

Real Southern Cooking



by Lucy

PUBLISHED BY
WORLD CLASS PROMOTIONS

COPYRIGHT © 1997

ALL RIGHTS RESERVED

NO PART OF THIS BOOK MAY BE REPRODUCED OR TRANSMITTED IN ANY FORM OR ANY MANNER, ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING, RECORDING OR BY ANY INFORMATION STORAGE AND RETRIEVAL SYSTEM, WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER.

PRINTED IN THE UNITED STATES OF AMERICA

PREFACE

REAL SOUTHERN COOKING

BY LUCY

TRIED AND TRUE RECIPES

THE RECIPES YOU WILL FIND IN THIS BOOK HAVE BEEN PASSED DOWN FROM GENERATION TO GENERATION AND MANY ARE A HUNDRED OR MORE YEARS OLD. THEY ALL HAVE BEEN SUCCESSFULLY TRIED AND USED FOR MANY YEARS BY SOUTHERN COOKS. MOST OF THE RECIPES WERE KEPT AND NEVER REVEALED TO ANYONE UNTIL AFTER THEY HAD PASSED AWAY. ONLY THEN WERE THEY DISCOVERED. IF A SOUTHERN COOK WAS FAMOUS FOR A PARTICULAR DISH IT WAS ALWAYS KEPT A SECRET. THE AUTHOR, A MOTHER AND GRANDMOTHER BEGAN COOKING AT THE AGE OF 12 YEARS FOR HER WHOLE FAMILY. SHE WAS COOKING ON A WOOD BURNING STOVE WHERE THE TEMPERATURE COULD ONLY BE GUESSED. SHE HAS COOKED ALL OF HER LIFE AND STILL DOES. SHE WILL NOW SHARE WITH YOU RECIPES, WHICH HAVE BEEN HANDED DOWN FROM GENERATION TO GENERATION, FROM HER MOTHER AND GRANDMOTHER AND OTHER RELATIVES AND MEMBERS OF HER COMMUNITY. THIS COMPULATION OF RECIPES IS A TREASURE CHEST OF DISHES WHICH ARE BOTH EASY TO FIX AND UNFORGETTABLE. LUCY HOPES YOUR FAMILY AND LOVED ONES WILL ENJOY THEM AS MUCH AS SHE AND HER FAMILY DOES.

APPETIZERS

SPICY-SPICY CHEESE BALL

2 OZ. CANNED GREEN CHILIES

1 TBS. WATER

1 LB. SHARP CHEDDAR CHEESE

2 PKG. GREEN ONION DIP MIX

1 –2 OZ. JAR PIMENTOS, DRAINED

½ CUP MAYONNAISE

½ CUP SOFTENED BUTTER

RINSE SEEDS FROM CHILIES. GRIND IN THE CHILIES, CHEESE AND PIMENTOS. USING THE MEDIUM BLADE. BLEND WATER WITH GREEN ONION MIX. ADD WITH THE MAYONNAISE AND BUTTER TO CHILIES, CHEESE AND PIMENTOS. BEAT WITH MIXER UNTIL THOROUGHLY COMBINED. LIGHTLY BUTTER A SMALL BOWL. PACK CHEESE MIXTURE INTO BOWL. COVER AND REFRIGERATE UNTIL FIRM. UNMOLD ½ HOUR BEFORE SERVING. SERVE WITH ASSORTED CRACKERS.

APPETIZERS

A FAVORITE TIME FOR GETTING TOGETHER

SHRIMP CHEESE PUFFS

½ CUP BUTTER

30 SHRIMP, COOKED AND CLEANED

2 CUPS OF SHREDDED CHEDDAR CHEESE

30 BREAD SQUARES – 4 SQUARES TO

1 EGG YOLK

1 SLICE OF BREAD

1 EGG WHITE STIFFLY BEATEN

CREAM BUTTER AND CHEESE. BLEND IN EGG YOLK. FOLD IN STIFFLY
BEATEN EGG WHITE. ARRANGE BREAD SQUARES ON GREASED COOKIE
SHEET. TOP EACH WITH SHRIMP AND COVER WITH ROUNDED TEASPOON
OF CHEESE MIX. BAKE 350 DEGREES 15 TO 18 MINUTES OR UNTIL GOLDEN
BROWN. MAY REFRIGERATE UP TO 24 HOURS BEFORE BAKING.

