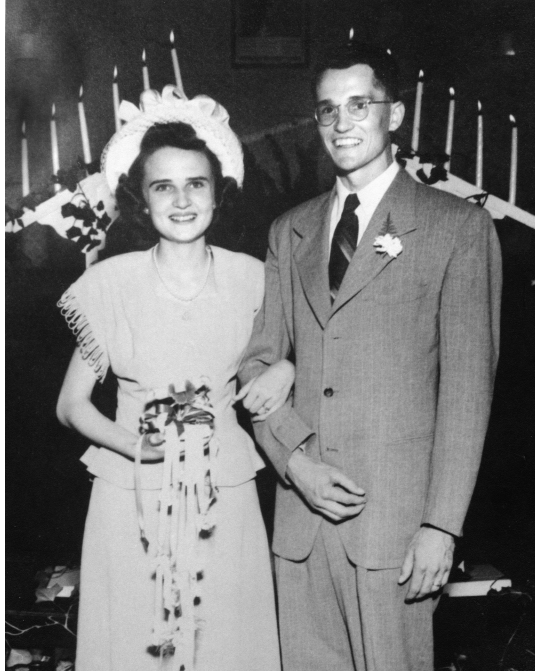
Janice, 1972

to work on the farm. Another brother, Ernest, lived in Jackson and worked in carpentry, after leaving the Threadgill farm near Luray in Henderson Co. He continued to own the farm but with three daughters sought better schools for them. Janice and Grady were welcome guests with Grandmother Threadgill and she was able to help the family during the illness of their mother and her hospitalization in a tuberculosis hospital near Nashville, Tenn. Grandmother Threadgill lived until 1948, four years longer than Janice's mother.

Katie Lou Latham Threadgill also had three brothers who moved towards Jackson, Tenn., and a sister, Pauline Latham Adcock who settled in Lexington, Tenn. Her brother, Clarence Latham, farmed along the Hart's Bridge Road and later bought a farm on that road. Their three girls were near Grady's age and developed "close cousin" relations with Janice and Grady that continued throughout the years. The older brothers, Elkon (Bill), and Tommy, worked at various jobs and served in the Army during World War II — Janice's father worked in the munition plant at Milan, Tenn. Janice and Grady thus shared life with an extended rural family.

When Janice entered Lambuth College, her immediate family still lived in Malesus. By fall, 1947, her father had remarried a widow, Nell Fry, who owned a house in Jackson on Hays Avenue near Lane College. One of the terms of this marriage was that he move with his family to her Jackson home. John Threadgill's work at the time was mainly in Jackson selling and delivering fertilizer, and Janice could catch a ride to Lambuth College on the city buses. By this time, Grady was in his third year of High School. The whole family transferred their membership to the Hays Avenue Methodist Church within walking distance of their home.

Despite the obvious advantages of their new home, Nell Fry Threadgill let both Janice and Grady know very well that they were not welcome guests in her home in many slight and some very obvious ways and words. It was not a good



Janice and Elton at their wedding

adjustment for them but they stuck with it, and both continued to live there while studying.

Janice was an excellent scholar at elementary, high school, and college levels — with class honors at each level. In Lambuth College, Janice majored in Home Economics: Sewing, Cooking, Nutrition and Meal Planning. Business Administration was her Minor. I considered myself another Major, as we became engaged around Easter, 1946, while I was in Japan. Her High School studies qualified her for secretarial work in the Registrar's Office at Lambuth. Her many hours of office work were sufficient to pay her tuition and have some pocket money as well. When she graduated in 1949, she certified as an elementary school teacher in Tennessee.

After two years of training and service in the Army of Occupation in Japan, I returned to the farm home in March, 1947, to begin college studies in preparation for Christian ministry. College was a wonderful new experience and I rejoiced in being home and in having the opportunity to study. I lived at home with my father, Aunt Mai Hammond, and sister Betty. But family was all around, and Janice was living only five miles away in Jackson. I had reclaimed my 1929 Model A Ford from my brother Paul to commute the five miles daily to college, and it served us (more or less) until June 1949.

After a year, Janice and I started making our plans for marriage. With no money, marriage plans were simple, and her pastor, Rev. Wayne A. Lamb united us in marriage on June 9, 1948 at the Malesus Methodist Church where we had attended Youth Fellowship together in other years. Our festivities were few but we went for a few days honeymoon in a car borrowed from my brother Sam which concluded at a Youth Rally in First Methodist Church, Memphis, Tenn., for An-

nual Conference.

Our first year of marriage we lived in Jackson, Tenn., at 227 1/2 Campbell St. (upstairs). This was near Lambuth College where Janice worked and I attended classes. Later in the year I journeyed by train or bus twice a month on week-ends to Wickliffe, Ky., where I preached at Pleasant Hill Methodist Church. Our first born, Martha Kate, arrived in April, 1949, so that made it a very eventful year for us. Janice graduated from Lambuth College six weeks after Martha was born, although her class work had been finished in the previous autumn.

In June, 1949, we moved to a real “country parsonage” at Brazil, Tenn., Gibson Co. where we joined what has been called “the endless line of Splendor” – a splendid succession of faithful Methodist ministers riding circuits around the world. There we were in the midst of good country cooks and eating simple foods at church dinners and homes. Janice picked up recipes from them and everywhere else we lived and ate.

In June, 1951, we went from Brazil to Elroy (Juneau Co.), Wisconsin. In Wisconsin, we gloried in casseroles with cheese toppings, good butter, milk, and ice cream. Joe Thomas was born to us there June 1, 1953 and Mary Emma on April 18, 1955. Ten years later John Andrew was born to us while serving in Lima, Perú. This gave us a Tennessean, two Wisconsinites and one Peruvian. They have each blessed our marriage and our lives and continue in good health, giving us ten grandchildren, five girls and five boys.

Janice’s preparation for teaching and business administration served her well in the 1951–52 school year. The Camp Douglas High School needed a teacher for Business Administration and we needed money for an automobile that would operate in below-zero weather! After finding child care for our three year old daughter, Martha, Janice taught the entire school year, driving fifteen miles to and from the school in the Wisconsin winter.

After that year, she was able to dedicate her time to family, home and local church work. She served well as a volunteer (?) secretary for me as the Pastor-Student of a rural circuit with three churches. Janice cut stencils and learned to operate an “experienced” mimeograph machine in our home to provide weekly for two of the churches.

In June, 1955, we moved to Nashville, Tenn., to attend Scarritt College for special studies recommended for missionaries going into World Mission service — including language, cultural, and biblical specialties. With an infant in the home, Janice found a wonderful helper, her father’s sister, Gertrude Threadgill Gilliam, a widow who had time to spare and who appreciated small children and the small income from such child care as we needed. My sister, Clara Mai King, also helped some when we had need.

In February of 1956 we traveled to New York City by auto with three children, our bags, and a ’56 Chevrolet the mission had requested we bring to our place of service. After a long two-week ocean liner trip, we arrived in Lima, Perú, to a Spanish language ministry in a strange land that became home for us for the next twenty-three years. Our major tasks in Perú were administrative: teaching and preaching. Most of our teaching was related to the preparation of leaders for our Methodist Church in Perú.



Janice, w. Martha, Joe, and Mary, in front of Wolfe Memorial Home, on Martha's first day of school, 1956

Our first year there was intensive language and cultural study. After our experience at Scaritt College in 1955, we had found a used Ditto (alcohol) duplicator, which we shipped with us to Perú to facilitate communications in the pastoral work there. Janice coaxed the machine to produce many hundreds of documents over the years.

That year, Janice served as hostess and bookkeeper for the Wolfe Memorial Home. It included four guestrooms for official visitors (such as our Bishop), in connection with our home and our Mission headquarters there. Homemaking became a valuable specialty again!

In Perú, it was Señora Elena Sanchez who had previously worked for and learned from a Swiss family and in the kitchens at Collegio Maria Alvarado (Lima High School) who helped Janice and introduced her to Peruvian cooking. In Perú, as in our family, luxury was not in style. Common food was prepared: good soups, vegetables with whatever meat available, pumpkin or sweet potato pie. There she learned more ways of preparing beans, and was introduced to lentils.

Our second year in Perú, Janice became the Secretary and Bookkeeper for our small Mission Office, which included considerable correspondence in English with supporting churches and visiting "firemen" representing our Church connections between the U.S.A. and Latin America. Janice worked at this very effectively and the Mission helped provide child care and help with household tasks in return. She continued this work for the remainder of the our five-year term.

Half of a furlough year (1961) was spent in further language training in San Jose, Costa Rica, then her work and home resumed at the Wolfe Memorial Home for 1962–1967.

In 1968, our family moved to Trujillo, Perú, on the north coast. The four years there were more directly dedicated to pastoral and evangelistic work. There, her



Trujillo, 1969

talents in music and teaching were in higher demand. Missionary wives are not just wives; they too are full-fledged missionaries.

We returned to the United States in 1972 for family reasons, and settled in Ripley, Tenn. for three years. During this time, Janice substituted in the elementary schools for a year, then worked teaching at Ripley High School. At the same time, she was serving as a “volunteer” secretary to the pastor, and taking part in the choirs and United Methodist Women’s activities.

Janice and I returned to Perú in August 1975 with son John, and were assigned again to the leadership training program with our home in Huancayo in the high (10,680 ft.) mountain valley of Jauja. In Huancayo, we promoted education in varied ways including the care of a church library, weekend institutes, the writing and publishing of a church officers manual and a newsletter for leaders in that district. We were also in charge of the Methodist Hostel which served many visitors related to the Mission and School work.

Janice and I both worked in the local Methodist Church. She especially helped in the Women’s work and directed the choir for the church. Janice was elected treasurer of the Methodist Church in Perú and therefore traveled to and from Lima a lot in her administrative tasks. After celebrating Easter together with the local church in April 1978, we packed up to return to the United States, ending twenty years in Perú.

In June, 1978, we moved to Memphis, Tenn., where I served as pastor in a number of United Methodist churches: Springdale for two years, four years at Frayser Heights, and two years at Grimes. Our final task was to work with Greenland-Davant church in Whitehaven as it planned its merger with a sister church, Longstreet. With the return to pastoral work, Janice not only helped with the local church, but also found opportunities to share in District and Conference Committees and organizations. After acquiring computer skills, she served as



A Dinner in Trujillo, 1969

Registrar for the Conference Mission Education Events at Lambuth College (now Lambuth University) for four consecutive years before suffering a heart attack in 1992.

During the 1983 sickness of her Aunt Pauline Latham Adcock and husband in Lexington, Tenn., Janice made many trips there to aid and comfort them. Uncle Fenner Adcock was admitted to a nursing facility and Auntie was faced with all of the decisions for the family. Uncle Fenner died weeks later and Auntie came to live with us in Memphis, as her health was spent in months of caring for him. Both were in their eighties, and had no children, but both had elderly siblings. Within six weeks of her husband's death, Aunt Pauline also died, in Memphis.

Janice knew well the two brothers of Pauline and they worked together on funeral plans very much like those for Fenner Adcock. A long-time friend and confidant of the couple was their lawyer in Lexington and Janice sought his help in the settlement of the estate. Finding no special problems, the Latham brothers offered to divide the estate between Latham and Adcock heirs with Martha Janice as administrator. There were small insurance policies, bank savings accounts, an auto, their home in Lexington, and fifty years of accumulated furniture and heirlooms. With representatives from both families participating, Janice helped share the heirlooms and sell the other items. Then Janice had to call and correspond with about twenty Adcock heirs and the few Lathams, pay outstanding bills, and plan the final legal settlement of the estate. There were tense moments that stretched into months for her, but she was good at it and her Latham uncles appreciated her help.

Janice's only brother Grady, and his wife Betty, owned and operated Threadgill Pharmacy, on Macon Rd. at Wells Station Rd., in the Berclair community of East Memphis. Their home had been a stopping place for us since their marriage in May, 1953. Their home since the 1960s had been on Tatum Road, near the pharmacy. Martha Kate, Joe Thomas, and John Andrew all worked shifts in the



Janice, Elton, and their children, 1997

store at various times during their university or high school student years.

As we moved to the pastoral ministry in Memphis, we appreciated having Grady and Betty here also. Two other cousins of the Threadgill family were also here. Janice found opportunity to help fill in as a clerk at Threadgill Pharmacy during vacation days for the employees. She kept in close touch with Grady and realized that he needed more help with his paper work, mail, and collection of charge accounts, so in 1984 she elected to work on that part of the pharmacy as she had time to so with no more children at home. She decided to work there in order to relieve Grady of the paperwork he would take home to complete after closing the store. Grady trusted her to help, and she put in flexible hours of work each week according to her other activities. It developed into her part-time job, with pay! Because of this we could start an IRA savings account in her name. She continued working even after my retirement and her heart attack and surgery in 1992. Grady got some extra sleep at night after his ten-hour workdays, six days a week. They both appreciated having more time together also. She continued this until Grady closed the store in December 1999. During those hectic days after closing the doors, there was still a lot of “moving out” to do, and I was brought in as well. It took a lot of hours in January, 2000, to make the transfer of items and records to Fred’s Pharmacy, who bought the stock of medicines and prescription records. We also helped move the older obligatory records to Grady and Betty’s garage — quite an experience!

In retirement we chose to stay in Memphis, near Grady and Betty, and where our youngest daughter Mary was teaching school and starting her family. We chose to make our church home where they worshiped, St. Luke’s U.M.C. near the University of Memphis, a cultural center of the city. I accepted a part-time ministry for four years with the St. Luke’s congregation, and Janice continued to



Janice and Elton, 1988

be active in the church. She served for two years as President of the St. Luke's U.M.C.'s 120 United Methodist Women organization in 1993–94. She was active with me as corresponding secretaries for the Perú Mission Friends, continuing contacts with Perú. From 1992 thru 2000, we worked intensively with the Memphis Conference Commission on Methodist History and helped organize a United Methodist History Society within the Conference.

On October 19, 2003, after a day of playing with her great-grandchild and visiting with friends over dinner at Frazier Heights U.M.C., Janice suffered a massive heart attack and passed on. She was buried in Ebenezer Cemetery, Jackson, Tennessee.

— Elton A. Watlington

Appetizers

Cheese Olive Puffs

Beverly Nicholson

15 minutes to prepare, 12 minutes to cook
Makes 16 servings

Ingredients

1/2 lb. **Sharp Cheddar Cheese** *grated*
1/2 cup **Butter** *softened*
1 cup **Flour** *all purpose*
1/2 tsp. **Salt**
1 tsp. **Sweet Paprika**
48 **Olives** *stuffed w. pimento*

Directions

Blend cheese and soft butter in mixer, then stir in flour salt and paprika. Wrap 1 tsp. of dough around each olive. Can be refrigerated until ready to bake. Place on ungreased baking sheet. Bake at 400 deg. F for 10 to 12 minutes.

Cheese Straws

Wanda Lovelace, via Janice T. Watlington

30 minutes to prepare, 20 minutes to cook
Makes 15 servings

Ingredients

8 oz. **Sharp Cheddar Cheese** *grated*
8 oz. **Extra Sharp Cheddar Cheese** *grated*
1/2 cup **Butter or Margarine** *melted*
1 tsp. **Salt**
1/4 tsp. **Cayenne Pepper** *ground*
2 cups **Flour** *all purpose, sifted*

Directions

Grate cheese, then let it become room temperature. Pour butter over cheese and stir. Add salt and pepper to flour. Work flour mixture into cheese with your hands. Put through cookie press.
Bake at 350 deg. F for 15 to 18 minutes.

Store in air-tight container.

Crab Spread

Shirley Hornsby

15 minutes to prepare

Makes 12 servings

Ingredients

2 cans **Crab Meat**
 2 tubs **Whipped Cream Cheese**
 4 or 5 **Scallions** *chopped*
 1 small bottle **Cocktail Sauce**

Directions

Squeeze the juice from crab meat. Mix cream cheese, crab meat and onions together and mold in round bowl. Refrigerate overnight. When ready to serve, turn it out onto layer of lettuce on serving platter. Pour some cocktail sauce on top and let it run down the sides.

Serve with Club or assorted crackers.

Teriyaki Beef Strips

Janice T. Watlington

20 minutes to prepare, one hour to marinade, and 7 minutes to cook

Makes 8 appetizer servings

Ingredients

1 lb. **Steak** *boneless*
 1/4 cup **Soy Sauce**
 1/4 cup **Cooking Sherry**
 1 Tbsp. **Vegetable Oil**
 2 tsp. **Fresh Ginger Root** *grated*
 2 Tbsp. **Sugar**
 1 clove **Garlic** *finely chopped*

Directions

Trim fat off steak and slice into 1/4 inch thick slices 1 inch wide. Mix remaining ingredients in glass or plastic bowl. Add beef, cover, and let soak for at least one hour (in refrigerator).

