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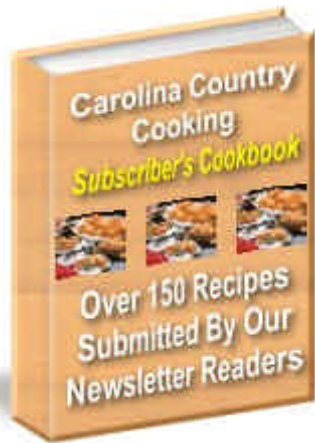
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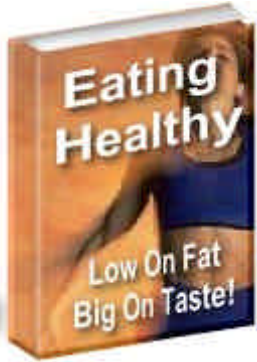
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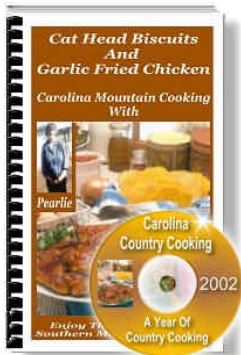
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***"Cat Head Biscuits  
And  
Garlic Fried Chicken"***

***Carolina Mountain Cooking  
With***



***Pearlie***



***And***



***Jewel***

***Enjoy The True Tastes Of Southern Mountain Cooking***



## Dedication

***“Cat Head Biscuits And Garlic Fried Chicken” was created from the recipes and memories of two of the Carolina Mountain’s most talented cooks and most gracious Southern Ladies.***

These two ladies spent their entire lives caring, loving, and providing for their families. Everything from keeping a good home for their children, tending gardens for food, to teaching their children, grandchildren, and great-grandchildren the true meaning of “family values”. The wives of loggers and farmers, money was often in short supply. They never had too many of the “finer” things of life but no one ever went to bed hungry, and no one ever felt unloved.

To Pearlie And Jewel:

***“Eventhough many of your wonderful recipes have been lost, the genuine love and caring that went into every meal and shown to each one of us will be fondly remembered and sorely missed for generations to come.”***



### ***Carolina Country Cooking***

Real Southern Recipes, And More From The Blue Ridge Mountains Of  
North Carolina

<http://www.carolina-country-cooking.com>

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**Carolina Mountain Cooking**  
With  
**Pearlie And Jewel**



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## ***A Little About Carolina Mountain Cooking***

***The mountain tradition of cooking is that food should be unpretentious, solid, and filling.***

Traditionally pork or chicken was the main source of meat, but beef, fish, and a wide variety of wild game were also enjoyed. Some form of homemade bread was served at nearly every meal. The two main types of breads were corn breads and biscuits. There are almost more ways to eat a "Cat Head" biscuit than you can imagine. Most everyone grew their own gardens and during the summer, large gardens would produce an abundance of fresh vegetables. Favorites vegetables tended to be green beans, cabbage, turnips, beets, garden greens, tomatoes, onions, carrots and potatoes. Not only did these large gardens produce fresh vegetables for the summer but also for canning and preserving for the coming winter months. Winter in the North Carolina mountains were extremely harsh at times and a stockpile of preserved meats and vegetables were a necessity for survival.

Often winter storms would keep people "snowed in" for days, weeks, or at times, even months with no way to get supplies from the few stores that did exist. Mountain people were, and still are, mostly self-sufficient. They quickly became highly respected and sought out for their survival skills.

Herbs and spices were not readily available. The main seasonings were salt and black pepper with cinnamon, nutmeg, and a few others mostly reserved for baking. Small quantities of meats such as "fat back" and bacon were often used to season vegetables.

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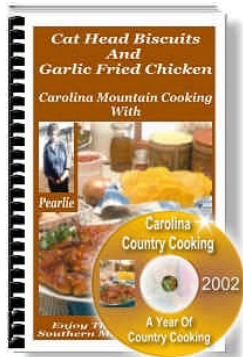
A wide variety of apples and cherries were grown as well as an abundance of wild berries such as strawberries, blueberries, blackberries, and grapes, all of which found their way into some of the best desserts you could ever imagine. Fresh fruit cobblers, pies, and cakes are some of the most incredible examples of mountain cooking you can find.

Salads as we know them today were not eaten. Instead, lunch and supper would contain dishes of fresh sliced tomatoes, onions, and cucumbers in addition to the regular cooked vegetables and various homemade pickles and relishes.

Traditional mountain cooking is made up of simple, easy to prepare, yet wonderfully delicious dishes. You never left the table hungry or unsatisfied.

The true art or magic of mountain cooking is that:

**Somewhere between seemingly empty kitchen cabinets and the dinner table, the cook was able to take a few simple ingredients and create something truly wonderful.**



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## ***“The Truth About The Cherry Tree”***

**When we were children there was a cherry tree near our house. When they got ripe my younger brother would climb the tree and throw them down to us. The rest of us were afraid to climb.**

**One day after climbing the tree, he refused to share the sweet, ripe, cherries with the us, so we went into daddy’s woodshed, got a saw, and cut the tree down. We finally had our fill of cherries.**

**When our father saw his cherry tree on the ground, he became very angry. Needless to say none of us could sit down for awhile.**

**That was the last time we ever even thought of cutting down another cherry tree.**

## **Western North Carolina Style Barbecue Roast Chicken**

- 1 frying chicken cut in pieces
- 2 teaspoons of sugar
- 1/4 cup of butter
- 1/8 teaspoon of red pepper flakes
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 3/4 tablespoon of dry mustard
- 1 teaspoon of chili powder
- 2 tablespoons of vinegar
- 1/2 teaspoon of Tabasco sauce
- 1 teaspoon of Worcestershire sauce
- 1 cup of water
- 1 tablespoon of chopped onion
- 1 clove of garlic, minced

Salt the chicken, brown in butter and put in a roasting pan. Mix the rest of the ingredients together in a pot and cook over medium heat for 4 to 5 minutes. Pour over the chicken and bake, basting often in a 325 degree oven for 1 1/2 hours.