APPETIZERS

OLD CHARLESTON CRAB DIP

“ OUT OF SITE”

3-6 ½ OZ. CANS OF CRAB MEAT DRAINED	½ CUP MAYONNAISE
3 PKGS. - 8 OZ. CREAM CHEESE	½ CUP WHITE WINE
2 TBS. PREPARED MUSTARD	1 TBS. ONION JUICE
1 TBS POWERED SUGAR	1 TBS. LEMON JUICE

MELT CREAM CHEESE IN DOUBLE BOILER. ADD ALL OTHER INGREDIENTS.
HEAT UNTIL BUBBLY. SERVE FROM CHAFING DISH WITH ASSORTED
CRACKERS OR FRESH VEGETABLES CUT FOR DIPPING. SERVES A SMALL
CROWD.

VEGETABLES

MAMA'S ASPARAGUS CHEESE CASSEROLE

A NUTRITIONAL ITEM THAT WILL WIN APPROVAL FROM EVERYBODY

4 TBS. BUTTER	1-1 LB. CAN ASPARAGUS SPEARS DRAINED
5 TBS. FLOUR	2 TBS. CHOPPED PIMENTOS
2 CUPS MILK	1 SMALL CAN WATER CHESTNUTS
½ TSP. SALT	3 HARD-BOILED EGGS
¼ TSP. WHITE PEPPER	2 AND ½ CUPS GRATED CHEESE

PREPARE WHITE SAUCE WITH BUTTER, FLOUR AND MILK. ADD GRATED CHEESE AND STIR UNTIL MELTED. ADD PIMENTO. BUTTER CASSEROLE LIGHTLY. PLACE LAYER OF ASPARAGUS, IN CASSEROLE WITH BUTTER BREAD CRUMBS BAKE IN MODERATE OVEN 30 MINUTES, OR UNTIL CASSEROLE IS BROWN AND SAUCE IS BUBBLY. SERVES 10-12 PEOPLE.

VEGETABLES

GEORGIA MARINATED CARROTS

2 LBS. CARROTS, SCAPED, CUT INTO 3 INCH PIECES, AND COOKED UNTIL
TENDER ABOUT 15 MINUES

1 BELL PEPPER-CUT INTO THIN RINGS-

1 ONION –CUT IN STRIPS

IN LARGE COVERED DISH, ALTERNATE LAYER OF CARROTS, WITH BELL
PEPPERS AND ONION RINGS.

SAUCE:

1 CAN TOMATO SOUP

$\frac{3}{4}$ CUP SUGAR

$\frac{1}{2}$ CUP COOKING OIL

$\frac{3}{4}$ CUP VINEGAR

1 TSP. DRY MUSTARD

1 TSP. SALT

$\frac{1}{4}$ TSP. PEPPER

1 TSP. WORCESTERSHIRE SAUCE.

BRING TO BOIL AND COOK FOR 10 MINUTES. POUR OVER CARROTS WHILE
HOT. LET COOK, THEN REFRIGERATE OVER NIGHT. WILL KEEP FOR 2 TO 3
WEEKS.

VEGETABLES

PLANTATION SQUASH BALLS

2 CUPS COOKED SQUASH- THEN MASH UNTIL SOFT

1 EGG

½ CUP FLOUR

½ TSP. BAKING POWDER

DASH SALT AND PEPPER

CRUSHED CORN FLAKES

MIX FIRST 5 INGREDIENTS FORM INTO SMALL BALLS AND ROLL IN
CRUSHED CORN FLAKES. FRY IN DEEP FAT UNTIL GOLDEN BROWN.
SERVE HOT. MAKES 6-8 SERVINGS.