You may substitute 1/2 tsp. ground ginger for the fresh ginger. You may also substitute white wine for the cooking sherry.

Thread beef onto skewers, and broil kabobs about four inches from heat for three minutes. Turn, brush with marinade, and broil until done, about three minutes longer.

Bite Sized Turnovers

Martha K. Morris

These appetizers can be stuffed with a number of different fillings.

30 minutes to prepare, 10 minutes to cook

Makes six dozen

Ingredients

1/2 cup (1 stick) **Butter or Margarine**

1 package (3 oz.) **Cream Cheese**

1 cup and 2 Tbsp. **Flour** *all purpose*

1 can (4 oz.) **Deviled Ham**

Directions

Cut butter, cream cheese, and flour with pastry blender until it has the consistency of meal.

Form into a ball, and roll out on floured board.

Cut with a round biscuit cutter and spread thinly with filling. Fold over and seal edges with a fork.

These may be frozen before baking.

Place on ungreased cookie sheets and bake at 400 deg. F for about ten minutes or until golden brown.

Other fillings you can use include fruit preserves or peppers.

Nuts and Bolts

Martha K. Morris

A holiday snack bowl favorite around our house.

15 minutes to prepare, one hour to cook

Makes 24 servings

Ingredients

1 lb. **Mixed Nuts**

2 cups **Wheat Chex**

2 cups **Rice Chex**

2 cups **Oat Chex**

2 cups **Cheerios**

1 bag (2 cups) **Pretzels** *straight*

1/2 cup **Butter** *melted*

1/2 tsp. **Garlic Powder**

1 1/2 tsp. **Worcestershire Sauce** *Lea & Perrins*

1 1/4 tsp. **Seasoned Salt** *Lawry's*

Directions

Melt butter, and add all seasonings. Mix with all other ingredients except nuts, and place in open roasting pan. Bake for 30 minutes in a 250 deg. F oven.

Add nuts, stir, and bake for another 30 minutes.

Pickles and Relishes

Bread and Butter Pickles

Janice T. Watlington

This was mom's quick sweet pickle recipe.

one hour to prepare, with three hours wait in the middle

Makes many servings

Ingredients

25 to 30 medium **Cucumbers** *thinly sliced*
8 large **Onions** *thinly sliced*
2 large **Sweet Peppers** *thinly sliced (optional)*
5 cups **Sugar**
1/2 cup **Salt** *non-iodized*
5 cups **Cider Vinegar**
2 Tbsp. **Mustard Seed** *whole*
1 tsp. **Turmeric**
1/2 tsp. **Cloves** *whole*

Directions

Wash Cucumbers and slice as thinly as possible. Slice Onions and Peppers and combine with cucumbers and Salt. Let stand for 3 hours. Combine Vinegar, Sugar, and Spices in a large preserving kettle. Bring to a boil. Drain the cucumbers/onion mixture, then add to kettle. Heat thoroughly but do not boil. Pack while hot into sterilized jars and seal at once.

Fourteen Day Pickles

Janice T. Watlington

These are Mama's sweet pickles, named for the length of time they take to prepare.

several hours to prepare, over the fourteen days it takes to pickle

Makes lots and lots of servings

Ingredients

2 gallons **Cucumbers** *sliced*
 2 cups **Salt** *non-iodized*
 2 Tbsp. **Alum** *powdered*
 5 pints **Apple Cider Vinegar** *boiling hot*
 9 cups **Sugar**
 1/2 oz. **Celery Seed**
 1 oz. **Cinnamon Stick**
 5 Tbsp. **Pickling Spice**

Directions

In a clean stone (glass or ceramic) jar put 2 gallons of cucumbers, washed and sliced crosswise or lengthwise. Regardless of size, the cucumbers must be sliced or they will shrivel.

Dissolve the Salt in one gallon of boiling water (Mom used enough salt to float an egg). While water is hot, pour over cucumbers. Cover the pickles and weight the cover down. Let stand for one week.

On the eight day, drain the pickles again. Pour one gallon of boiling water over them. Let stand for twenty-four hours.

On the ninth day, drain the pickles. Dissolve the Alum in one gallon of boiling water and pour over the pickles. Let stand for another twenty-four hours.

On the tenth day, drain the pickles again. Pour one gallon of boiling water over them. Let stand for twenty-four hours.

On the eleventh day, prepare the pickling mixture. Combine the Vinegar with 6 cups of the Sugar. When dissolved, add the Celery Seed and the Cinnamon Sticks. Place the Pickling spice in a cheesecloth bag tied shut, and add bag to mixture. Drain the pickles and pour the pickling mixture over them.

On the twelfth and thirteenth days, drain the pickles, saving the liquid. Heat the liquid and dissolve one cup of Sugar into it. Pour back over the pickles.

On the fourteenth day, drain the pickles, saving the liquid. Pack the pickles into sterilized jars. Heat the liquid and dissolve another cup of Sugar into it. Pour the sweetened liquid over the pickles, and seal jars at once.

Sweet Pepper Relish

Janice T. Watlington

I remember Mama getting out the big old hand-cranked food mill to make this condiment, which we always had on hand to go with black-eyed peas and white bean dishes. I finally found her recipe written on the inside flap of a thirty page 1945 "Home Canning Book" from Kerr (10 cents!) which she had had bound into a hardcover.

1 hour to prepare, 30 minutes to cook

Makes many servings

Ingredients

2 dozen **Red and Green Peppers**

7 medium **Onions**

2 quarts **Water** *boiling*

2 Tbsp. **Salt**

2 Tbsp. **Mustard Seed** *whole*

3 cups **White Vinegar**

3 cups **Sugar**

Directions

Chop peppers and onions into a very fine pieces (the size of one or two pieces of rice) using a food mill or food processor.

Place ground peppers and onions in a large stainless-steel or glass pan. Cover with boiling water. Let stand for ten minutes.

Drain the water from the peppers. Add the salt, mustard seed, vinegar, and sugar and bring to a boil. Cook over medium heat for 30 minutes. Immediately place in sterilized jars and seal.

Breads

Bubble Breakfast Cake

Jeanette LeBlanc, via Mary E. Sieger

A quick alternative to traditional cinnamon rolls.

15 minutes to prepare, overnight to rise, 30 minutes to cook

Makes 8 servings

Ingredients

1/2 cup **Pecans**

3/4 cup **Brown Sugar**

1 box **Vanilla Pudding** *instant*

1 tsp. **Cinnamon** *ground*

6 Tbsp. **Butter or Margarine**

1 package **Parker House Rolls** *frozen*

Directions

Grease tube pan or bundt pan. Sprinkle half of the pecans on the the bottom of the pan. Place rolls in pan. Sprinkle rest of pecans, brown sugar, pudding, and cinnamon on top of rolls. Dot with butter. Let rise overnight in the refrigerator.

Bake at 350 deg. F for 30 minutes.

Banana Nut Bread

Martha K. Morris

15 minutes to prepare, 30 minutes to cook

Makes roughly 20 servings

Ingredients

1 cup **Butter or Margarine** *softened*

3 cups **Sugar**

1 Tbsp. **Vanilla Extract**

4 **Eggs** *beaten*

1 tsp. **Salt**

2 tsp. **Baking Soda**

4 tsp. **Baking Powder**

1/4 cup **Buttermilk**

2 cups **Bananas** *mashed*

4 cups **Flour** *all purpose*

1 cup **Pecans**

Directions

Mix all ingredients together. Place into two loaf pans.

Bake at 400 deg. F for thirty minutes. Then reduce heat and bake at 350 deg. F for another thirty minutes. Cool in pan for fifteen minutes, then transfer to a wire rack.

If using self rising flour in the above recipe, leave out the baking powder and reduce the baking soda to 1 tsp.

Broccoli Cornbread

Ellen Johns (Lake Junuluska), via Janice T. Watlington

20 minutes to prepare, 30 minutes to cook

Makes 8 servings

Ingredients

1 package (10 oz.) **Broccoli** *cooked and drained*

6 Tbsp. (3/4 stick) **Butter or Margarine** *melted*

1 tsp. **Salt**

8 oz. **Cottage Cheese**

4 **Eggs** *beaten*

1 medium **Onion** *chopped*

1 box **Cornbread Mix** *Jiffy*

1/2 cup **Sharp Cheddar Cheese** *shredded*

Directions

Cook the broccoli. Steam if using fresh. Boil if using frozen.

Mix all ingredients well. Pour into a 9 x 13 pan. Bake in a preheated 400 deg F. oven for thirty minutes.

You can substitute 1/4 cup of milk for two of the eggs.

Cinnamon Rolls

Janice T. Watlington

This is still just a placeholder. Anybody got Mom's recipe ?

minutes to prepare, minutes to cook

Makes ? servings

Ingredients

Directions

Cornbread

Janice T. Watlington

This is classic cornbread, as prepared for generations in Tennessee. While a box of Jiffy Mix is simpler to make and more pleasing to modern palates, there are still times when the original recipe is better. One of these is when making Cornbread Dressing.

10 minutes to prepare, 30 minutes to cook

Makes six to eight servings

Ingredients

1/4 cup **Shortening**

2 cups **Corn Meal**

2 tsp. **Baking Powder**

1/2 tsp. **Baking Soda**

1 tsp. **Sugar**

2/3 tsp. **Salt**

1 1/4 cup **Milk** (*sweet*)

2 **Eggs**

Directions

Mix shortening, corn meal, and the other dry ingredients together in a large bowl. Add eggs and milk, stir till even in consistency, then pour into greased baking dish.

Cook for twenty-five to thirty minutes (until golden brown around the edges) in an oven preheated to 450 deg. F.

Ideally, this is cooked in a 12 inch diameter deep cast iron skillet. Just about any 10x10 or 9x13 glass or metal baking dish should work, however.

If you can find Self-rising Cornmeal, you may use it in this recipe. Simply leave out the Baking Powder and Baking Soda.

A secret for making fancier cornbread (closer to Jiffy Mix) is to substitute all-purpose wheat flour for up to half of the corn meal.

Low-Fat Cornbread

Collected by Janice T. Watlington

10 minutes to prepare, 40 minutes to cook

Makes 12 servings (each 3 in. square)

Ingredients

4 cups **Corn Meal**

2 tsp. **Baking Powder**

1/2 tsp. **Baking Soda**

3 cups **Skim Milk**

2 **Eggs** *beaten*

1 can **Corn** *creamed*

several shakes **Butter Buds**

Directions

Mix all ingredients together. Place into a greased 9" by 12" pan.

If you can find Self-rising Cornmeal, you may use it in this recipe. Simply leave out the Baking Powder and Baking Soda.

Bake at 425 deg. F for thirty to forty minutes.

Each 3 in. square has roughly 150 Calories, and 0.8 grams of fat.

Mexican Cornbread

Janice T. Watlington

Mom liked this spicy cornbread.

15 minutes to prepare, 25 minutes to cook

Makes 6 servings

Ingredients

1 cup **Corn Meal**

1/4 cup **Flour** *all purpose*

1 tsp. **Salt**

1/2 tsp. **Baking Soda**

1/3 cup **Vegetable Oil**

1 small can **Creamed Corn**

3/4 cup **Cheese** *grated*

1/4 cup **Milk**

2 **Eggs** *beaten*

2 or 3 **Jalapeno Peppers** *chopped*

1/4 cup **Onion** *chopped*

Directions

Mix together Corn Meal, Flour, Baking Soda and Salt. Add the Oil, Creamed Corn, Cheese, Milk, Eggs, and Peppers. Add the Onion.

Heat a small amount of grease in a large iron skillet. Pour the mix into the skillet. Bake in a 400 deg. F oven for 25 minutes.

Good with Baked Beans

Homemade Muffins

Janice T. Watlington, from Betty Crocker's Cook Book for Boys and Girls

This is a basic muffin recipe.

15 minutes to prepare, 30 minutes to cook

Makes 12 servings

Ingredients

1 **Egg** *beaten*

1 cup **Milk**

1/4 cup **Shortening** *melted*

2 cups **Flour** *all purpose*

1/4 cup **Sugar**

3 tsp. **Baking Powder**

12 **Muffin Liners**

Directions

Mix egg, milk, and shortening together. Sift in the flour, sugar, and baking powder, and mix well. Place into 12 greased muffin cups.

Bake at 400 deg. F for twenty to thirty minutes, or until toothpick inserted into center comes out clean.

Hot Rolls

Martha K. Morris

30 minutes to prepare, one hour to rise, 30 minutes to cook

Makes 30 to 40 rolls

Ingredients

2 cakes or packages **Yeast**

1 cup **Water** *lukewarm*

3/4 cup **Sugar**

1 1/2 tsp. **Salt**

2/3 cup **Shortening**

1 cup **Water** *boiling*

2 **Eggs**

6 cups **Flour** *all purpose*

4 Tbsp. **Butter** *melted*

Directions

Dissolve yeast in lukewarm water and set aside. Put sugar, salt, and shortening in a bowl and over this mixture pour the boiling water (or milk). Allow to cool until lukewarm (so you won't kill the yeast.) Stir in eggs, then yeast mixture, beating well.

Add flour in three amounts, beating well each time. You may use a mixer the first and possibly second times, but the third time you will have to mix by hand. Knead well, until surface of dough becomes smooth and bubbly.

Cover bowl with wax paper and store in refrigerator until ready to use. (It may be stored for two to three days.) Do not let the dough rise outside the refrigerator. You may need to punch it down every once in a while even in the refrigerator !

When ready to use, remove the dough from the refrigerator and shape into rolls. Cover with melted butter. Place in a greased pan or muffin tin and let rise in a warm place until doubled in size (about one hour.)

Bake at 350 deg. F until golden brown.

This recipe may also be used for loaves of bread, or cinnamon rolls.

Hush Puppies

Janice T. Watlington

These are a delicious fried bread which naturally accompanies fried fish. Don't be deceived by the rocks that most restaurants serve, Mama's were great!

10 minutes to prepare, 10 minutes to cook

Makes 6 servings (roughly 18 Hush Puppies)

Ingredients

1 cup **Corn Meal**

1 tsp. **Baking Powder**

1/4 tsp. **Baking Soda**

1/2 cup **Flour** *all purpose*

1 Tbsp. **Sugar**

1 large **Egg** *beaten*

1/2 cup **Milk**

1/2 cup **Onion** *finely chopped*

1 Tbsp. **Vegetable Oil**

1/2 cup **Green Pepper** *diced, optional*

1 **Jalapeno Pepper** *seeded and chopped, optional*

Directions

Combine Corn Meal, Baking Powder, Baking Soda, Flour, and Sugar in a large bowl. Make a well in the center of the mixture. Combine Egg, Milk, Onion, and Peppers, if used. Add to dry ingredients. Mix until all is moistened.

I don't remember Mama ever adding the optional ingredients !

Pour Oil to a depth of 2 inches in a Dutch Oven or heavy sauce pan and heat to 375 deg. F. Drop batter by rounded tablespoons into oil. Fry in batches 2 minutes on each side or until golden brown. Drain on paper towels. Serve immediately.

Usually, these accompany fish and are fried in the same oil, giving them additional flavor.

If you can find Self-rising Cornmeal, you may use it in this recipe. Simply leave out the Baking Powder and Baking Soda.

Main Dishes

Breakfast Casserole

Janice T. Watlington

Mama had commented on the recipe: "Very Good."

15 minutes to prepare, 1 hour to cook

Makes 8 servings

Ingredients

16 slices **Bread** *crust removed*

8 thin slices **Ham**

8 to 10 slices **American Cheese**

3 cups **Milk**

6 **Eggs** *beaten*

1/2 tsp. **Salt**

1/4 tsp. **Black Pepper** *ground*

3 cups **Corn Flakes** *crushed*

1/2 cup (1 stick) **Butter or Margarine** *melted*

Directions

Place in a 13 x 9 cake pan or baking dish a layer of bread, cheese, ham, cheese, and bread.

Beat the eggs, milk, salt and pepper. Pour over layers.

Crush the cornflakes, and coat them with melted butter. Layer on top of baking dish.

This dish may be stored in a refrigerator overnight before cooking.

Bake uncovered at 400 deg. F for one hour.

Arroz con Pollo

Janice T. Watlington, from classic Peruvian dish

This is a classic Peruvian dish which Mom made frequently. Also known as green chicken 'n rice. Serve this with bread (rolls or biscuits), and veggies (beets or corn) for a complete meal.

