



As Gurley typed the recipes she treasured from her mother's cookbook for *Old South Comfort Food*, she added her own notes, musing on what the dishes meant to her and remembering good times. Her notes often include instructions on how to adapt the vintage recipes to today's kitchens. To order a copy, contact Gurley at (336) 861-2290 or gailgurley@northstate.net.



Mother's Raisin Cookies

- 1 cup butter, softened
- 1½ cups light brown sugar, packed
- 3 eggs
- 2½ cups plain flour
- 1 teaspoon soda, dissolved in ⅓ cup hot water
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1½ teaspoons ground cinnamon
- 3 cups raisins, chopped fine
- 2 cups nut meats

Whip butter and sugar together, add eggs, one at a time, beating after each addition. Add the flour a little at a time, beating after each addition. Add soda dissolved in water and spices. Beat until smooth. Add raisins and nut meats, mixing by hand. Drop by tablespoons onto ungreased cookie sheets, and bake at 425° for 8 to 10 minutes. Note: Chopping the raisins is optional.

This cookie still soothes my soul and warms my heart. Mother called these cookies "Mrs. Brown's Cookies" because she got the recipe in the 1940s from the wife of a Dr. Brown who used to practice medicine in Rowan County. She used to make these cookies every year after Thanksgiving, stack them in a large metal tin with wax paper placed between the layers, and we would eat them all during the holiday season.

This was a favorite dish of mine, and I loved it! Daddy made the dumplings, and they were always delicious.

Kraut Dumplings

- 2 cups flour
- 1 teaspoon baking powder
- small pinch baking soda
- 1 egg
- sour milk
- 1 teaspoon salt

Have kraut (2 cans) cooked thoroughly done with just enough water to cover. Take 2 cups of flour, 1 heaping teaspoon baking powder, small pinch soda, pinch of salt, 1 egg, and sour milk to stir a batter that will drop by spoonfuls. If self-rising flour is used, omit baking powder, soda, and salt, and just use milk and egg. Cook 3 minutes in a tightly covered pot. If desired, add meat gravy or other seasoning, pour over dumplings, and cook 2 minutes longer.

— Mrs. John Deal





Bar-B-Q's

- 1½ pounds ground beef
- 2 tablespoons onion, finely chopped
- 1 egg, beaten
- 1 cup milk
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon celery salt
- 1 cup soft bread crumbs

Combine ingredients, and mix well. Shape in 1-inch-thick patties, and place in 9 x 13-inch shallow baking dish. Place a slice of onion on each patty.

Hot Sauce

- ½ cup onion, chopped
- fat or butter
- 1 can (6 ounces) tomato paste
- 1 garlic clove, chopped
- 1 tablespoon green pepper, chopped
- 1 tablespoon sugar
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 teaspoons Tabasco sauce
- 1 tablespoon Worcestershire sauce
- 1½ tablespoons chili powder
- ¼ cup lemon juice
- 1 cup water

Cook onion in hot fat (or butter) until golden. Add remaining ingredients, and heat to boiling. Simmer 15 minutes, then pour over patties. Bake at 350° for 1 hour, basting frequently. Serves 6 to 8.

— Mrs. Yorke Beaver

Chocolate Potato Layer Cake

- 1 cup butter
- 2 cups sugar
- 3 eggs
- 2½ cups flour
- 1 teaspoon cinnamon
- 3 teaspoons baking powder
- ½ teaspoon cloves
- ¾ cup milk
- 4 squares chocolate or ½ cup cocoa*
- 1 cup chopped nuts
- 1 cup warm, mashed, cooked white potatoes

Cream butter, and add sugar gradually. Beat in whole eggs, one at a time. Beat well after each addition of eggs. Sift dry ingredients together, add alternately with milk. Add chocolate, nuts, and mashed potatoes. Bake in moderate oven 375°. Frost with any desired icing. This makes 5 layers.
*If you use cocoa, sift with flour.

