

300 years of

# Black Cooking

in St. Mary's  
County Maryland

*Come In, Sit Down,  
Make Yourself at Home*







300 years

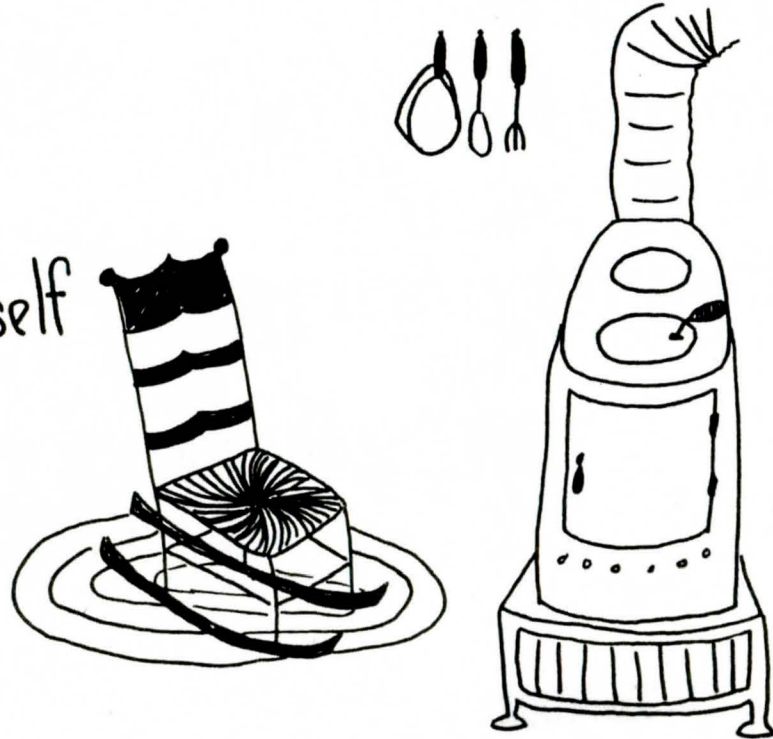
of  
Black Cooking

In

St. Mary's County

Maryland

Come In.  
Sit Down,  
Make Yourself  
At Home





Come in and sit down,  
Make yourself at home.  
Everyone is surely welcome,  
It's a pleasure indeed.  
Go right ahead, sit down,  
Enjoy yourself, just read!

Read about the good "ole" possum,  
Baking in the roasting pan.  
Read about that golden brown fried rabbit,  
And that old time country stuffed ham.

Read about those steaming hog "chittlins,"  
Served with potato salad, greens and cornbread.  
Yes indeed, now I bet you just want to get busy and try  
Hopping John, Crackling Bread and Sweet Potato Pie.

Come in and sit down,  
Make yourself at home.  
Everyone is surely welcome,  
It's a pleasure indeed.  
Go right ahead, sit down,  
Enjoy yourself, just read.

Janice Walthour  
1983

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# Beverages

## **Beef Tea or Broth**

**(For sickly, spindly types)**

Cut desired amount of raw beef into tiny pieces. Put into a jar that will not break when heated. Add a broken veal knuckle. Put a top on the jar; place in a pan of boiling water to cover; and simmer for 8 hours, replenishing the water in the pan as needed. Drain off the juice in the jar, and let it cool to a jelly. To make tea, take 1 tsp. jelly to 1c. hot water.

Theresa Young--Leonardtown

## **CAMOMILE TEA**

1 c. boiling water

2 tsp. camomile flowers

1 tsp. sugar

Pour the boiling water over the flowers.

Cover tightly and steep for 3 minutes.

Strain into a hot cup and add sugar.

Theresa Young--Leonardtown



### GRAPE WINE

1 qt. grapes

1 gal. water

sugar to taste

Crush the grapes and place them in the water. Cover with a cheesecloth or loose top and let work 9 days. Strain; sugar to taste; and bottle, corking or capping loosely. After bubbles no longer appear, wrap tightly.

Julia Green--St. James

### GINGER TEA

2 Ginger roots or  $\frac{1}{2}$  tsp. ground ginger

1 c. boiling water

Crush the ginger roots between towels. Put into a teapot; add boiling water; cover; and steep for 3 minutes. Strain and serve hot with sugar.

Theresa Young--Leonardtoun



### SASSAFRAS TEA

4 large pieces sassafras bark

6 c. boiling water

6 level tsp. sugar

Select the outer rosey bark from the sassafras roots. Put the bark in a teapot; pour boiling water over it; cover; and steep until the desired strength and color are reached. Strain and add the sugar.

Theresa Young--Leonardtoun

## DANDELION WINE

1 qt. dandelion blossoms

1 gal. water

$\frac{1}{2}$  cake yeast

1 c. sugar

few raisins

sections, no peel of one orange

Put the dandelion blossoms in the water and let it come to a boil, but do not boil. Let it sit until cool. Strain. Mix in the yeast cake raisins, sugar, and orange sections. Cover loosely and let sit 9 days. Strain; sweeten to taste; and bottle, capping lightly. Let the mixture finish working (bubbling), and then fasten securely.

Julia Green--St. James



## DANDELION WINE

1 gal. dandelion blossoms

1 gal. water

1 pkg. dry yeast

$1\frac{1}{2}$  lemons sliced

sugar to taste



Set the dandelions in the water on the stove, and bring to the boiling point, but do not boil. Remove from heat; cool; and let set for  $1\frac{1}{2}$ -2 days. Strain the liquid off. To the liquid add the yeast, lemon, and sugar. Cover loosely and let sit about 1 week. Strain. Sweeten again. Place in loosely covered jugs and let sit until it stops working. When it is finished working, bottle it up, but do not bottle it up if it is not sweet. You may want to sweeten it up a bit more when you bottle it up.

Eleanor Dotson--Dotsonville







OLD BUDDS CREEK SCHOOL

*Old Budds Creek School is one of approximately 25 one and two room schools attended by Blacks in St. Mary's County prior to 1956.*

### BEAN SOUP

- 1 c. dried lima or navy beans
- 6 c. water
- leftover ham bone or pieces
- 1 small onion, optional

Season-all Salt, salt, and pepper  
to taste

Boil the beans in the water for 2 minutes. Remove from heat; cover; and let soak several hours or overnight. Add the ham bone to the beans and boil gently in a covered pan, until the meat begins to get tender and separate from the bone. About 2 hours. Add the onion and continue cooking for about 30 minutes or until the beans are soft. Remove the bone and cut the meat off. Add the meat back to the soup and season to taste. (If using "Season-all Salt," go a little light on the regular salt and pepper.)

Artina Miles--Dotsonville

## Soups



### BEEF-VEGETABLE SOUP

- 2# stew beef in chunks
- $\frac{1}{2}$  c. of each of the following vegetables, chopped
  - celery green pepper
  - carrots onion
  - cabbage canned corn
  - turnips whole, canned tomatoes
  - potatoes
  - salt and pepper to taste

Put the beef chunks into a pot of water. Season with a little salt and pepper, and cook over a simmering heat until the meat is tender. Add the fresh vegetables and cook until tender. Then add the canned vegetables, heat thoroughly and serve.

Margaret Taylor--Ridge

### CORN & TOMATO SOUP

- 6 ears tender sweet corn
- 3 T. butter
- 2 tsp. grated onion
- 4 large tomatoes
- $\frac{1}{2}$  tsp. celery salt
- $1\frac{1}{2}$  tsp. sugar
- pinch of salt and pepper
- $1\frac{1}{2}$  c. sweet milk
- $\frac{1}{2}$  c. evaporated milk

Grate the ears of corn on a coarse grater to get a creamy puree. Heat the butter in a pan; add the onion; stir and add the corn. Set aside. Wash the tomatoes; remove the cores; cut up finely; and put in another pan. Place over heat and boil 3-4 minutes until soft. Rub the tomatoes through a sieve or food mill. Add to corn mixture with salt, celery salt, sugar, and pepper. Boil gently about 10 minutes. Heat the sweet milk and evaporated milk until hot, but not scalded. Stir the corn-tomato mixture into the milk and serve hot.

Theresa Young--Leonardtown

### GIBLET SOUP WITH DUMPLINGS

- 12 or more chicken giblets
- 6 T. butter
- 6 T. flour
- $\frac{1}{2}$  c. diced celery
- 4 c. water
- 2 T. chopped onions
- 1 T. pickling spice, optional
- salt and pepper to taste
- dumplings

Saute' the giblets in butter until browned on all sides. Stir in the flour and blend thoroughly. Add the cold water, celery, and onions. Tie the spices in a cheesecloth and drop into the soup. Cover, and simmer slowly until the giblets are tender. About  $1\frac{1}{2}$  hours. Remove the spice bag. Season with salt and pepper. Add your favorite dumplings, and simmer until done.

Theresa Young--Leonardtown

### OLD-FASHIONED POTATO SOUP

- Piece of country bacon
- 1 medium onion, chopped
- $\frac{1}{2}$  c. celery, chopped
- 5 medium potatoes, diced
- 1 c. milk
- salt and pepper to taste

Fill a soup kettle  $\frac{3}{4}$  full with water. Add the bacon which has been scored. (Scoring means slashing through the rind.) The piece of bacon may be as big as you like. Also add the onion and celery and cook until the meat is tender. Add the potatoes and cook until tender. Add the milk, salt, and pepper. You do not salt the soup as you start as the bacon may be salty. When thoroughly heated, serve. Little pieces of meat may be cut off for servings.

Nancy Barnes--Leonardtown

### OLD-TIME POTATO SOUP

piece of country bacon, scored  
medium onion, chopped

3/4 c. celery, chopped

4 big potatoes diced

1 1# can whole kernel corn, drained

1 c. milk

salt and pepper to taste

Fill your soup kettle 3/4 full of water. Add your scored (cut through the rind) bacon piece. Add the onion and celery and cook until the meat is tender. Add the diced potatoes and cook until tender. Add the corn, milk, and seasonings, and heat thoroughly.

Effie Queen--Oaksville

### HARD CRAB SOUP

12 hard crabs

1 1# can whole tomatoes

2-3 medium potatoes, finely chopped

1 medium onion, chopped

salt and pepper to taste

Steam the crabs until they will open easily. Pick the crabs clean. Place the meat in a kettle along with the other ingredients plus water. About 2 qts.. Cook over a medium heat until the potatoes are tender. Thicken with noodles if you like.

Agnes Sommerville--Hollywood





### **HAM HOCKS & BLACK BEAN SOUP**

6-8 ham hocks

2 c. black beans

1 onion, chopped

3 T. butter

2 sprigs parsley

juice and rind of one lemon

2 T. flour

2 celery stalks, chopped

1 carrot chopped

salt, pepper, and cayenne to  
taste

Cover the beans with water, and soak for 12 hours. Drain. Put ham hocks in a kettle; cover; and cook until tender. Remove hocks from pot and cut the meat into small pieces. Saute' the onions in butter about 5 minutes. Add the beans, juice and rind of lemon, celery, carrots, and ham hock water to the onions, and simmer 3½-4 hours, adding water as is necessary. Press the mixture through a sieve.

Reheat over boiling water. Make a paste of the flour and 3 T. cold water. Add to the soup stirring until thick and smooth. Add the pieces of ham and serve hot.

Theresa Young--Leonardtown

### **MARYLAND CLAM CHOWDER**

Thin down some cream of chicken soup.

Grate in 1-2 carrots, and add the clams.

If you are using the snouts, boil them a little first, and grind before adding them to the soup.

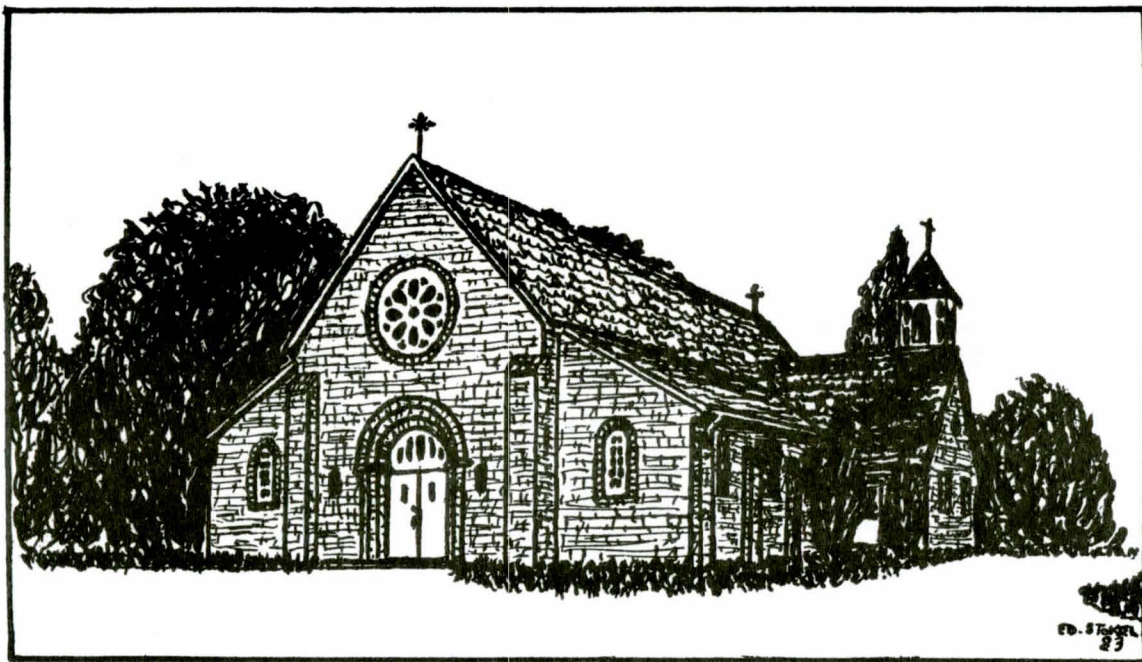
Edith Dyson--St. James

### **TURTLE SOUP**

Using a killed turtle with the head removed, scald the entire turtle with boiling water. Scrape it until the meat is white. Wash it, and using a boning knife, remove the meat through the shell openings. (The shell needn't be broken.) Remove the entrails from the shell and discard. Rewash the meat. Dice the meat and cook with a light vegetable soup until the meat is tender.

Edith Dyson--St. James





**ST. PETER CLAYER CHURCH**  
**1938**

*The second St. Peter Claver Church was dedicated in 1937. This church, designed by Phillip H. Frohman, is symbolic of the strength and resourcefulness of Black Catholics in St. Mary's County.*

# Meats

## BEEF GRAVY ON TOAST

- 3 T. Butter
- 3 T. flour
- 2 C. milk
- 1 pkg dried beef

Melt the butter in a pan. Mix in the flour. Gradually add the milk stirring constantly so it will not lump. Pull apart the beef and add to the mixture in the pan. Let thicken, and serve over hot, buttered toast.

Russell Causby--California

## GROUND BEEF ON RICE

- 1½ # ground beef
- 1 large onion, chopped
- 1 green pepper, chopped, optional
- salt and pepper to taste

Cook the above ingredients in a skillet until the meat is good and brown. Add flour until a gravy is formed, and serve over cooked rice. Serve with a leafy vegetable and celery sticks.

Mildred Gordon--Ridge



## **MEATLOAF**

- 1½# ground chuck*
- 1 small can of tomato sauce*
- 1 medium onion, chopped*
- 3 end pieces of bread milk, enough  
for the bread to absorb*
- salt and pepper to taste*

*Add the bread to the milk and let it stand until the milk is absorbed. Mix the remaining ingredients in well with the meat. Add the bread-milk mixture and work in well. Bake in a 350° oven until done. (about 1½ hours) Baste occasionally while cooking.*

*Ella Barnes—Leonardtwn*

## **POT ROAST**

- 2-3# pot roast*
- 2 small onions*
- 1 small can tomatoe sauce*
- 4 carrots*
- 4 potatoes*

*salt and pepper to taste*

*Brown the meat in a heavy skillet. Add a little water, and then the onions. Place the tomatoe sauce on top of the meat. Cover and simmer over low heat for about 2 hours. Towards the end, add the potatoes and carrots. Keep the heat low, do not hurry your pot roast. Cook until tender.*

*Ella Barnes—Leonardtwn*

### **BABY DRUMSTICKS**

Use only, the big parts of the chicken wing. (the part that looks like a drumstick.) Season with salt and pepper, dip in plain pancake batter, and fry in hot grease until tender. Use the other 2 wing sections for soup.

Julia Green--St. James

### **BAKED CHICKEN**

Cut up your chicken as for frying. Place in a pan in a 350° oven, without browning. When almost done, add a can of cream of chicken soup and a little Season-All seasoning. Cover, finish baking for 1½ hours.

Artina Miles--Dotsonville

### **BAKED CHICKEN**

Cut the chicken up the same as for frying. Coat the pieces with salt and pepper seasoned flour. Brown in hot fat and then place in a baking dish. Pour a can of cream of mushroom soup over the top and bake uncovered in a 350° oven for 1 hour.

Agnes Sommerville--Hollywood

### **FRIED CHICKEN**

Dip chicken pieces in a mixture of flour, salt, pepper and paprika. the paprika makes it golden brown.

Pat Scriber--Hollywood

### **BAR-BE-QUED CHICKEN**

- 3 fryers cut up
- 4 small cans tomato paste
- 2 medium onions, chopped
- 1½ tsp. sugar
- 1 tsp. vinegar
- pinch chili powder
- flour
- salt and pepper to taste

Rinse chicken, drain, and roll in flour seasoned with salt and pepper. Brown in a frying pan. Put in a baking dish. Remove the excess fat from the pan and add all the other ingredients. Cook down over a medium heat until well blended and thoroughly heated--pour over the chicken in the baking dish. Cover, and bake in a 350° oven for about 1 hour. Serves 10.

Jane Dotson--Dotsonville

### **BAKED CHICKEN & GRAVY**

Take 1 or 2 cut up fryers. Coat with seasoned flour (salt, pepper, and paprika if desired), and place in a roaster. Add 2 medium onions cut up, and about 4 c. water. Cover the roaster and bake in a 375° oven for about 45 minutes or until done.

Irene Holton--Charlotte Hall

### **FRIED CHICKEN**

Dip the chicken in a mixture of flour, salt, pepper, and garlic salt.