One hour to prepare, 30 minutes to cook

Makes four to eight servings, depending on meat portions

Ingredients

2 large **Onions** *diced*
 4 large cloves **Garlic** *chopped finely*
 2 large bundles **Cilantro (Chinese Parsley, Coriander Leaf)** *chopped*
 1/4 cup **Vegetable Oil**
 4 large **Chicken Breasts**, *or*
 1 **Chicken** *cut up*
 8 oz. **Green Peas** *frozen*
 2 cups **Rice** *uncooked*
 1 tsp. **Salt**
 1/2 tsp. **Black Pepper** *ground*
 4 cups **water**

Directions

Blend onions, garlic, fresh cilantro, and oil into a paste, using blender. This paste may be frozen to preserve fresh cilantro for later cooking.

Salt and pepper chicken pieces. Fry them in a small amount of oil in a large heavy pan until golden brown. Remove the chicken from the pan.

Fry the cilantro-onion mixture in the pan (without cleaning it, in the chicken "drippings") until it is "well cooked" — it will start to darken.

Add the water, rice, cooked chicken and (frozen) green peas. Cook over medium heat until mixture begins to boil. Cover pan with lid and lower cooking temperature to simmer slowly for fifteen minutes or until rice is well cooked.

This dish may be stretched by adding more veggies, rice and water (one cup rice to two cups water) and chopping up the meat to handle extra guests

Barbecue Chicken

Janice T. Watlington

20 minutes to prepare, 2 hours to cook

Makes 4 to 6 servings

Ingredients

1 **Chicken** *whole*

1 cup **Barbecue Sauce**

Directions

You can use chicken pieces instead of a whole chicken.

Place whole chicken or pieces in a baking pan. Pour barbecue sauce over chicken.

Bake covered at 325 deg. F for 1 to 2 hours, basting frequently.

Chicken Divan

Probably from Hazel Coffman (Malesus), via Janice T. Watlington.

This is an easy-to-make curried chicken casserole. This was Mom's version, probably from one of several almost identical recipes in the 1975 Malesus U.M.W. Cookbook. She also kept a similar Chicken Divan recipe from a clipping from Sara Kaye (long-time food columnist with the Memphis Commercial Appeal).

30 minutes to prepare, 30 minutes to cook

Makes 6 to 8 servings

Ingredients

4 large **Chicken Breasts** *cooked*

2 pkgs (10 oz.) **Broccoli** *lightly cooked*

2 cans (10.5 oz) **Cream of Chicken Soup**
condensed

1 cup **Mayonnaise**

1 tsp. **Lemon Juice**

1/2 to 1 tsp. **Curry Powder**

1/2 cup **Cheddar Cheese** *grated*

1/2 cup **Bread Crumbs** *optional*

1 Tbsp. **Butter or Margarine** *melted, optional*

Directions

Parboil the chicken breasts (or use leftover meat). Shred the meat and line the bottom of a baking dish with chicken, broccoli, chicken, and broccoli.

This dish also works well with turkey. Use it to convert the leftovers from a roasted turkey into a completely new dinner.

Combine the mayonnaise, cream of chicken soup, lemon juice, and curry powder and pour over the layered chicken and broccoli.

Sprinkle the top with the cheese. Combine the bread crumbs and the melted butter. Sprinkle them over the top of the casserole.

Bake uncovered at 350 deg. F for 25 to 30 minutes, or until bubbly and the cheese is melted.

Chicken Dressing Casserole

Norma Brown, via Janice T. Watlington

10 minutes to prepare, 30 minutes to cook

Makes 4 to 6 servings

Ingredients

3 cups **Chicken or Turkey** *cooked, and diced*

1 can (10.5 oz) **Cream of Mushroom Soup**
condensed

1 cup **Sour Cream**

1/2 bag **Cornbread Stuffing Mix**

Directions

Mix chicken, cream of mushroom soup and sour cream. Pour into a casserole dish.

Prepare stuffing as directed, and cover the casserole dish with it.

Bake covered at 350 deg. F for 30 minutes.

Chicken 'n Rice Casserole

Carolyn Watlington, via Janice T. Watlington

This is a great chicken and rice casserole that Mom frequently served.

20 minutes to prepare, 1 1/2 to 3 hours to cook

Makes 6 to 8 servings, depending on number of chicken pieces

Ingredients

1 medium **Frying Chicken** *cut into pieces*

2 cups **Rice** *uncooked, regular or minute*

2 cans (10.5 oz) **Cream of Chicken Soup**
condensed

2 cans (10.5 oz) **Water**

1 package **Onion Soup Mix** *dry*

1 tsp. **Salt**

1/2 tsp. **Black Pepper** *ground*

Directions

Place rice in large (9x13) baking dish or cake pan. Sprinkle onion soup mix over top.

Mix cream of chicken soup and water and pour over rice. Place cut-up chicken pieces on top. Salt and pepper the chicken.

Bake covered at 250 deg. F for 3 hours, or 350 deg. F for 1 1/2 hours.

You can also use Pork Chops instead of chicken. Use Cream of Celery or Cream of Mushroom Soup instead.

You can even use leftover Turkey instead of chicken. Add the meat thirty minutes before the end of cooking.

For extra rice, add another cup of rice and cup of water to the recipe.

Chicken Dumplings

Janice T. Watlington

This is Mom's recipe for this classic Southern dish.

40 minutes to prepare, 10 minutes to cook

Makes 6 servings

Ingredients

1 medium **Frying Chicken** *cut up into pieces and boiled*
 1 1/2 cup **Flour** *all purpose*
 3 Tbsp. (small egg size) **Butter or Margarine**
 1/2 tsp. **Salt**
 1 tsp. **Baking Powder**
 1 **Egg**
 small amount **Milk**

Directions

Boil Chicken in just enough water to cover until tender. Let cool, then debone. Reserve the broth leftover from the boiling.
 Fold the Butter into the Flour, Salt, and Baking Powder until well mixed. Add the Egg, and enough Milk to make a dough for rolling.
 Roll the dough out on a floured board and cut into strips. Drop the strips into boiling broth along with the deboned chicken. Cover and cook "until tender", about 10 minutes.

Chicken Royal

Lima High School, via Janice T. Watlington

A chicken casserole from a missionary refuge and women's high school in Lima, Peru: Colegio Maria Alvarado.

20 minutes to prepare, 45 to 60 minutes to cook

Makes 15 servings

Ingredients

1 loaf **Bread**
 2 **Chickens** *stewed, deboned, and diced into bite sized pieces*
 1 cup **Chicken Broth**
 6 **Eggs** *hard boiled and quartered*
 2 cups **Peas** *fresh or canned*
 3 cups **Celery** *finely chopped*
 1 tsp. **Salt**
 1/2 tsp. **Pepper** *ground*
 1 can **Pimentos**

Directions

Set two eggs apart for garnish.
 Break loaf of bread into small pieces. Mix all ingredients together with enough chicken broth to make quite moist. Pour into casserole dish and top with eggs reserved for garnish.
 Bake at 350 deg. F until firm.
Serve with mushroom or tomato sauce.

Chicken Tortilla

Janice T. Watlington

This is a crockpot recipe that Mom submitted to the 1990 St. Luke's cookbook.

20 minutes to prepare, three hours to cook

Makes 6 servings

Ingredients

1 **Fryer Chicken** *cooked and boned*
 1 can (10.5 oz) **Cream of Chicken Soup**
condensed
 1/2 cup (1/2 can) **Tomatoes w. Chilies** (*Rotel*)
 2 Tbsp. **Tapioca** *instant*
 6 to 8 **Tortillas** *broken into pieces*
 1 medium **Onion** *chopped*
 2 cups **Cheddar Cheese** *grated*

Directions

Cut chicken into bite-sized pieces. Mix well with cream of chicken soup, tomatoes, and tapioca.
 Line bottom of crock pot with tortillas. Add 1/3 of chicken mixture, and sprinkle with onion and cheese. Repeat two more times.
 Cover and cook on low for six to eight hours, or high for three hours.

Hot Chicken Salad

Janice T. Watlington

One of Mom's hot chicken casseroles.

20 minutes to prepare, 20 minutes to cook

Makes 6 servings

Ingredients

2 cups **Chicken** *cooked and diced*
 1 cup **Celery** *thinly sliced*
 1 medium **Onion** *grated*
 1 cup **Mayonnaise**
 2 Tbsp. **Lemon Juice**
 1/2 tsp. **Salt**
 1/2 cup **Cashews** (*optional*)
 1 cup **Potato Chips** *crushed*
 1/2 cup **Cheddar Cheese** *grated*

Directions

Combine Chicken, Celery, Onion, Mayonnaise, Lemon Juice, Salt and Cashews together. Pile lightly into casserole dish or individual baking dishes. Sprinkle with Cheese and Potato Chips. Bake at 400 deg. F for about 20 minutes, or until mixture is heated and cheese is melted.

Spicy Baked Chicken

Janice T. Watlington

15 minutes to prepare, 4 hours to marinade, 50 minutes to cook

Makes as many servings as you have chicken breasts

Ingredients

2 to 6 **Chicken Breasts** *boned and skinned*

1/2 cup **Italian Dressing**

2 **Eggs** *beaten*

1/2 to 1 cup **Pepperidge Farm stuffing mix**

1/4 cup **Parmesan Cheese** *grated*

Directions

Marinate the chicken in the Italian dressing for at least four hours.

Mix the stuffing mix and parmesan cheese in a bowl. Dip the chicken breasts in egg, then roll it in the stuffing mix. Place in a baking dish. Using a spoon, sprinkle a little more stuffing mix and parmesan on top of each breast.

You can use Italian bread crumbs instead of the stuffing mix and parmesan cheese.

Bake in a 350 deg. F oven for 45 to 60 minutes.

Chinese Tuna Casserole

Jennibeth King

An interesting way to serve up tuna.

20 minutes to prepare, 35 minutes to cook

Makes 6 to 8 servings

Ingredients

1 can **Chinese Noodles**

1 can (10.5 oz.) **Cream of Mushroom Soup**
condensed

1/4 cup **Light Cream**

2 tsp. **Worcestershire Sauce**

1 small can (6.5 oz.) **Tuna** *drained*

1/4 lb. **Cashew Nuts** *whole*

1 cup **Celery** *chopped*

1/4 cup **Onion** *chopped*

Directions

Mix all ingredients well, reserving half of the noodles. Place in buttered casserole dish. Top with remaining noodles.

Bake at 350 deg. F for 35 minutes.

Lomo Saltado

Janice T. Watlington

This meat and potatoes over rice dish is a classic at Peruvian bus stops (it can be cooked quickly, and stretches cheap meat). Mom frequently served this, adapting it slightly from the Peruvian version.

20 minutes to prepare, 25 minutes to cook

Makes 6 servings

Ingredients

1 to 1 1/2 lbs. **Beef Round Steak** *cut into long slivers*

1 large **Onion** *sliced into rings*

1 can (14 oz) **Stewed Tomatoes** *diced*

1 clove **Garlic** *crushed*

1/2 tsp. **Salt**

1/4 tsp. **Black Pepper** *ground*

2 tsp. **Tomato Catsup**

4 cups **White Rice** *cooked*

1/2 bag **Shoestring Fries** *frozen*

Directions

Fry the slivered steak until browned. Add the sliced onion, tomatoes, garlic, salt, pepper, and catsup. Cook until liquid begins to reduce, anywhere from 5 to 15 minutes more.

The original recipe uses two large fresh tomatoes instead of stewed (canned) ones.

If the meat is especially tough, add tomatoes, garlic, salt and pepper and let it simmer for an extra ten to thirty minutes, adding water as necessary. Then add onions and proceed.

Cook the french fries. Just before serving, add a generous helping of french fries to the meat and sauce and mix well. Serve immediately over rice.

Mom preferred shoestring fries with this recipe (and I agree), although steak fries would be more authentic.

Serve over white rice

Macaroni and Cheese

Janice T. Watlington

A timeless classic.

10 minutes to prepare, 45 minutes to cook

Makes 6 to 8 servings

Ingredients

1 1/2 cups **Macaroni Elbows**
 2 Tbsp. **Onion** *finely minced*
 1/4 cup **Butter (or Margarine)**
 1/4 tsp. **Black Pepper** *ground*
 1/4 tsp. **Salt**
 1/4 cup **Flour**
 1 3/4 cup **Milk**
 8 oz. **Velveeta or Mild Cheddar Cheese**

Directions

Cook the macaroni.
 Melt butter in small saucepan. Add onion and saute over medium heat for a couple of minutes. Reduce heat to low. Add salt, pepper, and flour and stir well with a wisk. Continue to stir periodically until mixture begins to thicken.
 Add the cheese or velveeta, and continue stirring until cheese is melted.
 Drain the cooked macaroni, and place in a greased baking dish. Pour cheese sauce over the macaroni.
 Bake uncovered at 375 deg. F for 30 minutes.

Impossible Cheeseburger Pie

Janice T. Watlington

25 minutes to prepare, 40 minutes to cook

Makes 6 to 8 servings

Ingredients

1 lb. **Ground Beef**
 1 1/2 cups **Onion** *chopped*
 1/2 tsp. **Salt**
 1/4 tsp. **Black Pepper** *ground*
 1 1/2 cups **Milk**
 3/4 cup **Bisquick Baking Mix**
 3 **Eggs** *beaten*
 2 medium **Tomatoes** *diced*
 1 cup **Cheddar Cheese** *shredded*

Directions

Fry ground beef and onions over high heat until meat is browned. Drain the fat. Add salt and pepper. Spread in a greased 10 inch diameter pie plate.
 Beat milk, biscuit mix, and eggs until smooth. Pour on top of meat in pie plate.
 Bake for 25 minutes in a preheated 400 deg. F oven.
 Top with tomatoes and shredded cheese.
 Continue baking until a knife inserted in center comes out clean. Cool five minutes before cutting or serving.

Meatballs or Meat Loaf

Janice T. Watlington

20 minutes to prepare, 30 minutes to cook

Makes roughly 8 to 12 servings

Ingredients

2 lbs. **Beef** *ground*

2 lbs. **Pork** *ground*

2 cups **Bread Crumbs**

1 small can (6 oz.) **Tomato Sauce**

1/2 tsp **Salt**

1/4 tsp **Black Pepper** *ground*

6 strips **Bacon** *fried crisp and crumbled*

1 cup **Onions** *diced*

3 **Eggs** *beaten*

Directions

Mix all ingredients and make into balls or a loaf. If making meatballs, they may be baked (30 minutes at 400 deg. F) or fried and frozen until use, or dropped into cooking sauce and simmered for at least an hour.

If making a meat loaf, place in two small loaf pans and bake for 40 to 50 minutes at 400 deg. F.

Meat Birds

Betty Carter, via Janice T. Watlington

This is steak stuffed with dressing, and simmered

30 minutes to prepare, 45 minutes to cook

Makes 4 servings

Ingredients

1 lb. **Round Steak**

about 1/2 cup **Flour** *all purpose*

about 1 tsp. **Salt**

about 1/2 tsp. **Black Pepper** *ground*

4 Tbsp. **Vegetable Oil**

1 1/2 cup **Corn Bread Dressing** *Pepperidge Farms*

1 can (10.5 oz) **Cream of Mushroom Soup** *condensed*

Directions

Make dressing as directed on package. Slice meat into wide long thin sheets. Wrap steak around stuffing and secure with a toothpick. Roll the steak in flour.

Heat oil, and brown steak rolls on all sides. Pour in cream of mushroom soup and simmer for 45 minutes.

Ranch Dressing Chicken Stir-Fry

Collected by Janice T. Watlington

15 minutes to prepare, 20 minutes to cook

Makes 4 servings

Ingredients

1 Tbsp. **Oil** *vegetable or peanut*

1/2 lb. **Chicken Breasts** *skinned, boned, and cut into strips*

1 pkg. **Ranch Dressing Mix** *dry*

16 oz. **Vegetable Medley** *thawed*

2 Tbsp. **Water**

Directions

Heat oil in large skillet or wok. Add chicken and brown on high heat until golden brown on both sides.

Stir in the Ranch Dressing mix, and add the vegetables and water. Stir fry for another two minutes.

Serve hot, over rice.

Side Dishes

Asparagus Casserole

Janice T. Watlington

This dish was a regular on our Sunday dinner table.

15 minutes to prepare, 30 minutes to cook

Makes 6 servings

Ingredients

2 Tbsp. **Butter or Margarine**

2 Tbsp. **Flour** *All-Purpose*

1/2 tsp. **Salt**

1/2 tsp. **Black Pepper** *ground*

1 cup **Milk**

1 cup **Cheddar Cheese** *grated*

2 cans **Asparagus spears** *drained*

2 **Eggs** *hard boiled and sliced*

1 dozen **Saltine Crackers** *crushed*

Directions

Make a cheese sauce: Melt the butter in a sauce pan over low heat. Add the flour, salt and pepper and stir well. Slowly add the milk while whisking the mixture. Stir regularly. When mixture thickens, stir in cheese.

In a greased casserole dish, lay the asparagus spears. Cover with cheese sauce and sliced eggs. Top with crushed crackers and dot with butter.