---

## **Garlic Fried Chicken**

- 2, 2 1/2 pound frying chickens cut in pieces
- 2 tablespoon of lemon juice
- 1 cup of sour cream
- 1 clove of garlic, grated
- 1/4 teaspoon of Worcestershire sauce
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper
- 1/4 teaspoon of celery salt

Wipe the chicken pieces with a damp cloth and store in container with tight fitting lid. Mix all ingredients together, pour over chicken, and let marinate in the refrigerator overnight. When ready to fry, drain the liquid from the chicken pieces and dredge them in flour, heat some vegetable oil in a large skillet over medium heat and brown the chicken pieces on all sides. Lower the heat and cover skillet and cook for 35-40 minutes.

## **Old Timey Chicken “N’ Dumplings**

1 Whole chicken  
Salt and Black Pepper

Cut the chicken up into quarters and place in a pot and cover with water. Simmer the chicken until tender. When the chicken is tender, add the salt and black pepper to taste. You can leave the bones in or take the meat off the bone; it’s entirely up to you.

To make the dumplings:

Ingredients:

2 cups of flour  
3 tablespoons of baking powder  
1 teaspoon of salt  
3 tablespoons of lard or shortening  
1 egg, beaten well  
1 cup of whole milk

Sift together the flour, baking powder, and the salt. Cut in the lard or shortening and mix in the egg and milk. Drop the dumplings by spoonfuls into the pot of chicken and broth and cook for 15 minutes or until the dumplings are done.

---

## **Church Social Meatloaf**

2 pounds of ground beef  
2 cups of cornbread crumbs  
3/4 cup of minced onion  
1/4 cup of chopped green pepper  
2 eggs  
2 tablespoons of horseradish  
1 tablespoon of salt  
1/4 cup of milk  
1/4 cup of catsup or thick tomato pulp  
1 teaspoon of dried mustard

Mix all of the ingredients together and form into a loaf. Spread additional catsup on top and bake at 400 degrees for 35 minutes.



## Tomato Soup Meatloaf

- 1 can of tomato soup
- 1 1/2 pounds of ground beef
- 1 cup of small bread cubes
- 1/4 cup of finely chopped onion
- 1 egg, slightly beaten
- A generous dash of black pepper

Thoroughly mix 1/2 cup of the tomato soup with the rest of the ingredients and firmly shape into a loaf. Place the meatloaf into a shallow baking pan and bake at 350 degrees for 1 hour and 15 minutes. Blend the remaining soup with 1/4 cup of water and 2 tablespoons of the drippings from the meatloaf and pour this mixture over the meatloaf and bake for another 15 minutes.

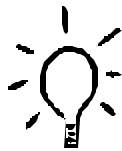
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## Mother's Beef Stew

- 2 to 2 1/2 pounds of lean beef stew meat
- 2 tablespoons of bacon drippings or shortening
- 2 large onions, diced
- 5 large potatoes, cut into eighths
- 4 or 5 large carrots, cut into 2 inch slices
- Salt and black pepper to taste
- Garlic powder
- 1 – 10 3/4 ounce can of condensed tomato soup, undiluted
- 1 cup of diced celery (optional)
- 1 soup can of water

Brown the stew meat in the bacon drippings or shortening. Add the onions and cook until browned. Add the other vegetables and the seasonings. Add the soup and water. Simmer for about 3 hours or until the meat and the vegetables are tender adding more water as needed during cooking.

---



### ***Did You Know?***

Quickly applying ice cold vinegar to a burn will give fast relief and help prevent blisters.

## “Kilt” Lettuce Salad

2 slices of bacon  
1/4 cup of cider vinegar  
2 tablespoons of water  
1 tablespoon of sliced green onion  
1 tablespoon of salt (more or less to taste)  
1 teaspoon of sugar  
Black Pepper to taste  
2 tablespoons of sliced, black olives  
2 heads of lettuce, rinsed, drained and cored

Fry the bacon until crisp. Drain fat but leave the bacon in the skillet. Crumble up the bacon and add the vinegar, water, onion, salt, sugar, and the black pepper to skillet and heat to boiling. Tare the lettuce into small pieces in a salad bowl and add the olives. Pour the hot bacon dressing over lettuce and toss to coat.

---

## Fried Green Onions

3 or 4 slices of bacon  
2 cups of green onions including tops, chopped into small pieces (about 1/2” )  
1/2 teaspoon of salt  
1/8 teaspoon of black pepper  
1 teaspoon of sugar

Fry the bacon in a heavy skillet until crisp, drain on paper towels and crumble into small pieces. Remove all but about 1 tablespoon of the bacon grease from the pan and add the chopped green onions, salt, black pepper, sugar, and the crumbled bacon. Stir in 1/2 cup of hot water and simmer for 20 to 25 minutes. Serve hot.

---



### ***Did You Know?***

When frying bacon, sprinkling a pinch of salt in the frying pan will help to keep the grease from splattering.

## Vinegar Coleslaw

1 head of cabbage, chopped  
1/4 cup of vinegar  
Granulated sugar to taste  
1/3 cup of cold water  
A dash of salt and a dash of black pepper

In a large bowl, combine the cabbage, vinegar, water, salt, and black pepper. Mix well and sweeten with the sugar to taste.

---

## Potato Dumplings

6 diced medium potatoes  
2 cups of water  
1/2 teaspoon of salt  
1/4 teaspoon of black pepper  
1/2 stick of butter  
3 cups of whole milk

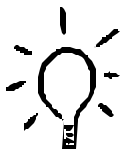
For the dumplings:

1/2 cup of flour  
Milk  
5 tablespoons of shortening

Cut the shortening into the flour until crumbly. Add enough milk so that the dough sticks together. Roll out the dough and cut into small pieces.

Cook the potatoes in the 2 cups of water, salt, and pepper until tender. Add the 3 cups of whole milk and the 1/2 stick of butter and bring to a rolling boil. Quickly drop the dumplings into the potatoes, cover and cook for about 10 minutes more.