DESSERTS

TASTE BUD TEASERS FOR ALL OCCASIONS

DOWN HOME SOUTHERN PEACH COBBLER

1 CUP SUGAR

A STICK MARGARINE

1 LARGE CAN (3 CUPS) PEACH SLICES WITH JUICE (IF USING FRESH PEACHES ADD APPROXIMATELY ¼ CUP SUGAR OR LESS)

1 CUP SELF-RISING FLOUR

¾ CUP MILK

MELT MARGARINE IN BAKING DISH. ADD SUGAR, MILK AND PEACHES, MIX WELL, ADD FLOUR AND MIX UNTIL WELL BLENDED. BAKE AT 375 DEGREES UNTIL TOP IS GOLDEN BROWN.

DESSERTS

SAVANNAH CHRISTMAS CAKE

1 CUP REAL BUTTER

2 CUPS SUGAR

6 EGGS

1 BOX VANILLA WAFERS-CRUSHED IN BLENDER

1-7OZ. CAN COCONUT

1 ½ CUP BROKEN PECANS

½ CUP MILK

CREAM BUTTER AND SUGAR. BEAT UNTIL SMOOTH, ADD EGGS ONE AT A TIME, BEATING WELL AFTER EACH ADDITION. THEN ADD VANILLA WAFER CRUMBS AND MILK ALTERNATELY, A LITTLE AT A TIME, BEATING WELL AFTER EACH ADDITION. STIR IN PECANS AND COCONUT. POUR INTO A GREASED AND FLOURED 9" TUBE OR BUNT PAN. BAKE AT 350 DEGREES FOR 1 ½ HOURS. LET COOL COMPLETELY BEFORE REMOVING FROM PAN. IT BREAKS VERY EASILY IF REMOVED WHILE STILL WARM.

DESSERTS

GREAT GRANDMOTHER'S OLD FASHION TEA CAKES

(THIS RECIPE IS OVER 100 YEARS OLD AND HAS BEEN PASSED DOWN)

1 CUP SUGAR

2 EGGS

1 CUP SHORTENING

SPICE TO TASTE (CINNIMON OR NUTMEG)

MIX THE ABOVE INGREDIENTS AND THEN MIX ENOUGH SELF-RISING FLOUR TO MAKE STIFF DOUGH. ROLL OUT THIN. CUT ANY SHAPE WITH COOKIE CUTTER AND BAKE UNTIL BROWN, AROUND 400 DEGREES FOR 10 TO 15 MINUTES.

MEAT DISHES

TRADITIONAL SOUTHERN BLENDS OF SPECIAL DISHES FROM THE
HOMLAND OF FAMILIES THAT WERE EARLY SETTLERS

LUCY'S OWN ROAST

4 LB CHUCK ROAST

MIX 2 TBS. EACH: GARLIC POWDER-SALT-PEPPER AND DRY MUSTARD, RUB
ALL INGREDIENTS INTO THE ROAST ON ALL SIDES.

PUT 2 TBS. OIL IN FRYING PAN AND BROWN ROAST ON ALL SIDES

MIX TOGETHER:

½ CUP HONEY

½ CUP SOY SAUCE

½ CUP WATER

POUR OVER ROAST, ADD 1 TSP GINGER, COOK IN CROCK POT FOR
ABOUT 4 –6 HOURS.

SPOON OFF FAT WHEN DONE. ADD 2 TBS. OF CORN STARCH TO BROTH FOR
GRAVY.

