

Stirring Up the Past: Revolutions in Tennessee Cooking



This photograph, taken in 1948, shows Alma Hastings and Sue Wells, a TVA home economist, at the Hastings' home in Henry County. ~Looking Back At Tennessee Collection

*Recipes from 1767 to 1985
Presented by the Tennessee State Library and Archives*

Southern Comfort

Written by: Lori Lockhart

Nothing comforts a Southerner more than food. Food can make you feel safe and loved and certain foods can even make you experience nostalgia. Foods like coconut cake (that no one could make exactly like your mother) or your grandmother's pecan pie (which was the only pecan pie you would ever eat) soothe you in a way nothing else can. There is something special about foods like that. You take comfort in having the recipes of these special foods passed down to you. These recipes mean that you can experience the same comfort that your ancestors did. That is what this recipe collection is all about.

This handout is full of "receipts" from times gone by. All of the recipes presented here are from historical collections within our holdings and span the time period 1767 to 1985. You can see history in here if you look for it. You can see examples of liquor substitutions in recipes during Prohibition, ration recipes used during World War II, and pioneer adaptations of Native American dishes. Take a walk through Tennessee history and discover a little Southern comfort along the way.

Collections

Grassmere Collection, 1786-1985

The Grassmere Collection is centered around five generations of a family that lived at *Grassmere Farm* near Nashville: Michael C. Dunn (1770-1853), Lee Shute (no dates), William Dickson Shute (1834-1916), and the Croft sisters, Margaret (1889-1974) and Elise (1894-1985). The collection consists of accounts, cards, clippings, correspondence, court records, financial documents, genealogical data, journals, land records, legal documents, maps, newspapers, notebooks, photographs, printed material, programs, tax records, and writings. Letters from William Polk, Thomas G. Polk, Hardy Murfree, and Matthew Fontaine Maury are included. One letter, written by Everard Hall in 1831, gives a firsthand account of the Nat Turner slave uprising in Southhampton County, VA. There are several Civil War period letters. Hundreds of photographs of *Grassmere* and the people who lived within its spacious confines are also contained in the collection. The collection provides an unusually complete documentary record of a large family farm over two centuries of operation.

Norvell Sevier Rose Collection, 1846-1930

The Norvell Sevier Rose Collection contains the recipe books of Norvell Sevier Rose, a Nashvillian and descendant of John Sevier. Some of the recipe books also contain interesting household health tips and home remedies.

Southern Recipes, Florence Wright Matthai Scrapbook, no dates

Contained in this collection is a scrapbook on American folk cookery and typescript copies of recipes from Southern cooks including several Tennesseans. The scrapbook and the Southern recipes collection were both compiled by Florence Wright Matthai, a specialist in "beaten biscuits." The scrapbook includes clippings, letters, photographs, and advertising items for Mrs. Matthai's own Good Cheer biscuits, made in Nashville.

Felicia Grundy Porter Papers, 1890-1958

Felicia Grundy Porter was born, in Tennessee, about 1873. She was the daughter of R. M. and Jessie Marshall Porter. She was the great-granddaughter of Felix and Ann Grundy and the granddaughter of Dr. Robert Massengill and Felicia Grundy Porter. Miss Porter graduated from Ward Seminary prior to attending George Peabody College and Columbia University. She studied Library Science at Columbia and served as librarian at the Watkins Institute and Nashville Public Library for 40 years. The Felicia Grundy Porter Papers focus on Felicia Grundy Porter, her career as a librarian, Felix Grundy and the First Presbyterian Church of Nashville.

Mary White May Papers, 1863-1898

The Mary White May Papers consist of items relating to Mary White May. Included are letters from Ella Bate, Frank S. Davis, George D. White, L. P. Yandell, J. F. J. Monmouth, Colbon Green, Hu. L. Craighead, Thomas H. Taylor, and Sam Perkins concerning the Civil War, her cousin's visit to Constantinople, describing an elaborate dinner in the harem of a Turkish Pasha, and family and community news; May's official pass which allowed her through Federal lines dated April 29, 1863; and several recipes for wine, yeast, biscuits, corn beef and eggs a la chine.