---



### ***Did You Know?***

When cooking foods in a double boiler, adding a little salt to the water will make the food cook faster.

## **Okra Fritters**

1 quart of okra  
Salt  
Black pepper  
2 eggs  
2 teaspoons of baking powder  
Flour

Boil the okra until tender then strain off water and mash. Season with salt and pepper to taste. Mix in the eggs, baking powder, and enough flour to make a stiff batter. Drop by one rounded tablespoonful at a time in hot oil and fry until golden brown.

---

## **Potato Pancakes**

2 cups of cold mashed potatoes  
1 egg  
Salt  
Black pepper  
Finely chopped onion (optional)

Mix the 2 cups of mashed potatoes, the egg, a dash of salt and pepper, and if you like, some finely chopped onion (potato pancakes are good with and without onion). Flatten into pancakes about 3/4 of an inch thick. Fry in a butter or margarine until golden brown on both sides and the center is hot.

---

## **Fried Grits**

Make a pot of grits the night before and pour into a lightly greased loaf pan. Set the pan in the refrigerator overnight. The next morning, turn the pan upside down on a baking sheet and hit the bottom a few times to loosen the "grit loaf". Slice to the desired thickness and roll each piece in cornmeal or flour. Fry in a little vegetable oil in a non-stick pan until crisp and brown. Eat them like hashbrowns with salt, pepper, and catsup or like pancakes with honey or syrup.

## ***Just Where Do Eggs Come From?***

**“My brother and I became curious as to how eggs came out of a hen. We were about 4 and 5 at the time, so we went to the barn where the hens had their nests and lay quietly behind one of the hens and watched her lay and egg.”**

**“We weren’t so curious anymore.”**

## **Rhubarb Pecan Bread**

1 1/2 cups of brown sugar  
2/3 cup of vegetable oil  
1 egg  
1 cup of buttermilk  
1 teaspoon of baking soda  
2 1/2 cups of flour  
1 1/2 cups of diced fresh rhubarb  
1/2 cup chopped pecans

Topping:

1/2 cup of sugar  
1 tablespoon of butter

Combine the brown sugar, oil, egg, buttermilk, soda, flour, rhubarb and the pecans. Pour into 2 greased and lightly floured loaf pans. Mix topping ingredients together and sprinkle over batter. Bake at 350 degrees for 1 hour.

---

## **Southern Style Hush Puppies**

2 cups of plain corn meal  
1/4 cup of sugar  
7 tablespoons of minced onion  
1 1/2 cups of buttermilk  
1 tablespoon of flour  
1 teaspoon of baking soda  
1 teaspoon of salt  
1 egg, beaten

Mix dry ingredients. Add onions. Stir egg and buttermilk together and add to mixture. Mix and drop by spoonfuls into hot oil. When done hush puppies will float to top.

## **Old Fashioned Chicken Gravy**

2 tablespoons of butter  
1 tablespoon of flour  
3/4 cup of chicken stock  
1/4 cup of light cream  
Salt  
Black Pepper

Pour the grease from the pan after frying the chicken and replace it with the butter. When the butter has melted, stir in the flour. When the butter and flour mixture is bubbly, stir in the stock and the cream. Cook until the gravy thickens. Season with salt and pepper as desired. Serve with the fried chicken or over biscuits or mashed potatoes.

---

## **Old-Fashioned Tomato Gravy**

1/2 pound of diced bacon  
1 small onion, chopped  
2 tablespoons of flour  
1/8 teaspoon of salt  
A pinch of black pepper  
1 - 14 1/2 ounce can of diced tomatoes, undrained  
3 cups of tomato Juice

In a skillet, fry the bacon until crisp and place on paper towels to drain. Discard all but 2 tablespoons of the bacon drippings and cook the chopped onion in drippings until tender. Stir in the flour, salt and black pepper and cook, over low heat, stirring constantly until the mixture is golden brown. Gradually add the tomatoes and tomato juice and stir well. Bring the mixture to a boil over medium heat and cook, stirring constantly for about 2 minutes. Reduce the heat and simmer, uncovered, for 15 to 20 minutes or until the gravy becomes thickened, stirring occasionally. Stir in bacon and serve over cat head biscuits.

## **Vinegar Pie**

1 cup of water  
2 eggs  
2 tablespoons of vinegar  
1 cup of sugar  
2 tablespoons of flour  
1 tablespoons of butter  
1/2 teaspoon of lemon extract  
1 9-inch baked piecrust

Mix together the sugar, water, eggs, vinegar, and the flour in the top of a double boiler. Cook, stirring constantly until the mixture is smooth and thick. Remove the mixture from the heat and stir in the lemon extract and the butter. Pour into the baked piecrust and let cool. Top with whipped cream if you like.

---

## **Berry Dumplings**

1 quart of your favorite berries  
1 quart of water  
1/2 stick of butter  
3/4 cup of sugar

Put the berries and water into a big pot and cook over medium heat until the berries are done. Stir in the sugar and butter.

Mix 2 cups of self-rising flour and 6 tablespoons of shortening with a fork and add 2/3 cups of milk. Mix to form a dough. Drop by tablespoonfuls into the boiling berry mixture. After all of the dumplings have been dropped into the berries, cover the pot and reduce the heat to low and cook for another 8 to 10 minutes. Be sure the berry mixture is boiling and do not stir the dumplings or they will stick together.



## **Mom's Cherry Pie**

(Ordinarily the cherries would be the ones canned the previous summer but this recipe has been changed to the more readily available "store bought" ones.)

2 -16 ounce cans pitted tart cherries, undrained  
1 cup sugar  
3 tablespoons of cornstarch  
2 tablespoons of butter  
1/8 teaspoon of red food coloring  
2 -9 inch prepared pie crusts

Drain cherries, reserving 1/2 cup of the juice. Combine sugar and cornstarch in a large saucepan, stir in reserved cherry juice. Cook over medium heat, stirring constantly, until mixture comes to a boil 1 minute, stirring constantly. Remove from heat, and stir in cherries, butter and food coloring if desired, cool. Pour into prepared 9 in crust. Cut remaining crust into 1/2" strips. Arrange in lattice design over cherries even with edges. Roll bottom crust over edges and press with fork or fingers. Bake at 375 for 30 to 35 minutes.

