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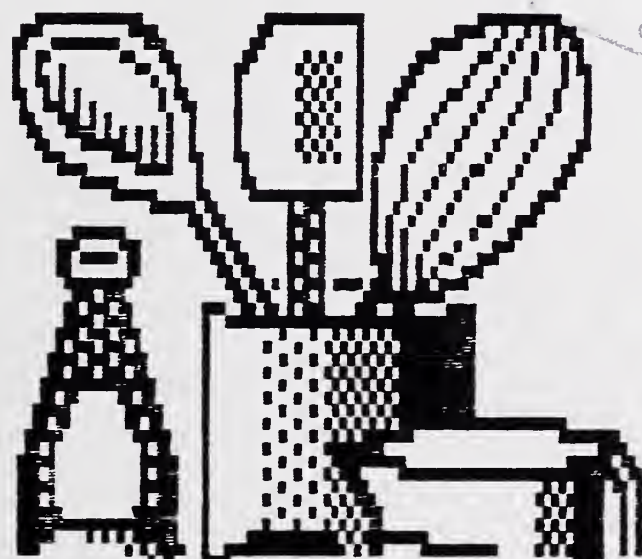
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FOOD FROM THE HEART OF SOUL



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A COLLECTION OF FAVORITE RECIPES OF SERO, FNS EMPLOYEES

1987

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FOOD FROM THE
HEART OF
SOUL

A Collection of Favorite Recipes of SERO FNS Employees

1987

FOREWORD

VIRGIL CONRAD, ADMINISTRATOR

The Southeast Regional Office (SERO) strives to improve work relations by creating within the realms of management an atmosphere of respect for persons of different life styles in the work area. The longer people are exposed to interpersonal working relationships built around a common goal, the greater are the chances for mutual respect of lasting value which ultimately could result in greater work productivity.

The SERO supports the observance of Black History month wherein greater respect may result as employees learn more about cultural backgrounds and life-styles. As a culminating activity of Black History observance this year, a recipe booklet consisting of food dishes served at an earlier Soul Food luncheon and the Afro-American Food luncheon was developed. The recipes submitted were prepared and served at one of the Soul Food Luncheons. We have identified Soul Food as a food of a particular family, a particular race, religion and area of country (especially Southern) that is special. Therefore, many recipes are not what most Americans would consider soul. However, in the context of how soul is identified the Jewish, American, English and other food recipes included are soul since they are special to the particular employee submitting the recipe.

A section of the cookbook is devoted to recipes of early American blacks researched by Pearlina (Pam) Askew, coordinator for Black History observance. We encourage you to prepare some of these recipes as have some of our staff. We feel that once you have read the background of Soul Food and its origin, you will develop a greater respect for all people regardless of their ancestry.

Appreciation is expressed to all SERO employees who shared their Soul Food recipes.

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MEAT DISHES

Lipton Onion-Mushroom Meat Loaf
Submitted by Jean Brinkley

1 envelope lipton onion-mushroom mix
1/2 cup water
1 1/2 pounds ground beef
1 cup soft bread crumbs
1 egg
1/2 cup catsup

Preheat oven to 350 degrees.

In medium bowl, combine lipton onion-mushroom mix and water; add ground beef, bread crumbs, egg, and catsup.

Shape into loaf and place in shallow baking pan; bake 45 minutes or until done. Makes 4 to 6 servings.

Deviled Eggs
Submitted by Margo Hester

Cut hard boiled egg in half lengthwise. Mix egg yolks with enough sweet pickle relish and juice to flavor, but not enough to make consistency of egg yolk runny. Refill egg whites. (Don't use mayonnaise, and eggs last longer in warm weather). Sprinkle half of the eggs with paprika.

For eggs that come out of the shell easily, place eggs in saucepan and cover with cold water at least one inch above eggs. Rapidly bring to boiling. When water boils, reduce heat at once to keep water just below simmering. Cover and cook eggs for 15 to 20 minutes. Cool immediately in cold water. Crack shell all over then roll egg gently between the palms of your hands to loosen shell. Start to peel egg from large end.

Lamb Fries
Submitted by FNS Employee

Also known as animelles, frivolite'es or "mountain oysters" these testicles of young lambs are a great delicacy.

To prepare, first cut into the loose outer skin for the entire length of the swelled surface. Remove this skin and again cut into the two inner skins in the same manner, disturbing the flesh as little as possible in peeling off these skins; an oval flesh form will remain. Soak the peeled fries in enough cold water to cover for about 3 hours, refrigerated, changing the water several times during this period. Drain. Cover fries with fresh cold water. Bring to a boil. Reduce heat at once and simmer about 6 min. Drain again and plunge into cold water until cool.

Prepare as above and slice thinly crosswise:

4 lamb fries

Fry in deep fat heated to 365 degrees until golden, serve with lemon slices or combined with scrambled eggs. Serves 2.