Washington Family Papers, 1796-1962

The Washington Family Papers consist of records of Wessyngton plantation (accounts, bills of sale, court records, financial records, inventories, land records, legal documents, tax lists, and receipts) and family papers (correspondence, cards, clippings, railroad papers, passes, photographs, newspapers, military records, genealogical data, and miscellaneous items).

Talbot-Fentress Family Papers, 1767-1953

The Talbot-Fentress Family Papers centers on the descendants of Colonel James Fentress (1763-1843) of Montgomery County, Tennessee, a Revolutionary War soldier, legislator, Speaker of the Tennessee House of Representatives (1815-1823) and a friend of Andrew Jackson; his son, David Fentress (1794-1855), pioneer and legislator of Bolivar, Tennessee; and his grandson, James Fentress (1837-1903), Civil War soldier, planter, lawyer, legislator, and delegate to the 1870 Tennessee Constitutional Convention; and his great-grandson, Calvin Fentress (1879-1957), banker, investment counselor, and genealogist of Chicago, Illinois. Included in the collection are account books, clippings, correspondence, diaries and memoirs, genealogical data, legal documents, obituaries, photographs, printed materials, resolutions, sketches, writings, and miscellaneous items.

Modern Day Conversions

Very slow oven	275° F
Slow oven	300° F
Moderately slow oven	325° F
Moderate oven	350° F
Moderately hot oven	375° F
Quick oven	400° F
Hot oven	425° F
Very hot oven	450° - 475° F

1 box gelatine	8 teaspoons of gelatin
1 cake yeast	2 envelopes of dry yeast
1 coffee cup	1 cup
1 dessert spoon	2 teaspoons
1 gill	½ cup
1 ounce ginger	5 tablespoons
1 pint	2 cups
1 pound brown sugar	2½ cups, packed
1 pound butter	2 cups
1 pound of flour	4 cups
1 pound powdered sugar	2½ cups
1 pound raisins	2¾ cups
1 pound sugar	2¼ cups
1 quart	4 cups
1 salt spoon	¼ teaspoon
1 spoonful	1 tablespoon
1 teacup	¾ cup
1 tumbler	1 cup
1 wineglass	¼ cup
size of an egg	¼ cup
1 peck	¼ bushel

Please remember that consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Please note: When possible, the original format of the recipes was kept to preserve authenticity. The spelling has been modified and additional wording has been used to make the recipes easier to read. Supplementary wording is encased in [brackets]. Name brands have been removed from some recipes. Notes regarding pertinent information follow many of the recipes.

Egg Bread - S. L. Polk

1 pint meal sifted three times, 1 pint cream clabber or buttermilk, 1 heaping tablespoon butter, teaspoonful soda, 3 eggs beaten separately

~ Grassmere Collection, 1786-1985

Mother Polk's Muffins

4 eggs beaten separately, 1 tablespoonful of butter, 3 pints flour, 1 quart of cream

~ Grassmere Collection, 1786-1985

Corn Cakes

Two teacups of hominy or [corn] mush, stir in one tablespoon of butter while hot, when cool add two eggs, one teaspoonful of salt, two teacups of meal, add alternately with milk, beat a great deal

~ Grassmere Collection, 1786-1985

Lady Cake

1 pound flour, 1 pound sugar, $\frac{3}{4}$ pound butter, whites of a dozen eggs, 1 teaspoonful cream of tartar, put in the flour before sifting, mix and bake like silver cake, flavor with extract of orange or almond

~ Grassmere Collection, 1786-1985

Egg Nog

1 dozen eggs broken separately, beat the yolks, then add 12 tablespoonfuls of sugar and beat as for cake and by degrees stir in $1\frac{1}{2}$ tumblers full of brandy, then alternately the whipped whites of eggs and one pint of cream