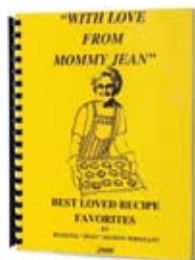
Mother's Butter Cream Frosting

- 1 stick margarine, softened
- 1 box 10-X powdered sugar
- ¼ cup milk
- 1 teaspoon vanilla flavoring
- food coloring (optional)

Whip butter in a mixing bowl. Gradually add sugar and milk alternately. Add the milk carefully so as to have the frosting at a good spreading consistency. Add vanilla flavoring. If desired, add food coloring. This is a basic recipe to which you can add strawberries and a small amount of strawberry juice in lieu of milk, or peaches, cherries, any fruit you like. Just add the fruit and juices sparingly until you get the correct spreading consistency. Tip: Use two batches for chocolate potato layer cake.

— Vera Lingle Cauble





We thank Eugenia “Jean” Whisnant of Claremont for sharing with us two recipes from her personal cookbook, *With Love from Mommy Jean: Best Loved Recipe Favorites*, which she wrote by hand for her children and grandchildren. Her daughter-in-law Judy, who sent us the book, says Whisnant, age 93, is famous in her community for her good cooking.



Aunt Nootsie's Chicken Pie

- Boned chicken from 1 chicken, chopped
- 1 can creamy chicken and mushroom soup
- 1 can cream of celery soup
- ½ can chicken stock

Blend together, and put in casserole dish.

- 1 stick of margarine, melted
- 1 cup milk
- 1 cup flour

Mix together until smooth. Pour on top of chicken mixture, and bake at 350° for 35-40 minutes, until golden brown.

Chocolate Pie

- ¾ cup sugar
- 3 tablespoons cocoa
- 2½ tablespoons cornstarch
- ¼ teaspoon salt
- 1½ cups milk
- 2 egg yolks
- 1 teaspoon vanilla
- 1 8-inch pastry pie crust, baked

Mix first 5 ingredients in a quart pan. Stir constantly over medium heat until mixture thickens and boils. Mix small amount into beaten egg yolks, then blend into mixture in pan, boil, and stir for 2 minutes. Remove from heat. Add vanilla. Mix well. Pour into crust.

Meringue topping

- 2 egg whites
- 4 tablespoons sugar
- ¼ teaspoon cream of tartar

Beat all ingredients together until stiff peaks form. Spread on top of pie while filling is hot. Bake at 325° until meringue is set and golden.





Enjoy flavors from the coast with the recipes selected from *Keys to the Kitchen: Gracefully ReKeyed*, published in 2008 by the Episcopal Church Women of Saint Peter's Church in Washington. Bleu cheese penne with shrimp is a local favorite, and the cheese daisies are a popular version of the appetizer in Beaufort County. To order the cookbook, call Cathy Whichard at (252) 946-6905 or email nancy@saintpetersnc.org.



Cheese Daisies

- 1 pound butter
- 1 pound sharp cheese, finely grated
- 1 can (3 ounces) Parmesan cheese
- 4 cups all-purpose flour
- 3 teaspoons salt
- 1 teaspoon cayenne pepper

Cream butter, then add finely grated sharp cheese and Parmesan cheese. Blend and beat until light and fluffy. Sift flour with salt and cayenne pepper. Add to creamed mixture. Blend well. Put through a cookie press (or drop by spoonfuls) onto a cookie sheet. Bake at 325° for about 15 minutes. Yield: Approximately 100-150.

— Katherine Hall



Bleu Cheese Penne with Shrimp

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| 6 bacon slices | 16 ounces penne pasta, cooked |
| 2 garlic cloves, minced | 2 cups whipping cream |
| 8 ounces fresh mushrooms, sliced | pepper to taste |
| 2 tablespoons white wine | 4 ounces crumbled bleu cheese |
| 1 cup chicken broth | 4 green onions, sliced |
| 1 pound raw shrimp, peeled and deveined | 1 cup Roma tomatoes, seeded and cubed |

Cook bacon in a large skillet over medium heat until crisp; remove bacon, reserving two tablespoons of drippings in the skillet. Coarsely crumble bacon and set aside. Sauté garlic and sliced mushrooms in reserved drippings until tender. Remove from the skillet. Deglaze the skillet with wine; add the chicken broth, and heat to simmer. Add raw shrimp, and cook 3 to 5 minutes until slightly pink. Stir in cooked pasta, garlic, mushrooms, whipping cream, and pepper; simmer over medium-low heat, stirring often, until sauce is thickened. Stir in bleu cheese, bacon, green onion, and tomato. Serve hot. Yield: 6 servings.

— Cathy Whichard