Nick Lee--St. James

## **FRIED CHICKEN**

Dip chicken pieces in a mixture of flour, red pepper, salt, black pepper, and 1 T. sugar. The sugar is the secret element.

Lucille Young--Leonardtwn

Dip the chicken pieces first in buttermilk, then seasoned (salt and pepper), flour.

Russell Causby--California

## **CHICKEN POT PIE**

- 1 c. cooked peas
- 1 c. cooked carrots
- 1 small onion, chopped
- 1 cooked chicken, in serving pieces
- 5 c. chicken broth, mixed with 2 T.

cornstarch or 3 T. flour

salt and pepper to taste

biscuit dough

In an oven skillet or casserole dish, place the peas, carrots, onion, and chicken. Season the broth with salt and pepper, and pour over the chicken and vegetables. Make a biscuit dough and spoon over the chicken and juices. Bake in a 375° oven until brown.

Julia Green--St. James

## **STUFFED CHICKEN**

2-3 c. bread cubes

1 stalk celery, diced

2 medium onions, chopped

dash salt

dash poultry seasoning and sage

red and black pepper to taste

Mix all of the above ingredients together. Stuff into a roasting chicken, and bake in a 350° oven for about 2 hours. Occasionally baste with butter.

Christine Saunders--Ridge

## ROAST DUCK OR GOOSE

A 5-6 pound duck is best for roasting. Wash the duck inside and out with cold water. Drain and wipe dry. Sprinkle the inside with salt. Cornbread stuffing is good with duck, but any desired stuffing may be used. If no stuffing is used, insert a sliced apple or onion into the body cavity. This will absorb the gamey flavor. The duck may or may not be trussed. Brush the outside with cooking oil and sprinkle with salt and pepper. Place the duck breast side up on a rack in an open roasting pan. Roast in a 350° oven, 45 minutes for each pound. Baste often with drippings and some fat to make a gravy.

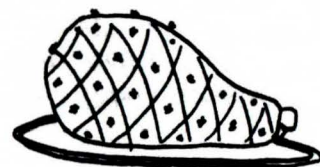
Omit any fat in the stuffing for a goose, because the fat under the skin drains into the stuffing. A goose must be trussed. Pour off the fat occasionally while cooking a goose.

Theresa Young--Leonardtwn

## COUNTRY HAM

This is for an old-fashioned salty ham. Soak the ham overnight in plain cold water. In the morning discard the soaking water. Place the ham in a pot of fresh cold water. Boil until the ham is half done. Discard water and replace with fresh cold water. Cook until the ham is done. Let the ham cool, and then take the skin off. Put whole cloves in the ham and cover with brown sugar. Place in a shallow roasting pan, and put in a 350° oven until browned. Let it cool completely before putting into the refrigerator. Slice when cold.

Ella Barnes--Leonardtwn





## STUFFED HAMS

Many years ago Black people in St. Mary's County worked as slaves on plantations. This meant a great deal of work with very little to eat. They worked in the tobacco fields and the cook houses at the big house. At hog killing time, the hams, sausages, bacon, and very best parts of the hog were smoked for the masters' table.

The feet, intestines, hogs head (a part including the lower jaw), tongue, and lower part of the stomach called "sow-belly", were the parts that Black people got to make do with." Sometimes the meat was cooked from the bones. If liver from the hog was cooked with the cornmeal ration in the stock, the mush was made tastier. Today this is called scrapple. The same was done with the top part of the hog's head, including the ears and snout. The Black

people chopped this coarsely and added vinegar to get "souse." The lower jaw called the "jowl" was smoked along with Massa's hams and bacon. Holidays were days when the jowls were taken out of the smokehouse and distributed to the slaves. Some slaves were allowed to tend small vegetable gardens from which they took such vegetables as greens, (kale), cabbage, "greasy greens," (wild water cress), turnip tops, or any green that was plentiful. The greens were chopped, and stuffed into pockets in the "jowl", or jaw bones. This was tied up in a rag and boiled until it was tender. When cooled, this made a very tasty meal, and by and by Massa and Missus had occasion to taste "stuffed jowl." They decided if "jowl" could taste so good, hams would taste even better. So, they experimented with their smoked hams, and thus we have today's Southern Maryland Stuffed Ham.

### OLD-TIME STUFFED HAM

- 1 10# ham
- 2 medium heads of cabbage
- 3 # kale
- 3 medium onions
  - celery, optional
- $\frac{1}{2}$  box mustard seed
- $\frac{1}{2}$  box celery seed
- 1 T. red pepper
- 1 T. black pepper
- 2 T. salt

Cut the greens and onions into little squares. Put gashes in the ham. Mix the seasonings with the greens and stuff into the gashes. Tie the ham up securely in a cheesecloth and cook in a kettle on top of the stove for 3-4 hours, or until real tender. Remove from the kettle and let it sit in the refrigerator overnight. Slice and serve.

Della Buchanan--Leonardtowntown

### STUFFED HAM

- 20 # corned ham, boned and tied
- 2 # onions
- $\frac{1}{2}$  bushel kale, about
- 1 large (2 medium) cabbage
- 3 # wild water cress if possible
- 1 bunch celery
- 2 T. ground red pepper
- $\frac{1}{2}$  c. salt
- 1 pkg. whole mustard seed

With a sharp knife, cut pockets in the ham. Grind coarsely the washed vegetables. Put in a big container, and

work the seasonings in with your hands. Put the ham on a piece of cheesecloth or sheeting with some of the greens underneath the ham. Pack the greens into the pockets. Put the leftover greens around and over the ham. Securely tie the ham in the material. (Fishing cord works well.) Half fill a large canning kettle with water. Put a little rack on the bottom to keep the ham from touching. Cover the ham with water. Cook approximately 6 $\frac{1}{2}$  hours. When done, a fork will go through the cloth and meat easily. Let the ham stay in the kettle overnight to absorb the juices, (or drain immediately), then drain. Put on a tray and unwrap. Put the ham on a platter and pat back the greens which have fallen off. Keep in the refrigerator. Slice and serve cold.

Louise Kelly--Leonardtowntown



### **BAKED PORK CHOPS**

Take 4 pork chops. Brown them lightly in a skillet. Place in a baking dish and cover with a layer of either cooked rice or sliced potatoes. Then, place an onion slice and tomato slice on each chop. Fasten with a toothpick. Season a small can of tomato sauce with salt, pepper, and a little sugar. Pour over the chops and bake in a 350° oven about 45 minutes.

Margaret Taylor--Ridge

### **COUNTRY SAUSAGE**

25 # ground pork

4 T. red pepper

3 T. salt

3 T. black pepper

1 T. salt petre

small box sage

Work all the seasonings well into the meat. Stuff into pork casings, or roll up and put in the freezer so you can slice the sausage into patties. When ready to eat, fry until brown.

Ella Barnes--Leonardtwn



### **FRESH PORK ROAST**

2-3# fresh pork shoulder roast with  
bone

1 garlic clove, chopped

salt and pepper to taste

Cut deep little holes into the entire roast. Season the meat with salt and pepper or "Lemon and Pepper Seasoning" by rubbing the seasonings well into the meat. Chop up the garlic and stuff the pieces into the holes. Put in a roasting pan with a little water. Bake in a 350° oven for 2½-3 hours. Cover for the first half, uncover for the second half. Add water as needed, baste frequently.

Marie Conner--Hollywood

### **FRIED SALT PORK**

Cut the salt pork into ¼" pieces. Place in cold water in a skillet and boil for a few minutes to remove some of the salt. Pour off the water. Fry slowly until dry and browned on all sides. Turn frequently.

Theresa Young--Leonardtwn

### HOG BRAINS & EGGS

1 set of brains

bacon fat

4 eggs slightly beaten

salt and pepper to taste

Put the brains in a colander and pour boiling water over them to remove all the membranes. Rinse under cold water. Pour some bacon fat in a skillet and sprinkle salt over the bottom to keep the brains from sticking. Heat over medium heat. Pour in the brains and cook slowly for 8-10 minutes. When the brains are nearly done, add the eggs, sprinkle with salt and pepper to taste and cook until the eggs are done.

Theresa Young--Leonardtwn

### HOG CHITTERLINGS

Frozen 10# containers can be found in most supermarkets. Much of the contents is fat which must be pulled off. Let the frozen chitterlings stand in a large pan overnight to thaw. When thawed, soak in cold water and remove as much fat as possible. This process takes someone with experience at least  $\frac{1}{2}$  hour, but it is essential. Drain and rinse again. Put the chitterlings in a pot with 2 c. water, or at least enough to keep them from sticking, an onion, and 2 stalks of celery if you want. Cover tightly and cook over medium heat until tender, about 4 hours. Season with salt and pepper, and serve hot with vinegar or hot sauce. A chitterling dinner consists of chitterlings, potatoe salad, greens, bread, pie, and beer or iced tea. 10# should serve 8 people.

Theresa Young--Leonardtwn

### **LIVER PUDDING**

1 hog liver

1 hog heart

1 hog head

red pepper, black pepper, salt, and

sugar to taste

Boil the head, heart, and liver in salt water until the meat is tender. Save the water. Pick the meat from the head. Grind all the meat together. Season with salt, sugar, and pepper. Add enough of the saved water to the meat to hold it together. Put in a mold until firm. Slice and fry to serve.

Louise Chase--Leonardtwn

### **HOG MAWS**

**OR**

Pig's feet

Pig's tail

Pig's ears

Rinse the meat in cold water. Boil in salted water to cover meat, with an onion and some celery until tender, about 4 hours. Serve with vinegar.

Theresa Young--Leonardtwn

### NECK BONES & SAUERKRAUT

- 5 # pork neck bones
- 1 onion, chopped
- 2 large cans sauerkraut

salt and pepper to taste

Cover the neck bones with water, add the onion, and simmer until the water is almost gone, and the meat is tender. Drain the sauerkraut and rinse in a colander. Place the sauerkraut on top of the neckbones, add salt and pepper and simmer until the water has almost gotten to the bottom of the pan. About 35 minutes. You may use white cabbage in place of the sauerkraut.

Theresa Young—Leonardtwn

### OVEN STYLE BAR-B-Q SPARE RIBS

- 3½ # chops ribs
- 1 medium onion
- ½ stalk celery
- 1 medium green pepper
- ½ c. honey or brown sugar
- 1 T. wet mustard
- 1 family size bottle of catsup as much water as catsup

Season-All seasoning

Cut up spare ribs as you would chicken for frying. Flour as you would chicken only a little lighter. Brown in grease in a skillet. Mix the sauce ingredients together. Place the ribs in a shallow baking dish and cover with sauce. Cover the dish, and cook in a 350° oven for 3 hours or until tender.

Artina Miles—Dotsonville



### **PORK CHOPS FRIED**

Dip the pork chops in a mixture of flour, salt, and pepper. Have  $\frac{1}{4}$ " shortening very hot, but not smoking in an iron skillet. Fry uncovered, on both sides until they are brown and crispy. Chops should be fried quickly but thoroughly by keeping the shortening hot. It is best to have the heat on medium.

Theresa Young--Leonardtoun

### **PORK LOIN ROAST**

2-3 # pork loin roast (end roast)

1 medium onion, chopped

1 can cream of mushroom or cream  
of chicken soup

salt and pepper to taste

Put the roast in a roasting pan. Salt and pepper it. Mix the chopped onion with the soup, and pour over the roast. Place in a 400° oven for 30 minutes, then turn the oven down to 350° and continue baking for 1½-2 hours, or until the meat is done. Add water if it is necessary, and baste with soup and juices.

Laura Bennett--Ridge



## PORK GOULASH

- 2 # pork neck bones
- 1 medium can of tomato sauce
- 1 c. catsup
- 1 medium size bag of frozen vegetables,  
or use canned vegetables
- 4 small potatoes
- 1 medium onion, minced
- about 4 c. noodles, or a small box
- salt and pepper to taste

Cook the neckbones to half of desired tenderness. Add the potatoes which have been peeled and cut to the desired size. Cook 5 minutes, add the onions and vegetables. Cook 15 minutes. Add the tomato sauce and catsup. When the mixture begins to boil, add the noodles. When the noodles are half done, simmer on low until the meat is tender. It will be thick like stew.

Elsie Holton--Charlotte Hall

## SAUSAGE MEAT

- 25 # ground pork
- 5 T. salt
- 6 T. sage
- 1 T. salt petre
- 3 T. brown sugar
- 3 T. red pepper



Grind the meat. Work the seasonings in well. You can then put the sausages in casings. Hang them up to dry for a couple of weeks, and then use any way you like. Or, you may put the sausages into jars. When the grease looks like it is setting, turn the jars upside down, and the grease will seal them. When the jars are thoroughly cold, turn right side up again. You can also freeze the sausages.

Mary Taylor--Park Hall

### **SOUSE**

When butchering, take the meat (hog) skins left, and add some lean pieces of meat. Cook until the meat and skins are tender. Chop or grind the meat up finely. Season to taste with red pepper, salt, whole cloves, all spice, black pepper, and caraway seed. Add vinegar; mix everything together well; put in pans; and store in a cool place.

Louise Chase--Leonardtoun

### **STUFFED PORK CHOPS**

- 4 pork chops  $\frac{1}{2}$ " thick
- 3 c. bread crumbs
- 1 small onion, chopped fine
- $\frac{1}{2}$  c. celery, chopped
- 1 tsp. sage
- $\frac{1}{2}$  tsp. red and black pepper
- $\frac{1}{2}$  stick butter or margarine

Saute the onion, celery, and sage and pepper in fat, until tender. Mix with the bread crumbs. Cut a slit in the side of the pork chop. Season the chops as you see fit. Pack the chops with dressing. Bake in a 350° oven until done, about 45 minutes.

Mary Edna Clayton--St. Inigoes

## **BARBECUED LAMB**

*Leg of lamb*

2 sliced onions

2 c. water

4 tsp. salt

*flour*

1 c. catsup

$\frac{1}{4}$  c. worcestershire sauce

1 tsp. chili powder

$\frac{1}{4}$  tsp. cayenne

Wipe the lamb with a damp cloth, rub with salt, and dredge with flour. Place in a roasting pan, and surround with onions. Combine the remaining ingredients and pour over the meat. Bake in a 350° oven until tender, basting every 20 minutes.

Mary Ceceilia Smith--St. Inigoes

## **ROAST LAMB**

Wash the lamb roast. Pat dry and then pat well with vinegar. Season with red pepper and salt. Cut 2 medium onions into slices and lay under the lamb. Leave in the refrigerator several hours or overnight. Bake in a covered pan with a little water in it. Start the roast at 400° and bake for one hour. Reduce the heat to 325° and finish baking for 1½ hours or until tender. Use the juices for a gravy.

Margaret Taylor--Ridge

## **POSSUM**

Plunge the possum into very hot water. Hold in the water for 2 minutes. Scrape off all the hairs, but don't damage the skin. Slit the belly from the throat to the hind legs. Remove entrails, feet, eyes and brain. Do not remove the head or tail. Wash thoroughly. If possible, freeze 3-4 days to remove gamey taste. When ready to cook, put in roasting pan, season with salt and pepper, add 1 c. water and the juice of one lemon. Bake at 400° for 15 minutes, turning once. Cover, reduce heat to 350° and bake 1½ hours longer.

Theresa Young--Leonardtoun

## **MUSKRAT, RABBIT, OR SQUIRREL**

Skin and disjoint the animal. Soak it in salted or vinegar water for 2 hours. Put the pieces in a pan of water, and parboil until slightly tender, but not real done. Dust in a mixture of seasoned flour, (salted and peppered to taste, and fry in hot fat until golden brown.

Theresa Young--Leonardtoun

### **LONG NOSE CLAMS**

Leave the clams in cold water overnight, until the sand comes out of them. Pour warm water over the clams. Open them and remove the "snout," a long tube. Use this snout for chowder and fry the rest.

### **FRIED EELS**

Skin the eels; slit down the middle; and clean. Cut into 3" lengths and dry. Roll in cornmeal and dip into a slightly beaten egg diluted with 2 T. water. Roll in cornmeal again. Fry in deep hot fat for 3-5 minutes. Serve.

Theresa Young--Leonardtown

### **CRAB CAKES**

2-3 doz. hard shell crabs

2 tsp. prepared mustard

2 tsp. mayonnaise

2-3 T. bread crumbs

dash salt

red and black pepper to taste

Steam the crabs and pick them. Mix in all the ingredients. Form into cakes and fry, until golden brown.

Christine Saunders--Ridge





## **CRAB CAKES**

*Onions, finely chopped*

*Green pepper, finely chopped*

*Peanut oil or margarine*

*Mustard*

*1 egg*

*cracker meal*

*crab meat*

*Bread Crumbs*

*Worcestershire sauce*

*Salt, red and black pepper, salt,*

*and seafood seasoning to taste*

*Use the above ingredients according*

*to your tastes and needs. Saute the onion, green pepper, red pepper, salt, and seafood seasoning in peanut oil or margarine. Do not brown. In the meantime, pick the crabmeat, and add enough crabmeat, and add enough bread crumbs, plus 1 egg to bind. Add a little salt and black pepper. Add the sauted ingredients, worcestershire, and mustard. Make into cakes or patties. Roll in cracker meal and fry in peanut oil or margarine until browned.*

*Edith Dyson--St. James*



### **CRAB CAKES**

- 1 1# can crab meat
- 3 T. bread crumbs
- 2 eggs
- 2 tsp. prepared mustard
- black pepper to taste

- 1 stick butter or margarine for frying

Mix all the ingredients together well. Shape into cakes and fry in hot fat until golden brown, or stuff into hard crab shells and bake in a 350° oven until brown

Ella Barnes--Leonardtwn

### **CATFISH STEW**

- 4½ # catfish cleaned
- 2-3 carrots, cut up
- 1 medium onion, chopped
- peas, cabbage, potatoes, optional
- 1 T. margarine
- salt and pepper to taste

Skin the catfish. Place in a pot with enough water to cover, and boil until done and falling apart. Remove from the water, and remove the bones. Return the meat to the same water. Add the carrots, onions, and other vegetables, salt, pepper, and margarine, and cook until the vegetables are tender.

Russell Causby--California

### **CODFISH CAKES**

- 1 c. dried cod
- 2 c. mashed potatoes
- 1 egg beaten
- flour
- salt and pepper to taste

Soak the dried cod in plain water to remove some of the saltiness. Throw out the salty water, and place the fish in fresh water. Boil until the codfish is tender. Mix all the ingredients except the flour, together. Form into cakes and roll in flour. Fry gently in hot fat until crisp and evenly browned on both sides.