~ Grassmere Collection, 1786-1985

Silver Cake

1 pound sugar, 1 pound butter, 1 pound flour, the whites of 18 eggs, take out 3 large tablespoonfuls from the pound of flour and add that quantity of corn starch, 1 teaspoonful cream of tartar, put in the flour before sifting, cream the butter and flour together, omitting one tablespoonful of butter, add the sugar and beaten whites alternately to the dish of flour and butter, and beat the whole very hard with the hand for ten minutes

~ Grassmere Collection, 1786-1985

Molasses Cake

1 quart flour, 1 cup butter or lard, 1 cup molasses, 1 cup brown sugar, 3 eggs, 1 teaspoonful soda, 1 cup of milk, a little cloves, ginger and mace

Bake in a pan.

~ Grassmere Collection, 1786-1985

Coronado Egg-Nog

For 8 quarts of egg-nog:

1 bottle extra dry rum (90 proof)

2 bottles cognac (84 proof)

3 dozen eggs

1 quart cream

3 quarts milk

$\frac{3}{4}$ pound powdered sugar

Separate egg whites and yolks.

Beat egg whites and add the sugar.

Stir thoroughly.

Beat egg yolks and add milk and cream.

Then stir in the rum and brandy, and slowly pour the egg whites into the bowl.

Sprinkle with grated nutmeg and place in an ice-box to chill.

~ Grassmere Collection, 1786-1985

Jellied Cucumber and Pineapple Salad

1 envelope gelatin

$\frac{1}{2}$ cup cold water

$1\frac{1}{2}$ cups boiling water

juice of 1 lemon

$\frac{1}{2}$ cup mild vinegar

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon salt

1 can grated pineapple

1 cup cucumber chopped

green [food] coloring

Heat pineapple and juice to the boiling point and add gelatin which has been dissolved in $\frac{1}{2}$ cup cold water, then add boiling water, lemon juice, vinegar, sugar, salt, and green [food] coloring, when cooled add cucumbers which have been cut into small squares, mold in way desired, and serve with mayonnaise icing.

~ Grassmere Collection, 1786-1985

One, Two, Three, Four Cake

One cup butter, two cups sugar, three cups flour, four eggs, season to taste, one teaspoonful cream tartar, mix and bake like pound cake.

~ Grassmere Collection, 1786-1985

Rebel Cake or Confederate Cake

One cup of butter, two cups of sugar, three of flour, four eggs, one-half cup of sweet or sour milk, one teaspoonful of soda (dissolve soda in milk), two cups of jam (usually blackberry jam), nutmeg.

~ Private Collection, ca. 1861-1865

Corn Meal Muffins

Corn meal, 1 cupful

Flour, 1 cupful

Baking Powder, 2 teaspoonfuls

Salt, ½ teaspoonful

Milk, 1 cupful

Butter, 1 tablespoonful

Eggs, 1

Scald ½ of the milk. Separate the egg and beat the white to a stiff froth. Put the corn meal in a bowl. Make a well in the center. Into the well pour the salt and butter. Stir in the scalded milk. Add the yolk unbeaten, the cold milk and the flour and baking powder sifted together. Beat well and fold in the beaten whites. Bake in a hot oven 30 minutes.

(Of course you can use less white flour and more corn meal or all corn meal.)

~ Grassmere Collection, 1786-1985

Lady Fingers - Mary Leige Simons

4 eggs, separated

3 ounces sifted flour

3 ounces powdered sugar

½ cup rose water or orange flower water

Beat the egg whites stiffly. At the same time, have the yolks beaten with the powdered sugar. Combine the two and fold in the flour and the rose or orange flower water. Grease the cookie sheets and form the cakes with a spoon in lady finger shape. Sprinkle white sugar over each, let them lie until the sugar melts and they shine. Then put them in a moderate oven, 350, until they brown delicately, about 7 minutes. When cool take them from the sheet and lay them together in couples, back to back. They may also be baked round. In this form. We made 6 dozen tiny cakes from this recipe.