***"As children, my brother and I would climb the cherry tree and pick cherries for mom to can and make preserves. We would have her delicious pies all winter."***

---

## **Mom's Sugar Cookies**

2 3/4 cups of flour  
1 1/2 cups of sugar  
1 cup of butter  
2 eggs  
1 teaspoon of cold water  
1 teaspoon of baking powder  
1/2 teaspoon salt

Cream butter and sugar. Add eggs one at a time mix after each egg. Combine flour, baking powder and salt add to mixture and mix then add cold water. Add rest of flour mix well. Let set for 10 min. Drop by tablespoon on greased cookie sheet. Bake at 375 degrees until lightly brown.

## Grandma's Spice Cake

2 cups of all-purpose flour  
1/2 teaspoon of baking soda  
1 1/2 teaspoons of baking powder  
1 teaspoon of ground cinnamon  
1/4 teaspoon of ground cloves  
1/4 teaspoon of ground ginger  
1/4 teaspoon of ground nutmeg  
1 1/2 cups of sugar  
1/4 cup of salted butter  
1/4 cup of vegetable oil  
1/2 teaspoon of vanilla  
2 eggs  
1 1/2 cups of buttermilk

Mix together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves ginger, and set aside. In A large mixing bowl beat the butter and oil with an electric mixer on medium speed for 30 seconds. Add the sugar and vanilla and beat until well mixed. Add the eggs, one at a time, beating after adding each egg. Add the dry flour mixture and buttermilk alternately into the egg and butter mixture, beating on low speed after each addition, just until combined. Pour into two greased and lightly floured 8 X 1-1/2 inch cake pans. Bake in a 350 degree oven for 35 to 40 minutes, or until toothpick comes out clean. Cool on wire rack.

### Creamy Nut Frosting:

Blend 2 1/2 tablespoons of flour and 1/2 cup of milk. Cook the flour mixture until it forms a thick paste and cool until it is lukewarm. Meanwhile cream 1/4 cup of butter, 1/4 cup of shortening and 1/2 cup of sugar together and add to lukewarm flour paste. Beat until fluffy. Add 1 teaspoon of vanilla and 1/2 cup of chopped pecans. Blend in 1 cup of powdered sugar (more if needed). Beat until fluffy. Frost the cooled cake and sprinkle chopped pecans on top.

## ***Life Before Toys-R-Us***

**“Growing up, we had to make our toys and find ways to entertain ourselves. One of our favorite things to do was go into the woods in search of grapevines hanging from tree’s to swing on or fallen tree’s to walk on .**

**I recently took my little grandson into the woods and taught him how to swing on grapevines and walk on logs. He loved it and thought it was much more fun than playing with store bought toy’s or video games.”**

## **Rice And Sausage Casserole**

4 cups of cooked brown rice  
3/4 cup of chopped onion  
1/2 cup of chopped celery  
1/4 cup of chopped green pepper  
1/4 cup of chopped red pepper  
1 cup of sliced mushrooms  
3 tablespoons of olive oil  
3 tablespoons of butter  
1 pound of cooked sausage, drained  
A dash of Tabasco sauce

Sauté all of the vegetables in the olive oil and butter for about 5 minutes. Mix the cooked vegetables along with the sausage and Tabasco sauce into the cooked rice. Place the rice mixture into a buttered casserole and bake at 350 degrees until hot. This is great for cool days or holiday cooking.

---

## **Crescent Roll Casserole**

1 pound of ground chuck  
1 small can of mushrooms, drained  
1/2 cup of chopped onions  
1 teaspoon of salt  
1/2 teaspoon of black pepper  
1 – 8 ounce can of tomato sauce  
2 cups of shredded cheddar cheese  
1 – 8 ounce can of crescent dinner rolls  
1/2 cup of sour cream  
1/4 teaspoons of basil  
1/4 cup of oregano

Preheat the oven to 370 degrees. Brown the beef, mushrooms, and the onions and drain. Add the tomato sauce. Place the meat mixture into an ungreased 8 X 12 inch baking dish. Sprinkle generously with the shredded cheese. Separate the dough into 8 triangles. Mix in a small bowl, the sour cream, basil, and the oregano. Spread 1 tablespoon of the sour cream mixture onto each triangle. Loosely roll up each triangle of dough starting at the wide end and arrange on top of the casserole. Bake for 25 to 30 minutes.

## ***30 Delicious Dessert Recipes***

Almond Cakes

[Hot Fudge Pudding Cake](#)

Tiramisu

Cherry-Apple Turnovers

Chocolate Cookie Cups

Chocolate Ladyfinger Cake

Coffee Angel Food Cake

Magic Lemon Meringue Pie

Coffee Cheesecake

Devil's Food Cookies

Lemon Cookies

Lemony Cheesecake With Raspberry Topping

Light Pumpkin Pie

Marbled Cheesecake

Mississippi Mud Cake

Mocha Fudge Pie

Strawberry Shortcake

Upside-down Apple Tart

Apple Coffee Cake

Apple Pie Cake

Grandma's Banana Cake

Black Bottom Cupcakes

Black Cake

Chocolate Chip Cake

Cocoa Cola Cake

Orange Cake

Grandma's Applesauce Cake with Raisins and Pecans

Black Forest Trifle

Pineapple Crumbcake

Savannah Cream Cake

## Hot Fudge Pudding Cake

Serving Size: 9

Preparation Time: 0:11

1 cup all-purpose flour  
1/2 cup sugar  
2 tablespoons unsweetened cocoa  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup skim milk  
1 tablespoon vegetable oil  
1 teaspoon vanilla extract  
1/3 cup sugar  
2 tablespoons unsweetened cocoa  
1/8 teaspoon salt  
1 cup boiling water  
4 cups vanilla ice milk

Combine flour, sugar, cocoa, baking powder, and salt in a medium bowl, and stir well.