Effie Queen--Oaksville

### **CURRIED FISH**

- 3 # rock fish
- $\frac{1}{2}$  c. flour
- $1\frac{1}{2}$  tsp. salt
- 1 tsp. pepper
- 2 tsp. curry powder
- 1 large onion
- 1 c. Crisco
- $\frac{3}{4}$  c. water

Heat the fry-pan to 350°. Add Crisco. Drain the fish, cut into portions, dust in flour, salt, pepper and curry. Fry until brown. Drain off fat. Brown onions slightly. Add the remaining flour and let brown. Add  $\frac{3}{4}$  c. water; let simmer 15 minutes, and serve over rice.

Ophelia Wright--Charlotte Hall

### **HERRING FISH CAKES**

1 1# can herring, drained

2 eggs

bread crumbs

Break the eggs into the drained herring, and mix in enough bread crumbs to hold together. Flatten into patties and fry in hot fat until golden brown.

Julia Courtney--Park Hall

### **FISH SARCIADO**

2 regular rock fish

2 garlic cloves

1 white onion, sliced

1 small can tomato sauce

small potatoes or cabbage, optional

salt and pepper to taste

Cut diagonal slashes along the sides of the fish. Salt and pepper, and fry in  $\frac{1}{2}$ " lard until golden brown. Smash the garlic cloves and fry in lard in another pan. Add the sliced onion. Put the fried fish in the pan with the garlic and onion, and add the tomato sauce. Cook until the fish is tender. You may want to add some small quartered potatoes or cabbage. Simmer until done and season to taste.

Lucita Lee--St. James



### **SALTED FISH**

To preserve fish over the winter or longer, take any kind of fish; rock, trout, blue, etc., clean, and remove the backbone. Wash, sprinkle the fish pieces generously with salt. (It will make its own brine.) Place in a jar and cover the jar tightly. You can add more fish later by sprinkling the new pieces with salt, placing them in the jar, and then covering the new layer with salt. To cook the fish, either soak or boil them in plain water to remove the salt. You may have to change the water once or twice. Then fry and serve buttered.

Julia Green--St. James

### **STUFFED, BAKED FISH**

- 5 rock, shad, or any other big fish
- 2 onions
- $\frac{1}{2}$  c. celery, chopped
- $\frac{1}{2}$  c. green pepper, chopped
- 4 c. bread crumbs
- $\frac{1}{2}$  stick butter or margarine
- salt and pepper to taste

Mix the onions, celery, and green pepper together. Add the bread crumbs. Stuff the fish and sew it up. Put it in a large baking pan and baste with butter. Bake in a 350° oven until done.

Beatrice Butler--Lexington Park

### **FRIED OYSTERS**

2 eggs

1 T. water

salt and pepper to taste

oysters

cracker meal

*Beat the eggs, and add the water, salt, and pepper. Dip the oysters in the egg mixture, and then in the cracker meal. Fry in hot fat in a shallow pan. If the oysters are small, pat 2-3 together.*

*Effie Queen--Oaksville*

### **FRIED SHAD ROE**

*Rinse and dry the roe, but do not break the skins. Sprinkle with salt and pepper and flour. Cover the bottom of a fry pan with fat. When the fat is hot, fry the roe slowly until it is brown on both sides. Serve hot.*

*Theresa Young--Leonardtown*

### OYSTER FRITTERS

- $\frac{1}{2}$  c. flour
- 1 egg
- $\frac{1}{4}$  tsp baking powder
- 1 pt. oysters
- $\frac{1}{4}$  c. milk
- 2 T. melted butter

salt and pepper to taste

Drain the oysters. Mix the flour and baking powder together. Add the egg and milk and beat. Add the melted butter. Mix the drained oysters into the batter. Drop by spoonfuls into hot grease. Fry until golden brown.

Mary M. Smith--St. Inigoes

### OYSTER STEW

- 1 pt. oysters
- $1\frac{1}{2}$  T. flour
- $1\frac{1}{2}$  tsp. salt
- 2 T. cold water
- $\frac{1}{4}$  tsp. tobasco sauce
- $\frac{1}{4}$  c. butter
- 3 c. milk
- 1 c. light cream

Put the oysters in a pan with their liquid. Make a smooth paste from the water, flour, salt, and tobasco sauce. Add to the oysters, blending well. Add the butter and heat over a low heat, 5 minutes, stirring gently. Scald the milk and cream; pour into the oysters, remove, and serve.

Theresa Young--Leonardtwn



### OYSTER STEW

- 1 pt. oysters
- $\frac{1}{4}$  c. onions, chopped
- 1 stick butter or margarine
- 1 qt. sweet milk
- 2-3 T. water
- salt and pepper to taste

Add the water to the oysters and cook over a low heat until the edges of the oysters begin to curl. When the oysters are done, add the milk which has been heated but not boiled. Melt the butter; add the onions; and saute until tender. Add to the oysters and milk. Season, and heat to boiling without boiling.

Russell Causby--California

### RICE n' SHRIMP

Cook as much rice as you need or want. Cook slowly, so it is dry, not mushy. Melt 2-3 T. butter or margarine. Add as much chopped onion as you want, and saute in butter until half cooked. Take as many shrimp as you need. If they are raw, boil and shell. If already prepared, shell; put with the onion; and simmer 3-4 minutes. Take a can of tomato sauce (size depends on how much you need), and mix with the onions and shrimp. It will look somewhat soupy. Cook over a low heat until the flavors are blended. Pour over rice or combine with rice. You may want to add a piece of butter. Season to taste with salt and pepper, being careful not to make it too salty.

Marie Conner--Hollywood

This recipe came with Mrs. Conner from Cuba.

### **SHRIMP SALAD**

- 1 small box macaroni noodles
- 1 green pepper, chopped
- 1 c. celery, chopped
- 1 medium onion, chopped
- 15 large shrimp cut into  $\frac{1}{2}$ " pieces  
or 1# salad shrimp
- mayonnaise
- salt, pepper, Season-All to taste

Cook the macaroni according to box directions. Drain and rinse. Add the chopped vegetables and the cleaned, chunked shrimp. Add mayonnaise to reach a consistency you like. Season to your taste.

Artina Miles--Dotsonville

### **ROUND TABLE TUNA**

- 2  $6\frac{1}{2}$ -7 oz. cans tuna
- 1 can cream of mushroom soup
- 1 3-4 oz. can sliced mushrooms
- $\frac{1}{2}$  c. sour cream
- 1 T. chopped parsley

Combine tuna, undiluted soup, and mushrooms with liquid from can in a saucepan. Bring to a boil and simmer gently for 5 minutes. Remove from heat; stir in sour cream; sprinkle with chopped parsley; and serve over noodles.

Louise Barnes--Oaksville

## TUNA CASSEROLE

- 2 c. tuna
- 2 celery stalks, chopped
- $\frac{1}{2}$  c. almonds, chopped
- $\frac{1}{2}$  tsp. salt
- 2 tsp. onion, chopped
- $\frac{1}{2}$  c. mushrooms, chopped
- 1 c. mayonnaise
- 2 tsp. lemon juice
- $\frac{1}{2}$  c. cheddar cheese, shredded or cubed
- 1 c. toasted bread cubes

Mix all the ingredients together, and bake in a 450° oven for 10-15 minutes.

Elizabeth Woodland--Charlotte Hall

This recipe has been in Mrs. Woodland's family for 15 years. She composed the recipe herself. It has fish without being fishy.



# Casseroles & One Dish Meals

## **BEEF, TOMATO, & CABBAGE SCALLOP**

- 1 # ground beef
- 2 T. fat
- $\frac{1}{4}$  c. onion, chopped
- 1 c. celery, chopped
- 2 $\frac{1}{2}$  c. fresh or canned tomatoes
- 2 tsp. salt
- pepper to taste
- 4 c. shredded or chopped cabbage
- 1 c. soft bread crumbs

Brown the meat in the fat. Add the onion and celery and cook 5 minutes. Add the tomatoes, salt, and pepper, and bring to a boil. Place alternate layers of cabbage and meat mixture in a greased baking dish. Top with bread crumbs and bake in a 375° oven for 40-45 minutes. Serves 6.

Louise Barnes--Oaksville



### **BEEF CASSEROLE**

- 3 T. shortening
- 2 medium onions, sliced
- 2 c. leftover beef, cut up
- 1 T. flour
- 1 1# can stewed whole tomatoes
- 3/4 c. water
- 1 2 oz. can sliced pimentos, undrained
- 3/4 tsp. salt
- 1/4 tsp. oregano leaves
- 1/8 tsp. black pepper
- 3 c. cooked, drained macaroni
- 1 1/2 c. grated cheese

Heat shortening in a skillet. Saute onions until golden. Stir in beef and brown quickly. Stir in flour and the next 7 ingredients and simmer until thickened. Layer macaroni, meat mixture, and cheese in a 1 1/2 qt. casserole dish. Repeat, ending with cheese on top. Bake in a 400° oven for 10 minutes.

Louise Barnes--Oaksville



## MACARONI, TOMATO & CHEESE CASSEROLE

- 8 oz. elbow macaroni
- 1 medium green pepper, diced
- 2 T. bacon fat
- 2 T. flour
- 1 15 oz. can tomato sauce
- 1½ c. cheddar cheese, shredded
- 4 slices crumpled bacon
- salt and pepper to taste
- 2 tomatoes sliced
- basil, optional

Cook the macaroni in boiling salted water until tender. Drain and rinse with cold water. Saute the green pepper in the bacon fat for 2-3 minutes. Stir in the flour. Gradually add the tomato sauce; cook; stirring until thickened. Add 1 c. cheese and bacon; season with salt and pepper. Layer the macaroni and sauce in a buttered 2 qt. casserole; repeat. Arrange the tomato slices on top. Sprinkle with salt, pepper, basil and remaining cheese. Bake in a 350° oven for 1 hour.

Louise Barnes--Oaksville

### **DINNER POT**

- 2 # ham hocks or 1# slab bacon
- 2 qts. water
- salt and pepper to taste
- 1 medium cabbage, quartered
- 6 medium potatoes, peeled and halved

Cover the ham hocks or scored bacon with water and simmer, covered, until done. Remove the meat and add quartered cabbage, and potatoes; and cook until tender, about 15-18 minutes. Season to taste. Add the meat and heat thoroughly. You may use kale instead of cabbage, but then don't use potatoes. The kale turns them green.

Mary Helen Dove-Park Hall &  
Lillian Brown--Leonardtwn

### **CHICKEN CORNBREAD PIE**

- 6-7 pieces chicken (backs, wings, necks, gizzards and livers)
- 4 c. crumbled corn bread
- 1 large onion diced
- $\frac{1}{2}$  tsp. pepper
- $\frac{1}{2}$  tsp. salt

Boil chicken with 1 tsp. salt until done. Remove the meat from the bones. Be sure to keep water covering the chicken while cooking, so you have about 1 qt. of chicken soup when done. Place the soup in a tube cake pan to about 1" from the top. Add chicken, cornbread, onion, salt and pepper. The mixture will be thick. If not, add more cornbread. Bake in a 400° oven for about 60 minutes, until browned and a crust forms. Serve hot. You do not have to use scrap chicken, any pieces will do.

Thelma Sexton--St. James

### **COUNTRY STYLE STEW**

- 1 # ground beef
- 1 1# can whole kernel corn
- 2 c. cooked potatoes, diced
- 1 medium onion, chopped
- 1 1# can mixed vegetables
- 2 cans tomato soup

salt and pepper to taste

Brown the meat and onion in 1 tsp. fat. Drain thoroughly. Drain the canned vegetables. Add vegetables, tomato soup, about  $\frac{1}{2}$  c. water, and salt and pepper to the ground beef. Cook about 20 minutes over low heat. Serve.

Victoria Hebb--MacIntosh Road

### **CREOLE BEEF**

- 1 # cut up beef
- 1 1# can whole tomatoes
- 1 medium onion, chopped
- 2 tsp. Crisco or suet

flour

salt and pepper to taste

Place the finely cut beef, tomatoes, and onion in a baking pan with Crisco or suet. Sprinkle thickly on top with salt and pepper seasoned flour. Bake in a 350° oven for 1½ hours. Use the gravy it makes over mashed potatoes.

Agnes Sommerville--Hollywood

### **GORDON'S CASSEROLE**

- 1 # ground beef
- 1 small can whole tomatoes
- 3 carrots
- 1 large onion
  - dash soy sauce
  - dash A-1 sauce
- 1 green pepper
  - salt and pepper to taste
- 4 slices cheese
- 2 or more c. macaroni--how much  
you want or need

Brown the beef, green pepper, onion, salt, and pepper in a skillet. Add the tomato and cook 5 minutes. Cook the carrots; mash; and add to the mixture. Stir in the remaining ingredients except the macaroni, and let sit for 5 minutes. Mix in the cooked macaroni; put in a greased casserole dish; place the cheese on top; and put in a 350° oven until browned.

Mildred Gordon--Ridge

### LOUISE'S SPECIAL

- 1½ # dried pinto beans
- 1½ c. onion, chopped
- ½ c. green pepper, chopped
- 1 tsp. red pepper
- salt to taste
- 1 large jar tomato catsup
- 1 c. celery, chopped
- 1 # hot dogs, chopped
- 1 large can whole tomatoes

Cover the beans with hot water and soak for 1½ hours. Add the onion, celery, and green pepper, and cook until the beans are tender. About 2 hours. Add the remaining ingredients and cook over a low heat for 1 hour stirring frequently. Serve with spoon bread or hard rolls.

Louise Fenwick--Beachville

### SPAGHETTI SAUCE

- ½ stick margarine
- ½ green pepper, chopped
- 1 onion, cut up
- 1 # ground beef
- oregano
- 2 6 oz. cans tomato sauce
- 1 family size bottle of catsup
- 1 bay leaf
- salt and pepper to taste

Melt the margarine over a low heat. Saute the onion and green pepper in it. Add the ground beef, and let it half-way cook. Add the tomato sauce, catsup, bay leaf, dash of oregano, and salt and pepper; cover the pan; and let it simmer over a low heat about 1 hour.

Mary Ceceilia Hill--MacIntosh Road



## OLD - FASHIONED STEW

**The amount of ingredients you will need in this recipe will depend on the number of people you serve.**

1) Cut up whatever kind of meat you desire (beef, pork, or ham) into 1" cubes. Leftover meat can be used, but fresh meat is more flavorful. If the meat is fresh, simmer it until tender with seasonings (salt and pepper) in a "right smart" amount of water.

2) When the meat is half done, add the longest cooking vegetable. You may use as many vegetables as you want. They should be peeled and diced. The following are some suggestions:

cabbage	string beans
carrots	lima beans

potatoes	corn
onions	turnips
celery	okra
cucumbers	squash

tomatoe, a little for color  
do not use beets, as they will bleed and turn the stew red.

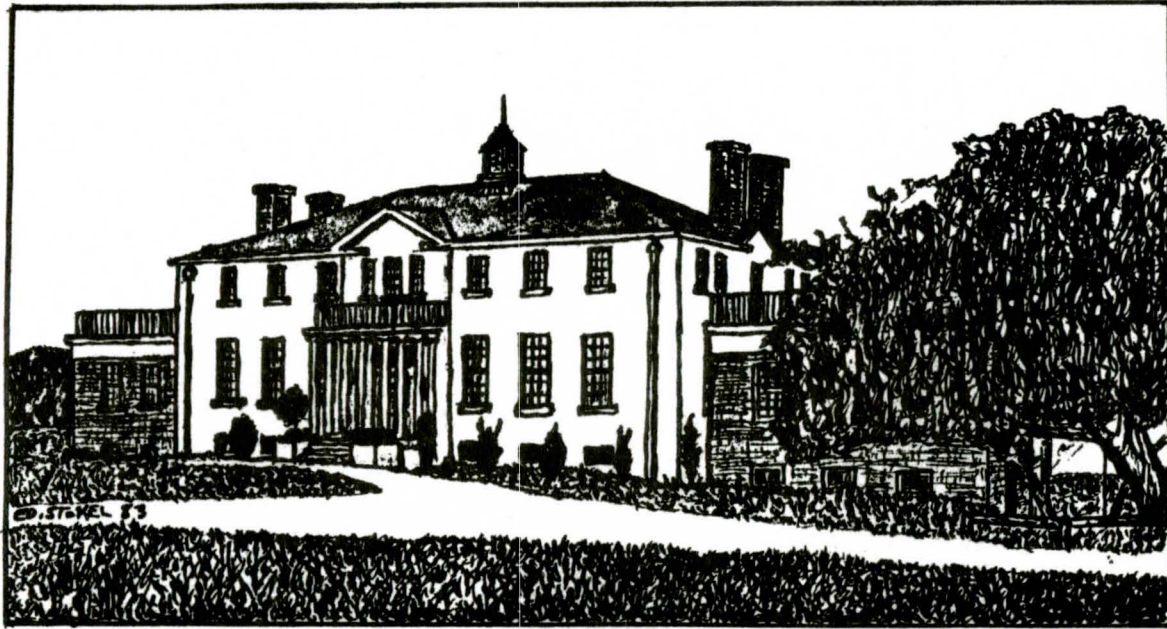
3) Add all the vegetables in order of cooking lengths. After all the vegetables are done, simmer slowly until you get a thick juice.

4) Use any spices you want. Ham and bacon are saltier, so don't use as much salt as for fresh meats.

5) For a richer stew, add a little piece of butter or margarine.

Marie Conner—Hollywood





**CARDINAL GIBBONS INSTITUTE**  
**1924**

*Cardinal Gibbons Institute, modelled after the Tuskegee project, was the first Black high school in St. Mary's County. The school was established in 1924 and served the community until 1967.*

# Vegetables

## **BAKED PARSNIPS**

Boil and skin the parsnips. Put in a casserole dish. Sprinkle some granulated sugar over the top. Place bacon strips over the top and bake in a 350° oven for 20 minutes, or until the liquid is syrupy and the bacon is browned.

Theresa Young--Leonardtoun

## **BOILED NAVY OR LIMA BEANS, OR BLACK EYED PEAS**

- 1 # dried beans
- 6 c. cold water
- ½ # salt pork
- 1 onion, chopped
- 1 red pepper pod, crushed
- 1 tsp. salt

Wash beans in cold water, drain; put in a 4 qt. saucepan; add the remaining ingredients; cover; and bring to a boil. Lower heat and simmer for 2½-3 hours, stirring occasionally.