Fresh asparagus may be used instead of canned, simply wash and break the ends off.

Bake at 350 deg. F for 20 to 30 minutes, or until bubbly.

Artichokes

Janice T. Watlington

Mama learned to cook these in Peru, where they were plentiful.

15 minutes to prepare, 45 minutes to cook

Serve one artichoke per person

Ingredients

1 **Artichoke** *fresh*

Directions

Prepare artichoke by cutting off the spiked leaf ends using scissors, starting at the stem and working toward the tip. When the leaves permit, simply remove the remaining spiked ends in a single cut. Trim the stem to within a quarter inch (roughly half a centimeter) of the base of the artichoke.

Serve one artichoke per person (more if they are really small), along with a dipping sauce, such as French Dressing, Aoli, Curried mayonnaise, or melted butter.

Place the artichoke in a steamer, or directly into a pan with a quarter inch of water in it. Steam for forty-five minutes to an hour — until leaves pull freely off the artichoke.

An Aoli sauce may be made by placing 1/2 tsp. freshly crushed garlic in a cup of mayonnaise. The curried mayonnaise requires 1 Tbsp. of a good curry powder combined with a cup of mayonnaise.

The leaves are pulled off, and the "heart" end dipped in sauce. This is then placed in the mouth and scraped to remove any "heart". After enough leaves have been removed, the remainder of the leaves and the "hairs" located right above the artichoke heart (which is attached to the stem) may be removed using a table knife. The remaining artichoke heart may be sliced, dipped, and eaten.

Baked Apples

Janice T. Watlington

This is a very easy to prepare side dish that really spices up a dinner.

5 minutes to prepare, 30 minutes to cook

Makes 4 servings

Ingredients

3 to 4 medium **Apples**

2 or 3 tsp. **Sugar**

1 tsp. **Cinnamon** *ground*

Directions

Wash, quarter and core the apples. Don't peel them.

This dish works best with a cooking apple such as Macintosh, Cortland, or Granny Smith.

Place apples in a baking dish. Sprinkle each with some sugar and cinnamon. Add just enough water to the baking dish to cover the bottom.

Bake at 350 deg. F for 30 minutes.

Be careful not to overcook, as the apples will erupt into apple sauce !

Baked Beans

Janice T. Watlington

I couldn't find Mom's recipe for her classic baked beans from scratch. Anybody got it ?

minutes to prepare, minutes to cook

Makes 12 servings

Ingredients

Directions

Broccoli Casserole

Betty Williams, via Janice T. Watlington

A quick and easy broccoli and rice casserole.

30 minutes to prepare, 30 minutes to cook

Makes 8 servings

Ingredients

2 cups **Minute Rice** *cooked*

1 package **Broccoli** *frozen (or fresh), cooked*

1 small can **Water Chestnuts** *sliced (very optional)*

1 small jar **Cheeze Wiz**

1 can **Cream of Chicken Soup** *condensed*

Directions

You can substitute 8 oz. of Velveeta Cheese for the Cheese Wiz. Or cooked regular rice instead of the Minute Rice.

Mix hot cooked broccoli, rice, water chestnuts, and cheese together. Pour into greased casserole dish.

Bake uncovered at 350 deg. F for 20 to 30 minutes.

Candied Sweet Potatoes

Janice T. Watlington

This was one of Mom's signature dishes. A classy way to serve up sweet potatoes.

25 minutes to prepare, 2 hours to cook

Makes 8 servings

Ingredients

4 large **Sweet Potatoes**

1/2 tsp. **Salt**

1/2 cup **Brown Sugar**

1/4 cup (1/2 stick) **Butter or Margarine**

3 Tbsp. **Corn Syrup** *light or dark, Karo*

Directions

Wash sweet potatoes well but don't cut or peel (unless absolutely necessary). Place in saucepan and cover with water. Add salt and bring to a low boil. Continue boiling until sweet potatoes become soft to a fork inserted through the center. Try not to overcook them.

Drain sweet potatoes and let cool. Peel skins and slice into roughly 3/4" - 1" slices. Place slices in baking dish.

In a small saucepan, melt the butter and add the sugar and corn syrup. Heat over medium heat, stirring until mix becomes relatively even. Spoon over each sweet potato slices in baking dish.

Bake uncovered in a 350 deg. F oven for 20 to 30 minutes. Basting the potatoes once or twice is recommended but not required.

Cover with syrup from baking dish before serving.

While Mom didn't do it, you can modify this recipe in a number of ways. Adding Orange Oil, or Lemon zest, for example. Try using Maple Syrup instead of corn syrup. Also see the next recipe in her collection.

Candied Sweet Potatoes

Mary Evelyn Goodwin

Another recipe for candied sweet potatoes which Mom kept, although she usually made a simpler version.

20 minutes to prepare, 90 minutes to cook

Makes 8 to 10 servings

Ingredients

6 medium **Sweet Potatoes**

1/3 cup **Brown Sugar** *firmly packed*

1/2 cup **Sugar**

2 tsp. **Flour** *all-purpose*

1 tsp. **Cinnamon** *ground*

1/4 tsp. **Allspice** *ground*

3/4 cup **Pineapple Juice**

1/3 cup **Corn Syrup** *light (Karo)*

2 Tbsp. **Orange Juice**

1/4 cup **Butter or Margarine**

1/2 cup **Pecans** *chopped*

Directions

Wash sweet potatoes well but don't cut or peel (unless absolutely necessary). Place in saucepan and cover with water. Add salt and bring to a low boil. Continue boiling until sweet potatoes become soft to a fork inserted through the center (25 to 35 minutes). Try not to overcook them. Drain sweet potatoes and let cool. Peel skins and slice into roughly 1/2" slices. Place slices in greased baking dish.

In a saucepan, melt the butter and add the remaining ingredients.. Heat over medium heat, stirring until mix becomes relatively even (about 10 minutes). Spoon over sweet potato slices in baking dish.

Bake uncovered in a 350 deg. F oven for 30 minutes.

Cover with syrup from baking dish before serving.

Chinese Broccoli

Janice T. Watlington

A quick stir-fried Broccoli side dish

10 minutes to prepare, 10 minutes to cook

Makes 4 servings

Ingredients

1 bunch **Broccoli** *sliced*

1 clove **Garlic** *minced*

1 tsp. **Sugar**

1 Tbsp. **Cornstarch**

1 Tbsp. **Soy Sauce**

1/2 cup **Chicken Broth**

1/4 cup **Vegetable or Peanut Oil**

1/4 tsp. **Black Pepper** *ground*

2 Tbsp. **Cooking Sherry**

Directions

Mix together sugar, cornstarch, soy sauce, and chicken broth. Set aside.

Heat skillet. Add oil and garlic to skillet. Add broccoli and stir-fry over high heat (stirring constantly) for two minutes.

Add sherry and cover. Cook for another two minutes.

Add the broth mixture and stir until sauce thickens. Serve immediately.

Corn Pudding

Janice T. Watlington

20 minutes to prepare, 25 minutes to cook

Makes 6 servings

Ingredients

2 cups **Corn** *whole kernel*

8 Tbsp. **Flour** *all purpose*

2 tsp. **Sugar**

1 tsp. **Salt**

2 Tbsp. **Butter or Margarine** *melted*

4 **Eggs** *beaten*

2 cups **Milk**

Directions

Mix flour, sugar, salt and butter into corn.

Beat eggs, adding milk. Add eggs and milk to corn. Place in baking dish.

Bake at 350 deg. F for 20 to 25 minutes. Twice during baking stir the pudding all the way to the bottom of the dish.

Corn Souffle

Martha K. Morris

10 minutes to prepare, 50 minutes to cook

Makes 6 servings

Ingredients

1 can **Sweet Corn**

1 tsp. **Salt**

2 Tbsp. **Flour**

1 tsp. **Sugar**

2 **Eggs** *separated*

Directions

Mix corn, salt, flour, sugar, and the egg yolks.

Beat egg whites until stiff. Fold into corn mixture. Place in greased baking dish.

Bake a 350 deg. F for forty to fifty minutes, with baking dish sitting in a larger pan containing hot water.

This recipe may be used for other vegetables, such as yellow squash.

Cornbread Dressing

Martha K. Morris

This dressing made with cornbread is a favorite at our family Thanksgiving gatherings at Martha Morris', and a crowd pleaser wherever it is served.

15 minutes to prepare once cornbread is cooked. 45 minutes to 5 hours to cook

Makes enough for six to eight adults (frequently doubled).

Ingredients

1/2 cup (1 stick) **Butter or Margarine**

1 cup **Onion** *chopped*

1 cup **Celery** *chopped*

1 pan **Cornbread** *cooked and coarsely crumbled*

2 **Eggs**

1 can (10.5 oz.) **Cream of Mushroom Soup**
condensed

1+ cup **Chicken Broth**

1 tsp. **Poultry Seasoning**

1 tsp. **Sage** *ground*

1 1/2 tsp. **Salt**

1/2 tsp. **Black pepper** *ground*

Directions

Saute the onions and celery together with butter. Mix with remainder of ingredients.

Some versions of this recipe use 1 tsp. ground Thyme instead of the Poultry Seasoning. Either tastes good!

If using a crockpot, cook on high for about an hour, then cook on low for four more hours.

You can instead place this in a covered baking dish and cook for 45 minutes at 350 deg. F, or until top begins to brown.

Cream of Celery or Cream of Chicken Soups may be used instead of the Cream of Mushroom Soup, or in addition when cooking double recipes.

Southern Fried Cabbage

The Memphis Commercial Appeal

Mom included this recipe for "Cindy's Fried Cabbage with Bacon and Onions" from the Memphis Commercial Appeal in her recipes.

45 minutes to prepare

Makes 4 servings

Ingredients

5 thick slices, or 7 thin slices **Bacon**
 2 Tbsp. **Butter**
 1 small **Onion** *sliced very thin*
 1 small head **Cabbage** *cored and cut in half*
 2 Tbsp. **Cider Vinegar**
 several cups **Water**

Directions

Cut bacon into 1 inch pieces. Place in large frying pan and cook over medium high heat until ready to turn. Add butter and onion, and cook until medium brown.
 Add cabbage. Add enough water to cover. Cover and allow to steam, adding water as needed to help loosen the brown bits in the pan.
 Cook for fifteen to twenty minutes. When almost done, add vinegar. Stir and heat for another five minutes.

Garlic Cheese Grits Casserole

Bertha Wiley, via Janice T. Watlington

A version of that Southern favorite, Cheese Grits.

20 minutes to prepare, 40 minutes to cook

Makes 8 servings

Ingredients

2 cups **Milk**
 2 cups **Water**
 1/2 tsp. **Salt**
 1 cup **Grits**
 1/4 cup (1/2 stick) **Butter or Margarine**
 approx. 1 cup (1 roll) **Kraft Garlic Cheese**
 3 **Eggs** *well beaten*

Directions

Bring water, milk, and salt to a boil. Add the grits, and boil for five minutes.
 Stir the butter and cheese into the grits. Gradually add the eggs to the mixture.
 Put in greased baking dish and bake covered at 350 deg. F for 30 to 40 minutes.
You can use another cheese such as Velveeta, and add 1/2 tsp. garlic powder.

Garlic Cheese Grits Casserole

Polly Broadus, via Janice T. Watlington

Another version of that Southern favorite, Cheese Grits.

20 minutes to prepare, 40 minutes to cook

Makes 8 servings

Ingredients

1/4 cup **Milk**

4 cups **Water**

1 tsp. **Salt**

1 cup **Grits**

1/2 cup (1 stick) **Butter or Margarine**

approx. 1 cup (1 roll) **Kraft Garlic Cheese**

2 **Eggs** *well beaten*

1/4 tsp. **Black Pepper** *ground*

Directions

Bring water (with extra salt) to a boil. Add the grits, and boil until cooked (ten minutes).

Stir the butter, cheese, milk, salt, and pepper into the grits. Gradually add the eggs to the mixture.

Put in greased baking dish and bake covered at 350 deg. F for 30 to 40 minutes.

You can use another cheese such as Velveeta, and add 1/2 tsp. garlic powder.

Garlic Cheese Grits Casserole

Collected by Janice T. Watlington

Yet another version of that Southern favorite, Cheese Grits.

20 minutes to prepare, 40 minutes to cook

Makes 8 servings

Ingredients

4 cups **Water**

1 tsp. **Salt**

1 cup **Grits** (*not instant*)

1/4 cup (1/2 stick) **Butter or Margarine**

approx. 1 cup (1 roll) **Kraft Garlic Cheese**

3 **Eggs** *well beaten*

1/4 tsp. **Black Pepper** *ground*

Directions

Bring water and salt to a boil. Add the grits, and boil until cooked (ten minutes).

Stir in the butter, eggs, cheese, and milk into the grits. Put in greased baking dish.

Bake covered at 350 deg. F for 30 to 40 minutes.

You can use another cheese such as Velveeta, and add 1/2 tsp. garlic powder.

Green Bean Casserole

Janice T. Watlington

What church pot-luck dinner is complete without this classic dish ?

5 minutes to prepare, 30 minutes to cook

Makes 8 servings

Ingredients

3 cans **Green Beans** *sliced, partially drained*

2 cans (10.5 oz) **Cream of Mushroom Soup**
condensed

1 small can **French Fried Onion rings**

several dashes **Worcestershire sauce**

Directions

You can substitute Cream of Celery or Cream of Chicken Soups for the Cream of Mushroom, if preferred.

Stir together beans, soup, and Worcestershire sauce. Place in casserole dish. Top with onion rings.

For lighter onion rings, place them on top after 20 minutes of cooking.

Bake uncovered at 350 deg. F for 30 minutes, or until bubbly.

Papas a la Huancaína

Janice T. Watlington

This is a classic Peruvian potato dish. Boiled potatoes are served cold, covered in a (traditionally spicy hot) fresh cheese sauce.

40 minutes to prepare, several hours to set sauce

Makes 8 servings

Ingredients

2 cups **Cottage Cheese**
1/2 lb. **Feta Cheese**
1/4 cup **Evaporated Milk**
1/4 cup **Vegetable Oil**
3 **Egg Yolks** *hard boiled*
1/4 cup **Onions** *well chopped, blanched*
1 to 2 Tbsp. **Aji Amarillo**
6 **Potatoes** *cooked*
2 or 3 leaves **Lettuce**
1 to 2 **Eggs** *hard boiled*

Directions

Aji Amarillo is important to the success of this dish. It is a yellow sauce made from a hot yellow pepper, salt, and water. It is now available from Latin American food stores in most areas.

In blender, mix grated egg yolks, evaporated milk, and oil. Add cheeses gradually. Then add chopped onion which has been blanched by being covered with boiling water and set aside for five minutes. Finally, add aji amarillo to taste. Place sauce in refrigerator for at least an hour to set.

Both the potatoes and the prepared cheese sauce may be stored in the refrigerator for several days.

Peel cooked potatoes and chop into quarters (if not already chopped.) Arrange lettuce on serving plate (authentic but optional) and place potatoes on lettuce. Cover potatoes with cheese sauce, and garnish with thin wedges of boiled egg and black olives.

The whites of the eggs used to provide the egg yolks for the sauce should be used for garnish. One or two additional eggs may also be used.

Parmesan Potatoes

Collected by Janice T. Watlington

10 minutes to prepare, 30 minutes to cook

Makes 4 to 6 servings

Ingredients

1/3 cup **Butter or Margarine** *melted*

1/4 cup **Flour** *all purpose*

1/4 cup **Parmesan Cheese** *grated*

3/4 tsp. **seasoned salt**

1/8 tsp. **Black Pepper** *ground*

6 large **Potatoes** *cut into lengths*

2 Tbsp. **Parsley** *finely chopped*

Directions

If you don't have seasoned salt, use 1/2 tsp. regular salt, plus 1/8 tsp. Garlic and/or Onion Powder, and 1/4 tsp. sweet paprika.

Put melted margarine into 13 x 9 pan. Combine flour, cheese, salt and pepper in a plastic bag (ziploc). Moisten potatoes with water. Shake off excess. Shake a few potatoes at a time in bag, coating well. Place in buttered pan. Bake at 350 deg F for 30 minutes.

Potato Casserole

Pauline Pappas, via Janice T. Watlington

A potato casserole dish Mom used to make. This is very similar to another recipe she also used.

15 minutes to prepare, 45 minutes to cook

Makes 12 servings

Ingredients

2 lbs. (1 bag) **Hash Browns** *Ore-Ida frozen*

8 oz. **American Cheese** *grated*

1/2 cup **Onion** *chopped*

8 oz. **Sour Cream**

1 can (10.5 oz) **Cream of Chicken Soup**
condensed

1 tsp. **Salt**

1/4 tsp. **Pepper**

2 cups **Corn Flakes** *crushed*

1/2 cup (one stick) **Butter or Margarine** *melted*

Directions

Heat the condensed cream of chicken soup, cheese, and onions. Mix well with slightly thawed hash browns, sour cream, salt, and pepper.