Combine skim milk, oil, and vanilla; add to dry ingredients, and stir well. Spoon batter into a 9-inch square baking pan.

Combine 1/3 cup sugar and next 2 ingredients. Sprinkle over batter.

Pour 1-1/2 cups boiling water over batter. (Do not stir).

Bake at 350 degrees for 30 minutes or until cake springs back when lightly touched in center.  
Yield: 9 servings (serving size: 1 [3 x 3-inch] piece and 1/2 cup ice milk).

-----

Notes: It may taste like you're splurging, but this cocoa-laced pudding cake is really a heart-healthy treat, says registered dietitian Susan Hagins White, of Surfside Beach, South Carolina.

Serving Ideas: Serve topped with ice milk.

Per serving: 228 Calories; 5g Fat (17% calories from fat); 5g Protein; 45g Carbohydrate; 8mg Cholesterol; 188mg Sodium

## ***Bonus Fudge And Cookie Recipes***

[Angel Fudge](#)

[Chocolate College Fudge](#)

Chocolate Fudge

Fantasy (Perfect) Fudge

Two-Story Fudge

Creamy Chocolate Fudge

Creamy Milk Chocolate Fudge

Double-Decker Fudge

Alltime Favorite Raisin Cookies

Almond Double Chip Cookies

[Almond Shortbread Cookies](#)

[Amish Sugar Cookies](#)

Baby Ruth Cookies

Best Oatmeal Cookies

Big Soft Chocolate Chip Cookies

Brown Sugar Cookies

Candy Cane Cookies

Cherry Chocolate Cookies

Christmas Butter Cookies

Christmas Fruitcake Cookies

Christmas Ginger Cookies

Frosted Spice Cookies

Giant Oatmeal Spice Cookies

Golden Maple Sugar Cookies

Lemon Butter Cookies

Molasses Sugar Cookies

Old Fashioned Peanut Butter Cookies

## Angel Fudge

Yield: 8 servings

2 c Sugar  
8 tb Hershey's chocolate syrup  
1 c Milk  
1 tb Butter  
1 ts Vanilla  
1 sm Can marshmallow whip

Place the sugar, chocolate syrup and milk in a deep kettle and stir until the ingredients are well blended. Boil without stirring until the mixture will form a soft ball when dropped into cold water. Remove from fire and add the butter, vanilla, and marshmallow whip and allow to stand until the mixture has cooled to lukewarm. Then beat until creamy and pour into buttered tins. Cut into squares.

## Chocolate College Fudge

Yield: 8 servings

6 tb Hershey's cocoa; or 1/4 lb Hershey's baking chocolate  
1 c Milk  
3/4 c Boiling water  
4 c Granulated sugar  
2 tb Butter  
1 ds Salt  
1 ts Vanilla

Use a large kettle to make this fudge, as it will boil very high. Break the chocolate into pieces and add the water, or simply mix cocoa and water; cook till thick. Mix the sugar, milk and salt and add to the chocolate; cook slowly, stirring all the time, until the sugar is dissolved, then boil more rapidly until the mixture will make a soft ball when dropped into cold water. Add the butter without stirring and let the mixture stand until it is cold. Now beat vigorously till nearly dry. Place in oblong shallow pans which have been well buttered; cut in squares. A cupful of broken nut meats or candied fruit may be added for variety.



## **Almond Shortbread Cookies**

Yield: 3 dozen

1 c Flour, all-purpose  
1/2 c Cornstarch  
1/2 c Sugar, powdered  
1 c Almonds, finely chopped  
3/4 c Butter; softened

Combine flour, cornstarch, and powdered sugar; stir in almonds. Add butter; blend with a wooden spoon until a soft dough forms.

Shape dough into small balls. Place on ungreased cookie sheet; flatten each ball with lightly floured fork. Bake at 300 degrees for 20 to 25 minutes or until edges are only lightly browned. Cool before storing.

## **Amish Sugar Cookies**

Yield: 24 servings

1/2 c Sugar;  
1/3 c Powdered Sugar;  
1/4 c Margarine; (1/2 stick)  
1/3 c Vegetable oil  
1 Egg; (large)  
1 ts Vanilla  
1 ts Lemon or almond flavoring  
2 tb Water  
2 1/4 c All-purpose flour  
1/2 ts Baking soda  
1/2 ts Cream of tartar;  
1/2 ts Salt

Place sugars, margarine and oil in a mixer bowl and mix at medium speed until creamy. Add egg, vanilla, flavoring and water, and mix at medium speed for 30 seconds, scraping down the bowl before and after adding these ingredients. Stir remaining ingredients together to blend well; add to creamy mixture and mix at medium speed to blend. Form dough into 24 balls using 1 tablespoon dough per ball. Place balls on cookie sheets that have been sprayed with pan spray or lined with aluminum foil. Press balls down evenly to 1/2" with the back of a tablespoon dipped in water. Bake at 375 for 12 to 14 minutes, or until cookies are browned on the bottom and lightly browned around the edges. Remove cookies to a wire rack and cool to room temperature.

## **30 Great BBQ Sauces**

[Honey Spiced BBQ Sauce](#)

[Hot Barbecue Sauce](#)

[Hot Georgia BBQ Sauce](#)

Layo Barbecue Sauce

Barbecue Sauce

Teriyaki Marinade & BBQ Sauce

Oak Sauce

Barbecue Sauce

Barbecue Sauce for a Crowd

Kansas City - Style Sauce

Kinda Karolina Sauce

KY Colonels Secret Pork BBQ Sauce

Ol' Fashion Barbecue Sauce

Moppin' Sauce

Missouri Barbecue Sauce

[Molasses Orange Barbecue Sauce](#)

[Mustard Based Central South Carolina BBQ Sauce](#)

[N.C. Basting Sauce](#)

New Orleans Barbeque Sauce

No Salt Barbecue Sauce

North Carolina-Style Barbecue Sauce

Eastern North Carolina Rub & Sauce

Western North Carolina Smoked Pork Sauce

Oriental BBQ Sauce

Pungent BBQ Sauce

Quick BBQ Sauce

Ranch Barbecue Sauce

Red Hot Barbecue Sauce

Pineapple Cranberry Barbecue Sauce

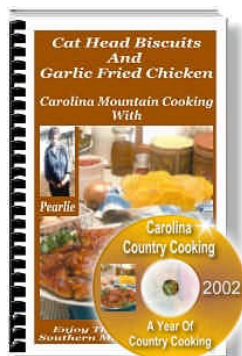
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## Honey Spiced BBQ Sauce

1 1/4 c Catchup	2 tb Dry mustard
2/3 c Salad oil	3 ts Ginger, fresh grated
3/4 c Vinegar	1 ea Lemon, sliced thinly
5 tb Worcestershire sauce	3 tb Butter
1 c Honey	

Combine all ingredients in a saucepan and heat to blend together.