Theresa Young--Leonardtoun

### **COOKED CABBAGE**

*Slice the cabbage into 1" strips. Put in a fry pan with a little water. Sprinkle on a little red pepper and sugar. Place a few bacon slices over the cabbage. You may use butter if you don't have bacon. Cover and cook about 20-25 minutes or until the cabbage is tender.*

*Margaret Taylor--Ridge*

*An old friend of hers used to cook cabbage this way.*

### **COUNTRY COOKED STRING BEANS**

- 4 # string beans*
- 1 c. onions, sliced thin*
- ½ tsp. nutmeg*
- 2 T. sugar*
- 4 T. bacon grease*
- 4 chicken boullion cubes*

*Wash the beans twice in cold water. Put in a 4 qt. pot with the other ingredients. Cover with water and cook for 1½ hours. Louise Fenwick--Beachville*



### CREAMED SQUASH

- 3 medium sized summer squash
- 2 T. butter
- $\frac{1}{2}$  c. sweet cream
- $\frac{1}{2}$  tsp. salt, or to taste

Wash the squash, cut into cubes, and boil in salted water until done. When tender, drain, and add the cream and butter. Mix gently to melt the butter, but not break the squash. Or you may mash the squash, and then add the cream and butter.

Russell Causby--California

### FRESH ONIONS

While the onion tops are still good and green, pull up as many onions as you need. Wash. Cut the tops off, leaving 1" of the green top attached to the bulb. Cook the greens in plain water for 15-20 minutes, with a little bacon grease added to the water. Put the bulbs in and cook for 10 more minutes or until the bulbs are tender. If there is a whole lot of water left, either thicken it with a little flour, or just drain some off. Let it simmer down, and salt and pepper to taste.

Louise Chase--Leonardtwn



### **FRIED APPLES**

Slice the apples; put in hot fat in a skillet; sprinkle with sugar; cover; and cook until done, stirring occasionally to prevent sticking.

Melba Carter--Valley Lee

### **FRIED GREEN TOMATOES**

Slice green tomatoes into  $\frac{1}{2}$ " slices. Coat with seasoned (salt and pepper) flour, cornmeal or crackermeal. Fry in hot bacon grease until brown on both sides. Serve with mashed potatoes or any meat dish.

Ruth Cogar--Lexington Park

### **KALE GREENS**

- 1 picnic shoulder
- 3 # kale
- 1 tsp. sugar
- 1 tsp. crushed red pepper
- salt and pepper to taste
- 3 qts. water

Place the picnic shoulder in the water with the red pepper, and cook with the lid on for about  $2\frac{1}{2}$  hours, or until the meat is tender. Rinse the kale; trim off the root and heavier part of the leaf. Remove the meat from the pot and put the kale in. Cook until tender, then replace the meat on top and heat thoroughly.

Mary Lee Young--Mac Intosh Road

### **HOPPIN JOHN-for-NEW YEAR'S EVE**

- $\frac{1}{2}$  # salt pork, diced
- 2 c. water
- 1 # black-eyed peas
- 1 c. rice
- 1 small onion, chopped, optional
- salt and pepper to taste
- 1 T. sugar, optional

Put the salt pork in the water and let it simmer until it is tender. Wash and pick over the peas. You can soak them overnight if you wish. Add the peas to the meat, and cook until tender, but don't let them go dry. Set aside. Cook rice as usual, but cook so it is dry. Slowly stir the rice into the peas. Add the onion if you want, salt, pepper, and sugar if you like. Simmer to gravy-like thickness.

Louise Kelly--Leonardtwn

### **POKE SALAD**

Pull the leaves off the stalk. Rinse a couple of times to get the sand off. Scald with boiling water, letting it simmer about 3 minutes. Do not boil. Drain. Put poke into meat water, water which meat has cooked in, and cook for 20 minutes. (If you do not have meat water, add grease to plain water.) Salt and pepper to taste, and serve. Beet tops can be done the same.

Louise Chase--Leonardtwn

### POTATO FRITTERS

2-3 medium white potatoes, grated  
fine

1 egg

salt and pepper to taste

Mix the egg with the grated potatoes to coat them. Drop by spoonfuls into hot grease. Flatten a little and fry until golden brown on both sides, and tender.

Marie Conner--Hollywood



### REAL CORN PUDDING

1 1# can cream style corn

1 c. milk

1 T. butter or margarine

1 T. sugar

3 large eggs, separated

Boil the corn and milk together for about 10 minutes. Stir in the butter or margarine, sugar, and beaten egg yolks. Beat egg whites, but not too stiffly, and fold into the corn mixture. Pour into a lightly greased 2 qt. casserole. Bake uncovered in a 350° oven for about 35 minutes. Do not peek while it is baking.

Frances Young--Leonardtwn

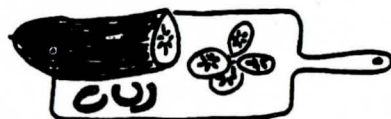
### SCALLOPED CUCUMBERS

- 2 c. cucumbers, pared and thinly sliced
- 1 c. milk
- 2 T. butter
- 2 T. flour

salt and pepper to taste

Pare, and slice the cucumbers thin. Place in a greased baking dish. Mix the flour with the salt, pepper, and milk. Pour over the cucumbers; dot with the butter; and bake in a 300° oven until soft and tender.

Effie Queen--Oaksville



### SCALLOPED POTATOES

Potatoes, as many as you need  
salt and pepper to taste

- 2 T. butter
- 1 small onion, chopped

milk to cover the potatoes

Peel and slice the potatoes thinly. Place in a greased casserole dish, whichever size fits your needs, and season with salt and pepper. If you add onion, mix it in with the potatoes. Dot the potatoes with butter, and pour the milk over them. Bake very slowly in a 200° oven until brown and crispy on top. About 1½ hours.

Julia Courtney--Park Hall



### **SCALLOPED POTATOES WITH FRANKS**

12 medium potatoes

$\frac{1}{2}$  c. flour

1 $\frac{1}{2}$  doz. franks, sliced

4 c. milk

$\frac{3}{4}$  c. cheese, grated

butter

salt and pepper to taste

Peel and slice the potatoes. Place a layer of potatoes in a greased casserole dish, then a layer of franks. Repeat 2 more times. Mix the flour into the milk; add some salt and pepper; pour over the potatoes and franks; dot with butter; and bake in a 350° oven for 1 hour or until the potatoes are tender. Sprinkle with cheese, and continue baking 15 minutes, or until the cheese is toasted.

Mary Ceceilia Smith--St. Inigoes

### **SCALLOPED POTATOES n' ONIONS**

2 c. potatoes, thinly sliced

1 large onion, chopped

1 tsp. salt

2 T. flour

4 strips bacon, fried crisp

2 c. milk

dash pepper

Grease a baking dish with the bacon drippings. Add, in layers, potatoes, onions, and bacon. Season with salt and pepper. Pour on the milk. cook in a 350° oven for 1 hour. The top should be golden brown. You may add cheese the last 15 minutes of baking. (4 servings)

Bertina Stevens--Hollywood

## **STEWED TOMATOES**

8 tomatoes, peeled

sugar to taste

3 day-old homemade biscuits or bread  
slices

2-3 T. bacon grease or butter

salt and pepper to taste

Cook the tomatoes in  $\frac{1}{2}$  c. water for about 20 minutes, to which bacon grease has been added. Add the seasonings to your taste. Then crumble in the biscuits or bread. Simmer about 10 minutes longer before serving.

Louise Chase--Leonardtwn

## **SPINACH**

1 # spinach

2 c. water

bacon grease or butter

Wash your spinach well to remove all the sand grains. Cover and cook in rapid boiling water; reduce heat and simmer until tender about 10 minutes. Drain well. Mix with butter or bacon fat and serve. Bacon fat gives a better flavor than butter or margarine.

Mary Helen Dove--Park Hall

### **SWEET POTATOES**

- 4 big sweet potatoes
- 1 c. water
- 1 tsp. nutmeg
- 2 c. granulated sugar
- 1 T. cinnamon
- 1 tsp. vanilla
- 4 T. butter or margarine

Peel the potatoes. Halve lengthwise, or otherwise third. Put in a saucepan with the other ingredients. Cover and cook over a medium heat until the sweet potatoes are tender.

Nettie Neale--Dotsonville

### **SWEET POTATO PONE**

- 3 # sweet potatoes
- 1½ c. granulated sugar
- 8 eggs
- dash salt
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 1 stick butter

Cook the sweet potatoes until tender. Drain and peel. Mash, then beat with an egg beater, adding the other ingredients. Beat until smooth. Place in a buttered casserole dish and bake in a 375-400° oven until evenly browned. About 30 minutes. (10 servings)

Jane Dotson--Dotsonville

## **SWEET POTATO PONE**

- 6 medium sweet potatoes
- $\frac{1}{4}$  c. brown sugar
- $\frac{1}{4}$  c. granulated sugar
- 1 stick very soft butter
- 1 egg lightly beaten
- 1 tsp. vanilla extract
- 1 c. milk
- 1 tsp. cinnamon
- 1 tsp. nutmeg

Boil the potatoes until tender. Skin and mash. Add the remaining ingredients and mix well. Pour into a greased casserole dish and bake in a 400° oven for 30 minutes, or until brown and the sugar is crusted. (6-7 servings)

Theresa Young--Leonardtwn









**ZION FAIR**

*This church was built about 1880 and was ravished by fire in 1892. Land for this church was donated by Mrs. Harriet Statesman and Rev. C.E. Smallwood rebuilt the church.*

# Salads

## **CHEF'S SALAD**

*Mix together as much as you want and need of the following ingredients: chopped lettuce, cut up, cooked chicken, ham, baloney, beef, (all or a mixture of the meats), chopped olives, 2 boiled eggs halved, or sliced in rings, strips of your choice of cheese, cucumber slices, and radish flowers. Toss well and arrange on lettuce leaves. Serve with your favorite dressing.*

*Julia Green--Park Hall*

## **FRUIT COCKTAIL**

*The amounts of the ingredients you will need in this recipe will depend on the number of people being served, and which fruits you like best. Chunk and mix together bananas, apples, oranges, and pears. Sweeten to taste with sugar and a pinch of salt. Mix lightly with mayonnaise, and serve on lettuce leaves. You may add peaches and a little grapefruit if you like*

*Margaret Taylor--Ridge*

### **CARROT-JELLO SALAD**

1 large box orange or lemon jello

3 carrots grated

1 small can crushed pineapple, drained

Dissolve the jello. When it is slightly set, add the carrots and pineapple. Set. Serve garnished with whipped cream and maraschino cherries.

Laura James--Park Hall

### **COLE SLAW**

1 small head cabbage

2 carrots

1 small onion

1½ c. raw potatoes, grated

salt to taste

Finely grate all the vegetables and mix well with mayonnaise. Salt to taste.

Ruth Cogar--Lexington Park

### **FRUIT SALAD**

The amounts of ingredients you will use depend on how much you need and what you like. Chunk and mix together strawberries, fresh pineapple, walnuts and toasted coconut. Sugar to taste, and marinate in a white wine and brandy mixture. Serve on lettuce leaves.

Christine Price--Charlotte Hall

### POTATO SALAD

- 3 # potatoes
- $\frac{1}{2}$  c. oil and vinegar dressing
- $\frac{3}{4}$  c. cucumber, seeded and chopped
- 3 green onions, finely chopped including  
the green part
- 1 c. mayonnaise
- 1 tsp. celery seed
- 3 T. fresh lemon juice
- 3 T. fresh basil, chopped  
salt and pepper to taste



Wash the potatoes; cook drain; peel; and slice while warm. Pour the oil and vinegar dressing over them and chill. Before serving, add the remaining ingredients and toss lightly. Garnish with hard cooked eggs and parsley.

Gerona Kelly--Leonardtwn

### MASHED POTATO SALAD

- 6 Idaho potatoes
  - 6 eggs, hard cooked
  - 2 tsp. mustard
  - $\frac{1}{4}$  c. mayonnaise
  - 1 stick butter  
salt and pepper to taste
- Cook the potatoes until tender; skin; and mash with the butter. Add the finely chopped eggs, mustard and mayonnaise. Blend well, season and serve warm.

Jackie Freeman--Lexington Park

## **5# POTATO SALAD**

12 potatoes

1 doz. hard cooked eggs

3 medium onions, finely chopped

1 small jar mayonnaise

1 small jar sweet pickle relish

salt and pepper to taste

Wash potatoes; boil until tender; skin; cool; and put in the refrigerator. Cook eggs until hard; cool; and put in refrigerator. Chop the onions; dice the potatoes; peel and chop the eggs; and then mix altogether in a large mixing bowl. Add the remaining ingredients; season well; and mix together well. Chill and serve.

Nick Lee--St. James

## **POTATO SALAD**

15 potatoes, boiled and peeled

1 medium onion, finely chopped

salt to taste

sweet pickles, chopped

red and black pepper to taste

1 c. mayonnaise

Cool the potatoes and dice them. Add the onion and as much sweet pickle as you like. Mix in a cup or more of mayonnaise. Season to taste.

Christine Saunders--Ridge



## POTATO SALAD

potatoes

2 hard cooked eggs

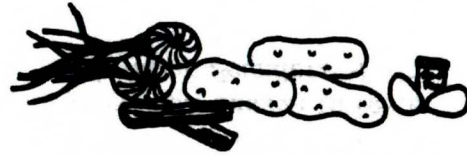
celery seed

prepared mustard

sweet pickle relish

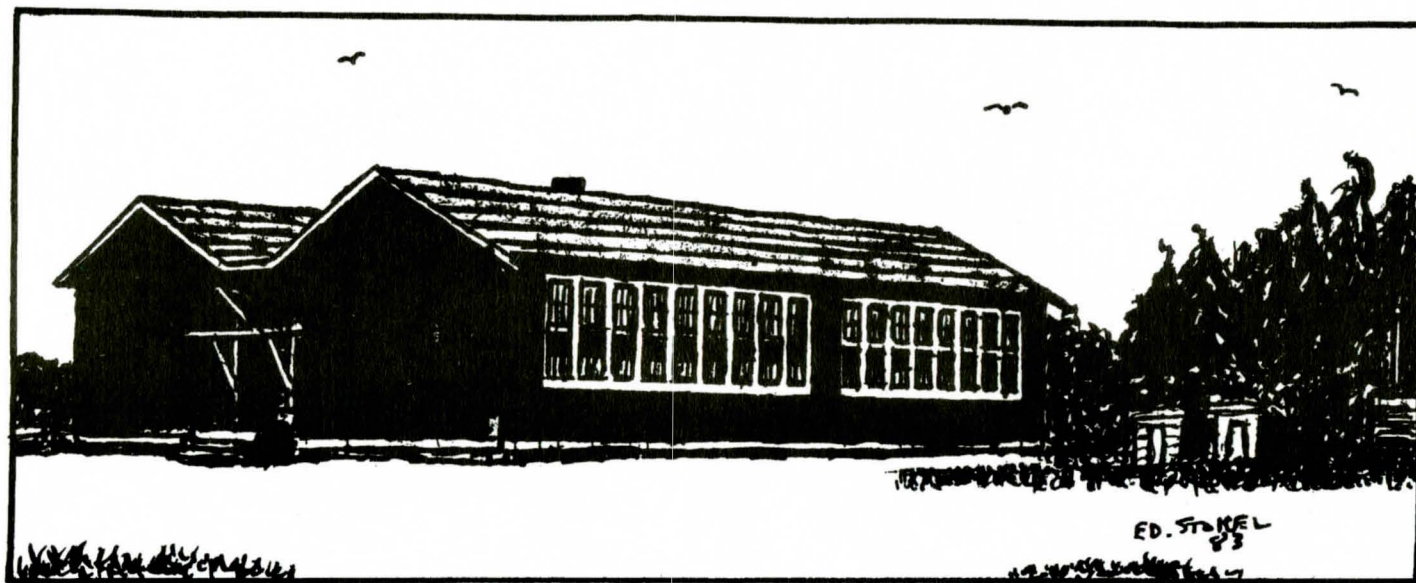
mayonnaise

salt, red and black pepper to taste



Mary Helen couldn't give exact amounts as she usually makes this recipe for a large number of people. Boil the potatoes in their jackets; then peel; and cut into small cubes. Chop the hard boiled eggs and add to the potatoes. Add all the other ingredients to your taste. Mary Helen's family likes the salad well-seasoned, so she adds more red pepper. Mix well, chill, and serve.

Mary Helen Woodland—Oakville



## JARBOESVILLE SCHOOL

*River Spring School, located in the 7th district area, was taken by barge to Jarboesville, MD in 1936. This building became the Jarboesville school located on land donated by Mr. Thomas Harris.*



# Breads

## BANANA BREAD

- 4 bananas mashed
- 1½ c. flour
- 3 eggs
- 1 stick butter
- 1½ c. sugar
- 1 T. baking powder
- ½ tsp. baking soda
- dash salt
- 1 c. nuts, chopped, your choice of nuts

Mix all the ingredients together. Put in a greased flat pan. Bake in a 375° oven until done.

Mildred Gordon--Ridge

## BREAD

- 2 c. scalded milk
- ½ c. shortening
- ¼ c. sugar
- 2 yeast cakes
- 2 tsp. salt
- 6 c. flour, about



Place the hot milk, shortening, salt, and sugar in a large bowl and cool. Add yeast dissolved in warm water. Add flour to reach a fairly stiff dough. Let rise until bulk doubles, turn onto a floured board, and knead quickly and lightly. Place in pans and let rise until bulk doubles. Bake in a 350° oven for about 45 minutes. To make whole wheat bread, use half whole wheat flour, and half white flour. 2 loaves

Mary Taylor--Park Hall

### **BUCKWHEAT PANCAKES**

- 2 c. buckwheat or wholewheat flour
- 2 tsp. baking powder
- 1 tsp. salt
- 2½ c. milk
- 2 eggs
- 1 T. melted shortening

Mix the dry ingredients together. Add the milk and eggs, and then the melted shortening. Fry on a greased hot griddle. Serve with blackstrap molasses.