MEAT DISHES

COUNTRY CHICKEN AND DUMPLINGS

3 TO 3 ½ LBS. CHICKEN

2 TSP BAKING POWDER

2 QT. WATER

½ TSP SALT

2 STALKS CELERY, CUT UP

¼ CUP BUTTER SOFTENED

2 CUPS FLOUR

PLACE CHICKEN IN A DUTCH OVEN, ADD WATER, CELERY AND 1 TSP SALT AND BRING TO A BOIL, COVER, REDUCE HEAT AND SIMMER 1 HOUR OR UNTIL TENDER. REMOVE CHICKEN FROM BROTH AND COOL. DISCARD CELERY. BONE CHICKEN AND CUT INTO BITE-SIZE PIECES AND SET ASIDE. ADD CHICKEN TO ¾ CUPS BROTH, BRING AND TO A BOIL. COMBINE FLOUR, BAKING POWDER AND ½ TSP. SALT. CUT IN BUTTER UNTIL MIXTURE RESEMBLES COARSE MEAL ADD ¾ CUPS RESERVED BROTH, STIRRING WITH A FORK UNTIL DRY INGREDIENTS ARE MOISTENED. TURN DOUGH OUT ONTO A WELL-FLOURED SURFACE AND KNEAD. PAT DOUGH TO ½" THICKNESS. CUT DOUGH IN 4 X ½ INCH PIECE AND SPRINKLE WITH ADDITIONAL FLOUR. DROP DOUGH, 1 PIECES AT A TIME, INTO HOT BOILING BROTH, GENTLY STIRRING AFTER EACH ADDITION, REDUCE HEAT TO LOW, COVER AND COOK 8 TO 10 MINUTES. STIR CHICKEN IN AND SERVE IMMEDIATELY.

MEAT DISHES

SOUTHERN FRIED CHICKEN

1 FRYER CUP UP

½ CUP EVAPORATED MILK

1 TO 1 ½ CUPS BACON GREASE SAVED FROM BACON

1 EGG BEATEN

1 CUP FLOUR, OR MORE

SEASON CHICKEN WITH SALT AND PEPPER; DIP EACH PIECE IN MILK AND COAT WITH FLOUR, DIP IN EGG AND COAT AGAIN WITH FLOUR.

PUT BACON GREASE IN FRYING PAN AND COOK CHICKEN IN COVERED PAN FOR ABOUT 30 MINUTES OR MAYBE MORE UNTIL THOROUGHLY COOKED INSIDE TURNING ONCE DURING COOKING. THEN UNCOVER AND COOK ABOUT 10 MINUTES MORE UNTIL GOLDEN BROWN AND CRISPY.

BREADS

TRADITIONAL SOUTHERN CORNBREAD

2 EGGS

2/3 CUP BUTTERMILK

2/3 CUP CORNMEAL

1/4 CUP COOKING OIL

3 TSB. BAKING POWDER

3 TSB BAKING POWDER

1/4 CUP FLOUR

1/2 TSB SALT

BEAT EGGS, ADD MILK AND OIL. SIFT DRY INGREDIENTS TOGETHER. MIX TOGETHER JUST ENOUGH TO MAKE A SMOOTH BATTER.

BAKE IN A GREASED SKILLET AT 425 DEGREES ABOUT 25 MINUTES.

MAKES 8 LARGE SQUARES.

BREAD

GRANDMA'S OLD FASHION PUMPKIN BREAD

3 ½ CUPS FLOUR	4 EGGS
3 CUPS SUGAR	1 CUP COOKING OIL
1 TSP SALT	1 LARGE CAN OF PUMPKIN OR
1 TSP CLOVE POWDER	3 CUPS OF FRESH PUMPKIN
1 TSP NUTMEG	2/3 CUP APRICOT JUICE OR NECTOR
1 TSP CINNAMON	1 CUP RAISINS
2 TSP SODA	1 CUP NUTS

MIX DRY INGREDIENTS AND THEN MIX LIQUIDS. ALTERNATE LIQUIDS AND DRY INGREDIENTS AND THEN ADD NUTS AND RAISINS. POUR INTO 4 GREASED LOAF PANS ABOUT ¼ FULL. BAKE AT 375 DEGREES FOR 45 MINUTES TO A HOUR

BREADS

AUNTIE MAY'S OLD FASHIONED HOMEMADE CORN BREAD

1 CUP SELF-RISING CORN MEAL

¼ CUP OIL

2 EGGS

1 SMALL ONION, CHOPPED

½ GREEN PEPPER CHOPPED

½ TSP SALT

1 SMALL CAN CREAM STYLE CORN

½ CUP BUTTERMILK

¼ LB. SHARP CHEDDAR CHEESE – SHREDDED

MIX ALL ABOVE INGREDIENTS TOGETHER. POUR MIXTURE INTO A
GREASED HOT SKILLET. BAKE AT 425 DEGREES FOR APPROXIMATELY 30
MINUTES OR UNTIL WELL DONE.