## Hot Barbecue Sauce

1 1/2 c Tomato juice	1 Garlic clove,peeled
1/3 c Brown sugar	1/4 c Cider vinegar
1 Onion slice,thick	1 t Chili powder*
1/4 Green pepper,seeded	1 T Prepared mustard
1 Celery stalk	

\* - more if preferred.

1. Combine ingredients in a saucepan and let steam; keep just under simmering point for about 30 minutes. Remove and discard onion, green pepper, celery, and garlic.

2. Brush sauce on meat or chicken during last 15 minutes of cooking. If desired, spoon additional sauce over cooked meat when serving.

## Hot Georgia BBQ Sauce

1/2 c Lemon juice	1/3 c Vinegar'
1/4 c Ketchup	1/4 c Water
1 tb Brown sugar	1 ts Salt
1 ts Dry mustard	1 ts Paprika
1/2 ts Pepper	1/2 ts Cayenne
1/2 ts Onion powder	1/8 ts Garlic powder
1 ts Tabasco sauce	2 tb Butter

Combine all ingredients in a saucepan. Heat to boiling point. Use for barbecuing chicken, pork, veal, beef or lamb.

## **Molasses Orange Barbecue Sauce**

1 cn Tomato soup, condensed -10 3/4 oz size	1 tb Seasoned salt
1 tb Dry mustard	1 cn Tomato sauce, 8 oz can
1 tb Worcestershire sauce	1/2 c Molasses, light
1 tb Orange peel, finely shredded	1/2 c Vinegar
1 1/2 ts Paprika	1/2 c Brown sugar, packed
1/2 ts Pepper, black	1/4 c Vegetable oil
1/4 ts Garlic powder	1 tb Minced onion, instant

In a saucepan, combine all ingredients. Bring to a boil; reduce heat and simmer uncovered for 20 minutes. Use to baste beef or poultry last 15 minutes of grilling.

## **Mustard Based Central South Carolina BBQ Sauce**

3 T Peanut Oil	2 T Honey
2 ea Minced Garlic Cloves	1 T Brown Sugar
1 ea Minced Onion	2 t Dry Mustard
1/2 c Catsup	1 t Ginger
1/3 c Apple Cider Vinegar	1 pn Salt
2 T Lemon Juice	

Combine ingredients and set aside. Grill meat (do not add anything). During the last 4-10 minutes baste with this sauce. Boil the remaining sauce and spoon 2 T's onto each plate, adding the meat portion.

## **N.C. Basting Sauce**

2 c Vinegar, cider	1 tb Worcestershire sauce
1 tb Tabasco sauce	1 tb Chili powder
2 tb Paprika	1 c Water
3 tb Salt	

Combine all ingredients and let sit for an hour or more at room temperature to let flavors combine and mature.

# ***The Carolina Country Cooking 2002 Recipe Archive***

[Barbecued Meat Balls](#)  
[Wellington Meat Loaf](#)  
Salisbury Steak  
Swiss Cheese Meat Loaf  
Lemon Steak  
Beef With Mushroom Sauce  
Marinated London Broil  
Zesty Pot Roast  
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Delightful Ham Rolls  
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Fast Chicken "N" Dumplings  
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Broccoli Casserole  
Carolina Country Slaw  
Spiced Up Carrot Strips  
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Spinach Casserole  
Pan Fried Squash  
Fried Green Tomatoes  
Stuffed Tomatoes  
No Crust Zucchini Pie  
Carolina Country Hobo Bread  
Applesauce Nut Bread  
Pumpkin Bread  
Cranberry Nut Bread  
Peanut Butter Bread

Heavenly Angel Biscuits  
Cheese Biscuits  
Blueberry Oatmeal Drop Biscuits  
Our Favorite Southern Biscuits  
Mayonnaise Biscuits  
[Caramel Pecan Sticky Biscuits](#)  
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Brown Paper Bag Apple Pie  
Blueberry Crumb Pie  
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No-Bake Oatmeal Cookies  
Old-Fashioned Sugar Cookies  
Soft Molasses Cookies  
Oatmeal Jam Cookies  
Chocolate Coconut Macaroons  
Peanut Butter 'N' Chocolate Fudge

Continued...

# ***The Carolina Country Cooking 2002 Recipe Archive Continued***

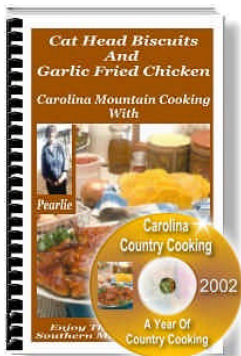
Mashed Potato Candy  
Potato Soup  
Pumpkin Soup  
Traditional Eastern North Carolina Style Barbecue Sauce  
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## **Barbecued Meat Balls**

### **Ingredients:**

1 lb. of Hamburger  
1/2 cup of milk

1 cup of dry breadcrumbs  
1/2 tsp. of Pepper

Mix the above ingredients together and make into balls.

### **Sauce:**

1/2 tbsp. of Worcestershire sauce  
1/2 cup of water  
1/4 cup of vinegar  
1/2 cup of chopped onion

1 tbsp. of Sugar  
1/2 cup of catsup  
1/2 cup of chopped bell peppers

Mix the ingredients for the sauce together and pour over meatballs and bake uncovered for 45 minutes at 350 degrees.