Lilian Brown Holly--Leonardtown

### **CORNBREAD**

- 1 c. flour
- 3 c. cornmeal
- 2 tsp. baking powder
- ½ tsp. salt
- 2 c. sweet milk
- 2 eggs
- 2 T. melted lard or shortening

Mix the dry ingredients together. Add the milk and eggs. Mix well, then add the melted shortening. Pour the batter into a greased pan. While mixing the batter, turn the oven to 325°, but as soon as you put the batter in, turn it up to 350°. Bake 35 minutes or until done.

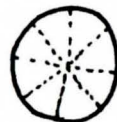
Lilian Brown Holly--Leonardtown



## BUTTERHORNS

- 1 c. milk, scalded, cooled to lukewarm
- 1 oz. yeast
- $\frac{1}{4}$  c. warm water
- 3 eggs, slightly beaten
- 3 T. sugar
- 4 c. flour
- 1 tsp. salt
- 1 c. butter or margarine

Sift the dry ingredients together. Cut in butter as for piecrust. Combine the liquids and add to the flour mixture to make a soft dough. Place in a greased dish and refrigerate overnight. It rises some. Split in 4th. Roll each 4th into a circle. Spread the circle with melted butter and sprinkle with brown sugar. Cut in wedges and roll up, starting with the large end of the wedge.



Roll toward point.

Place on a greased cookie sheet. Let rise until light. Bake in a 375° oven for 10-15 minutes. Frost with powdered sugar glaze while hot.

Louise Barnes--Oaksville

### **BUTTERMILK BISCUITS**

- 3 c. flour
- 3 tsp. baking powder
- 2 tsp. salt
- 1/3 c. shortening
- 1 c. buttermilk

Sift the dry ingredients together. Cut in the shortening. Stir in the milk. Roll dough out to  $\frac{1}{4}$ " thickness on a floured surface. Cut with a biscuit cutter. Place on a greased baking sheet. Bake in a 425° oven for 15-20 minutes or until brown.

Lucille Briscoe--Charlotte Hall

### **CRACKLING FLOUR BREAD**

- 2 c. flour , sifted
- 3 tsp. baking powder
- 3 tsp. salt
- 2 T. shortening
- 2/3 c. milk
- 1 c. cracklings

Sift the dry ingredients into a large bowl. Cut in the shortening, then add the milk. Stir quickly to make the dough soft. Work the cracklings in by hand, kneading 6-8 times. Roll dough out to  $\frac{1}{4}$ " thickness. Cut with a floured cutter. Place in a baking pan. Bake in a 425°-450° oven for 12-15 minutes. Good when eating syrup, molasses, or soul food.

Theresa Young--Leonardtown

## CRACKLING CORNBREAD

If you buy cracklings instead of making your own, break them into very small pieces before putting them into the batter. To make fresh cracklings, cut the fat off of any fresh uncooked ham or pork roast; cut into very small cubes; and fry over a low heat until the fat has rendered and the cracklings are golden brown. Do not burn.

- 1 c. flour
- 2 c. cornmeal
- 3 tsp. baking powder
- 2 tsp. salt
- 2½ tsp baking soda
- 4 tsp. sugar
- 2 c. buttermilk
- 2 eggs, beaten

1 c. pork cracklings

2 T. bacon fat

Preheat the oven to 450°. Sift the flour. Measure and resift 3 times. Combine all the dry ingredients and sift. Add the buttermilk, eggs, and cracklings along with the bacon grease. Mix well. Pour into a well-greased pan or skillet and bake for 35-40 minutes.

Theresa Young—Leonardtwn

### SOME HINTS

You can pan fry any leftover biscuit dough. Use an iron skillet and grease. When the pan is hot, flatten the dough in a large circle, place in the pan, and cook slowly until brown on both sides and done in the center.

Theresa Young—Leonardtwn

For a new twist, try adding black walnuts, pecans, English walnuts, or hickory nuts in your cornbread.

Russell Causby—California

### **DILLY BREAD**

- 1 pkg. dry yeast dissolved in  $\frac{1}{2}$  c. warm water
- 1 c. cottage cheese warmed
- 2 T. sugar
- 1 T. minced onion
- 1 T. butter
- 2 tsp. dill seed
- 1 tsp. salt
- $\frac{1}{2}$  tsp. soda
- 1 egg

Combine all of the above, and then add  $2\frac{1}{2}$ - $2\frac{1}{2}$  c. flour. Mix well and let rise 50-60 minutes. Stir down and turn into a greased batter pan. Let rise for 30-40 minutes. It is a very soft batter. Bake in a 350° oven for 40-50 minutes.

Louise Barnes--Oaksville

### **LEMON NUT BREAD**

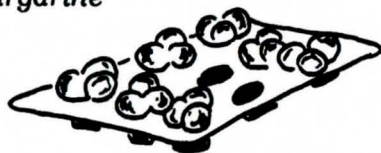
- $\frac{3}{4}$  sugar
- 3 T. soft butter
- 2 eggs
- $2\frac{1}{2}$  c. flour
- 3 T. grated lemon rind
- 3 tsp. baking powder
- 1 tsp. salt
- 1 c. milk
- 1 c. walnuts, finely chopped

Cream the sugar, butter, and eggs together. Sift the dry ingredients together, and add alternately with milk. Stir in the walnuts and lemon rind. Pour into a greased loaf pan. Let stand for 20 minutes. Bake in a 350° oven for 55-60 minutes. Remove from the pan and cool.

Melba Carter--Valley Lee

## PAN ROLLS

- 2 pkg. active dry yeast or 2 yeast cakes
- 1 c. warm water
- 1 c. scalded milk
- 1 c. butter or margarine
- 2/3 c. sugar
- 1½ T. salt
- 2 eggs
- 8 c. sifted, all-purpose flour



Sprinkle the yeast into the water. Use very warm water for dry yeast, and lukewarm for compressed yeast. Let the yeast dissolve. Pour the hot milk over the butter, sugar, and salt, and cool to lukewarm. Add the yeast and eggs. Add enough flour to make a dough that will not stick to the bowl. Turn out on a lightly floured surface and

knead lightly. Put in a greased bowl; cover; and let rise about 1½ hours. Shape into 50-balls and put close together in a greased, shallow pan. Let rise for 30 minutes. Brush with melted margarine. Bake in a 425° oven for 20 minutes.

Beatrice Butler--Lexington Park

## HOMEMADE PANCAKES

- 3 c. flour
- 2 eggs
- ½ c. shortening
- ¼ tsp. salt
- 3 tsp baking powder
- ½ c. sugar
- 1½ c. milk
- 1 tsp. nutmeg

Beat the eggs in a bowl. Add the flour, shortening and sugar. Beat 3 minutes, then add the milk and the other ingredients. Beat. Fry on a 300° griddle.

Louise Fenwick--Beachville



### ICE BOX ROLLS

- 1 c. Crisco
- 1 c. boiling water
- $\frac{1}{2}$  c. sugar
- 2 yeast cakes or 2 pkgs. dry yeast  
dissolved in 1 c. warm water
- 2 eggs beaten
- 6 c. sifted flour
- $1\frac{1}{2}$  tsp. salt



Mix the Crisco, boiling water, and sugar together and cool. When the mixture is cooled, add the dissolved yeast mixture. Add the flour and mix thoroughly. Place in refrigerator overnight or until ready to use. Fill muffin tins 3 pieces each to make cloverleaf rolls. Let rise for 2 hours. Bake in 400° oven 20 minutes.

Alfreda Dillingham—Clements

### QUICK BISCUITS

- 3-4 c. flour
- $2\frac{1}{2}$  tsp. baking powder
- pinch salt
- $\frac{1}{2}$  c. shortening
- 1 c. sweet or buttermilk

Sift the dry ingredients together. Cut in the shortening. Add enough milk until the flour is moistened. Pat into rolls, or you may roll the dough out and cut with a biscuit cutter. Place on a greased baking sheet. Grease the tops. Bake in a 450° oven until brown. If you want crisper biscuits, set them apart so they will not touch sides while they are baking.

Nancy Barnes—Leonardtoun



## ROLLS

- 1  $\frac{1}{2}$  c. milk, scalded
- 2 tsp. salt
- 2 T. sugar
- 2 T. shortening
- 1 yeast cake
- $\frac{1}{4}$  c. warm water
- 5 c. sifted flour

Combine the first 4 ingredients, and let them cool to lukewarm. Add yeast which has been dissolved in the  $\frac{1}{4}$  c. warm water. Blend in enough flour to make a medium stiff dough. Turn on a board and knead in the remaining flour. Grease the dough, and let it stand in a greased bowl in a warm place until doubled in bulk. Shape rolls as desired. Let rise until light. Bake in a 400° oven for 18-20 minutes.

Julia Green—St. James

## SOUTHERN SOUR MILK BISCUITS

- 2 c. flour
- $\frac{1}{2}$  tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 4 T. shortening
- 1 c. thick sour milk

Sift the dry ingredients together. Cut in the shortening, and add the milk. Place the dough on a floured board and roll or pat out to  $\frac{1}{2}$ " thickness. Cut, place on a greased baking sheet. Bake in a 425° oven for 15-17 minutes.

Mary Taylor & Mary Helen Dove—Park Hall

## ROLLS

- 2 c. boiling water
- $\frac{1}{2}$  c. sugar
- 1 tsp. salt
- 2 eggs beaten
- 2 T. shortening
- 2 pkgs. dry yeast
- $\frac{1}{2}$  c lukewarm water
- 8 c. sifted flour

Mix the boiling water, sugar, salt, and shortening together and cool to lukewarm. Soften the yeast in the lukewarm water. Add 1 tsp. sugar and stir into the first mixture. Add the beaten eggs and stir in the flour. Beat thoroughly with an electric mixer. Do not knead. Cover and refrigerate overnight or 4-5 hours. Shape the rolls about 3 hours before you bake them. Roll out on a floured board or table and cut out in any shapes or sizes you want. Bake in a 400° oven for 15-20 minutes. If you use only half this recipe, cut only the amounts of water and flour in half. You may use wholewheat flour in place of white flour.

Marie Smith--Ridge

## PARKER HOUSE ROLLS

- 2 T. sugar
- 1 c. milk, scalded
- $\frac{1}{2}$  c. shortening
- 1 T. salt, about
- 1 beaten egg white
- 1 pkg. dry yeast
- 6 c. flour
- $\frac{1}{2}$  c. lukewarm water

Combine the sugar, milk, shortening, and salt, and let it come to a boil. Remove from heat and cool. When cooled, add the beaten egg white and the yeast which has been dissolved in the lukewarm water. Add the flour. Mix well and knead; grease the top; cover; and let rise in a greased bowl until the dough is doubled in bulk. Beat down. Pull off pieces of dough and shape into cloverleaves. 3 pieces to a muffin tin. Let rise in greased muffin tins until double in size. Bake in a 400° oven until brown.

Nancy Barnes--Leonardtown

### SWEET DOUGH MIX

- 10 c. sifted flour
- 1 c. sugar
- 1 tsp. salt
- 1 grated lemon rind
- 2 pkgs. dry yeast
- $\frac{1}{2}$  c. warm water
- 2 c. milk
- 1 c. margarine
- 4-6 eggs

Mix together 8 c. flour, sugar, salt, and lemon rind. Dissolve the yeast in the warm water. Heat the milk with the margarine, until the margarine is melted. Cool to lukewarm and stir in the eggs. Add the liquid mixture to the flour mixture. Add 1-2 C. flour as necessary to make the dough easy to handle. If it is still sticky, rub margarine on your hands to handle it. Knead the dough until it pulls away from the side of the pan, about 15 minutes. Use for doughnuts, sweet rolls, etc.. When baking rolls, bake in a 350° oven until browned.

Melba Carter—Valley Lee

### SPOON BREAD

- 1 $\frac{1}{2}$  c. milk
- $\frac{3}{4}$  c. commeal
- $\frac{3}{4}$  tsp. salt
- 3 eggs, separated
- 1 $\frac{1}{2}$  T. fat

Preheat oven to 375°. Scald the milk; stir in the commeal and salt; and cook until thickened, stirring constantly. Add the lightly beaten egg yolks and the fat. Remove from the heat and cool slightly. Fold in the stiffly beaten egg whites. Bake in a well greased 8" baking dish for 35-40 minutes.

Theresa Young—Leonardtown

### SURPRISE CORNBREAD

- 1 c. sifted flour
- 1 c. uncooked farina
- $\frac{1}{2}$  c. sugar
- 2 tsp. baking powder
- $\frac{1}{2}$  c. evaporated milk
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  cooking oil
- $\frac{1}{2}$  c. egg and  $\frac{1}{2}$  c. water beaten together
- $\frac{1}{2}$  . water

Mix the flour, farina, sugar, baking powder, and salt together. Add the oil, egg mixture, milk, and water. Stir until well mixed. Pour into a 9" square pan for thick cornbread, or a bigger pan for thinner cornbread. Bake in a 425° oven 15 minutes, or until lightly browned.

Beatrice Butler—Lexington Park





**ST. JEROME'S HALL**

*St. Jerome's Hall, built by the Knights of St. Jerome was dedicated on the feast day of St. Jerome in 1885. This edifice was the site of the first parochial school in St. Mary's County. Today only one other of the old society halls remains, St. Aloysius Society Hall in Leonardtown, Maryland.*



# Cakes

## CARROT CAKE

- 2 c. flour
- 2 c. sugar
- 2 tsp. baking soda
- 1 tsp. salt
- 2 tsp. cinnamon
- 4 eggs
- 1½ c. wesson oil
- ½ c. chopped nuts
- 3 c. shredded carrots



Sift the dry ingredients together. Add the eggs one at a time to the dry ingredients. Then add the wesson oil, chopped nuts, and carrots, beating by hand after each addition. Pour into a greased and floured 9x13" pan and bake in a 350° oven for 30-35 minutes.

## ICING FOR CARROT CAKE

- ¾ c. margarine
- 1 8oz. pkg. cream cheese
- 1 box powdered sugar
- 2 tsp. vanilla
- ½ c. chopped nuts

Cream the margarine and cream cheese together. Gradually add the powdered sugar until it is of a good spreading consistency. Add the vanilla and nuts and spread on the cake.

Louise Barnes--Oaksville



## APPLESAUCE CAKE

- 3 c. self-rising flour
- 2 c. milk
- 3 egg yolks
- 1 tsp. vanilla
- 1 c. shortening
- 2 c. sugar
- nuts, optional

Cream the sugar and shortening. Add the egg yolks and vanilla. Add the milk and flour alternately. Bake in 2-8" layer pans in a 350° oven until done. When cool, spread 3/4-1 c. of applesauce between the layers. You may want to sprinkle some cinnamon and nutmeg on it. Beat the egg whites until they are stiff, beating in 3 T. sugar and 1/2 tsp. vanilla. Spread the meringue over the cake, and put in a 425° oven to brown.

Stella Causby--California

## APPLESAUCE CAKE

- 2 1/2 c. flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 2 tsp. cloves
- 1 tsp. salt
- 2 c. granulated sugar
- 2 eggs
- 2/3 c. shortening
- 2 c. applesauce
- 2 c. raisins
- 2 c. nuts

Mix the dry ingredients in a bowl. Mix the liquid ingredients in another bowl, then combine the liquid and dry ingredients. Add the raisins and nuts. Pour into a tube or pound cake pan, and bake in a 350° oven for 45 minutes to an hour.

Thelma Sexton--St. James  
Her mother-in-law who lives in Virginia, make this cake at Christmas time.

### GINGER BREAD

- 1½ c. flour
- ½ tsp. baking soda
- ½ tsp. ginger
- ½ tsp. cinnamon
- ½ tsp. all spice
- 2 tsp. cider vinegar
- 1/3 c. butter
- ½ c. sugar
- 1 egg
- ½ c. molasses
- ½ c. evaporated milk or 4 oz. powdered milk

Cream the butter, sugar, and egg together. Stir in the molasses and beat vigorously for 2 minutes. Add the vinegar to the milk and stir to blend well. Sift the dry ingredients together. Add the milk and dry ingredients alternately to the molasses mixture. Beat well after each addition. Pour into a well greased and floured 8"x 8" pan, and bake in a 350° oven for 50 minutes or until done. Serve with lemon sauce or whipped cream.

Mary Helen Woodland—Oaksville

### POUND CAKE

- 1 c. butter
- 2 c. sugar
- 3 c. flour
- 3 tsp. baking powder
- 1 tsp. salt
- 2 tsp. vanilla
- 1 c. milk
- 4 eggs

Cream the butter and sugar. Sift the dry ingredients together. Add the vanilla to the milk. Add the liquid and dry ingredients alternately to the creamed mixture. Whip the eggs one at a time and add to the batter. Bake in a tube cake pan in a 350° oven for about 1 hour, or in 3-8" round pans for 30-35 minutes.

Lilian Brown Holly—Leonardtown  
Evangeline James of Park Hall makes the same recipe using 1 tsp. lemon and 1 tsp. vanilla flavoring.

### CHOCOLATE CAKE

- ½ c. cocoa
- 1 c. sugar
- 2 egg yolks, beaten
- ½ c. butter
- 2½ tsp. baking powder
- ½ tsp. salt
- 1½ c. flour
- 2 T. hot water
- ½ c. milk
- 1 tsp. vanilla
- 1 c. walnut meats, chopped

Cream the butter and sugar. Add the beaten egg yolks. Sift the dry ingredients together and moisten the cocoa with the hot water. Add the milk and dry ingredients alternately. Add the chocolate and beat well. Add the nut-meats. Bake in a greased jelly-roll pan, in a 350° oven for about 20 minutes.

Mary Taylor—Park Hall

## HOMEMADE CAKES

- 2 sticks butter
- 2 c. sugar
- 4 eggs beaten
- 1 c. canned, evaporated milk
- 3 c. flour
- 3 tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- 3 tsp. lemon extract



Cream the butter and sugar together. Add the eggs 1 at a time and beat well, about 3 minutes. Pour in the extract and milk and beat 1 minute. Sift the dry ingredients together and add to the liquid mixture. Mix about 5 minutes. Bake in 2-9" round pans or 3-8" pans, in a 350° oven about 30-35 minutes or until done.