Pour the mixture into a greased baking dish, of at least 2.5 quart size.

Top with corn flakes, and drizzle with melted butter. Bake uncovered in 350 deg. F oven for 45 minutes.

Potato Casserole

Julie Ballard, via Janice T. Watlington

Another potato casserole dish Mom used to make. This is very similar to another recipe she had for this dish.

15 minutes to prepare, 60 minutes to cook

Makes 12 servings

Ingredients

2 lbs. (1 bag) **Hash Browns** *Ore-Ida frozen*

10 oz. **Cheddar Cheese** *grated*

1 cup **Onion** *chopped*

8 oz. **Sour Cream**

1 can (10.5 oz) **Cream of Chicken Soup**
condensed

1 can (10.5 oz) **Cream of Mushroom Soup**
condensed

1 tsp. **Salt**

1/2 tsp. **Pepper**

1 can **French Fried Onion Rings**

1/2 cup (one stick) **Butter or Margarine** *melted*

Directions

Thaw the hash browns. Melt the stick of butter in a 13x9 casserole dish. Spread the hash browns on top of the butter.

Mix the Cheese, Onions, Sour Cream, Soups, Salt, and Pepper. Spread mixture on top of hash browns.

Bake uncovered at 300 deg. F for 30 minutes.

Top with Onion Rings, and cover with foil. Bake for an additional 30 minutes.

Scalloped Potatoes

Janice T. Watlington

Mom's version of the classic potato dish was cheesy.

30 minutes to prepare, 50 minutes to cook

Makes 6 servings

Ingredients

2 Tbsp. **Butter or Margarine** *melted*
 2 Tbsp. **Flour** *all purpose*
 1 1/2 cup **Milk**
 1 tsp. **Salt**
 1/4 tsp. **Black Pepper** *ground*
 6 or 7 medium **Potatoes** *peeled and sliced 1/4 inch thick*
 1 medium **Onion** *sliced thinly*
 1/2 cup (4 oz.) **Velveta** *thickly sliced*
 1/2 cup **Bread Crumbs** *optional*

Directions

Melt butter in small pan over low heat. Add flour, salt, and pepper and mix thoroughly. Add milk slowly, while whisking. Heat until bubbly. Remove from heat.

Arrange a layer of potato slices in a small, greased, casserole dish, topped by some onion slices. Pour some of the white sauce over this layer, then repeat two or three more times.

Pour the remainder of the sauce over the potatoes, then spread the pieces of cheese around the top. You may optionally spread bread crumbs as well — if used, this dish officially becomes Potatoes Au Gratin.

Bake uncovered in a 350 deg. F oven for 50 minutes, or until potatoes are soft to an inserted fork.

Spinach Casserole

Maureen Pera, via Janice T. Watlington

15 minutes to prepare, 45 minutes to cook

Makes 8 servings

Ingredients

2 pkgs. **Spinach** *frozen*
 2 **Eggs** *beaten*
 1 medium **Onion** *finely chopped*
 1 can (10.5 oz) **Cream of Mushroom Soup** *condensed*
 1 cup **Sharp Cheddar Cheese** *grated*
 1/2 cup **Mayonnaise**
 1/4 cup **Bread Crumbs**

Directions

Thaw and drain spinach. Mix in other ingredients and place in casserole dish. Top with bread crumbs.

Bake at 350 deg. F for 45 minutes or until firm.

Spinach Casserole

Janice T. Watlington

15 minutes to prepare, 45 minutes to cook

Makes 8 servings

Ingredients

1 can **Artichoke Hearts** *in salt water*

2 **Spinach Souffle** *Stouffer's frozen*

1 package (8 oz.) **Cream Cheese**

Directions

Spread drained, separated artichoke hearts in bottom of a greased casserole dish. Remove souffle from pan in which they were frozen and place on top of these hearts.

Bake at 300 deg. F about 30 minutes or until completely thawed.

Spread softened cheese on top and bake further until slightly browned.

Spinach-Tomato Casserole

Stella Day

5 minutes to prepare, 30-45 minutes to cook

Makes 8 servings

Ingredients

2 cans **Spinach** *drained*

2 cans **Tomatoes**

1 cup (8 oz.) **Cheddar Cheese** *grated or cubed*

1 dozen **Saltine Crackers** *crumbled*

1/2 tsp. **Salt**

1/4 tsp. **Pepper** *ground*

2 strips **Bacon** *uncooked, cut into pieces*

Directions

Layer half the spinach and tomatoes in a casserole dish. Sprinkle with the salt and pepper, half the cracker crumbs, and half the cheese. Repeat. Top with bacon pieces.

Cook uncovered at 350 deg. F until bacon is cooked and casserole bubbles.

Sweet Potato Casserole

Holly Rast, via Janice T. Watlington

45 minutes to prepare, 20 minutes to cook

Makes 8 servings

Ingredients

3 cups **Sweet Potatos**

1/2 cup (1 stick) **Butter or Margarine**

1 cup **Sugar**

1/2 cup **Raisins**

2 **Eggs**

1 tsp. **Vanilla Extract**

1 cup **Brown Sugar**

2 Tbsp. **Flour** *all purpose*

1 cup **Pecans** *chopped*

1/4 cup (1/2 stick) **Butter or Margarine** *melted*

Directions

Cook and mash the Sweet Potatoes. Add 1/2 cup Butter, 1 cup Sugar, Raisins, Eggs, and Vanilla and mix well. Place in casserole dish.

Add 1 cup Brown Sugar, Flour, and Pecans to 1/4 cup melted Butter. Mix well and pour over the top of the casserole dish.

Bake at 350 deg. F for 20 minutes.

Sweet Carrots

Camp Douglas Jolly Jills Cookbook, 1952

A tasty carrot recipe from Wisconsin.

10 minutes to prepare, 30 minutes to cook

Makes 4 servings

Ingredients

4 to 6 **Carrots** *peeled and diced*

2 Tbsp. **Maple Syrup**

1 Tbsp. **Butter**

Directions

Steam carrots.

Place carrots in baking dish. Pour Maple syrup over them. Dot with butter.

Bake at 350 deg. F for 15 minutes. Carrots should be evenly glazed.

Zucchini Quiche

Martha K. Morris

Looking for a better way to use zucchini ? Try this !

20 minutes to prepare, 40 minutes to cook

Makes 6 servings

Ingredients

3 Tbsp. **Onion** *finely chopped*

2 cups **Zucchini** *grated*

4 **Eggs** *beaten*

1/2 cup **Vegetable Oil**

1/4 cup **Parmesan Cheese** *grated*

roughly 3 Tbsp. **Velveeta**

1 Tbsp. **Chili Powder**

1/2 Tbsp. **Mr. Dash**

1/4 tsp. **Salt**

1/8 tsp. **Black Pepper** *ground*

1 cup **Biscuit Mix** *Bisquick*

1 **Pie Shell** *uncooked*

Directions

Mix all ingredients and pour into pie shell.

Bake in a 350 deg. F oven for thirty to forty minutes.

If you can't find Mr. Dash, add 1/4 tsp. of salt to the recipe.

Zucchini Bake

Janice T. Watlington

A simpler version of the zucchini quiche.

15 minutes to prepare, 40 minutes to cook

Makes 6 servings

Ingredients

3 Tbsp. **Onion** *chopped*

3 cups **Zucchini** *grated*

1 cup **Bisquick**

4 **Eggs**

1/2 cup **Vegetable Oil**

1/4 cup **Parmesan Cheese** *grated*

2 oz. **Velveeta Cheese** *cubed*

1 tsp. **Chili Powder**

1/2 tsp. **Mrs. Dash**

1/4 tsp. **Salt**

1/8 tsp. **Pepper** *ground*

Directions

Mix all ingredients together and place in casserole dish.

Bake at 350 deg. F for 30 to 40 minutes.

Salads

Coca-Cola Salad

Janice T. Watlington

Don't let the name dissuade you from trying this delicious black cherry and cream cheese gelatin salad!

20 minutes to prepare, three hours to set

Makes 12 servings

Ingredients

2 1/2 cans **Black Cherries**

#2 can **Pineapple** *crushed*

1 large package **Black Cherry gelatin**

1/2 cup **Nuts** *chopped*

3 packages (8 oz. each) **Cream (Neufchatel)**
Cheese

2 cans (12 oz. each) **Coca-Cola**

Directions

Drain juice from fruit cans. Heat the juice to boiling, and add the gelatin. Let cool.

Add Coca-Colas to gelatin and fruit juice, then add all remaining ingredients.

Refrigerate until served.

Holiday Salad

May Dixon, via Janice T. Watlington

20 minutes to prepare, 120 minutes to set

Makes 8 servings

Ingredients

1 package (3 oz.) **Fruit flavored Gelatin**

1 cup **Water** *boiling*

1/3 cup **Mayonnaise**

1 small can **Evaporated Milk**

1 cup **Pineapple** *drained*

1/2 cup **Nuts** *chopped*

Directions

Dissolve jello in boiling water. Chill until cold but not completely set. Stir in other ingredients. Chill until set.

Hot Fruit

Martha K. Morris

A tasty fruit dish!

5 minutes to prepare, 30 minutes to cook

Makes 12 servings

Ingredients

1 can **Pineapple Chunks** *drained*

1 can **Peaches** *sliced and drained*

1 can **Apricots** *drained*

1 can **Pears** *sliced and drained*

1 can **Cherry Pie Filling**

Directions

Mix all ingredients together and heat in a baking dish until bubbly (approx. thirty minutes at 300 deg. F).

Layered Salad

Carolyn Powers, via Janice T. Watlington

A festive lettuce salad.

20 minutes to prepare, let set overnight

Makes 8 servings

Ingredients

1 head **Lettuce** *broken*
 1/2 cup **Red Onion** *sliced*
 1/2 cup **Bell Pepper** *sliced*
 1/2 cup **Celery** *sliced*
 1 Tbsp. **Sugar**
 1 cup **Mayonnaise**
 3 oz. **Parmesan Cheese** *grated*
 3 Tbsp. **Bacon Bits**

Directions

Cover bottom of a large salad bowl with lettuce, then onion, peppers, and celery. Repeat several times.

Mix sugar and mayonnaise. Spread over top of salad. Sprinkle with parmesan cheese and bacon bits.

Cover and let set overnight in refrigerator.

Marinated Carrots

Norma Brown, via Janice T. Watlington

A recent addition to Mom's repertoire.

35 minutes to prepare, marinates overnight

Makes 12 servings

Ingredients

5 cups **Carrots** *sliced and steamed*
 1 medium **Green Pepper** *chopped*
 1 medium **Onion** *sliced in rings*
 1 cup **Sugar**
 1/2 cup **Vegetable Oil**
 1 can (8 oz.) **Tomato Sauce**
 1 tsp. **Worcestershire Sauce**
 1 tsp. **Salt**
 1 tsp. **Yellow Mustard seed** *ground*
 1 tsp. **Black Pepper** *ground*

Directions

Peel, chop and steam carrots.

Chop remainder of vegetables, and mix with cooked carrots and marinade made from remainder of ingredients. Refrigerate overnight before serving.

May be served hot or cold.

Mom frequently doubled this recipe, as it keeps well in the refrigerator.

Molded Cranberry Salad

Judy Moffett, via Janice T. Watlington

This is a tasty jello cranberry salad.

10 minutes to prepare, 3 hours to set

Makes 12 servings

Ingredients

3 packages (3 oz. each) **Raspberry gelatin**
 1 tsp. **Salt**
 3 cups **Water** *boiling*
 1 1/2 cups **Water** *cold*
 4 1/2 tsp. **Lemon Juice**
 3 cups **Cranberry Sauce** *w. whole cranberries*
 1 1/2 cups **Pineapple** *drained*
 3/4 cup **Nuts** *chopped*

Directions

Dissolve gelatin in hot water and salt. Add the cold water, lemon juice, cranberry sauce, pineapple, and nuts. Pour in 9 x 13 casserole dish. Refrigerate until served.

Peach Salad

Peggy Land, via Janice T. Watlington

A Jello and Whipped Cream Peach Salad. Mom annotated this recipe: VERY GOOD.

15 minutes to prepare, three hours to set

Makes 12 servings

Ingredients

2 packages (3 oz. each) **Peach Gelatin**
 1 cup **Water** *hot*
 1 package **Peaches** *frozen*
 1 small can **Pineapple** *crushed, undrained*
 2 **Bananas** *sliced or mashed*
 1 large tub **Cool Whip**

Directions

Dissolve gelatin in hot water. Add pineapple (including any juice from can) and frozen peaches. Add bananas (optional). Spread half of mixture in 9x12 flat pan and let mixture congeal. Spread Cool Whip on top, then pour remainder of mixture over this.

Can be kept in refrigerator for several days if bananas are left out.

Pineapple Cheese Salad

Frances Morris

This salad recipe is from a well-used page in Mom's copy of the 1975 Malesus U.M.W. Cookbook.

20 minutes to prepare, several hours to set

Makes 8 servings

Ingredients

1 package (3 oz.) **Lime Gelatin**
 1 cup **Water** *boiling*
 1 package (8 oz.) **Cream Cheese**
 1 small tub **Cool Whip**
 1 cup **Pineapple** *crushed, w. juice*
 Several drops **Green Food Coloring**
 4 Tbsp. **Nuts** *chopped*

Directions

Dissolve gelatin in boiling water. Cut cream cheese into small pieces and stir into hot gelatin. Let mixture cool.
 Fold mixture into Cool Whip. Add pineapple (including any juice in the can). Add a few drops of food coloring to bring to desired tint. Pour into mold, and sprinkle chopped nuts on top (actually the bottom!).
 Refrigerate until congealed.

Strawberry Salad

Janice T. Watlington

A nice Jello salad, which may also be served as a dessert.

30 minutes to prepare, 2 hours to set

Makes 6 servings

Ingredients

1 package (6 oz.) **Strawberry-Banana gelatin**
 2 cups **Water** *boiling*
 2 or 3 **Bananas** *mashed*
 1 package (10 oz.) **Strawberries** *frozen*
 1/2 cup **Pecans** *chopped*
 8 oz. **Sour Cream**

Directions

Dissolve gelatin in water. Set aside to cool.
 Mash Bananas, and add them with the thawed Strawberries and the Pecans to the gelatin mixture. Pour half of this mixture into a bowl and let gel for a few minutes.
 Spread Sour Cream on top, then add remaining mixture. Let gel for several hours.

Serve with whipped cream on top to make this into a dessert.

Desserts

Apple Cake

Janice T. Watlington

A chunky, moist, apple cake.

30 minutes to prepare, one and a quarter hours to cook

Makes 12 servings

Ingredients

6 medium **Apples** *peeled, cored, and sliced*

2 cups plus 6 Tbsp. **Sugar**

1 Tbsp. **Cinnamon** *ground*

1 Tbsp. **Vanilla Extract**

1 Tbsp. **Baking Powder**

3 cups **Flour** *all purpose*

1 cup **Vegetable Oil**

4 **Eggs** *beaten*

Directions

Mix six tablespoon of sugar, the baking powder, and cinammon together in a small bowl. Mix with sliced apples and add vanilla. Set aside.

Blend oil into beaten eggs. Add sugar. Stir in flour until all is blended. Fold in apple mixture. Pour into greased bundt or angel cake pan.

Bake at 350 deg. F until toothpick comes out clean (usually around one and a quarter hour.)

Apple Crisp

Mrs. Joe Byrd, via Janice T. Watlington

Mmmm.

15 minutes to prepare, 60 minutes to cook

Makes 10 to 12 servings

Ingredients

1 cup **Water**

3 tsp. **Cinnamon** *ground*

8 cups **Apples** *peeled and sliced*

1 1/2 cups **Flour** *all purpose*

2 cups **Sugar**

1 cup (2 sticks) **Butter or Margarine** *softened*

Directions

Mix cinnamon with water. Place apples into baking dish, then pour cinnamon water over them.

Mix flour, sugar, and butter with hands until crumbly. Sprinkle on top of the apples.

Bake at 350 deg. F for one hour.

Serve hot, topped with vanilla ice cream

Chess Tarts

Martha K. Morris

A bite-sized version of this classic southern pie.

30 minutes to prepare, 25 minutes to cook

Makes 8 servings

Ingredients

1/2 cup (1 stick) **Butter or Margarine** *melted*

1 1/2 cup **Sugar**

1 Tbsp. **Vinegar** *white*

3 **Eggs** *beaten*

1 tsp. **Vanilla Extract**

1/8 tsp. **Salt**

8 **Tart Shells** *premade*

Directions

Combine butter, sugar, and vinegar into a saucepan. Heat slowly until it bubbles. Stir occasionally to keep the sugar from crystallizing.