BARBEQUE PORK CHOPS
Submitted by Pearlana Askew

Fresh pork chops
Margarine
Paprika
Worcestershire Sauce
Garlic salt

Wipe chops with clean damp cloth; season with garlic salt and paprika to taste. Place in an iron skillet with a small amount of margarine, just enough to keep from sticking - about 1 tablespoon. Cook over moderate heat until well done. Chops should be browned on each side. Sprinkle Worcestershire Sauce generously and remove from heat and serve. Garnish with lemon wedges and parsley.

(Garlic powder should be used in place of garlic salt if salt is not allowed.)

VEGETABLES AND SALAD

RED BEANS AND RICE
Submitted by Cassandra Lloyd

This is the way red beans and rice were cooked in the old days - loaded with meat and steeped in a rich, natural gravy. You must include a large ham bone, whose marrow gives the beans that creamy texture and distinctive smoky flavor. Many supermarkets now carry only preboned hams, and you may have difficulty finding ham bones. Ask your local packer which butchers still bone their own hams and but the bones in large batches. Ham bones freeze well, and a good supply in the freezer will enable you to prepare red beans the right way whenever you wish. If you have any left over, red beans freeze beautifully. Just add a little water and perhaps a pinch of salt when you reheat them.

Be sure to use baked rather than country or smoked ham in this and all other New Orleans beans dishes. Smoked ham is too salty and will unbalance the seasoning. Pickled pork is pork shoulder marinated in brine for over a week; New Orleans markets regularly carry it, but elsewhere you probably will not find it. A good substitute for pickled pork is salt pork; with salt pork eliminate all other salt in the recipe.

(for 8 or more)

2 pounds dried red (kidney) beans, soaked overnight in cold water to cover.	1 tbs. salt
2 c. chopped onion	1/2 tsp. freshly ground pepper
1/2 c. thinly sliced green shallot (scallion) tops	1/8 tsp cayenne
1/2 c. chopped green pepper	1/8 tsp. crushed red pepper pods
1 1/3 tbs. finely minced garlic	2 whole bay leaves, broken into quarters
2 tbs. finely minced parsley	1/2 tsp. dried thyme
1 lb. seasoning (baked) ham, cut into 1-inch cubes	
1 lb. pickled pork, cut into large chunks	1/8 tsp. dried basil
1 large ham bone with some meat on it, sawed into 4-to-5 inch length	2 qt. cold water (approximately)
	Boiled rice

Drain the soaked beans in a colander and put them, along with all the other ingredients, into a heavy 8 to 10 qt. pot or kettle, adding just enough of the cold water to cover. Bring to a boil over high heat, then lower the heat and simmer on low heat for 2 1/3 to 3 hours or until the beans are tender and a thick natural gravy has formed. Add about 1 cup of water toward the end of cooking if the mixture appears too dry.

RED BEANS AND RICE (Continued)

During cooking, stir frequently and scrape down the sides and across the bottom of the pot with a wooden spoon or spatula to prevent scorching. (If you use a heavy pot and very low heat—just high enough to keep the barest simmer going, you should have no problem with beans sticking to the pot during cooking.) Stir the entire mixture thoroughly, about every half-hour.

When the beans are cooked, turn off the heat. To serve, ladle about 1 1/2 cups of beans with meat and gravy over a portion (about 2/3 cup) of boiled rice.

BROCCOLI CASSEROLE Submitted by Jean Brinkley

1 pkg. frozen broccoli	1/2 c. condensed mushroom soup
1/2 c. sharp natural cheese	1 egg, well beaten
1/4 c. mayonnaise	1 tbs grated onion
salt/pepper to taste	1/2 c. cheese cracker crumbs

Cook broccoli. Drain. Combine all other ingredients, except cracker crumbs to make sauce. Combine sauce with broccoli. Pour into casserole; sprinkle top with cracker crumbs. Bake at 350 degrees for 25-30 minutes.

CONGEALED CRANBERRY SALAD Submitted by Jean Brinkley

Dissolve 1 package gelatin in water (as directed on gelatin package).

Dissolve 1 package cherry or strawberry Jello in 1/2 cup boiling water and add 1 can cranberry sauce.

Add: 1 small can crushed pineapple and juice
2 apples, chopped
1/2 cup celery (if desired)
1 or 2 oranges (ground)
1/2 cup nuts
gelatin mixture

Makes 6 individual molds.

MIXED VEGETABLE SALAD
Submitted by Shirley A. Jones

1 can mixed vegetables
(Use can size according to servings)
2 boiled eggs (or more)
Mayonnaise
Pickles (sweet or dill)
Grated onions (to taste)
Onion salt
Accent
Garlic salt
Black pepper

Drain vegetables thoroughly. Mix ingredients. Use seasoning according to taste. Serve at room temperature or chilled.

Variation: A variety of chopped luncheon meats and cheese may be added for a mixed vegetable chef salad.