Mary Edna Clayton—St. James

## 2-EGG CAKE

- $\frac{1}{2}$  c. butter
- 2 eggs
- $\frac{1}{2}$  tsp. salt
- $2\frac{1}{2}$  tsp. baking powder
- 1 c. granulated sugar
- $1\frac{3}{4}$  c. sifted flour
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{2}$  c. milk

Cream butter and sugar together well. Break in 1 egg at a time and mix well. Sift the dry ingredients together, and mix the vanilla with the milk. Add the milk and dry ingredients alternately to the creamed mixture. Pour into a greased and floured 9"x13" pan, and bake in a 350° oven for 20-25 minutes.

Mary Taylor—Park Hall

### LEMON-JELLY CAKE

- 2 c. sugar
- 1½ sticks margarine
- 3 eggs
- 1 c. milk
- pinch salt
- 3 c. sifted flour
- 2 tsp. baking powder
- 1 tsp. lemon extract

Cream the sugar and margarine. Mix in the eggs. Add the milk and salt. Sift the flour and baking powder together and add to the creamed mixture. Add the lemon extract and stir well. Put in 3 greased and floured 8" round cake pans. Bake in a 350° oven until done.

### LEMON JUICE GLAZE

- 1 egg, well beaten
- ½ c. hot water
- 1 c. sugar
- 1½ T. butter
- 2 T. cornstarch
- juice of 3 lemons

Beat the egg. Add the hot water, then the sugar, butter, cornstarch, and lemon juice. Place over a medium heat. Cook until thick, stirring constantly. Fill the layers of the cake. Cool. Ice with confectioner's sugar or lemon juice glaze.

Nancy Barnes--Leonardtoun

### **OATMEAL CAKE**

- 1½ c. boiling water
- 1 c. oatmeal
- 1 c. brown sugar
- 1 c. white sugar
- 1½ c. flour
- 1 tsp. cinnamon
- 1 tsp. soda
- 1 tsp. salt
- 2 eggs
- ½ c. butter

Combine the oatmeal and boiling water and let set for 20 minutes. Cream the butter and sugars. Beat in the eggs. Add the sifted dry ingredients. Add the oatmeal mixture. Pour into a greased 9"x13" pan. Bake in a 350° oven for 30-35 minutes

### **COCONUT ICING**

- 1 can coconut
- 1 c. brown sugar
- 4 T. butter
- ½ c. milk

Combine the icing ingredients in a sauce pan. place over heat, mix, and heat thoroughly. Spread on the cake while the icing is warm, and place under a broiler to brown.

Thelma Sexton--St. James

### **PINEAPPLE TOPPING**

- 2 1# cans crushed pineapple
- 2 c. granulated sugar

Heat, and boil for about 10 minutes, being careful not to scorch the mixture. Add 1 slightly beaten egg white. Beat until the mixture is of spreading consistency.

Theresa Young-Leonardtowntown



### **COOKED CAKE TOPPING**

- 4 sq. unsweetened chocolate
- 2 c. granulated sugar
- 1 T. butter or margarine
- 1 c. cream or evaporated milk (half milk, half water)

Melt the chocolate; add remaining ingredients; and heat to a boil. Boil rapidly for about 10 minutes, or until it holds its shape on a spoon. Add 1 tsp. vanilla and beat until smooth.

Theresa Young--Leonardtwn

### **FRANCES' ICING**

- $\frac{1}{2}$  c. granulated sugar
- $\frac{1}{2}$  c. white syrup
- 2 T. water

Boil the mixture over a medium heat until it spins a 6-8" thread. Beat 2 egg whites until stiff. Pour the syrup in a steady stream into the egg whites, while beating. Add  $\frac{1}{2}$  tsp. vanilla, and beat until stiff peaks form. Sprinkle with chocolate after the cake is iced.

Lucille Briscoe--Charlotte Hall



### **COCONUT TOPPING**

- 2 7 oz. pkgs. coconut
- 2 c. granulated sugar
- 1 egg white, beaten but not stiff
- 1 c. milk, half water, half evaporated  
milk

Mix the ingredients together and cook at a low boil for 10 minutes. After it is done cooking, add the beaten egg white. Use 1 tsp. of either lemon or vanilla flavoring, and beat until it is of a spreading consistency. This will frost a 3 layer cake.

Theresa Young--Leonardtwn

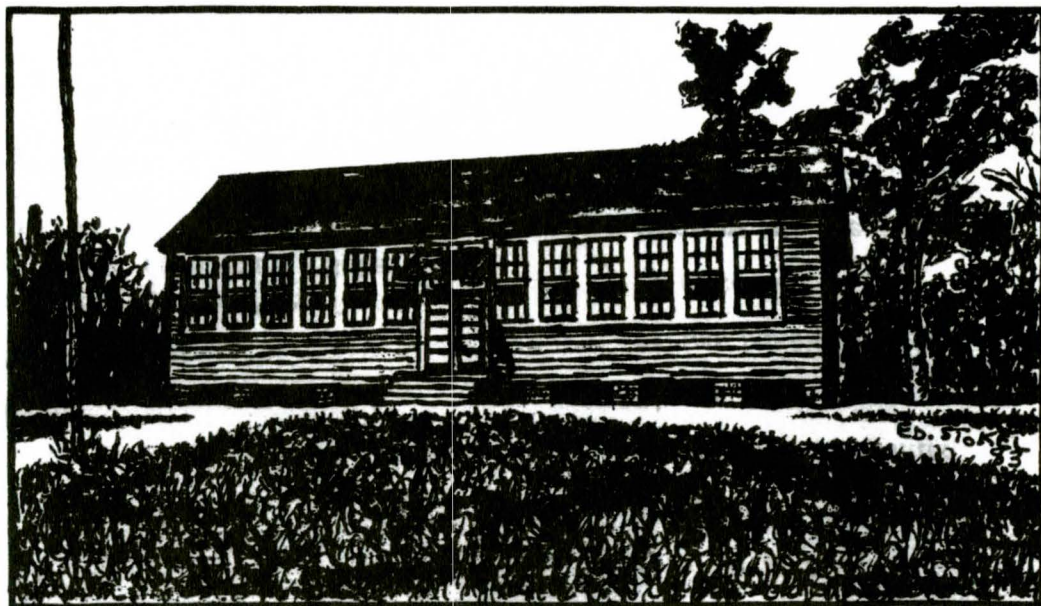
### **CARAMEL ICING**

- 2 c. light or dark brown sugar packed
- 1 c. granulated sugar
- 1 c. milk
- 1 T. butter or margarine

Mix the ingredients together. Heat and boil for about 10 minutes, or until the mixture holds its shape on a spoon. Be careful not to scorch. Add 1 tsp. lemon or vanilla flavoring. Beat until smooth and spread on desired cake.

Theresa Young--Leonardtwn





## BANNEKER SCHOOL

*Banneker School, Loveville, MD was erected in 1930. Black countians donated the land and completed the construction of the building. This school served the northern area of St. Mary's County until a new structure was erected in 1950 on the same site.*

# Cookies

## **BROWNIES**

- 2 c. brownie mix
- 2 eggs
- 1 T. water
- 1/3 c. soft shortening
- 1/2 c. chopped nuts, optional

Blend all the ingredients together. Turn into a greased 8"x8" cake pan. Bake in a 350° oven for 25 minutes. Cool in the pan before cutting.

Louise Barnes--Oaksville

## **BROWNIE MIX**

- 4 1/2 c. sifted flour
- 5 c. sugar
- 1 1/2 c. non-fat, dry milk
- 1 1/2 tsp. salt
- 2 1/2 tsp. baking powder
- 1 1/2 c. cocoa

Measure all the ingredients into a large bowl, and mix thoroughly.

## COOKIES

- 1 c. soft butter
- $\frac{1}{2}$  c. granulated sugar
- $\frac{1}{2}$  tsp. salt
- 1-2c. chopped walnuts
- 2 c. sifted flour
- 1 tsp. almond extract or 2 tsp. vanilla

Cream the butter and sugar. Add the salt and extract, flour and nuts. Mix thoroughly and refrigerate until chilled. Shape into 1" balls. Bake in a 350° oven for 10-12 minutes. Roll in powdered sugar.

Cheryl Wright--Charlotte Hall Her grandmother used to bake these for her brothers and sisters when they were little.

## CONGO BARS

- 1 1# box brown sugar
- 1 $\frac{1}{2}$  sticks margarine
- 3 eggs
- 2  $\frac{3}{4}$  c. flour
- 2 $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- 1 tsp. vanilla
- 1 pks. chocolate chips

Cream brown sugar, margarine, and eggs together. Sift the dry ingredients together and add to the creamed mixture. Lastly add the vanilla and chocolate chips. Press into a greased jelly roll pan. Bake in a 350° oven until done. Cut while warm.

Joan Carroll--St. James

### RUSSIAN TEA CAKES

- 1 c. margarine
- 2 tsp. vanilla
- $\frac{1}{4}$  c. sugar
- pinch salt
- 2 c. chopped nuts
- 2 c. sifted flour
- 6 T. confectioner's sugar

Blend the margarine and vanilla. Add the  $\frac{1}{4}$  c. sugar, creaming until fluffy. Add nuts and flour gradually to fat mixture, stirring until blended. Shape dough into  $1\frac{1}{2}$ " balls. Place on a baking sheet and bake in a 300° oven for 30 minutes. Roll in confectioner's sugar while hot. Roll again after they are cooled.

Frances Young—Leonardtoun

### SUGAR COOKIES

- $\frac{1}{2}$  c. butter
- 1 c. sugar
- 1 egg
- 2 T. milk or cream
- $\frac{1}{2}$  tsp salt
- 2 tsp. baking powder
- 1  $\frac{3}{4}$  c. flour
- $\frac{1}{2}$  tsp. vanilla

Let the butter stand until soft. Beat in the egg, milk, and vanilla. Add the mixture of flour, salt, and baking powder. Mix well. Chill dough thoroughly. Roll out on a lightly floured surface, and cut with a cookie cutter. Sprinkle with granulated sugar. Bake in a 350-375° oven for 5 minutes or so.

Theresa Young—Leonardtoun



# Desserts

## APPLESAUCE THING

- 1 c. applesauce
- 1 stick butter
- dash salt
- 2 c. all purpose flour
- 1 c. sugar
- 1 T. baking powder
- $\frac{1}{2}$  tsp. baking soda
- $1\frac{1}{2}$  tsp. cinnamon

Melt the butter, and pour into a 9"x13" pan to grease the pan. Pour the butter into a mixing bowl, and add the remaining ingredients. Mix well. Put in the greased pan and bake in a 375° oven until done.

Mildred Gordon—Ridge

This recipe was created by Mrs. Gordon for the children at the Ridge Child Development Center, and named by the kids. They love it!

### **BAKED CUSTARD**

- 4 c. milk
- 6 eggs beaten
- 2 T. sugar
- pinch salt
- cinnamon stick
- vanilla, optional

Scald the milk. Gradually add it to the beaten eggs. Add the sugar, salt, and vanilla to taste. Pour into custard cups. Add a piece of cinnamon stick to each cup. Place the cups in a pan of water. Bake in a 350° oven until the custard is settled.

*Della Buchanan—Leonardtoun*

### **BANANA FRITTERS**

- 1 c. flour
- 1½ tsp. baking powder
- ¼ tsp. salt
- 2 T. sugar
- 1 egg beaten
- 2/3 c. milk
- 3 bananas
- 1 T. lemon juice

Sift the dry ingredients together in a bowl. Add the egg and milk and beat until smooth. Cut the bananas in cubes. Roll in lemon juice and sugar, then drop in the batter. Drop the batter by tablespoonfuls into hot, deep fat. Fry about 5 minutes or until thoroughly browned. Drain. Serve with confectioner's sugar on top.

*Mary Taylor—Park Hall*

### **BREAD PUDDING**

1½ c. bread crumpled

3 c. milk

2 eggs beaten

2/3 c. sugar

1 T. butter or margarine

dash nutmeg

Combine the bread pieces, milk, eggs, sugar, and butter. Mix well and add the vanilla and nutmeg. Pour into an 8" greased baking dish. Bake in a 350° oven for 35-40 minutes or until firm. Serve hot with a sauce.

Theresa Young--Leonardtown

### **BROWN BETTY**

Slice peeled apples. Grate some stale bread or use crushed cornflakes. In a greased baking pan, the size you need, layer crumbs, apples, brown sugar, cinnamon, a little flour, and a few dots of butter. Repeat this, ending with crumbs on the top. Bake in a 300° oven for about 1 hour.

Agnes Sommerville--Hollywood

### **FRESH FRUIT COBBLER**

3 c. fruit (cherries, peaches, plums,  
blackberries, raspberries, seedless  
green grapes, or fresh rubarb cut  
into  $\frac{1}{2}$ " pieces)

$\frac{2}{3}$  c. sugar

$\frac{1}{2}$  tsp. cinnamon

2 T. flour

Arrange the fruit in a 9" square pan  
and sprinkle with the sugar, cinnamon,  
and flour mixture. Dot with 2 T. butter.

1 c. sifted flour

2 T. baking powder

$\frac{1}{2}$  tsp. salt

$\frac{1}{3}$  c. shortening

3 T. milk

1 egg beaten

Sift the dry ingredients together. Cut  
in the shortening. Add the milk to  
the beaten egg, and stir into the flour-  
shortening mixture until blended. Drop  
by teaspoonfuls over the fruit. Bake  
in a 350° oven for 25-30 minutes. You  
can double the recipe and pan size and  
bake 40 minutes.

Lucille Briscoe—Charlotte Hall

### CHERRY COBBLER

- 1 qt. fresh, pitted, sour cherries
- 2 c. flour
- $\frac{1}{2}$  c. shortening
- sugar to taste
- pinch of baking powder
- cold water

Wash, pit, and sugar the cherries to your taste, and set aside. Mix the flour and baking powder together. Cut in a little more than  $\frac{1}{2}$  c. of shortening. Mix in enough cold water to hold the

mixture together. Roll the dough out on a lightly floured surface. Put a layer of dough in a greased and floured 8"x8" pan. Add a layer of cherries. You may want to sprinkle a little nutmeg on the cherries. Add another layer of dough, and then the rest of the cherries. Bake in a 250-300° oven for about 1 hour.

Nancy Barnes--Leonardtwn

### **FAMILY POT PIE**

Use fresh peeled and sliced peaches, apples, or cooked peeled and sliced sweet potatoes, or blackberries. Place in a pan in a 1" layer. Sprinkle with sugar and desired spices. Cover with a layer of pie crust. Repeat this layering 1 or 2 more times. In the upper crust, cut a hole 1" in diameter all the way through to the bottom of the layers. Cut 4 gashes through the top crust around this hole. Pour water through the center hole up to where you can see it, but don't let the top crust float. Place over medium heat and boil until the fruit is tender. Put in a 400° oven and brown crust.

Russell Causby--California

### **FRUIT DUMPLINGS**

- 4 c. fruit (blackberries, blueberries, cherries or dried apricots or peaches)
- $\frac{1}{2}$  stick butter or margarine
- sugar to taste
- $\frac{1}{4}$  tsp vanilla
- dash nutmeg

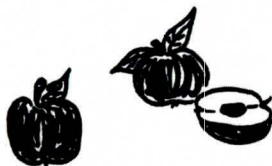
Cover the cleaned fruit with water. Add sugar if you wish. Bring to a boil. Lower the heat and add butter, vanilla, and nutmeg. Cover the fruit with dumplings; cover; and simmer until the dumplings are tender.

Theresa Young--Leonardtwn



## MARYLAND APPLE CAKE

- 2½ c. sifted flour
- 2 tsp. baking powder
- 2 T. sugar
- 1 c. butter
- 1 egg slightly beaten
- 1 tsp. vanilla
- 6 medium cored apples
- 1½ c. sugar
- 2½ T. flour
- ½ tsp. salt
- 1 tsp. cinnamon
- ¼ c. butter



Sift and measure flour. Sift with baking powder and 2 T. sugar. Cut in butter until mixture is crumbly. Add egg and vanilla to flour mixture. Press evenly into a 15"x10" pan. Arrange the peeled, sliced apples over the dough. Combine remaining ingredients and sprinkle over the apples. Bake in a 350° oven until apples are tender and top is golden brown. Serve warm or cold.

Marie Smith--Ridge

## RICE CUSTARD

- 2 c. scalded milk
- 2 eggs
- 1 T. sugar
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{3}$  c minute rice
- $\frac{1}{2}$  c. raisins
- 1 tsp. vanilla

Grease a  $1\frac{1}{2}$  qt. casserole dish. Beat the eggs but not too much. Beat the sugar into the eggs. Add the milk, vanilla, salt, and raisins. Mix well. Pour into the dish; sprinkle with nutmeg; and set in a pan of water. Bake in a  $350^{\circ}$  oven for 45 minutes, or until a knife inserted comes out clean. Before adding the raisins, soak them in water, and chop them up a bit.

Laura Bennett—Ridge

## SWEET POTATO PUDDING

- 5 large sweet potatoes
- $\frac{1}{2}$  tsp. salt
- 2 c. sugar
- $\frac{1}{2}$  stick butter or margarine
- 2 eggs, beaten
- $\frac{1}{2}$ -1 c. raisins, optional

Boil the sweet potatoes until tender. Peel and mash. Mix in the salt, sugar, butter and beaten eggs. Mix well. Add raisins if desired. Bake in a greased baking dish in a  $350^{\circ}$  oven for  $1\frac{1}{2}$  hours, or until golden brown. You may garnish the top with marshmallows.

Louise Kelly—Leonardtwn

### RAISIN ROLL

- 4 c. flour
- 2 T. baking powder
- 1 T. lard or shortening
- dash salt
- cold water to make like biscuit dough
- 1 box raisins
- $\frac{1}{2}$  c. sugar
- 1 T. flour
- 1 $\frac{1}{2}$  T. butter or margarine

Put the raisins in a saucepan. Cover with water. Add the  $\frac{1}{2}$  c. sugar, 1 T. flour, and butter, and cook until thickened. Cool. Mix flour, salt, and baking powder together. Cut the lard in. Add enough water to make it like biscuit dough. Mix to moisten. Roll dough out into a rectangle. Spread with the raisin mixture. You may sprinkle on a little nutmeg if you like. Roll up loosely, sealing the seam and edges. Grease the roll with margarine or shortening. Put in a rag and tie up loosely, so it will hold its shape. Put in boiling water and cook 1 hour. When done slice and serve with wine sauce.