## **Wellington Meat Loaf**

### **Meat Loaf Ingredients:**

2 eggs, beaten  
1/4 cup of milk  
1/4 cup of catsup  
1 – 1 3/8 oz. package of dry onion soup mix  
1 tablespoon of chopped parsley  
2 slices of bread torn into pieces  
2 lbs. of a mixture of ground beef, veal, and pork  
1 – 7/8 oz. package of mushroom gravy mix

### **Pastry Ingredients:**

1/2 cup plus 2 tablespoons of all purpose flour  
A dash of salt  
1 tablespoon of shortening  
2 tablespoons of butter cut into pieces  
1 1/2 to 2 tablespoons of cold water

Combine the flour and salt in a mixing bowl. Cut in the shortening, then cut in the butter until mixture resembles coarse meal. Stir in the water with a fork. Wrap the dough in wax paper and chill for 30 minutes. Place dough on a floured surface and roll to about 1/8" thick. Combine the eggs, milk, catsup, the onion soup mix and mix well. Add to the meat mixture and mix thoroughly. Place the meat mixture into a 13" X 9" X 2" pan and shape into a loaf. Center the pastry over the meat loaf, tucking the pastry around the bottom of the meat loaf to seal in the juices. Prick the top of the pastry with a fork. Bake at 350 degrees for 1 hour and 15 minutes. Prepare the mushroom gravy

## Strawberry Glazed Ham

### Ingredients:

1, 5 to 7 pound fully cooked ham  
1-1/2 cups strawberry preserves  
1/3 cup of prepared mustard  
1/4 cup of lemon juice

Trim the skin from the ham. In a roasting pan put the ham fat side down and bake for 1 to 2 hours at 325. While the ham is cooking in a small pan combine the preserves mustard and lemon juice. Over low heat cook until well blended. In the last 20 minutes of the ham baking brush with 1/2 cup of the strawberry glaze. Use the rest of the glaze for a sauce.

## Elegant Chicken Casserole

### Ingredients:

1 pound of chicken breasts cut into 2" chunks  
2 cans of cream of chicken soup  
1 cup of white wine  
1 small package of Pepperidge Farm herb stuffing mix  
1/2 cup of melted butter

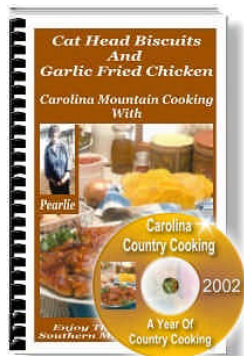
Layer the chicken chunks in a 9" X 13" baking dish. Mix the soup and wine together and pour over the chicken. Layer the stuffing mix on top of the chicken and drizzle the melted butter over the stuffing mix. Bake at 350 degrees for 30 minutes.

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## **Caramel Pecan Sticky Biscuits**

Ingredients for the topping:

2/3 cup of brown sugar, firmly packed  
1/4 cup of light corn syrup  
1/4 cup of butter, melted  
1/2 teaspoon of ground cinnamon  
1 cup of pecan halves

Ingredients for the biscuits:

2 cups of all-purpose flour  
1 cup of uncooked Quaker Oats (quick or old Fashioned)  
1/4 cup of granulated sugar  
1 tablespoon of baking powder  
3/4 teaspoon of baking soda  
1/2 teaspoon of salt  
1/2 teaspoon of ground cinnamon  
1/3 cup of butter  
1 cup of buttermilk

Heat oven to 425 degrees F. For the topping, combine first four topping ingredients and mix well. Spread this mixture onto the bottom of a 9-inch square baking pan. Sprinkle with the pecan halves and set aside.

For the biscuits, combine the dry ingredients and mix in the buttermilk, just until moistened. Knead gently on a lightly floured surface 5 to 7 times the pat the dough into an 8-inch square and cut with a knife into sixteen 2-inch square biscuits. Place the biscuits on top of the topping in the pan. Bake for 25 to 28 minutes or until golden brown. Let the biscuits stand for 3 minutes and then invert onto large platter and serve warm.

## **Corn Pone**

Ingredients:

1 1/2 cups of plain corn meal  
1 1/3 cups of buttermilk  
2 eggs  
3 tablespoons of hot vegetable oil  
1/2 teaspoons of baking soda

Pre-heat oven to 425 degrees while heating the well oiled skillet over medium heat. When the oven is ready, mix all ingredients; add buttermilk to make a rather thin, but not watery batter. Pour the batter into the skillet, place in the oven, and cook until golden brown, usually 25-30 minutes.

## **Betty's Carrot Cake Supreme**

### **Ingredients:**

2 cups of sugar  
4 eggs  
2 1/4 cups of plain flour  
1 1/4 cups of cooking oil  
2 tsp. of Soda  
1 tsp. Vanilla  
1 tsp. of Butter favoring  
1 cup of coconut  
2 tsp. of cinnamon  
1 tsp. of Salt  
1 small can of crushed pineapple (undrained)  
3 cups of grated carrots  
1/2 cup of chopped walnuts or pecans

Cream the sugar and oil. Beat in the eggs. Next add in the dry ingredients then fold in the pineapple, carrots, and walnuts. Pour into 3 – 8 or 9-inch pans. Bake the cakes at 350 degrees for 35-40 minutes.

### **Cake Icing:**

1 8 oz. Package of cream cheese (room temperature)  
1 stick of butter  
1 box of confectioner's sugar  
2 tsp. of Vanilla  
1/2 cup of chopped walnuts or pecans

Blend all the ingredients together until creamy and spread on cooled cake.  
Decorate as desired.

## **Depression Cake**

### **Ingredients:**

1/2 cup lard or vegetable shortening  
2 cups of sugar  
1 cup of cold water  
1/2 teaspoon of salt  
1/4 teaspoon of ground cinnamon  
1/4 teaspoon of nutmeg  
1/4 teaspoon of ginger  
1 tablespoon of baking soda  
4 1/2 cups of plain flour

Mix all ingredients together and bake in a greased and floured loaf pan at 325 degrees for 1 hour and 15 mins.