ASHEVILLE SALAD
Submitted by Catherine Rogers

Heat 1 can condensed tomato soup (not diluted).
Melt in it one 8-ounce package cream cheese.
Add 2 envelopes plain gelatin which have been softened in 1/2 cup cold water.
Cool slightly and add 1 cup mayonnaise.
Add 1/2 cup each chopped celery, green bell pepper and onion.
Pour in mold. Chill.

BEEF SALAD - CONGEALED
Submitted by Jean Brinkley

1 pkg. lemon jello
1 cup boiling water
3/4 cup beet juice
3 tbs. vinegar
3/4 c. diced beets
2 tsp. grated onion
1/2 tsp. salt

Mix, chill and serve.

KENTUCKY COLESLAW
Submitted by Wilma Alley

2 medium heads cabbage, shredded
3 large carrots, grated
1 large green pepper, chopped
3 cups sugar
1 1/2 cups white vinegar
1 1/2 teaspoon salt
1 1/2 tablespoon celery seeds
1 1/2 teaspoon mustard seeds

Combine cabbage, carrot, green pepper in large bowl; set aside.

Combine sugar, vinegar, and salt; bring to a boil and boil 2 to 3 minutes. Cool. Stir celery seed and mustard seed into vinegar mixture; pour over vegetables, stirring well. Cover and refrigerate 24 hours. Yield: about 5 quarts.

Note: Slaw may be stored several weeks in refrigerator.

Bacon, Cheese, Hash Brown Potatoes
Submitted by Pearlina (Pam) Askew

3-4 medium size white potatoes (preferably russet)
4-6 slices breakfast bacon
4-6 slices of cheddar cheese (1 slice per person)
Pepper (black or white)
Paprika

Cook breakfast bacon (preferably broiled). Wash potatoes, scrub skin and slice thin or dice into small pieces. Add pepper (preferably white) and paprika. Place into hot bacon drippings. (It is not necessary to add salt since the bacon is salty.) Brown potatoes, stirring often to avoid sticking (approximately 20 minutes). Cover cooked potatoes with sliced cheese. Served with juice or milk.

BREADS

YORKSHIRE PUDDING
Submitted by Liz Pendleton

1 cup all-purpose flour
1 cup milk
2 eggs
1/2 teaspoon salt
1/4 cup drippings from beef roast

Mix first four ingredients with hand beater until smooth. Place beef drippings in heated square pan. Pour in pudding batter. Bake at 425 degrees for 25 minutes until puffed and golden brown. Cut into squares; serve with beef. 8 servings.

MISSISSIPPI CORN BREAD
Submitted by Kay Briggs

Blend:

2 eggs, beaten
1 cup sour cream
1/2 cup cooking oil
1 cup creamed corn

Mix in another bowl:

1 cup corn meal
1 1/2 teaspoon salt
1 teaspoon baking powder

Add dry mix to liquid. Put a little oil in iron (10" skillet) frying pan and heat. Pour mix into warm pan. Bake at 375 degrees for 30 minutes or until well browned.

HONEY DEW BISCUITS
Submitted by Rosalie Pendergrast

1 cup butter
1 cup honey
2 cups flour
1 cup sugar
1 cup sour cream
1 tsp. soda
1/2 tsp. salt
1 egg
1 tsp. vanilla

Mix all ingredients together and bake in greased, floured muffin tin at 400 degrees for 30 minutes.

CHEESE WAFERS
Submitted by Jean Brinkley

1 cup grated cheese - room temperature
1/2 c. margarine - room temperature
1 cup flour - plain
1 cup rice krispies
1/8 tsp. salt
1/2 tsp hot sauce

Mix ingredients.

Roll into ball and pat flat.

Cook 15-20 min. in 350 degree oven.

DATE NUT BREAD
Submitted by Jean Brinkley

1 cup chopped pecans
1 cup chopped dates
1 cup sugar
1 cup boiling water
2 1/4 cups flour
1 egg
1 teaspoon soda
1 teaspoon salt
1 teaspoon baking powder
2 tablespoon shortening

Put dates, sugar, shortening into a bowl. Over this pour the boiling water. Let cool. Sift soda, salt and baking powder with flour; add nuts and mix well. Pour the first mixture into the flour and mix until free of lumps. Add beaten egg. Pour into a greased loaf pan and bake in a moderate oven about 45 minutes. The time depends on the thickness of the loaf.

NO-KNEAD HERB BREAD
Submitted by Wilma Alley

2 packages dry yeast
2 cups warm water (105 degrees to 115 degrees)
1/2 cup sugar
2 teaspoons salt
2 cups whole-wheat flour, divided
4 to 5 cups all-purpose flour, divided
1 egg
1/4 cup vegetable oil
3/4 teaspoon dried whole sage
3/4 teaspoon dried whole basil

Dissolve yeast in water. Combine yeast mixture, sugar, salt, 1 cup whole-wheat flour and 2 cups all-purpose flour in a large mixing bowl. Beat with electric mixer for 2 minutes. Add egg, oil, herbs and 1/2 cup all-purpose flour; beat with electric mixer for 2 minutes.