### WINE SAUCE

- 2 T. flour
- 2 c. sugar
- 2 T. blackberry or any fruit wine
- 1 T. butter
- 1 $\frac{1}{2}$  c. boiling water
- dash nutmeg

Mix the flour and sugar with a little cold water to make a smooth paste and then gradually add the boiling water. Add the nutmeg and wine. (You may use  $\frac{1}{2}$  tsp. vanilla instead of wine.) Add butter and let the mixture set. It should thicken. If it doesn't, boil over a medium heat until it thickens. This may be served over plain cake also.

Ella Barnes—Leonardtown

### **MOCK CHEESE CAKE**

- 1 large can Borden's sweetened, condensed milk
- 1 large can applesauce
- 3 lemons
- 4 separated eggs
- nutmeg
- graham craker crust (use recipe on the box)

Line the bottom and sides of an ungreased baking dish with a graham craker crust. Put the applesauce in a bowl. Mix in the egg yolks. Squeeze the lemons and add to the applesauce mixture.

Add the milk and flavoring with nutmeg. Mix well. Fold in the stiffly beaten egg whites. Pour into the crust lined pan. The mixture should be a little below the edge of the dish. Sprinkle with a few graham craker crumbs. Bake in a 300° oven 1 hour at most. Serve warm or cold.

Louise Kelly—Leonardtwn

### **SNOW CREAM**

Collect clean snow in pans as it falls. Stir in evaporated milk until of a good consistency, but not too mushy. Sweeten to taste. Flavor with vanilla.

Julia Green—St. James

### CHOCOLATE SAUCE

- 2 sq. unsweetened chocolate
- 2 T. butter or margarine
- 3/4 c. boiling water
- 2 T. white corn syrup
- 1 c. sugar
- 1 T. cornstarch
- 1/4 tsp. salt
- 1 tsp. vanilla

Put the chocolate and butter in the top of a double boiler, and melt over hot water. Slowly blend in the boiling water and syrup. Blend the sugar, cornstarch, and salt together. Add to the chocolate mixture. Place over direct heat until the mixture boils, and then boil gently for about 8 minutes, without stirring. Stir in vanilla and serve hot.

Theresa Young—Leonardtown

### PUDDING SAUCE

- 2 c. sugar
- 1/4 c. flour
- 2 c. boiling water
- 1/4 c. butter
- 2 tsp. vanilla or lemon flavoring
- dash nutmeg

Blend the sugar and flour in the top of a double boiler. Stir in the boiling water. Place over boiling water and cook until the mixture thickens, stirring constantly. Remove from the heat; add butter, flavoring, and nutmeg. Stir until the butter melts and serve hot over pudding.

Theresa Young—Leonardtown

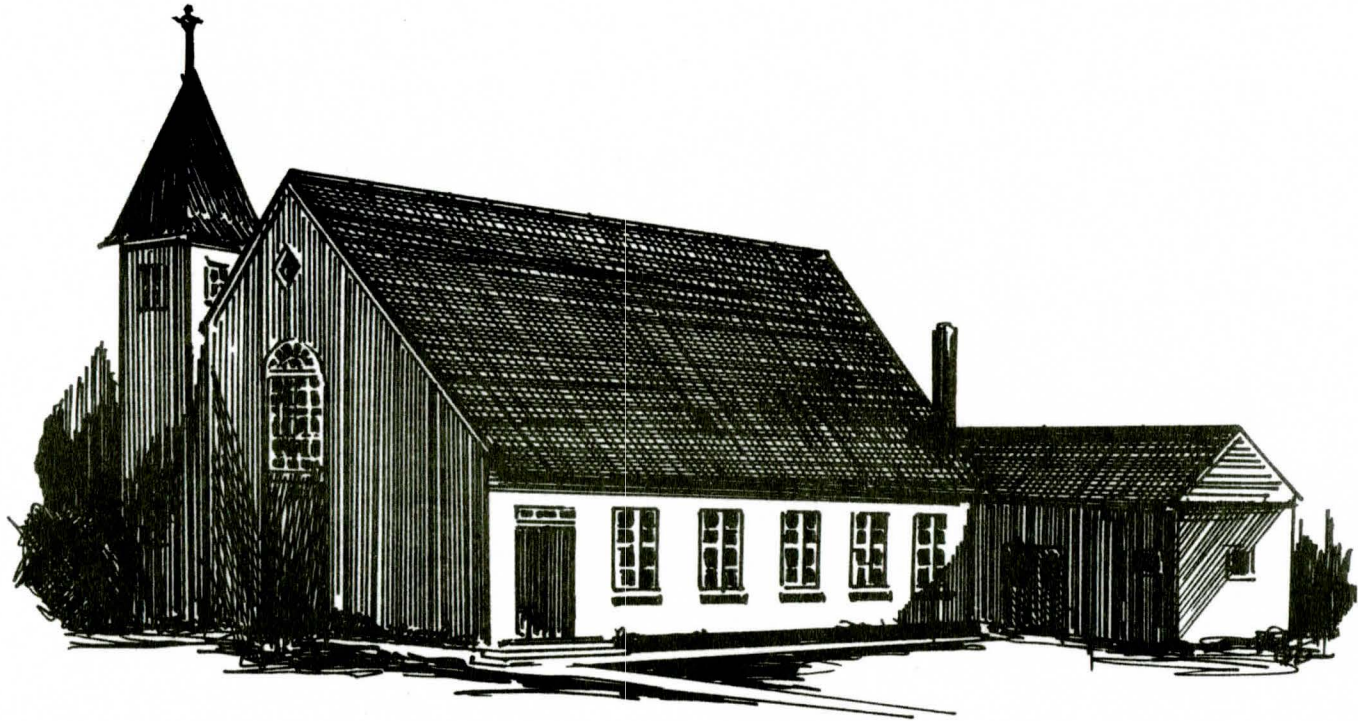
### **DESSERT SAUCE**

- 1 c. milk**
- 2 beaten egg yolks**
- 2 T. sugar**
- pinch salt**
- ‡ tsp. vanilla**
- dash nutmeg**

**Scald the milk over hot water. Beat the egg yolks, sugar, and salt together. Pour the milk over them gradually. Cook in a double boiler, stirring constantly until the mixture coats a spoon. Cool, and then add the vanilla and nutmeg.**

**Theresa Young--Leonardtown**





### ***FIRST BAPTIST OF LEXINGTON PARK***

***A prayer group of fourteen people banded together on April 13, 1948, to organize the First Baptist Church of Lexington Park. Official recognition was conducted by the Potomac River Baptist Association on June 25, 1948, with Rev. Caesar Alexander, Acting Moderator, officiating. Rev. Alfred Chambers has been the pastor since the beginning.***



# Pies

## TWO 9" PIE CRUSTS

- 2 c. sifted flour
- 1 tsp. salt
- $\frac{1}{2}$  c. chilled shortening
- 4-6 T. icy-cold water

Sift the flour and salt together. Cut in the shortening, until the pieces are the size of small peas. Sprinkle water over the flour mixture and stir until moistened and dough holds together. Chill 5 minutes. Roll out on a lightly floured surface. When a recipe calls for a pre-baked pie shell, prick the crust with a fork, and bake in a 425° oven 12-15 minutes, or until lightly browned.

Theresa Young--Leonardtwn

## COCONUT PIE

- 2 c. milk
- 3 eggs or 6 egg yolks
- $\frac{1}{2}$  c. sugar
- 1 c. flaked coconut
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. nutmeg
- $\frac{1}{2}$  tsp. vanilla

Scald the milk in the top of a double boiler, or over a very low heat. Beat the eggs slightly. Add sugar, salt, nutmeg, and vanilla. Slowly add the scalded milk to the egg mixture. Stirring, add the coconut. Pour into an unbaked, pastry lined 9" pie pan. Bake at 425° for 10 minutes, reduce heat to 325° and bake 25 more minutes. Omit the coconut and you have custard pie.

Theresa Young--Leonardtwn

### **COOKED LEMON-PIE FILLING**

3/8 c. cornstarch

1½ c. sugar

½ tsp. salt

2 c. water

3 eggs, separated

1½ T. butter

3/8 c. lemon juice

2 tsp. grated lemon rind

Mix the cornstarch, sugar, and salt in the top of a double boiler. Add the water gradually, stirring constantly. Cook the cornstarch mixture over hot water until it becomes clear, stirring constantly. Beat the egg yolks until

they are thick. Pour some of the cornstarch mixture slowly into the egg yolks, stirring constantly. Add this to the remaining cornstarch mixture. Cover and cook over hot water until the mixture is thickened, stirring 2-3 times. Continue to cook for 3 minutes. Blend the fat, lemon juice, and rind into the cooked mixture. Pour into a baked pie crust. Meringue: Beat the egg whites until foamy. Gradually add 3-4 T. sugar. Beat until the meringue forms soft peaks. Spread on the pie and bake in a 350° oven about 12 minutes or until nicely browned.

Theresa Young--Leonardtwn

## **FRENCH APPLE PIE**

*pastry for double crust pie*

*baking or yellow "banana" apples*

$\frac{1}{4}$  c. raisins

dash salt

dash nutmeg

dash lemon juice

dash cinnamon

$\frac{1}{2}$ - $\frac{3}{4}$  c. sugar

2 T. butter

*Line a 9" pan with crust. Pare, core, and thinly slice the apples. Put in layers in the pie shell. Combine the other ingredients and sprinkle a portion on the first layer of apples. Continue to layer like this until the shell is filled. Dot with the butter. Cover with the crust. Seal the edges, and slit the top crust to let the steam escape. Bake in a 350° oven until done, about 45-60 minutes.*

*Mrs. Bush--St. Inigoes*

### **SWEET POTATO PIE**

2-3 big sweet potatoes

1½-2 c. sugar

2 eggs

½ c. milk

2 T. vanilla

1 stick butter or margarine

Boil the sweet potatoes until tender. Peel and mash. Combine with the other ingredients and mix well. Pour into a 9" unbaked pie shell. Bake in a 350° oven until a knife inserted comes out clean.

Ella Barnes--Leonardtown

### **SWEET POTATO PIE**

2-3 big sweet potatoes

2 eggs

1 stick butter or margarine

½ c. white sugar

½ tsp. cinnamon

½ tsp. nutmeg

¼ tsp. allspice

pinch salt

1 can evaporated milk

Boil the potatoes until tender. Peel and mash. Add the eggs and margarine and mix well. Add the spices, salt and sugar. Mix in. Add milk to make the mixture spread nice. Put in a unbaked 9" pie crust. Bake in a 300° oven until it sort of comes away from the edges, or an inserted knife comes out clean.

Mrs. Bush--S. Inigoes



### UNCOOKED-LEMON-PIE FILLING

- 2 eggs, separated
- $\frac{1}{2}$  c. lemon juice
- 14 oz. can condensed milk
- $\frac{1}{2}$  tsp. grated lemon rind
- 2 T. sugar

Line a 9" pie pan with pastry and bake. Beat egg yolks until thick; add lemon juice and milk alternately, stirring. Add lemon rind to yolk mixture. Pour the filling into the crust. Beat the egg whites with sugar. Spread the meringue on the pie and bake at 325° for 12 minutes or meringue browns. Cool.

Theresa Young—Leonardtwn

### WHITE POTATO PIE

- 3 c. mashed potatoes
- $\frac{3}{4}$  c. sugar
- 3 eggs, separated
- $1\frac{1}{2}$  c. condensed milk
- 2 T. melted butter
- 2 tsp. lemon extract

cinnamon and nutmeg to taste

Cream butter and sugar thoroughly. Add beaten egg yolks, then potatoes. Stir in milk, lemon, cinnamon, nutmeg, and beaten egg whites. Pour into an unbaked 9" pie shell and bake at 350° for 1 hour.

Theresa Young—Leonardtwn





CANNON'S TIME

# Canning and Preserves

## **CHERRY PRESERVES**

2 lbs. pitted, tart, red cherries

4 c. sugar

*Drain juice from cherries. Add sugar to juice (if not enough juice to dissolve sugar, add a little water) and cook until sugar dissolves, stirring occasionally. Cool. Add cherries and cook rapidly until cherries become glossy, about 15 minutes.*

*Eleanor Dotson--Dotsonville*

## **TOMATO JUICE**

*Cook the tomatoes until they are soft. Strain. Add sugar to taste. Reheat to boiling, and pour into hot jars and process--pints, 35 minutes, quarts 35 minutes.*

*Mary Taylor*

## **TOMATO PRESERVES**

1 T. mixed pickling spices

1 piece ginger root

4 c. sugar

2 thinly sliced lemons

3/4c. water

1½ quarts small, firm, yellow, green  
or red, peeled tomatoes (about 2  
pounds)

Do not core tomatoes. Tie spices in  
a cheesecloth bag; add to sugar, lemon

and water. Simmer 15 minutes. Add  
tomatoes and cook gently until tomatoes  
become clear, stirring occasionally  
to prevent sticking. Cover and let  
stand 12-18 hours in a cool place. Heat  
to boiling and pack tomatoes and lemon  
into hot jars, leaving ½ inch head space.  
Remove spice bag from syrup. Boil  
syrup 2 to 3 minutes, or longer if to  
thin; pour, boiling hot, over tomatoes,  
leaving ½ inch head space. Remove  
air bubbles. Adjust caps. Process 20  
minutes in boiling water bath. Yield:  
about 6 half pints.

Eleanor Dotson--Dotsonville

## **TOMATO CATSUP**

- 12 # ripe tomatoes
- 2 medium onions
- $\frac{1}{4}$  tsp. cayenne pepper
- 2 c. cider vinegar
- $1\frac{1}{2}$  T. broken stick cinnamon
- 1 T. whole cloves
- 3 garlic cloves chopped fine
- 1 T. paprika
- 1 c. sugar
- $2\frac{1}{2}$  tsp. salt

Wash and slice the tomatoes. Boil about 15 minutes until they are soft. In another kettle, slice the onions, cover with a little water and cook until tender.

Run onions and tomatoes through a sieve, and mix the pulp together. Add cayenne pepper. Boil this mixture rapidly, stirring often until it is half of its original volume. Place the vinegar in an enamel pan with a spice bag containing the cinnamon, cloves, and garlic. Simmer for 30 minutes, and then bring to a boil. Cover and remove from the heat. Let it stand until it is used. When the tomato mixture is cooked down to  $\frac{1}{2}$  of its original volume, add the vinegar mixture of which there should be  $1\frac{1}{2}$  c. Add remaining ingredients and boil rapidly until the mixture reaches a desired consistency, about 10 minutes. Pour hot into hot jars and process 10 minutes in boiling water bath.

Mary Taylor—Park Hall



### APPLE BUTTER

- 1 peck apples or 8 quarts
- 5 # sugar, about
- 3 c. water
- 1 c. vinegar
- 2 tsp. ground cloves
- 2 T. ground cinnamon
- 1 tsp. ground allspice

Wash, quarter, and cook the apples unpeeled with water and vinegar. Cover and simmer slowly until tender. Rub through a coarse sieve. There should be about 5 qts. pulp. Add the spices. Let it simmer about 2 hours, stirring frequently. Pour hot into hot jars leaving  $\frac{1}{4}$ " head space and process 10 minutes in boiling water bath (quart and pints)

Annie Carter--Bushwood

### PEAR PRESERVES

- $\frac{1}{2}$  bushel or 16 quarts pears
- 5 # sugar
- $\frac{1}{2}$  lemon
- dash cinnamon

Peel and core the pears. Cut them into pieces and place in a big bowl or pan with the sugar in a layer over the top of them. Sprinkle with a bit of cinnamon, and put on a few thin slices of lemon. Cover and let sit overnight. The next day, simmer over a low heat until the syrup formed by letting them sit overnight, gets thick and the pears turn a pretty brown. Pour hot into hot jars leaving  $\frac{1}{4}$ " head space and process 10 minutes in boiling water bath; quarts and pints.

Lilian Holly Brown--Leonardtwn

## CANNED GREEN BEANS

**Raw Pack :** Wash beans. Trim ends; cut into 1-inch pieces. In glass jars, pack raw beans tightly to  $\frac{1}{2}$ -inch of top. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving  $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.) Pint jars--20 minutes; quart jars--25 minutes. As soon as you remove jars from canner, complete seals if necessary.



**Hot Pack:** Wash beans. Trim ends; cut into 1-inch pieces. Cover with boiling water; boil 5 minutes. In glass jars, pack hot beans loosely to  $\frac{1}{2}$  inch of top. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling-hot liquid, leaving  $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.) Pint jars --20 minutes; quart jars--25 minutes. As soon as you remove jars from canner, complete seals if necessary.

Louise Fenwick--Beachville

### WATERMELON RIND PICKLES

- 3 qts. (about 6#) Watermelon rind,  
unpared
- 3/4 c. salt
- 3 qts. water
- 2 qts. (2 trays) ice
- 9 cups sugar
- 3 c. vinegar, white
- 3 c. water
- 1 T. (about 48) whole cloves
- 6 cinnamon sticks, 1" pieces
- 1 lemon, thinly sliced, with seeds  
removed

Pare rind and all pink edges from watermelon. Cut into 1" squares or fancy shapes as desired. Cover with brine made by mixing the salt with 3 quarts cold water. Add ice cubes. Let stand 3 to 4 hours. Drain; rinse in cold water. Cover with cold water and cook until fork tender, about 10 minutes (do not overcook). Drain.

Combine sugar, vinegar, water, and spices (tied in a clean, thin white cloth). Boil 5 minutes and pour over the watermelon; add lemon slices. Let stand overnight. Heat watermelon in syrup to boiling and cook slowly 1 hour. Pack hot pickles loosely into clean, hot pint jars. To each jar add 1 piece of stick cinnamon from spice bag; cover with boiling syrup to  $\frac{1}{2}$ " from top of jar. Adjust jar lids. Process in boiling water for 5 minutes (start to count processing time when water in canner returns to boiling). Remove jars and complete seals if necessary. Set jars upright on a wire rack or folded towel to cool. Place them several inches apart.

Note: Red or green food coloring may be added to the syrup if desired. Keep watermelon rind in plastic bags intended for food use in refrigerator until enough rinds for one recipe are collected.