Add this mixture slowly to the eggs, vanilla, and salt, and beat very well. Pour into 8 tart shells and bake at 350 deg. F for 25 minutes.

If making a pie instead, pour into pie crust and bake for 40 minutes.

Classic Chess Pie

Collected by Janice T. Watlington (So. Living)

John Egerton, in *Southern Food*, offers two possibilities how chess pie got its start: It may have been chest because it held up well in the pie chest, a piece of furniture common in the early South. More likely, it was a creative cook who served the pie to her husband. "What kind of pie is this?" her spouse is said to have exclaimed. She just shrugged, smiled, and replied, "I don't know. It's 'ches' pie!"

23 minutes to prepare, 55 minutes to cook

Makes 8 servings

Ingredients

1/2 pkg. (15 oz.) **Pie Crusts** *refrigerated*
 2 cups **Sugar**
 2 Tbsp. **Corn Meal**
 1 Tbsp. **Flour** *all purpose*
 1/4 tsp. **Salt**
 1/2 cup (1 stick) **Butter or Margarine** *melted*
 1/4 cup **Milk**
 1 Tbsp. **White Vinegar**
 1/2 tsp. **Vanilla Extract**
 4 large **Eggs** *beaten*

Directions

Fit pie crust into one 9-inch pie plate. Fold the edges under and crimp. Line pastry with aluminum foil, and fill with pie weights or dried beans.

Bake at 425 deg. F for 4 to 5 minutes. Remove weights and foil. Bake two more minutes or until golden. Remove from oven and let cool.

Stir together sugar, corn meal, flour, salt, butter, milk, vinegar, and vanilla until blended. Add eggs, stirring well. Pour into baked pie crust.

Bake at 350 deg. F for 50 to 55 minutes, shielding edges with foil after the first ten minutes.

For Coconut Chess Pie: prepare filling, stirring in 1 cup of toasted coconut flakes.

For Chocolate Pecan Chess Pie: prepare filling, stirring in 3 1/2 Tbsps. cocoa and 1/2 cup chopped toasted pecans.

For Lemon Chess Pie: prepare filling, stirring in 1/3 cup lemon juice and 2 tsps. grated lemon rind.

"There are a lot of similar desserts that share the same ingredients. That's because the South was at one time agrarian, and a farm woman had to cook with what was there — things like eggs, butter, sugar, and cornmeal. She'd put it all together and try to make something out of it, and when it was good she'd try to remember what she did." — Jeanne Voltz

Chocolate Chess Pie

Mary N. Watlington, via Janice T. Watlington

A southern favorite.

20 minutes to prepare, 35 minutes to cook

Makes 8 servings

Ingredients

1/4 cup (1/2 stick) **Butter or Margarine** *melted*

3 Tbsp. **Cocoa** *powdered*

2 **Eggs**

1 small can (8 oz.) **Evaporated Milk**

1 1/2 cup **Sugar**

1 tsp. **Vanilla**

1/4 tsp. **Salt**

1 **pie shell** *unbaked*

Directions

Melt butter and stir in cocoa. Add eggs, evaporated milk, sugar, vanilla and salt. Mix well. Pour into a 9 inch unbaked pie shell and bake at 350 deg. F for 35 minutes.

Chocolate Dip

May Dixon, via Janice T. Watlington

This is the chocolate dip for Martha Washington Candy

15 minutes to prepare

Makes many servings

Ingredients

1 oz. **Paraffin wax**

3 oz. **Bitter Chocolate**

Directions

Melt ingredients together using a double boiler.

Dip items individually, and place on wax paper to cool.

Chocolate Glaze

Janice T. Watlington

This is a chocolate glaze for coating doughnuts.

15 minutes to prepare

Makes many servings

Ingredients

2 Tbsp. **Butter or Margarine**

2 cups **Confectioner's Sugar**

1 Tbsp. **Cocoa Powder**

1/4 cup **Milk**

Directions

Melt the butter in a sauce pan. Sift the confectioner's sugar and cocoa powder into it. Stir while adding milk until smooth.

Heat just a few minutes before dipping donuts.

Coconut-Pecan Frosting

Janice T. Watlington

30 minutes to prepare

Makes two and one-half cups

Ingredients

1 cup (8 oz.) **Evaporated Milk**

1 cup **Sugar**

3 **Egg Yolks** *beaten*

1/2 cup (1 stick) **Butter or Margarine**

1 tsp. **Vanilla Extract**

1 1/3 cup **Coconut** *shredded, Angel Flake*

1 cup **Pecans** *chopped*

Directions

Combine evaporated milk, sugar, egg yolks, butter, and vanilla. Cook and stir over medium heat until thickened (about twelve minutes).

Add coconut and pecans. Cool until thick enough to spread. Beat occasionally.

Coconut Frosting

Janice T. Watlington

A simple frosting for yellow cake.

5 minutes to prepare, two days to set

Makes enough for one cake

Ingredients

2 cups **Sugar**

1 package (12 oz.) **Coconut** *shredded, frozen*

12 oz. **Sour Cream**

1 small tub (12 oz) **Cool Whip**

Directions

Mix ingredients well and spread on sliced yellow cake layers.

Cover tightly and store in refrigerator at least two days before serving.

Easy Coffee Cake

Norma Brown, via Janice T. Watlington

20 minutes to prepare, 1 hour to cook

Makes 8 servings

Ingredients

1 package **Yellow or Lemon Cake Mix** *Duncan Hines*

1 package **Lemon Instant Pudding**

4 **Eggs** *beaten*

1/2 cup **Vegetable Oil**

1 cup **Sour Cream**

1/2 cup **Brown Sugar**

1/3 cup **Nuts** *chopped*

1 tsp. **Cinnamon** *ground*

Directions

Mix cake mix, pudding, eggs, oil, and sour cream until thoroughly blended, then beat at high speed with a beater for ten minutes.

Yogurt may be substituted for the Sour Cream.

Mix the brown sugar, nuts, and cinnamon to make the topping.

Pour half of batter into an ungreased angel cake pan. Sprinkle one half of the topping on top of this. Add the remainder of the batter, then sprinkle remainder of the topping on top.

Bake at 350 deg. F for one hour.

Crazy Chocolate Cake

Janice T. Watlington

No need to dirty a mixing bowl. Mix this one up right in the cake pan.

10 minutes to prepare, 45 minutes to cook

Makes 12 servings

Ingredients

3 cups **Flour** *all purpose*

3 cups **Sugar**

1/3 cup **Cocoa** *powdered*

2 tsp. **Baking Soda**

1 tsp. **Salt**

2 tsp. **Vinegar**

1 tsp. **Vanilla Extract**

3/4 cup **Vegetable Oil**

2 cups **Water** *cold*

Directions

Grease a 13 x 9 cake pan and stir dry ingredients in it until well mixed. Make 3 holes in this mixture. In first, put vinegar. In second, put vanilla. In third, pour oil. Pour the water over all and stir with fork until well blended.

Bake at 350 deg. F for 45 minutes.

You can use 1 1/2 square of baking chocolate instead of the 1/3 cup of cocoa powder. Melt and place in hole with vanilla.

Baked Custard

Janice T. Watlington

A holiday favorite.

20 minutes to prepare, 40 minutes to cook

Makes 4 to 6 servings

Ingredients

3 **Eggs** *beaten*

1/4 cup **Sugar**

1/4 tsp. **Salt**

2 cups **Milk** *scalded*

1/2 tsp. **Vanilla Extract**

1/4 tsp. **Nutmeg** *ground*

Directions

Bring milk to a boil briefly to scald it. Let cool.

For richer custard, Mama used 1 cup condensed milk and 1 cup plain milk.

Combine eggs, sugar, and salt. Slowly add scalded milk and vanilla and mix well. Pour into four or six greased custard cups. Sprinkle with nutmeg.

Bake in a pan of hot water in preheated oven at 325 deg. F for thirty to forty minutes, or until mixture doesn't adhere to knife when inserted.

Boiled Custard

Janice T. Watlington

Mom's classic holiday treat

5 minutes to prepare, 30 minutes to cook

Makes many servings

Ingredients

1 gallon **Milk**

12 **Eggs** *beaten*

3 cups **Sugar**

1/2 tsp. **Salt**

Directions

Mama's shortcut was to mix all the ingredients and bring to a boil.

In a double boiler, scald milk. Mix eggs, sugar, and salt. Add to milk, continually stirring. Cook till it coats the spoon.

Crusty Cherry Cake

Janice T. Watlington

One of Mom's favorite desserts

30 minutes to prepare, 30 minutes to cook

Makes 16 to 20 servings

Ingredients

1 cup (2 sticks) **Butter or Margarine** *melted*

2 cups **Flour** *all purpose*

1 cup **Nuts** *chopped*

1 large tub **Cool Whip**

1 package (8 oz.) **Cream Cheese**

1 box (1 lb.) **Confectioner's Sugar**

1 can **Cherry Pie Filling**

Directions

Mix melted butter, flour, and chopped nuts together. Press into a large cake pan. Bake until golden brown. Let cool.

Beat cream cheese and confectioner's sugar together and fold in Cool Whip. Pour on cool, cooked crust. Spread cherry pie filling over top. Chill until served.

Miniature Cherry Cheesecakes

June Neal, via Janice T. Watlington

Mom loved these little cherry cheesecakes.

40 minutes to prepare, 30 minutes to cook

Makes ? servings

Ingredients

5 **Eggs** *beaten*

24 oz. **Cream (Neufchatel) Cheese**

1 tsp. **Vanilla Extract**

1 1/3 cup **Sugar**

1 cup **Sour Cream**

1 cup **Preserves or Cherry Pie Filling**

? **Muffin Shells** *bite-sized (small)*

Directions

Mix 1 cup sugar and eggs. Add cream cheese and 1/2 tsp. vanilla and beat for a long time. Fill bite sized muffin shells half full with mixture.

Bake at 325 deg. F for thirty minutes. These may be frozen at this point.

Mix sour cream, 1/3 cup sugar, and 1/2 tsp. vanilla. Pour into shells. Bake at 325 deg. F for five minutes.

Top with preserves or cherry pie filling.

Divinity Candy

Hilda Weger (Wisconsin), via Janice T. Watlington

A divine treat.

30 minutes to prepare

Makes ? servings

Ingredients

3 cups **Sugar**

1/2 cup **Corn Syrup** *Karo, white*

1 tsp. **Vanilla Extract**

1/8 tsp. **Salt**

1/2 cup **Water**

2 **Egg Whites**

1/2 cup **Nuts** *chopped, optional*

Directions

Put sugar, corn syrup, vanilla, salt, and water in a saucepan. Cook without stirring to a hard boil stage. Remove from heat.

Beat egg whites until they are stiff. Pour hot syrup over them, beating with a wire whisk or electric beater. When mixture holds its shape, add chopped nuts. Drop from teaspoon onto waxed paper. Let cool.

Doughnuts

Janice T. Watlington

This was Mama's recipe for "raised doughnuts". The dough has to rise twice (an hour each time), making this a lengthy process. There are companion recipes for clear glaze and chocolate glaze.

150 minutes to prepare, 30 minutes to cook

Makes ? servings

Ingredients

1/2 cup **Milk**

1/2 cup **Butter**

1/2 cup **Water** *lukewarm*

2 pkgs. **Yeast**

1/2 cup **Sugar**

1 tsp. **Salt**

4 cups **Flour** *all-purpose, sifted*

2 **Eggs** *beaten*

1 tsp. **Vanilla Extract** *optional*

Directions

Heat butter and milk until bubbly. Pour over sugar and salt and stir until dissolved. Let cool to lukewarm.

Meantime, dissolve yeast in lukewarm water and set aside.

Add two eggs and vanilla to lukewarm milk mixture and beat well. Add 1 cup of flour. Beat well. Add the yeast mixture. Mix thoroughly. Beat in one more cup of flour until smooth. Then add remaining two cups of flour and beat with a wooden spoon until very smooth. Dough will be soft.

Cover with a damp towel. Let rise in warm place until it doubles in bulk — about one hour.

If it is a cool day, heat oven for one minute and then put dough in oven to rise.

Punch down dough. Turn out onto floured cloth or board. Turn over to coat with flour. Roll out about 1/2 inch thick. Cut with floured 3-inch doughnut cutter.

Cover with a damp towel. Let rise until double — about 45 minutes.

Heat grease to 375 degrees. Gently drop doughnuts, 3 or 4 at a time, into hot grease. Fry until golden brown on both sides (flip over in grease). Let drain slightly over skillet and then drain well on paper towels.

Dip warm doughnuts in either clear glaze or chocolate glaze and drain on wire rack.

Doughnut Glaze

Janice T. Watlington

This is a glaze for coating doughnuts.

15 minutes to prepare

Makes many servings

Ingredients

1/4 cup **Milk**

1 tsp. **Vanilla Extract**

2 cups **Confectioner's Sugar**

Directions

Beat all ingredients until smooth. If too thick, add more milk.

Heat just a few minutes before dipping donuts.

English Toffee

Bettye Morris, via Mary E. Sieger and Janice T. Watlington

This is the classic English toffee. It is isn't hard to make!

20 minutes to prepare, several hours to cool

Makes 16 servings

Ingredients

1 cup (2 sticks) **Butter or Margarine** *melted*

2 cups **Sugar**

2/3 cup **Almonds** *slivered*

1 package (12 oz.) **Chocolate Chips**

Directions

Add sugar and almonds to melted butter. Cook on high, stirring constantly, until it begins to melt and get caramel in color (7 to 9 minutes). It will first be foamy looking, then become more like liquid as it turns to the brown caramel color. Empty into a metal cookie sheet (10x15) in a thin layer. Leave space at a corner to pry it up later. Spread chocolate chips over the toffee. Wait for 2 minutes then spread into an even coating. Leave in a cool place for several hours to cool, then break into bite-sized pieces.

This candy freezes well.

Easy German Chocolate Cake

Deana Barnwell Marion, via Janice T. Watlington

20 minutes to prepare, 45 minutes to cook

Makes 8 servings

Ingredients

1 package **German Chocolate Cake Mix**

1 cup **Coconut** *grated*

1 cup **Pecans** *chopped*

1/2 cup **Butter or Margarine**

8 oz. **Cream Cheese**

1 lb. **Confectioner's Sugar**

Directions

Place coconut and chopped pecans in bottom of 13 x 9 cake pan. Prepare german chocolate cake mix as directed on box. Pour over nuts and coconut.

Cream together butter, cream cheese, and sugar. Drop mixture on top of cake mix by the spoonful.

Bake at 350 deg. F for 35 to 45 minutes. Do not overbake!

Gingerbread Cake

Janice T. Watlington

A spicy cake, which Mama usually served with a Lemon Sauce.

20 minutes to prepare, 40 minutes to cook

Makes 12 servings

Ingredients

1 cup **Molasses**

1/4 cup **Sugar**

1/4 cup (1/2 stick) **Butter or Margarine** *melted*

1 **Egg** *well beaten*

1 2/3 cup **Flour** *all purpose*

1/2 tsp. **Baking Powder**

1/2 tsp. **Salt**

1 tsp. **Ginger** *ground*

2 tsp. **Cinnamon** *ground*

1 tsp. **Cloves** *ground*

1 tsp. **Baking Soda**

1/2 cup **Water** *boiling*

Directions

Mix together the molasses, sugar, butter and eggs.

Sift in the flour, baking powder, and salt. Set aside.

Mix together the ginger, cinnamon, cloves, baking soda, and boiling water. Add this to the sugar and flour mixture. Pour into a greased cake pan. Bake in 350 deg F oven until a toothpick inserted comes out clean.

Lazy Daisy Cake

Edith Endner and Mrs. A.J. Sievers, Camp Douglas Jolly Jills Cookbook, 1952

A childhood favorite!

15 minutes to prepare, 30 minutes to cook

Makes 12 servings

Ingredients

2 **Eggs** *beaten*

1 cup **Sugar**

1 cup **Flour** *all purpose*

1/4 tsp. **Salt**

1 tsp. **Baking Powder**

1/2 cup **Milk**

3 Tbsp. plus 1 tsp. **Butter**

1 tsp. **Vanilla Extract**

7 Tbsp. **Brown Sugar**

2 Tbsp. **Cream**

3/4 cup **Coconut** *grated*

1/2 cup **Nuts** *chopped (optional)*

Directions

Heat milk and one heaping teaspoon of butter to the boiling point.

Mix eggs and sugar. Beat well. Add flour, baking powder, and salt, sifted together. Add hot milk and butter to batter. Finally, add the vanilla. Place in greased coffee cake pan.