Combine remaining flour, stirring well; gradually stir into batter, using enough to form a moderately stiff dough. Divide dough in half; place each portion in a greased bowl, turning to grease top. Let rise until double in size at room temperature. Shape into loaves and place in loaf pan. Bake at 350 degrees until done. Test: bread will separate from the side of the pan when done. Also, a toothpick will remain clean when inserted into bread, if done.

SOUL PLEASERS

BROWN BAGGING IT
Submitted by Betty Wills

8 lb. ham

Place ham in brown paper bag. Twist bag tight at opening "so the gravy won't run out". Put in pan without a top. Cook in a 275 degree oven until tender (I do not put brown sugar or anything on top of this ham.)

FOOD DISHES OF AFRICA

AFRICAN DISHES

LENTIL SANDWICHES

3/4 cup lentils
4 cups water
1 tsp lemon juice
2 tsp. horseradish or spiced mustard
1 tbs. butter, melted
1/4 cup onion, minced
12 slices bread
chopped parsley

Boil lentils for 45-60 minutes, or until tender. Drain off water; mash. Add lemon juice, horseradish or spiced mustard, butter, and onions. Heat; salt and pepper to taste. Spread on slices of bread, preferably the flat, round Arabian loaves. Garnish with parsley. Serves 6.

Sudan

COCONUT DESSERT

1 coconut
1 cup water
2 tsp. gelatin
2 eggs, separated
3 tbs. sugar
1 cup cream, whipped

Grate the coconut meat; add coconut to 1 cup water and boil for 20 minutes. Strain; this should make 3/4 cup of liquid. Dissolve the gelatin in the liquid. Beat egg yolks with sugar until well-blended. Slowly add gelatin and coconut to this. Refrigerate. When it begins to set, fold in the whipped cream. Refrigerate until this also has begun to set, and fold in beaten egg whites. Refrigerate until set. Good served with maraschino cherries. Serves 4-5.

GROUNDNUT STEW

English colonists called peanuts groundnuts, giving this celebrated West African dish its unusual name --

1 2 1/2 to 3 pound broiler-fryer
chicken, cut up
3 tablespoons cooking oil
1 pound beef stew meet, cut into
1-inch pieces
2 medium onions, chopped
1 medium green pepper, chopped
1 28-ounce can tomatoes
cut up
1 teaspoon salt
1 to 2 teaspoons ground red pepper
3/4 cup peanut butter
Mashed sweet potatoes or hot cooked rice

In a large saucepan or Dutch oven brown chicken pieces in hot oil about 15 minutes; remove from pan. Set aside, reserving drippings. Add beef, onion, and green pepper to drippings; cook till beef is brown and onion is tender. Drain off fat. Stir in undrained tomatoes, salt, and red pepper. Bring to boiling; reduce heat. Cover; simmer 30 minutes. Add chicken pieces; simmer 20 minutes more. In small saucepan melt peanut butter over low heat. Stir into chicken mixture. Return mixture to boiling; reduce heat. Cover; simmer 20 minutes more. Skim off fat. Serve with mashed sweet potatoes or hot cooked rice. Makes 8 to 10 servings.

COLLECTION OF SOUL FOOD RECIPES

BY: PEARLENA (PAM) ASKEW

I. MEAT AND POULTRY

II. VEGETABLES

III. DESSERTS

IV. SEASONING STOCK

Background

Kinds of Foods

Pearlena Askew

Soul food, in the past, usually consisted of utilizing leftovers and preparing food dishes common to the south and native homeland (Africa). Such products as sweet potatoes, peanuts, peas, beans, turnip greens and collard greens (formerly identified as colored greens), corn and corn products were often used. Peaches, plums, apples, pears, figs, wild fruit and berries (blackberries, blueberries, grapes, persimmons, etc.) along with the traditional melons were the fruits commonly used. Just as George Washington Carver exercised his talent in discovering over 300 variety uses of the peanut, the soul food cook expressed such talent in making less desirable food products desirable. Variety in preparation was the most significant characteristic of the soul food dish. Each cook had his or her trade-mark that continues to exist today which makes the food dish a speciality of soul. Often times, the secret of good taste not only depended upon the kind of herbs and spices used but in the method of preparation. Unpopular meat products such as ham hocks, cracklin, neck bones, liver, chitterlins, kidneys, ham bones and leftovers or bits and pieces of this and that (beans, peas, okra, corn, etc.), made flavorful one-pot meals of soups, stews and gumbos. The term gumbo is of African origin, the African name for orka stew. This soup, usually thickened with orka pods often containing meat or seafood is almost identical to American gumbo. Unlike the native land (Africa) where chicken, beef, pork, lamb and fish made up portion of meat in the diet, the choice parts of these meats were reserved for the slave owner.