## **Peach Yum Yum**

### **Ingredients:**

3 cups of graham cracker crumbs  
2 envelopes of Dream Whip whipped topping  
2 cans of peach pie filling  
1 cup of cold milk  
1 1/2 sticks of margarine or butter, melted  
3/4 cup of sugar  
1 – 8 oz. package of cream cheese

Mix the graham cracker crumbs and the butter together in a bowl. Mix the milk, sugar, cream cheese, and the Dream Whip with an electric mixer until thick. Put 1/2 cup of the graham cracker mixture in the bottom of the desired serving dish. Layer 1/2 of the Dream Whip mixture and then the peach pie filling. Then layer the remaining Dream Whip mixture on top of the pie filling and top with the remaining graham cracker mixture. Refrigerate until cold.

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"Just A"  
Spicy Blackened Catfish  
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Barbecued Kabobs  
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Easy Oven-Fried Fish

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Grilled Herbed Corn on the Cob  
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Cabbage and Apples  
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Spiced Pumpkin Muffins  
Cranberry Pumpkin Bread  
Maple Pumpkin Cheesecake  
Pinto Bean Casserole  
Spicy Saucy Pork Chops  
Zucchini Casserole  
Cranberry Apple Pie  
Roast Turkey Breast with Warm SweetPotato  
Pineapple Relish  
Green Beans With Wild Mushrooms  
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Toffee Squares  
Festive coconut Cookies  
Date Pinwheels  
One Bowl Brownies  
Old Fashioned Peppermint Candy  
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Chocolate Butterscotch Christmas Fudge  
Christmas Fruitcake Cookies  
Wassail  
Mom's Gingerbread  
Pumpkin Pie Cake  
Pumpkin Gingersnap Pie  
Double Layer Pumpkin Pie  
Cranberry Glaze For Turkey  
Frosted Cranberry Salad

## **Vidalia Onion Casserole**

### Ingredients:

5 large Vidalia onions  
1 stick of margarine  
Ritz crackers or any buttery crackers  
Parmesan cheese

Peel and slice the onions into thin rings then saute in the margarine until transparent. Layer 1/2 of the onions in a 1 1/2 quart casserole dish. Sprinkle with the Parmesan cheese and then with the crushed crackers. Repeat the layer of onions, cheese, and crackers. Bake uncovered for 30 minutes at 350 degrees until browned.

## **Poor Man's Stroganoff**

### Ingredients:

1 package of chicken tenders  
1 small onion, chopped  
1 can of cream of celery soup  
1 16oz. container of sour cream  
1 can of cream of mushroom soup  
1 package of egg noodles  
Salt and Pepper to taste

Brown the chicken tenders in a skillet and add the chopped onions. Cook for a few minutes until the onions start to become tender. Add 1/2 can of the cream of celery soup, the whole can of the cream of mushroom soup and the container of sour cream. Bring the mixture to a boil, then reduce the heat and simmer. While the chicken mixture is simmering, boil the egg noodles until tender then drain and add to the chicken mixture. Simmer a few more minutes or until well heated through. Makes about 6 six servings.

## **Chocolate Nut Pie**

### Ingredients:

3 cups of sugar  
7 teaspoons of cocoa  
4 eggs, beaten  
1 large can of carnation milk  
1 stick of butter, softened  
1 teaspoon of vanilla  
2 cups of coconut  
1 cup of chopped pecans  
A dash of salt  
3 (9") unbaked pie shells

Combine the sugar, cocoa, and the eggs and mix well. Add the milk and the softened butter. fold in the vanilla, coconut, pecans, and salt. Pour the mixture into the 3 unbaked pie shells and bake for 40 minutes at 350 degrees.

## **Deviled Chicken Breasts**

### Ingredients:

2 tablespoons of vegetable oil  
2 tablespoons of water  
1 tablespoon of cider vinegar  
1 teaspoon of chili powder  
1/2 teaspoon of dry mustard  
1/2 teaspoon of salt  
1/4 teaspoon of hot pepper sauce  
1 teaspoon of Worcestershire sauce  
4 boneless, skinless chicken breast halves

Mix the oil, water, vinegar, mustard, chili powder, hot pepper sauce, salt, and the Worcestershire sauce in a wide shallow bowl. Add the chicken breasts, turning until well coated. Preheat the broiler. Place the chicken breasts in a baking pan and place about 6 inches from heat. Broil for 10 minutes then turn and baste with the seasoned oil mixture. Continue to broil for an additional 10 to 15 minutes or until the chicken is done.

## **Savory Stewed Potatoes**

### Ingredients:

6 medium potatoes, peeled  
1 medium onion, chopped  
1 medium green pepper, thinly sliced  
1 1/2 to 2 tablespoons of all purpose flour  
2 tablespoons of butter  
1 beef bouillon cube  
1 cup of boiling water  
1/2 red pepper, thinly sliced  
Dash black pepper  
Chopped parsley

Saute the onion and green pepper in the butter until tender. Stir in the flour and the black pepper. Dissolve the bouillon cube in the boiling water and stir into mixture. Cut the potatoes in wedges and put in the bouillon mixture, bring to a boil; cover and simmer for 25 to 30 minutes. Sprinkle with parsley and red pepper.

## **Moist And Easy Pineapple Cake**

### Ingredients:

2 eggs  
1 (20 ounce) can crushed pineapple, undrained  
2 cups of flour  
1 cup of sugar  
1 cup firmly packed brown sugar  
2 teaspoons of baking soda  
1 cup of chopped pecans

Preheat oven to 350 degrees.

In large bowl, beat eggs until light and fluffy. Add the pineapple, flour, sugar, brown sugar and the baking soda. Mix by hand until well blended. Stir in pecans. Spread in an un-greased 9" X 13" X 2" baking dish. Bake for 40 to 50 minutes or until a toothpick inserted in the center comes out clean. Cut into squares and serve warm with a scoop of vanilla ice cream on top.



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