Bake at 350 deg. F for 30 minutes.

To make frosting, boil sugar, cream and butter until it forms a soft ball when dropped into cold water. Stir in coconut (and nuts, if desired). Do not beat, just pour over the top of the hot cake.

Place under broiler to brown.

Lemon Poppyseed Muffins

Janice T. Watlington

25 minutes to prepare, 30 minutes to cook

Makes 18 muffins

Ingredients

1/2 cup **Flour** *all purpose*

1 package **Lemon Cake mix**

3 Tbsp. **Butter or Margarine** *firm*

2/3 cup **Water**

1/3 cup **Oil**

2 **Eggs** *blended*

1 Tbsp. **Poppy Seed**

18 **Muffin Liners**

Directions

Line eighteen muffin cups with paper liners. In large bowl, combine flour and cake mix. Blend well.

Place 2/3 cup of flour/cake mix blend in small bowl to make streusel mixture. Add butter. Blend with fork until mixture resembles coarse crumbs. Set aside.

Add water, oil, eggs and poppy seed to remaining flour/cake mixture (in large bowl). Stir seventy-five strokes by hand or until mixture is just smooth. Fill muffin cups half full. Sprinkle each with one tablespoon streusel mixture.

Bake in preheated oven at 375 deg. F for 25 to 30 minutes, or until toothpick inserted into center comes out clean. Immediately remove muffins from pan. Serve warm.

Lemon Custard Pie

Emma Mai Hammond

Aunt Mai's pie recipe

minutes to prepare, minutes to cook

Makes 6 to 8 servings

Ingredients

1 1/4 cup **Sugar**
 2 Tbsp. **Flour or Cornstarch**
 1 **Lemon juice and finely grated rind**
 2 **Eggs separated**
 2 Tbsp. **Butter**
 1/4 tsp. **Salt**
 1 cup **Water boiling**
 1 **Pie Shell pre-cooked**

Directions

Mix sugar and flour. Moisten with cold water. Mix in juice and rind of one lemon, egg yolks, butter, and salt. Add hot water. Cook over low heat, stirring constantly, until thick. Let cool. Pour into pre-cooked pie shell. Whip egg whites and 2 Tbsp. of sugar to make meringue. Spread meringue over pie. Brown meringue quickly in oven.

Lemon Squares

Mrs. James Price, via Janice T. Watlington

25 minutes to prepare, 45 minutes to cook

Makes 12 servings

Ingredients

1 cup **Butter or Margarine softened**
 2 cups plus 4 Tbsp. **Flour all purpose**
 1/2 cup **Confectioner's Sugar**
 4 **Eggs beaten**
 2 cups **Sugar**
 6 to 8 Tbsp. **Lemon Juice**
 1/8 tsp. **Salt**
 1 tsp. **Baking Powder**

Directions

Mix butter, 2 cups of flour, and confectioner's sugar well. Pack into a greased 13 x 9 cake pan. Bake at 350 deg. F for 20 minutes. Mix eggs, sugar, lemon juice, 4 Tbsp. flour, salt, and baking powder. Pour on top of hot crust. Bake at 350 deg. F for 25 minutes. Sprinkle with additional confectioner's sugar while hot. Let cool before cutting into squares.

Martha Washington Candy

May Dixon, via Janice T. Watlington

60 minutes to prepare

Makes many servings

Ingredients

2 boxes (1 lb. each) **Confectioner's Sugar**

1/2 cup (1 stick) **Butter or Margarine** *soft*

1 cup **Condensed Milk**

3 cups **Pecans** *chopped (optional)*

1 tsp. **Salt**

1 tsp. **Vanilla Extract**

1 cup **Coconut** *grated (optional)*

Directions

Mix all ingredients well.

Dry grated coconut can be added to obtain the desired consistency.

Roll into balls. Cover and let stand 12 hours. Then dip them individually in Chocolate Dip, placing them on wax paper afterwards to cool.

Orange Sherbert

Janice T. Watlington

Homemade Orange Sherbert

10 minutes to prepare, 2 hours to freeze

Makes 12 servings

Ingredients

4 cups **Milk** *cold*

1 1/2 tsp. **Orange Rind** *grated*

1 1/2 cups **Sugar**

1 1/2 cup **Orange Juice**

1/4 cup **Lemon Juice**

Directions

Mix ingredients and freeze using an ice cream freezer.

Easy Orange Sherbert

Mary Lou McMahan, via Janice T. Watlington

An easy Orange Sherbert recipe.

10 minutes to prepare, twelve hours to set

Makes 16 servings

Ingredients

2 cans **Condensed Milk** *Eagle Brand*

6 bottles (12 oz) **Orange Soft Drink**

1 can (#2) **Pineapple** *crushed*

Directions

Mix ingredients and freeze.

Peanut Brittle

Clara Mai King, via Janice T. Watlington

This is a crunchy caramel/nut candy.

20 minutes to prepare, 2 hours to cool

Makes 16 servings

Ingredients

1 1/2 cups **Sugar**

1/2 tsp. **Salt**

1 1/2 cup **Corn Syrup** *Karo*

1/4 cup (1/2 stick) **Butter or Margarine**

2 cups **Peanuts** *raw*

1 tsp. **Baking Soda**

Directions

Melt butter in a pan, and add the sugar, salt, corn syrup. Bring to a boil and boil for three minutes. Put in peanuts. Cook until peanuts stop popping and the mixture is caramel colored.

Remove from heat and add baking soda. Pour mixture onto a large greased cookie sheet. Let it cool before breaking it up into individual pieces. Store in an airtight container.

Peanut Butter Brownies

Joanne Link, via Janice T. Watlington

30 minutes to prepare, 50 minutes to cook

Makes 12 to 16 servings

Ingredients

1 box **Brownie Mix** *and all required ingredients*

1 jar **Marshmallow Fluff**

1 large package (16 oz) **Chocolate Chips**

1 cup **Peanut Butter**

2 cups **Puffed Rice** (*Rice Krispies*)

Directions

Cook the Brownie mix according to directions. Let cool.

Spread Marshmallow Fluff over the Brownies.

Melt the chocolate chips and peanut butter together. Stir in the puffed rice. Spread the mix on top of the Marshmallow Fluff.

Chill, and cut into bars.

Peanut Butter Treat

Betty Williams, via Janice T. Watlington

This chocolate and peanut butter treat is easy to make.

30 minutes to prepare

Makes 20 servings

Ingredients

1 package **Graham Crackers**

1 cup (2 sticks) **Butter or Margarine** *melted*

1 1/2 cups **Peanut Butter**

1 lb (1 box) **Confectioner's Sugar**

1/2 block **Paraffin**

1 package **Milk Chocolate Chips**

Directions

Blend graham crackers, peanut butter, butter, and sugar together well. Spread it out on a cookie sheet with a thickness of roughly 1/2 inch.

Melt the paraffin and the chocolate chips in a pan over low heat. Spread them over the top of the graham cracker mixture.

Peanut Butter Yum Yums

Flora Schaeffer, via Janice T. Watlington

This is a quick peanut butter cookie.

30 minutes to prepare

Makes 20

Ingredients

2 cups **Breakfast Cereal** *Corn Flakes, Total, Golden Graham, etc.*

1 **Chunky Peanut Butter**

3/4 cup **Sugar**

1/2 cup **Corn Syrup** *Karo, white*

Directions

Place sugar and corn syrup together in a saucepan. Cook over medium heat until it begins to boil, then add the peanut butter and whip until creamy.

Remove from heat and mix with breakfast cereal. Pour by spoonfuls onto cookie sheets and let cool.

Pecan Pie

Janice T. Watlington

The West Tennessee version of the southern classic.

10 minutes to prepare, 40 - 45 minutes to cook

Makes 8 servings

Ingredients

2 **Eggs** *beaten*

1 cup **Dark Corn Syrup** *Karo*

1/8 tsp. **Salt**

2/3 to 1 cup **Pecans**

3/4 to 1 cup **Evaporated Milk**

1 tsp. **Vanilla Extract**

1 cup **Sugar**

2 Tbsp. (1/4 stick) **Butter or Margarine**

1 **Pie Crust** *9 inch*

Directions

Mix together all ingredients, adding pecans last. Pour into 9 inch unbaked pie crust.

Bake in a hot oven (450 deg. F) for the first ten minutes, then reduce oven temp. to 350 deg. F and continue baking until a knife inserted into the center of the filling comes out clean. Usually 40 to 45 minutes total.

Pineapple Upside-Down Cake

Mrs. Alec Rea, Camp Douglas Jolly Jills Cookbook, 1952

A favorite for the kids. Serve hot right out of the oven!

20 minutes to prepare, 60 minutes to cook

Makes 12 servings

Ingredients

3 **Egg Yolks**

1 cup **Sugar**

1 Tbsp. **Water** *hot*

1 cup **Flour** *all purpose*

1 tsp. **Baking Powder**

3 **Egg Whites**

1 1/2 cups **Brown Sugar**

1 can **Pineapple** *rings*

Directions

Mix eggs yolks and sugar. Add hot water, flour, and baking powder. Beat the egg whites until stiff, and fold into batter. Beat well.

Butter a 13 x 9 cake pan generously. Cover bottom with brown sugar. Place pineapple in brown sugar, and pour batter over pineapples.

Bake at 325 deg. F for 1 hour. Turn cake upside down and serve with whipped cream.

Maraschino cherries may be placed among the pineapple for a fancier version.

You can use peaches instead of pineapple.

Pumpkin Pie

Watkins Cook Book, via Janice T. Watlington

A southern favorite.

10 minutes to prepare, 35 minutes to cook

Makes 8 servings

Ingredients

2 cups **Pumpkin** *stewed*

3 **Eggs** *well beaten*

1 cup **Sugar**

1/2 tsp. **Cinnamon** *ground*

1/2 tsp. **Ginger** *ground*

1 large can (16 oz.) **Evaporated Milk** *heated*

1/4 tsp. **Salt**

1 **pie shell** *unbaked*

Directions

Mix spices, sugar, salt, and eggs into pumpkin. Pour into a deep unbaked pie shell and bake at 450 deg. F for 10 minutes. Then reduce oven temperature to 350 deg. F and bake for an additional 25 minutes or so.

Punch Bowl Cake

Janice T. Watlington

45 minutes to prepare, needs to set overnight

Makes approx. 25 servings

Ingredients

1 large can **Pineapple** *crushed*
 1 cup **Sugar**
 1 cup **Pecans** *chopped*
 1 large **Strawberry Gelatin**
 2 large (12 oz.) **Cool Whip**
 2 pkgs. (12 oz.) **Strawberries** *frozen*
 2 **Angel Food Cakes**
 1 package **Coconut** *frozen shredded*

Directions

Mix pineapple, sugar, and pecans and place mixture in the refrigerator.
 Mix strawberry gelatin as directed and refrigerate until soft-gelled.
 Combine one large Cool Whip, gelatin, pineapple mixture, and strawberries.
 Tear Angel cakes into bits and layer with mixture into a punch bowl. Start with cake and end with top layer of mixture. Spread one large Cool Whip on top of mixture and sprinkle with coconut.
 Refrigerate overnight before serving.

Sponge Cake

Janice T. Watlington

This recipe was honed from years of baking in Peru.

20 minutes to prepare, ? minutes to cook

Makes 10 servings

Ingredients

4 **Eggs** *beaten*
 2 cups **Sugar**
 2 cups **Flour** *all purpose*
 3 tsp. **Baking Powder**
 1/4 tsp. **Salt**
 2 Tbsp. **Butter**
 1 cup **Milk**
 1 tsp. **Vanilla Extract**

Directions

Beat together the eggs and sugar. Add the flour, baking powder, and salt and mix well.
 Heat together the butter and milk, and add to first mixture.
 Add vanilla, and place in greased angel cake pan.
 Bake at 325 deg. F until done.

Sweet Lemon Bread

Janice T. Watlington

15 minutes to prepare, 70 minutes to cook

Makes 8 servings

Ingredients

1/2 cup **Butter** *softened*

1 cup **Sugar**

2 **Eggs** *beaten*

1 1/2 cup **Flour** *all purpose*

1 tsp. **Baking Powder**

1/2 tsp. **Salt**

1/2 cup **Milk**

1 medium **Lemon**

Directions

Mix butter, sugar, and eggs together. Add flour, baking powder, salt and milk. Mix well.

Grate the rind from the lemon and add to the mix. Squeeze the juice from the lemon into the mix. Place mixture in a loaf pan.

Bake at 300 deg. F for one hour and ten minutes.

An optional glaze is made from the juice of one lemon and 1/2 cup of sugar.

Sauces

Asian Marinade

Collected by Janice T. Watlington (So. Living, June 1999)

Marinades both tenderize and add flavor to beef steaks.

5 minutes to prepare

Makes enough marinade for up to three pounds of meat.

Ingredients

1 small **Onion** *diced*

3 cloves **Garlic** *minced*

1/2 cup **Peanut Oil**

1/4 cup **Rice Vinegar**

2 Tbsp. **Soy Sauce**

2 tsp. **Sugar**

1 tsp. **Salt**

1 tsp. **Pepper**

1 tsp. **Fresh Ginger** *grated*

Directions

Mix all ingredients together. Marinade meat in mixture for between six and twenty-four hours.

Beef Marinade

Collected by Janice T. Watlington (So. Living, June 1999)

Marinades both tenderize and add flavor to beef steaks.

5 minutes to prepare

Makes enough marinade for up to three pounds of meat.

Ingredients

1 small **Onion** *diced*
 3 cloves **Garlic** *minced*
 1/2 cup **Olive Oil**
 1/4 cup **Vinegar**
 2 Tbsp. **Worcestershire Sauce**
 2 tsp. **Sugar**
 1 tsp. **Salt**
 1 tsp. **Pepper**

Directions

You may use lemon juice instead of vinegar.

Mix all ingredients together. Marinade meat in mixture for between six and twenty-four hours.

Southwestern Marinade

Collected by Janice T. Watlington (So. Living, June 1999)

This marinade has a taste of the Southwest.

5 minutes to prepare

Makes enough marinade for up to three pounds of meat.

Ingredients

1 small **Onion** *diced*
 3 cloves **Garlic** *minced*
 1/2 cup **Olive Oil**
 1/4 cup **Lime Juice**
 2 Tbsp. **Worcestershire Sauce**
 2 tsp. **Sugar**
 1 tsp. **Salt**
 1 tsp. **Pepper**
 2 Tbsp. **Fresh Cilantro** *minced*
 1 tsp. **Cumin** *ground*

Directions

Mix all ingredients together. Marinade meat in mixture for between six and twenty-four hours.

Barbecue Sauce

Janice T. Watlington

A good all-around barbecue sauce.

5 minutes to prepare

Makes enough for one chicken

Ingredients

1/2 cup **Vinegar**

1/2 cup **Catsup**

4 Tbsp. **Vegetable Oil**

1 tsp. **Salt**

1 tsp. **Black Pepper** *ground*

5 Tbsp. **Sugar**

Directions

Mix all ingredients.

Homemade French Dressing

Janice T. Watlington

This doesn't have the same taste as the store-bought namesake, but is a good substitute. Use on salads, or for dipping vegetables such as Artichokes.

2 minutes to prepare, 10 minutes to set

Makes 6 servings

Ingredients

1 cup **Mayonnaise**

2 Tbsp. **Tomato Catsup**

1 tsp. **Sugar**

Directions

Mix all ingredients. Let sit for ten minutes to allow sugar to dissolve. Stir again before serving.

Ham Sauce

Jane McQuire, via Janice T. Watlington

This is a tasty sauce for serving with baked ham.

10 minutes to prepare

Makes many servings

Ingredients

1 jar (10 oz.) **Apple Jelly**
1 jar (10 oz.) **Pineapple Jelly**
2 Tbsp. **Mustard** *prepared*
2 Tbsp. **Horseradish** *prepared*

Directions

Mix ingredients well and keep refrigerated.

Raisin Sauce

Janice T. Watlington

This is a sauce for Baked Ham.

1 hour to prepare

Makes many servings

Ingredients

3/4 cup **Brown Sugar**
3 Tbsp. **Cornstarch**
1 1/2 cup **Broth** *from Ham, or boullion*
1/4 cup **Vinegar**
1/2 cup **Raisins**
1 **Lemon** *thinly sliced*
1 Tbsp. **Shortening or Butter**

Directions

Mix sugar and cornstarch in double boiler. Add broth gradually, stirring constantly. Add other ingredients.

Cook until raisins are plump and the mixture begins to thicken.