Lucille Briscoe--Charlotte Hall

### **ZUCCHINI OR "CUCUMBER" PICKLES**

- 4 qts. zucchini or cucumbers
- 6 onions sliced
- 2 green peppers, chopped
- 2 cloves garlic
- 5 c. sugar
- $\frac{1}{4}$  c. salt
- $1\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{2}$  tsp. celery seed
- 2 T. mustard seed
- 3 c. cider vinegar

Do not pare the zucchini or cucumbers. Thoroughly wash them and slice in about  $\frac{1}{2}$ " slices. Add onions, pepper, and garlic whole. Add salt and cover with cracked ice. Mix thoroughly. Let stand for 3 hours. Drain thoroughly. Combine the remaining ingredients. Pour over the zucchini mixture. Heat just to a boil. Process 15 minutes in boiling water bath.

Annie Carter—Bushwood

### **JELLIES**

Take any amount of berries. Wash and pick them over. Crush them and put them with a small amount of water. Bring to a boil, and boil for a minute or so. Strain with an old rag or cheese-cloth to get the juices. Then take 1 c. juice to 1 c. sugar, or to your taste, and cook until the jelly gets thick and sheets off the spoon. (Sheets means the jelly will slide off the spoon as a whole, and not in drops.) Put into hot sterilized jars and seal with paraffin. A few tart apples can be used with grape jelly. Use apple skins, core, etc. for jelly, the fleshy part for apple-sauce.

Lillian Brown Holly—Leonardtown

# Miscellaneous

## OLD-FASHIONED CHOCOLATE FUDGE

2 c. less 2 T. sugar

pinch salt

$\frac{1}{4}$  # butter

1 small can evaporated milk

1 small can water

2 sq. unsweetened chocolate

1 tsp. vanilla

$\frac{1}{2}$  c. chopped nuts

Cook everything together, except the nuts, over a medium heat. Stir to keep from burning. When the mixture forms a soft ball in cold water, remove from the heat. Let cool. Beat and add nuts. When no longer shiny, spread in a buttered pan and cut.

Joan Carroll—St. James

## FRENCH TOAST

1 egg

$\frac{1}{4}$  c. milk

2 T. shortening

2 T. water

Beat egg thoroughly, then add the milk and water. Dip the bread slices in the mixture and fry on a hot greased griddle until golden brown. You may add a dash of cinnamon.

Barbara Young--Leonardtwn



### OLD-FASHIONED TAFFY

- 1 c. sugar
- 1 c. molasses
- $\frac{1}{2}$  c. water
- 2 tsp. vinegar
- 2 T. fat
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. baking soda
- $\frac{1}{2}$  tsp. vanilla

Combine the sugar, molasses, water, and vinegar, in a large, heavy saucepan.

Cook slowly until the sugar dissolves, stirring constantly. Cover syrup and cook 2 minutes. Uncover, and cook stirring 3-4 times, toward the end of the cooking period. Remove from heat when the mixture forms into threads which are hard but not brittle in icy water. Add fat, salt, baking soda, and vanilla blending quickly. Pour immediately into a shallow pan. Cool syrup, lifting edges with a spatula, and pulling them toward the center. Form into balls when cool enough to handle. Pull with lightly greased hands until light colored and porous. Cut into pieces.

Theresa Young--Leonardtwn



### **EGG SPECIAL**

Fry 2 eggs. Put a piece of cheese on top of one egg, then top with second egg and sprinkle with cinnamon and serve.

Tommy Gough--Lexington Park

### **SCRAMBLED EGGS & GREEN ONIONS**

Chop green onion tops fine. Beat as many eggs as you need. Combine the onion tops with the eggs and scramble. Season with salt and pepper.

Stella Causby--California

### **BRANDIED FRUIT**

Get 2- $\frac{1}{2}$  gal. apothecary jars, or 2 glass candy jars with tops. Using a 1# can of peach halves, drain, cut into chunks, and place in a jar with 1 c. sugar. Put in a warm place near the oven or stove with the top on, and let set 2 weeks. Mark the days on the calendar. Two weeks from the first day, take 1 c. drained pineapple chunks, plus 1 c. sugar, and add to the peach mixture. Let set 2 weeks. When the 2 weeks are up add 1 c. drained maraschino cherries, plus 1 c. sugar to the mixture. Let stand 2 weeks. Continue process until mixture is 2" from the top of the jar. Serve on plain cakes, ice-cream, or other desserts as you desire. When starting mixture, you may need to stir every now and then to dissolve the sugar. Always keep in a warm place. NEVER put in the refrigerator.

Louise Kelly--Leonardtown

### **ROSE BAGS**

*Pick your rose petals. Lay out on newspapers to dry. When dry, place in a large plastic bag with your choice of bath powder and a few drops of your favorite cologne. Tie the bag loosely, and spread it thin to dry up the cologne and leaves. When dry, they may be sewn into little sachet bags or sewn into pillows.*

*Mary Helen Dove--Park Hall*

### **FOR SETTING HAIR**

*Cut through the end of a grape vine. Put the cut end in a pint bottle. After 3 days, the bottle will be full. Comb this through your hair, and then set it.*

*Stella Causby--California*





**ST. PETER CLAVER CHURCH AND CONVENT-1918**

*First St. Peter Claver Church was erected in 1914 to serve the Black congregation of St. Inigoes Parish. The church was dedicated in 1918. The convent was erected in 1924 with an addition in 1928.*

## INDEX

### BEVERAGES

<i>Beef Tea or Broth</i> .....	1
<i>Camomile Tea</i> .....	1
<i>Grape Wine</i> .....	2
<i>Ginger Tea</i> .....	2
<i>Sassafras Tea</i> .....	2
<i>Dandelion Wine</i> .....	3

### SOUPS

<i>Bean soup</i> .....	4
<i>Beef-Vegetable Soup</i> .....	4
<i>Corn &amp; Tomato Soup</i> .....	5
<i>Giblet Soup With Dumplings</i> .....	5
<i>Old-Fashioned Potato Soup</i> .....	5
<i>Old-Time Potato Soup</i> .....	6
<i>Hard Crab Soup</i> .....	6
<i>Ham Hocks &amp; Black Bean Soup</i> .....	7
<i>Maryland Clam Chowder</i> .....	7
<i>Turtle Soup</i> .....	7

<i>Liver Pudding</i> .....	19
<i>Hog Maws</i> .....	19
<i>Neck Bones &amp; Sauerkraut</i> .....	20
<i>Oven Style Bar-B-Q Spare Ribs</i> .....	20
<i>Pork Chops Fried</i> .....	21
<i>Pork Loin Roast</i> .....	21
<i>Pork Goulash</i> .....	22
<i>Sausage Meat</i> .....	22
<i>Souse</i> .....	23
<i>Stuffed Pork Chops</i> .....	23
<i>Barbecued Lamb</i> .....	24
<i>Roast Lamb</i> .....	24
<i>Muskrat, Rabbit, or Squirrel</i> .....	25
<i>Possum</i> .....	25
<i>Long Nose Clams</i> .....	26
<i>Fried Eels</i> .....	26
<i>Crab Cakes</i> .....	26
<i>Crab Cakes</i> .....	27
<i>Crab Cakes</i> .....	28
<i>Catfish Stew</i> .....	28



## MEATS

<i>Beef Gravy On Toast</i> .....	8
<i>Ground Beef On Rice</i> .....	8
<i>Meatloaf</i> .....	9
<i>Pot Roast</i> .....	9
<i>Baby Drumsticks</i> .....	10
<i>Baked Chicken</i> .....	10
<i>Fried Chicken</i> .....	10
<i>Bar-Be-Qued Chicken</i> .....	11
<i>Baked Chicken &amp; Gravy</i> .....	11
<i>Fried Chicken</i> .....	11
<i>Fried Chicken</i> .....	12
<i>Chicken Pot Pie</i> .....	12
<i>Stuffed Chicken</i> .....	12
<i>Roast Duck Or Goose</i> .....	13
<i>Country Ham</i> .....	13
<i>Stuffed Hams</i> .....	14
<i>Old-Time Stuffed Ham</i> .....	15
<i>Baked Pork Chops</i> .....	16
<i>Country Sausage</i> .....	16
<i>Fresh Pork Roast</i> .....	17
<i>Fried Salt Pork</i> .....	17
<i>Hog Brains &amp; Eggs</i> .....	18
<i>Hog Chitterlings</i> .....	18

<i>Codfish Cakes</i> .....	29
<i>Curried Fish</i> .....	29
<i>Herring Fish Cakes</i> .....	30
<i>Fish Sarciado</i> .....	30
<i>Salted Fish</i> .....	31
<i>Stuffed, Baked Fish</i> .....	31
<i>Fried Oysters</i> .....	32
<i>Fried Shad Roe</i> .....	32
<i>Oyster Fritters</i> .....	33
<i>Oyster Stew</i> .....	33
<i>Oyster Stew</i> .....	34
<i>Rice n' Shrimp</i> .....	34
<i>Shrimp Salad</i> .....	35
<i>Round Table Tuna</i> .....	35
<i>Tuna Casserole</i> .....	36

## CASSEROLES & ONE DISH MEALS

<i>Beef, Tomato, &amp; Cabbage</i>	
<i>Scallop</i> .....	37
<i>Beef Casserole</i> .....	38
<i>Macaroni, Tomato &amp; Cheese</i>	
<i>Casserole</i> .....	39

<i>Dinner Pot</i> .....	40
<i>Chicken Cornbread Pie</i> .....	40
<i>Country Style Stew</i> .....	41
<i>Creole Beef</i> .....	41
<i>Gordon's Casserole</i> .....	42
<i>Louise's Special</i> .....	43
<i>Spaghetti Sauce</i> .....	43
<i>Old-Fashioned Stew</i> .....	44

## VEGETABLES

<i>Baked Parsnips</i> .....	45
<i>Boiled Navy Or Lima Beans, Or Black Eyed Peas</i> .....	45
<i>Cooked Cabbage</i> .....	46
<i>Country Cooked String Beans</i>	
<i>Creamed Squash</i> .....	47
<i>Fresh Onions</i> .....	47
<i>Fried Apples</i> .....	48
<i>Fried Green Tomatoes</i> .....	48
<i>Kale Greens</i> .....	48
<i>Hoppin John-for- New Year's Eve</i> .....	49

## BREADS

<i>Banana Bread</i> .....	61
<i>Bread</i> .....	61
<i>Buckwheat Pancakes</i> .....	62
<i>Cornbread</i> .....	62
<i>Butterhorns</i> .....	63
<i>Buttermilk Biscuits</i> .....	64
<i>Crackling Flour Bread</i> .....	64
<i>Crackling Cornbread</i> .....	65
<i>Some Hints</i> .....	65
<i>Dilly Bread</i> .....	66
<i>Lemon Nut Bread</i> .....	66
<i>Pan Rolls</i> .....	67
<i>Homemade Pancakes</i> .....	67
<i>Ice Box Rolls</i> .....	68
<i>Quick Biscuits</i> .....	68
<i>Rolls</i> .....	69
<i>Southern Sour Milk Biscuits</i> ..	69
<i>Rolls</i> .....	70
<i>Parker House Rolls</i> .....	70
<i>Sweet Dough Mix</i> .....	71
<i>Spoon Bread</i> .....	71
<i>Surprise Cornbread</i> .....	71



<i>Poke Salad</i> .....	49
<i>Potato Fritters</i> .....	50
<i>Real Corn Pudding</i> .....	50
<i>Scalloped Cucumbers</i> .....	51
<i>Scalloped Potatoes</i> .....	51
<i>Scalloped Potatoes With Franks</i> ..	52
<i>Scalloped Potatoes n' Onions</i> ..	52
<i>Stewed Tomatoes</i> .....	53
<i>Spinach</i> .....	53
<i>Sweet Potatoes</i> .....	54
<i>Sweet Potato Pone</i> .....	54
<i>Sweet Potato Pone</i> .....	55

### **SALADS**

<i>Chef's Salad</i> .....	56
<i>Fruit Cocktail</i> .....	56
<i>Carrot-Jello Salad</i> .....	57
<i>Cole Slaw</i> .....	57
<i>Fruit Salad</i> .....	57
<i>Potato Salad</i> .....	58
<i>Mashed Potato Salad</i> .....	58
<i>5# Potato Salad</i> .....	59
<i>Potato Salad</i> .....	59
<i>Potato Salad</i> .....	60

### **CAKES**

<i>Carrot Cake</i> .....	72
<i>Icing For Carrot Cake</i> .....	72
<i>Applesauce Cake</i> .....	73
<i>Applesauce Cake</i> .....	73
<i>Ginger Bread</i> .....	74
<i>Pound Cake</i> .....	74
<i>Chocolate Cake</i> .....	74
<i>Homemade Cakes</i> .....	75
<i>2-Egg Cake</i> .....	75
<i>Lemon-Jelly Cake</i> .....	76
<i>Lemon Juice Glaze</i> .....	76
<i>Oatmeal Cake</i> .....	77
<i>Coconut Icing</i> .....	77
<i>Pineapple Topping</i> .....	77
<i>Cooked Cake Topping</i> .....	78
<i>Frances' Icing</i> .....	78
<i>Coconut Topping</i> .....	79
<i>Caramel Icing</i> .....	79

## COOKIES

<i>Brownies</i> .....	80
<i>Brownie Mix</i> .....	80
<i>Cookies</i> .....	81
<i>Congo Bars</i> .....	81
<i>Russian Tea Cakes</i> .....	82
<i>Sugar Cookies</i> .....	82

## DESSERTS

<i>Applesauce Thing</i> .....	83
<i>Baked Custard</i> .....	84
<i>Banana Fritters</i> .....	84
<i>Bread Pudding</i> .....	85
<i>Brown Betty</i> .....	85
<i>Fresh Fruit Cobbler</i> .....	86
<i>Cherry Cobbler</i> .....	87
<i>Family Pot Pie</i> .....	88
<i>Fruit Dumplings</i> .....	88
<i>Maryland Apple Cake</i> .....	89

## CANNING AND PRESERVES

<i>Cherry Preserves</i> .....	100
<i>Tomato Juice</i> .....	100
<i>Tomato Preserves</i> .....	101
<i>Tomato Catsup</i> .....	102
<i>Apple Butter</i> .....	103
<i>Pear Preserves</i> .....	103
<i>Canned Green Beans</i> .....	104
<i>Watermelon Rind Pickles</i> .....	105
<i>Zucchini or "Cucumber"</i>	
<i>Pickles</i> .....	106
<i>Jellies</i> .....	106

<i>Rice Custard</i> . . . . .	90
<i>Sweet Potato Pudding</i> . . . . .	90
<i>Raisin Roll</i> . . . . .	91
<i>Wine Sauce</i> . . . . .	91
<i>Mock Cheese Cake</i> . . . . .	92
<i>Snow Cream</i> . . . . .	92
<i>Chocolate Sauce</i> . . . . .	93
<i>Pudding Sauce</i> . . . . .	93
<i>Dessert Sauce</i> . . . . .	94

## PIES

<i>Two 9" Pie Crusts</i> . . . . .	95
<i>Coconut Pie</i> . . . . .	95
<i>Cooked Lemon-Pie Filling</i> . . . . .	96
<i>French Apple Pie</i> . . . . .	97
<i>Sweet Potato Pie</i> . . . . .	98
<i>Uncooked-Lemon-Pie Filling</i> . . . . .	99
<i>White Potato Pie</i> . . . . .	99

## MISCELLANEOUS

<i>Old-Fashioned Chocolate Fudge</i> . . . . .	107
<i>French Toast</i> . . . . .	107
<i>Old-Fashioned Taffy</i> . . . . .	108
<i>Egg Special</i> . . . . .	109
<i>Scrambled Eggs &amp; Green</i>	
<i>Onions</i> . . . . .	109
<i>Brandied Fruit</i> . . . . .	109
<i>Rose Bags</i> . . . . .	110
<i>For Setting Hair</i> . . . . .	110

# means pound

## Afterword

The evolution of cultural mores and folkways in a community can be traced through many avenues. Cooking and food preparation is primary in all cultures, and St. Mary's County has traditions deeply rooted in the art of cooking. As early as the 17th century in St. Mary's, African American cooks have been preparing meals for themselves and others with foods that were hunted, gathered, cultivated, or taken from the surrounding waters.

The pages of this cookbook, *300 Years of Black Cooking in St. Mary's County*, are a journey through the culinary history in St. Mary's County found in the recipes of African American cooks. The first and original printing of this cookbook was completed in 1975 by the Citizens for Progress and the St. Mary's County Bicentennial Commission. The recipes were compiled by Citizens for Progress, a community organization that worked to address the issues of housing, legal redress, education, welfare rights, and making information available to poor people of color in St. Mary's County. Citizens for Progress brought to the community the need for local governmental intervention in the area of housing. It served the county well in raising the concerns of the poor and African Americans in the community.

The legal rights to *300 Years of Black Cooking in St. Mary's County* were transferred to an organization called the Community Affairs Committee in 1981. This group was organized in December of 1979 to address the issues of employment, politics and education in the African American community. Under the auspices of this organization, the cookbook was copyrighted and reprinted in 1983 in cooperation with the 350th Anniversary Committee of St. Mary's County and the Maryland Heritage Committee. The book was for sale locally and through mail order request.

The Community Affairs Committee used the revenue from the cookbook to fund a survey published in a local African American owned paper called, *The Focus*. The paper surveyed the African American community on political, educational, and employment issues and experiences. This organization provided information to the community on the function and value of local political participation.

In 2004, the legal rights to *300 Years of Black Cooking in St. Mary's County* were transferred to the St. Mary's County Board of Library Trustees. The Library Board agreed to reprint the book, make it available for sale, and to use any profits from the sale to support the St. Mary's County Library's programs for children.

The recipes presented in this cookbook were gathered from all areas of St. Mary's County. The presenters of the recipes represent a mother's, father's, grandmother's or a family's method of preparing dishes served in their homes as well as food preparation for other family and community events.

As you leaf through the pages of *300 Years of Black Cooking in St. Mary's County Maryland*, we, the St. Mary's County African American Community, hope you will use and enjoy this unique cookbook of St. Mary's County hospitality and good food.

*"There is an abundance of history and culture deeply rooted in the art of Black cooking." Mrs. Louise Kelly, Leonardtown, Maryland (Quoted from 1975 Edition).*

*"The art of black cooking grew out of necessity, and I've seen people come into my mother's home and nobody ever left hungry." Mrs. Theresa Young (Quoted from 1975 Edition).*

For further information about this book and to order more copies please contact the  
St. Mary's County Library, Office of the Director, 301-475-2846 ext. 21 or [info@stmalib.org](mailto:info@stmalib.org)

**Revised Edition, 2005**