A Bit of Nutrition

In addition to saving money, well-balanced meals may be planned from some southern food products due to their high nutritive value. For instance, a serving of lean pork contains approximately fifteen times as much thiamine (B1 vitamin) as a serving of roast beef of equal weight. One cup of properly prepared collard greens contain calcium equivalent to a glass of milk, as much iron as one large egg, and enough vitamin C and A normally needed by the average adult in one day.

Cooking Methods

Cooking methods are being upgraded. Because of today's thrust toward nutrition education and the concern of physicians and other health officials, frying and excessive use of animal fat (lard, butter, fat-back, pig tails and pig feet) are no longer prevalent in the diet of most Blacks. Vegetables are cooked more often with corn oil, margarine rather than butter and the amount of ham hocks or fat-back is reduced. In many instances, no fat-back or ham hock is used at all.

The foods which tend to provide saturated fats (stored in the fat tissue) often lead to obesity and heart disease and are now avoided. In the past, work was hard and the hours long; the body was able to burn off or utilize much of the fat. Fat supplied energy and heat (especially during the winter). Generous herbs and spices were used in many different ways in the preparation of these dishes. Today, fish has become more prevalent in the diet. A variety of fruits and vegetables are included such as broccoli, cauliflower, spinach, Mangos, and many other type food which improves the diet. The today's black cook is just as eager to try new cooking methods for these foods as those in the past.

The suggested references were used and are provided in the bibliography for additional information.

MEATS AND POULTRY

1. Milk Baked Ham
2. Beef Stew and Dumplings
3. Fried Ham - Red Eye Gravy
4. Chitterlins
5. Baked Turkey (Foil Wrapped)
6. Scrapple

Milk Baked Ham

1 tablespoon flour	2 tablespoons brown sugar
2 teaspoons dry mustard	1 2-inch thick ham slice
Sweet milk	

Combine flour, mustard and sugar. Rub mixture on both sides of ham. Place in baking dish and pour over enough milk to cover. Bake 350 degrees for 1 hour or until tender. Surface should be brown and milk almost disappeared.

Beef Stew and Dumplings

1 pound stew beef	2 sprigs of green celery leaves
1/4 cup flour	4 whole cloves
1 teaspoon salt	1 clove garlic
1/4 teaspoon pepper	1 bay leaf
Shortening	4 potatoes, quartered
3 cups hot water	6 carrots
1 teaspoon Worcestershire Sauce	6 small white onions
1 teaspoon salt	1 1/2 tablespoons flour
1/4 teaspoon thyme	2 tablespoons cold water
1/2 teaspoon pepper	

Dredge meat in 1/4 cup flour which has been seasoned with 1 teaspoon salt and 1/4 teaspoon pepper. Brown meat in about 1/4 inch deep hot shortening. Drain. Place meat in stew pot and add water, Worcestershire Sauce, thyme, 1 teaspoon salt and 1/2 teaspoon pepper. Tie celery leaves, cloves, garlic and bay leaf in small piece of cheesecloth. Place in stew pot. Simmer, covered, for 1 3/4 to 2 hours or until meat is almost tender. Add potatoes, carrots and onions. Continue simmering 40 to 50 minutes until vegetables are tender. Remove cheesecloth with seasonings. Thicken with 1 1/2 tablespoons of flour stirred to soft paste in water. Cook until thickened. Serve stew in a heated deep dish. Makes 4 to 6 servings.

Dumplings

1 3/4 cups flour	1 egg, beaten
3/4 teaspoons salt	1/3 cup milk
1 teaspoon baking powder	2 tablespoons margarine, melted
1/4 teaspoon black pepper	

Sift together flour, salt, baking powder and pepper. Stir in egg, milk and margarine; mix until dry ingredients are dampened. Drop by tablespoonsful into boiling stew. (Push meat aside so that dumplings go into liquid.) Cover and let simmer for 15 minutes.

NOTE: If dumplings are added to the stew recipe above, drop into thickened stew and simmer, covered 15 minutes.

Fried Ham - Red Eye Gravy

Slice ham 1/8 to 1/4 inch thick. Slash fat around edges to keep ham from curling up while cooking. Place slices in an iron skillet and cook over low flame until ham is brown. Turn several times while cooking. Remove ham from pan and keep warm. Add 1/4 cup water to drippings in skillet; cook over low flame until gravy turns redish-brown. Add about 2 tablespoons of strong coffee, if desired, to deepen the color. Serve over hot grits.

Sliced Streak-O-Lean Pork and Gravy

1/2 pound salt pork
1 cup water
2 to 3 tablespoons shortening

Slice pork very thin. Place sliced pork in saucepan and cover with water. Simmer for 10 minutes. Remove from water and drain. Dip in flour. Heat shortening in a large skillet; add bacon slices and cook over medium flame until brown. Turn to brown on other side. Place on paper towel to drain. Makes 3 servings.