White Sauce

Janice T. Watlington

While white sauce itself is bland, it is the starting point for many tasty sauces.

no preparation, 20 minutes to cook

Makes 6 to 8 servings

Ingredients

2 Tbsp. **Butter (or Margarine)**

2 Tbsp. **Flour** *all purpose*

1/4 tsp. **Black Pepper** *ground*

1/4 tsp. **Salt**

1 cup **Milk**

Directions

Melt butter in small saucepan over low heat. Add salt, pepper, mustard and flour and stir well. Slowly add the milk, stirring constantly with a whisk. Continue to stir periodically until mixture begins to thicken. Don't let the mixture come to a boil, or it will scald.

To make a cheese sauce, add 1/4 tsp. of ground Mustard and 3 or 4 oz. of a mild cheddar cheese or velveeta once the white sauce is approaching the desired consistency. Continue stirring until cheese is melted.

Remove from heat and serve.

Gravy

Janice T. Watlington

Mama never wrote down her gravy recipe, but her gravies were a regular treat.

5 minutes to prepare, 10 minutes to cook

Makes 4 to 8 servings

Ingredients

up to 1 cup **Meat Drippings**

2 to 4 Tbsp. **Flour** *all purpose*

1 cup **Water** *cold*

1/2 tsp. **Salt**

1/4 tsp. **Pepper** *ground*

Directions

The meat drippings are the fat and cooked bits collected at the bottom of a roasting pan after cooking a roast beef, baked chicken, turkey, or any other meat. Just about anything will do!

Heat meat drippings to a boil on stove top. Mix water with flour. Add to meat drippings. Add salt and pepper to taste. Cook over medium heat until desired thickness is reached.

You can roast cloves of garlic and pieces of onion along with the meat and include them in the gravy.

If making turkey gravy, cook the giblets, mince them and add to gravy along with one boiled egg, chopped.

Lemon Sauce

Janice T. Watlington

A sauce to accompany a cake (especially Gingerbread).

30 minutes to prepare

Makes over a dozen servings

Ingredients

1 cup **Butter or Margarine**

2 cups **Sugar**

1/2 cup **Water**

2 **Eggs** *well beaten*

6 Tbsp. **Lemon Juice**

1 **Lemon Rind** *finely grated*

Directions

Mix all ingredients. Cook over low heat, stirring constantly, until the mixture begins to boil. Remove from heat, and either serve immediately over cake or refrigerate until serving.

May be served hot or cold.

Miscellaneous

Hot Spiced Tea

Clara Mai King, via Mary E. Sieger

This is the classic spiced tea recipe in our family.

10 minutes to prepare

Makes 16 servings

Ingredients

2 cups **Tang**

2 cups **Sugar**

1/2 cup **Instant Tea**

2 tsp. **Cinammon** *ground*

2/3 cup **Lemonade Mix** *Countrytime*

1/2 tsp. **Cloves** *ground*

Directions

Mix all ingredients to make instant spice tea mix.
Store in airtight container.

Use 2 to 3 tsp. per cup of boiling water to make tea.

Fig Preserves

Sure-Jell, via Janice T. Watlington

If this recipe looks a lot like one available from Kraft (makers of Sure-Jell), that is because it came from them. Mom's original recipe simply listed the ingredients and said to "Follow directions on Sure-Jell package". While each \$2 package of Sure-Jell contains an impressive guide to canning and freezing jams and jellies, it no longer lists the proportions for Fig jam, making Mom write them down!

45 minutes to prepare, 45 minutes to cook

Makes ten 8 oz. jars

Ingredients

5 cups **Figs**

1/2 cup **Lemon Juice**

1/2 cup **Water**

7 cups **Sugar**

1 box (1.75 oz) **Sure-Jell Fruit Pectin**

1/2 tsp. **Butter or Margarine**

10 **1 cup Jars**

10 **Jar lids and screw bands**

Directions

Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water. Rinse them with warm water. Pour boiling water over flat lids in saucepan, sitting off the heat. Let jars and lids stand in hot water until ready to use. Drain jars well before filling. Trim stem ends from figs. Finely chop or grind fruit. Measure exactly 5 cups prepared fruit into 6- or 8-qt. saucepot. Stir in lemon juice and water.

Stir in pectin. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

Ladle immediately into prepared jars, filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. Water must cover jars by 1 to 2 inches — add boiling water if needed. Cover, and bring water to gentle boil. Boil for 10 min., then remove jars and place upright on a towel to cool completely.

After jars cool, check seals by pressing middles of lids with finger. If lids springs back, lids are not sealed and refrigeration is necessary.

Curry Powder

John A. Watlington

This is one of many recipes for Curry Powder. It makes a yellow curry good for chicken and vegetarian curries.

5 minutes to prepare if no spices need grinding

Makes enough for three or four large curry dishes

Ingredients

2 Tbsp. **Cumin seed** *ground*

2 Tbsp. **Coriander seed** *ground*

2 Tbsp. **Tumeric** *ground*

1 Tbsp. **Nutmeg** *ground*

1 Tbsp. **Salt**

1 1/2 tsp. **Cinnamon** *ground*

1/2 tsp. **Cayenne pepper** *ground*

1 tsp. **Black pepper** *ground*

Directions

Mix all ingredients together well in a medium sized bowl. Store in a sealed container.

You can save a lot of money by purchasing your spices in bulk from a local Indian (or ethnic food) grocer. They will have ground turmeric, and cumin and coriander seed for a small fraction of the cost of the local grocery store. An electric coffee grinder (well cleaned out, both before and after!) is ideal for grinding up a container of fresh spice from seed every few months.

Granola

Agnes ?, via Janice T. Watlington

In Peru, breakfast cereal was unknown. This recipe was given to the Methodist missionaries by Seventh Day Adventist missionaries in Iquitos, in 1967.

10 minutes to prepare, 90 minutes to cook

Makes 8 servings

Ingredients

2 cups **Whole Wheat Flour**

3 1/2 cups **Oatmeal**

1 1/2 cups **Coconut** *ground, unsweetened*

1/4 cup **Quinoa, Corn Meal, or Soy Flour**

1/2 cup **Wheat Germ**

1/2 cup **Sugar**

1/2 cup **Vegetable Oil**

Approx. 1/2 cup **Water**

Directions

Mix all ingredients except water. Add water gradually, until mixture may be rubbed between hands and is grainy and moist, but not sticky. Bake in 275 deg. F oven, on a cookie sheet. Turn with a spatula every fifteen minutes, until mixture is a golden brown. It should take around one and a half hours to cook.

You may substitute 3/4 cup crushed dates for the sugar in this recipe.

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- Horseradish
 - Ham Sauce, 80
- Hot Fruit, 50

Hush Puppies, 16

Jams

- Fig, 86
- Ham Sauce, 80

Layered Salad, 51

Lemon

- Chicken Divan, 19
- Cranberry Salad, 52
- Custard Pie, 69
- Fig Preserves, 86
- Lemon Poppyseed Muffins, 68
- Lemon Sauce, 83
- Orange Sherbert, 70
- Raisin Sauce, 80
- Spice Tea, 85
- Squares, 69
- Sweet Bread, 76

Lime

- Southwestern Marinade, 78

Macaroni and Cheese, 25

Main Dishes

- Arroz con Pollo, 18
- Barbecue Chicken, 19
- Breakfast Casserole, 17
- Cheeseburger Pie, 25
- Chicken Divan, 19
- Chicken Dressing Casserole, 20
- Chicken Dumplings, 21
- Chicken n Rice, 20
- Chicken Royal, 21
- Chicken Tortilla, 22
- Chinese Tuna Casserole, 23
- Hot Chicken Salad, 22
- Lomo Saltado, 24
- Macaroni and Cheese, 25
- Meat Balls, 26
- Meat Birds, 26
- Meat Loaf, 26
- Ranch Chicken Stir Fry, 27
- Spicy Chicken, 23

Maple Syrup

- Sweet Carrots, 46

Marinades

- Asian, 77

Beef, 78

Southwestern, 78

Marshmallow Fluff

Peanut Butter Brownies, 72

Martha Washington Candy, 70

Mayonnaise

- Chicken Divan, 19
- French Dressing, 79
- Holiday Salad, 50
- Layered Salad, 51
- Spinach Casserole, 44

Mexican Cornbread, 13

Molasses

Gingerbread Cake, 66

Muffins, 14

Mustard

Ham Sauce, 80

Mustard, Seed

- Bread and Butter Pickles, 5
- Cheese Sauce, 81
- Marinated Carrots, 51
- Sweet Pepper Relish, 7

Nutmeg

- Baked Custard, 61
- Curry Powder, 87

Nuts

- Cherry Cake, 62
- Coca-Cola Salad, 49
- Coffee Cake, 60
- Cranberry Salad, 52
- Divinity Candy, 63
- Holiday Salad, 50
- Lazy Daisy Cake, 67
- Nuts and Bolts, 4
- Pineapple Cheese Salad, 53

Oatmeal

Granola, 87

Olives

Cheese Olive Puffs, 1

Orange

- Candied Sweet Potatoes, 35
- Easy Sherbert, 71
- Sherbert, 70
- Spice Tea, 85

- Paprika
 - Cheese Olive Puffs, 1
- Parmesan Potatoes, 42
- Parsley
 - Parmesan Potatoes, 42
- Pasta
 - Chinese Tuna Casserole, 23
 - Macaroni and Cheese, 25
- Peaches
 - Hot Fruit Salad, 50
 - Peach Salad, 52
- Peanut Butter
 - Peanut Butter Brownies, 72
 - Peanut Butter Treat, 72
 - Yum Yums, 73
- Peanuts
 - Peanut Brittle, 71
- Pears
 - Hot Fruit Salad, 50
- Peas
 - Arroz con Pollo, 18
 - Chicken Royal, 21
- Pecans
 - Banana Nut Bread, 10
 - Bubble Breakfast Cake, 9
 - Candied Sweet Potatoes, 35
 - Coconut Pecan Frosting, 59
 - German Chocolate Cake, 66
 - Martha Washington Candy, 70
 - Pecan Pie, 73
 - Punch Bowl Cake, 75
 - Strawberry Salad, 53
 - Sweet Potato Casserole, 46
- Pepper, Cayenne
 - Cheese Straws, 1
 - Curry Powder, 87
- Pepper, Sweet
 - Layered Salad, 51
 - Marinated Carrots, 51
- Peppers, Jalapeno
 - Hush Puppies, 16
 - Mexican Cornbread, 13
- Peppers, Sweet
 - Bread and Butter, 5
 - Hush Puppies, 16
 - Pepper Relish, 7
- Pickles
 - Bread and Butter, 5
 - Sweet, 6
 - Sweet Pepper Relish, 7
- Pickling Spice
 - Sweet Pickles, 6
- Pie
 - Apple Crisp, 56
 - Chess, 57
 - Chess Tarts, 56
 - Chocolate Chess, 58
 - Chocolate Pecan Chess, 57
 - Coconut Chess, 57
 - Lemon Chess, 57
 - Lemon Custard, 69
 - Pecan Pie, 73
 - Pumpkin Pie, 74
- Pimentos
 - Chicken Royal, 21
- Pineapple
 - Candied Sweet Potatoes, 35
 - Coca-Cola Salad, 49
 - Cranberry Salad, 52
 - Easy Orange Sherbert, 71
 - Ham Sauce, 80
 - Holiday Salad, 50
 - Hot Fruit Salad, 50
 - Peach Salad, 52
 - Pineapple Cheese Salad, 53
 - Punch Bowl Cake, 75
 - Upside-Down Cake, 74
- Poppyseed
 - Lemon Poppyseed Muffins, 68
- Pork, *see* Ham
 - Meat Balls, 26
 - Meat Loaf, 26
- Potato Chips
 - Hot Chicken Salad, 22
- Potatoes
 - a la Huancaína, 41
 - Au Gratin, 44
 - Casserole, 42, 43
 - Lomo Saltado, 24
 - Parmesan, 42
 - Scalloped, 44
- Poultry Seasoning

- Cornbread Dressing, 37
- Pretzels
 - Nuts and Bolts, 4
- Pumpkin
 - Pie, 74
- Quinoa
 - Granola, 87
- Raisins
 - Raisin Sauce, 80
 - Sweet Potato Casserole, 46
- Rice
 - Arroz con Pollo, 18
 - Broccoli Casserole, 33
 - Chicken Divan, 19
 - Chicken n Rice, 20
 - Lomo Saltado, 24
- Rice, Puffed
 - Peanut Butter Brownies, 72
- Rotel
 - Chicken Tortilla, 22
- Sage
 - Cornbread Dressing, 37
- Salads
 - Coca-Cola, 49
 - Cranberry, 52
 - French Dressing, 79
 - Holiday, 50
 - Hot Fruit, 50
 - Layered Salad, 51
 - Marinated Carrots, 51
 - Peach, 52
 - Pineapple Cheese, 53
 - Strawberry Salad, 53
- Sauces
 - Asian Marinade, 77
 - Barbecue Sauce, 79
 - Beef Marinade, 78
 - Cheese Sauce, 81
 - Chocolate Dip, 58
 - Chocolate Glaze, 59
 - Doughnut Glaze, 65
 - Gravy, 82
 - Ham Sauce, 80
 - Lemon, 83
 - Raisin Sauce, 80
 - Southwestern Marinade, 78
 - White Sauce, 81
- Scallions
 - Crab Spread, 2
- Sherbert
 - Easy Orange, 71
- Sherry
 - Chinese Broccoli, 36
- Side Dishes
 - Artichoke, 30
 - Asparagus Casserole, 29
 - Baked Apples, 31
 - Baked Beans, 32
 - Broccoli Casserole, 33
 - Candied Sweet Potatoes, 34, 35
 - Chinese Broccoli, 36
 - Corn Pudding, 36
 - Corn Souffle, 37
 - Cornbread Dressing, 37
 - Fried Cabbage, 38
 - Garlic Cheese Grits, 38, 39
 - Green Bean Casserole, 40
 - Mexican Cornbread, 13
 - Papas a la Huancaína, 41
 - Parmesan Potatoes, 42
 - Potato Casserole, 42, 43
 - Scalloped Potatoes, 44
 - Spinach Casserole, 44, 45
 - Spinach-Tomato Casserole, 45
 - Sweet Carrots, 46
 - Sweet Potato Casserole, 46
 - Zucchini Bake, 48
 - Zucchini Quiche, 47
- Sour Cream
 - Chicken Dressing Casserole, 20
 - Coconut Frosting, 60
 - Coffee Cake, 60
 - Miniature Cherry Cheesecakes, 63
 - Potato Casserole, 42, 43
 - Strawberry Salad, 53
- Soy Sauce
 - Asian Marinade, 77
 - Chinese Broccoli, 36
 - Teriyaki Strips, 2
- Spinach

- Casserole, 44, 45
- Spinach-Tomato Casserole, 45
- Sponges
 - Cake, 75
- Stir Fry
 - Chinese Broccoli, 36
 - Ranch Chicken, 27
- Strawberries
 - Punch Bowl Cake, 75
- Strawberry
 - Salad, 53
- Sweet Potatoes
 - Candied, 34, 35
 - Casserole, 46
- Tea
 - Spice Tea, 85
- Tomatoes
 - Cheeseburger Pie, 25
 - Lomo Saltado, 24
 - Meat Balls, 26
 - Spinach-Tomato Casserole, 45
- Tortillas
 - Chicken Tortilla, 22
- Tumeric
 - Curry Powder, 87
- Tuna
 - Chinese Tuna Casserole, 23
- Turkey
 - Turkey Divan, 19
- Turmeric
 - Bread and Butter Pickles, 5
- Turnovers, Bite Sized, 3
- Vanilla
 - Apple Cake, 55
 - Baked Custard, 61
 - Banana Nut Bread, 10
 - Chess Pie, 57
 - Chess Tarts, 56
 - Chocolate Chess Pie, 58
 - Coconut Pecan Frosting, 59
 - Crazy Chocolate Cake, 61
 - Divinity Candy, 63
 - Doughnut Glaze, 65
 - Lazy Daisy Cake, 67
 - Martha Washington Candy, 70
 - Miniature Cherry Cheesecakes, 63
 - Pecan Pie, 73
 - Sponge Cake, 75
 - Sweet Potato Casserole, 46
- Velveeta
 - Broccoli Casserole, 33
 - Cheese Sauce, 81
 - Garlic Cheese Grits, 38, 39
 - Macaroni and Cheese, 25
 - Zucchini Bake, 48
 - Zucchini Quiche, 47
- Water Chestnuts
 - Broccoli Casserole, 33
- Wheat Germ
 - Granola, 87
- White Sauce, 81
- Worcestershire Sauce
 - Beef Marinade, 78
 - Chinese Tuna Casserole, 23
 - Green Bean Casserole, 40
 - Marinated Carrots, 51
 - Nuts and Bolts, 4
 - Southwestern Marinade, 78
- Zucchini
 - Zucchini Bake, 48
 - Zucchini Quiche, 47