Gravy

2 tablespoons bacon fat
2 tablespoons flour
1 1/2 cups milk

Heat bacon fat from skillet and add flour. Cover over low flame until brown, stirring constantly. Turn off flame. Add 1/2 cup milk, slowly stirring to blend. Cook stirring constantly over low heat until gravy thickens.

Chitterlins

5 pounds chitterlins
2-3 small red pepper pods
2 cloves garlic
6 whole cloves
1 large onion

1 stalk celery
1 teaspoon pepper
1/4 cup vinegar
Boiling water

Clean chitterlins thoroughly in several washings of warm water. Remove extra fat. Place in large saucepan; add the next seven ingredients. Pour over enough boiling water to cover. Simmer, covered, over low flame about 1 hour or until tender.

Scrapple

1 pound lean pork
Water
2/3 cup cornmeal
2 teaspoons salt

1 large onion, chopped
2 teaspoons sage
1/2 teaspoon black pepper
Dash cloves

Place meat in saucepan; add enough water to cover. Cook over low flame until meat is tender. Remove meat from broth; cut or grind into small pieces. Strain broth into top of large double boiler. Add cornmeal slowly, stirring constantly to prevent lumping. Cook and stir over medium flame for 5 minutes. Add meat, chopped onion, pepper and cloves; add more salt if necessary. Cover and cook over boiling water for 1 hour. Pack into small loaf pans. Serve cold or pan fry with or without butter.

Note: Scrapple is a seasoned mush of meat scraps and cornmeal chopped together, molded and sliced cold or fried.

VEGETABLES

1. Green Leafy Vegetables
2. Cornmeal Dumplings
3. Baked Sweet Potatoes
4. Fried Okra
5. Southern Fried Corn
6. Fried Corn and Eggs
7. Georgia Gumbo

Green Leafy Vegetables

(Collards, Turnips (Sallet) or Mustard Greens)

1 large bunch greens about 2 to 2 1/2 pounds
1/4 pound salt port, diced, or 2 small ham hocks
2 quarts boiling water
Salt to taste

Check leaves of fresh greens carefully; remove pulpy stems and discolored spots on leaves. Wash thoroughly in several changes of warm water. Add about 2 tablespoons salt to last water. Place greens in colander to drain. Cook slices of salt pork in boiling water for 20 minutes. Add greens, a few at a time, stirring constantly. Season with salt to taste. Cover and cook over low flame until greens are tender. This usually takes about 1 1/2 to 2 hours.

- Note:
1. Cornmeal dumplings can be added to greens during last 15 or 20 minutes of cooking.
 2. Summer greens have a tendency to be tough. After the first frost the greens are tender and cook in much less time. The frost puts a purple edge on the leaves and the flavor is greatly improved.
 3. Salt added for taste may be omitted.

Cornmeal Dumplings No. I

1 cup cornmeal	2 eggs, beaten
1/4 cup all-purpose flour	1/2 cup buttermilk
1 teaspoon soda	1 tablespoon butter,
1/2 teaspoon salt	melted

Sift together cornmeal, flour, soda and salt. Add eggs and buttermilk. Stir in butter. Drop by tablespoonsful in vegetable liquid (pot likker). Cover and cook 10 to 15 minutes.

Note: Pot Likker is the liquid portion of cooked fresh vegetables, dried peas and beans. (The word likker comes from the term like-meaning the juice from greens is delicious and nutritious).

Green Leafy Vegetables - Afro-American Style
(Turnips, Collards, Mustards, Spinach, Cabbage)

Note: This applies to most any tender cut greens.

1. Wash greens well, until free of dirt.
2. Place into pot, 3 or 4 strips of lean salt pork (washed) or breakfast bacon. Cook in a pot covered until done. Remove meat and drain.
3. Add wet greens directly from final rinsing to pot with hot meat drippings. Stir fry using fork and cook until tender (about 15 - 30 minutes depending on type of greens). Do not add salt as the salt meat is sufficient for seasoning.
4. Serve as desired. Note, corn oil may be used in place of meat to season greens. If vegetable oil is used, salt or other type seasoning is needed.

Baked Sweet or White Potatoes

6 medium sweet potatoes

2 tablespoons vegetable oil

Scrub potatoes and dry thoroughly. Coat potatoes with vegetable oil and bake in a shallow pan at 375 degrees for 45 minutes or until soft. Remove from oven; prick potatoes with fork to release steam. Cut cross in top of each potato; press both ends until potato bursts through. Top with butter.

Fried Okra

1 1/2 pounds fresh okra

1/2 cup cornmeal

1/2 teaspoon salt

4 tablespoons salad oil

1/8 teaspoon pepper

Wash okra and dry thoroughly with paper towel. Cut in 1/2 inch slices. Season with salt and pepper. Coat with cornmeal. Cook in hot salad oil until lightly brown. Cover and cook until tender. Makes 4 to 6 servings.

BREADS

1. Hot Water Cornbread
2. Cracklin Cornbread
3. Buttermilk Biscuits
4. Cornmeal Battercakes
5. Buttermilk Cornbread

Hot Water Cornbread

1 cup cornmeal
1 cup boiling water
1/2 teaspoon salt
1 tablespoon shortening
1 egg, beaten
1 cup plus 2 tablespoons buttermilk
1 teaspoon baking powder

Heat a well-oiled iron skillet in oven. Combine cornmeal, boiling water, salt and shortening; stir until well blended. Combine egg with milk; stir slowly into cornmeal mixture. Add baking powder to batter, beating well. Pour into hot skillet. Bake at 425 degrees for 20 to 25 minutes. Reduce heat to 350 degrees; continue baking for 30 minutes, or until firm and light brown. About 6 servings.

Cracklin Cornbread

1 1/2 cups cornmeal
2 tablespoons flour
1/2 teaspoon salt
3 teaspoons baking powder
1/4 teaspoon soda
1 egg, beaten
1 1/2 cups buttermilk
1 3/4 cups cracklin

Sift together cornmeal, flour, salt, baking powder and soda; add egg and buttermilk. Mix until all ingredients are thoroughly blended. Stir in cracklins. Pour into greased 13 X 9 X 2-inch baking pan. Bake at 450 degrees for 20 to 25 minutes. About 6 servings.

Note: Cracklins are made from ham rind or pork belly fat cut into small pieces and cooked in the oven or open pot until most of the fat is extracted. They are used to make either cracklinbiscuits or cornbread. Crumbled fried bacon may be used as a substitute.

Buttermilk Biscuits

2 cups self-rising flour
1/4 teaspoon soda
1/4 cup shortening
3/4 to 1 cup buttermilk

Sift dry ingredients together. Cut in shortening until mixture looks like coarse cornmeal. Add buttermilk; mix to make a soft dough. Turn out on floured surface; knead about 35 to 40 seconds. Roll out dough to 1/2 inch thickness. Cut with biscuit cutter; place on an ungreased baking sheet. Bake at 475 degrees for 12 to 15 minutes.

NOTE: Biscuit dough should be soft. It might be necessary to use 1 cup buttermilk because some flour absorbs more moisture than others.

Cornmeal Batter Cakes

1 1/2 cups cornmeal	2 tablespoons melted butter
2 tablespoons flour	2 egg yolks, beaten
3/4 teaspoon salt	1/2 teaspoon soda
1 1/2 cups buttermilk	2 egg whites, stiffly beaten

Sift together cornmeal, flour and salt; stir in buttermilk. Add butter and beaten egg yolks. Sprinkle in soda; stir. Fold in egg whites. Drop by spoonful onto a greased hot griddle. Cook until golden brown on both sides. Serve hot. Makes about 12 batter cakes.

Buttermilk Cornbread

1 1/2 cups cornmeal	1 teaspoon salt
1/2 cup flour	1 egg, beaten
2 1/2 teaspoons baking powder	3/4 cup buttermilk
1/4 teaspoon soda	1/4 cup water
	6 tablespoons melted fat

Sift all dry ingredients together; add egg, buttermilk, water and melted fat. Mix thoroughly. Pour into a greased 9-inch square pan. Bake at 450 degrees for 20 to 25 minutes.

NOTE: 1. Add more water if necessary to make a soft batter.
2. If a cast iron skillet is used, lower the temperature to 400 degrees.

DESSERTS

1. Fried Apple Pies
2. Ginger Bread
3. Classic Pound Bake
4. Sweet Potato Croquettes
5. Sweet Potato Muffins
6. Peanut Cake with Molasses

Fried Apple Pies

Cobbler Pastry

Dried Apples, cooked

Roll pastry 1/8 inch thick. Cut into 6-inch rounds. Mash and season apples to taste with sugar, butter, cinnamon and a pinch of salt. Place 2 or 3 tablespoons fruit on one half of each circle of dough; moisten edges with water. Fold dough over to make a semi-circle. Press edges together with a fork to seal. Fry in deep hot fat, or in skillet with fat 1-inch deep. Brown on both sides. Drain on paper towels.

Note: Dried apricots or peaches can be used instead of apples.

Basic Cobbler Pastry

(This pastry recipe may be used for making cobbler pies and fried fruit pies.)

2 cups flour	5 tablespoons shortening
1 teaspoon baking powder	1/2 to 3/4 cups milk
1 teaspoon salt	

Sift together flour, baking powder and salt. Cut in shortening until mixture looks like coarse cornmeal; add milk to make a soft dough. Knead lightly on floured surface. Use according to instructions for making deep dish cobbler pies and fried fruit pies.

Ginger Bread

2 cups flour	1/2 cup light brown sugar, packed
1 teaspoon baking soda	2 eggs, beaten
1/4 teaspoon salt	1/2 cup molasses
1 1/2 teaspoon ginger	1 cup buttermilk
1/2 teaspoon allspice	
1/2 cup shortening	

Sift together all dry ingredients. Combine eggs, molasses, buttermilk and shortening; gradually add flour mixture; beat well. Pour batter into a greased and floured 9X9X2-inch baking pan. Bake at 350 degrees for 40 to 45 minutes.

Classic Pound Cake

1 cup butter	1/2 teaspoon nutmeg
1 cup sugar	1/4 teaspoon salt
5 egg yolks	1 1/2 teaspoon vanilla
2 cups sifted cake flour	5 egg whites, stiffly beaten

Cream butter; add sugar gradually. Cream until mixture is smooth and well blended. Beat egg yolks until thick; add to butter mixture. Sift together flour, nutmeg and salt; add to batter about 2 tablespoonsful at a time. Beat well after each addition. Stir in vanilla. Fold in egg whites. Pour into a greased and floured 9X5X3-inch baking pan. Bake at 325 degrees for 1 hour.

Sweet Potato Croquettes

George Washington Carver discovered over 300 uses for peanuts and many uses for sweet potatoes and soybeans. Below are three recipes, unaltered, written in his own language.

Take two cups of boiled, mashed, steamed or baked sweet potatoes; add the beaten egg and season to taste, stir on the fire until the mass separates from the pan. When cold, form into small croquettes, roll in egg and then in bread crumbs. Deep fat fry in hot lard to an amber color. Serve on napkins.

Sweet Potato Muffins

1 sweet potato, weighing about 3/4 pound	1/2 cup milk
1 large tablespoon of butter	2 well beaten eggs
Pinch of salt	1 teaspoon baking powder
	2 cups flour

Boil sweet potatoes until thoroughly done. Mash very fine and pass through a colander to remove any lumps. Add butter and a little salt and whip well. Now add 1/2 cup of milk and egg, sift in baking powder and enough flour to make a soft batter. Bake in muffin or gem pans in 400 degrees oven for about 30 minutes.

Peanut Cake with Molasses

2 cups molasses	1 teaspoon cinnamon
1 cup brown sugar	1/2 teaspoon cloves
1 cup lard	1/4 teaspoon nutmeg
2 cups hot water	1 heaping teapoon soda
4 cups flour	1 egg beaten
1 pint ground peanut	

Mix nuts, spices and soda with flour, which should be measured generously. Mix the molasses, sugar, lard and water; sitr in the flour and add the beaten egg last. Bake in shallow dripping pan and sprinkle with powdered sugar just before putting in oven. Suggested temperature 350 degrees for 1 hour.

SEASONING STOCK

1. Important Information about Seasoning Stock
2. Recipes

Seasoning Stock

Seasoning stock is made from a combination of less expensive cuts of meats, bones, chicken wings and necks, vegetables, leftovers, carcasses of baked fowl, roast bones, roast and steak drippings and vegetable waters.

The long simmering of these ingredients extracts all the nutrients that would ordinarily be discarded. Wine or lemon juice added extracts calcium from the bones.

When cooked stock is cooled and chilled the fat congeales on the surface and is removed.

Seasoning stock added to frozen dehydrated and canned foods instead of water improves the flavor and nutrition a hundred fold.

Seasoning stock can be used for seasoning vegetables and dried peas and beans. This will call for less salt pork and cut down on saturated fats in the diet.

Stock can be made in quantity. A small portion may be stored in the refrigerator for immediate use. The remaining can be frozen in ice cube trays and transferred to plastic bags for indefinite storage in the freezer.

Basic Seasoning Stock

1 1/2 pounds meat and bone scraps and meat leftovers	2 small white turnips, washed and quartered
1 1/2 pounds chicken necks and wings	2 cloves garlic, peeled
3 beef marrow bones, cut in 3-inch pieces	1/2 bay leaf
1 veal knuckle, cracked	2 tablespoons salt
1 medium onion, studded with 4 cloves	8 peppercorns
2 large leeks*, washed and cut cut into 2-inch pieces, including green tops	6 stalks celery, including leaves, washed and cut into 2-inch pieces
3 medium carrots, cut in 2-inch pieces	4 sprigs parsley
	1 cut red or dry white wine
	Vegetable water
	Cold water

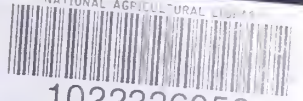
Place all ingredients in a large saucepan; add enough cold water to cover. Place lid on saucepan and bring to boil over medium flame. Reduce heat to simmer and cook slowly 4 1/2 hours. Cool and strain stock into large containes. Re-frigerate until cold. Remove all fat congealed on surface. Refrigerate for immediate use or freeze for future use. Makes about 2 quarts.

*Leeks or small green onions with long stems.

Excellent Recipe Booklets and References

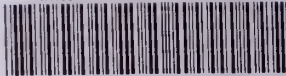
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