~ Grassmere Collection, 1786-1985

Brown Cakes - Ruth W. Norfleet

1 quart molasses

1 pound butter

4 pounds flour

¼ cup cream

1 pound sugar

2 tablespoonfuls cinnamon

1 tablespoonful ginger

1 teaspoonful cloves

Roll very thin, cut into shapes and bake

~ Grassmere Collection, 1786-1985

Chocolate Cake

1 cup sugar
½ pound butter
½ a glass of water
4 eggs
7 teaspoons of cocoa
2 cups flour
2 teaspoons of baking powder
1 teaspoon vanilla

Cream butter and sugar then add little by little half a glass of water stirring always, then four yolks of eggs well beaten and the four whites beaten very stiff, add after 7 teaspoons of cocoa and when all is well mixed add two cups of flour and two teaspoons of baking powder, mix and whisk well, pour in a buttered mold, cook in moderate oven.

I didn't beat the yolks, just mixed them stirring very hard and also I added last the whites of eggs.

The cream

2 cups milk
2 cups sugar
2 large spoons of cocoa
2 large spoons of corn starch
1 teaspoon vanilla

Cook the whole thing on a slow fire, stirring without stopping until the cream becomes thick. Let it get cool then cut the cake in half put a part of the cream inside and with the rest cover entirely the cake.

~ Grassmere Collection, 1786-1985

Vanilla Nut Icebox Cookies

1 cup shortening
1 cup white syrup
1 cup brown sugar
2 eggs
1 tablespoon vanilla
1 cup nuts
4 cups flour
¼ level teaspoon salt

3 level teaspoons baking powder

Cream sugar, shortening, beaten eggs, chopped nuts, and vanilla. Shift flour baking powder and salt and add to mixture. Make into balls and place in the ice box until hard enough to cut. Cut ¼ inch slices and bake in a quick oven.

Hard sauce

1 cup powdered sugar, ⅓ cup butter, ½ teaspoon lemon extract or juice or 1 teaspoon vanilla
Cream butter and sugar. Add flavoring.

~ Grassmere Collection, 1786-1985

Crab and Olive Salad

Flake 2 cups of crab meat and mix it with $\frac{2}{3}$ cups chopped ripe olives and $1\frac{2}{3}$ cups finely diced celery. Give $\frac{1}{4}$ cup mayonnaise character by adding a little white wine, a speck of dry mustard and 1 tablespoon lemon juice. Toss the crab mixture in this mayonnaise. Scoop out French rolls and pile the salad on the rolls. Serve to 4 with ice cold ale as a companion.

~ Grassmere Collection, 1786-1985

Chicken Salad Tomar

Boil one large roasting chicken until tender. When cold, remove meat and cut in fairly large pieces. Add sections from 2 oranges, 2 sliced bananas and season with salt. Make a sauce of $\frac{1}{2}$ cup whipped heavy cream, $\frac{1}{2}$ cup mayonnaise, 1 tablespoon catsup, 1 teaspoon each Worcestershire sauce and A-1 sauce, juice of $\frac{1}{4}$ lemon, generous dash of cognac. Mix well, pour over chicken and fruit. Mixing with care so orange sections will not be crushed. Enough for 6.

~ Grassmere Collection, 1786-1985

Fudge Sauce

2 cups white sugar

1 cup brown sugar

1 cup cocoa

3 tablespoons flour

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

$1\frac{1}{2}$ cups water

$\frac{1}{2}$ teaspoon vanilla

Mix the dry ingredients thoroughly and add the butter and water. Bring to the boiling point and continue until thick about ten minutes. Add the vanilla. This is good served hot or cold over ice cream or cake. Makes about one pint of sauce.

~ Grassmere Collection, 1786-1985

Sour Cream Cake - Mrs. Robert Browning, Nashville, Tennessee

3 cups sugar

1 cup butter

6 eggs, separated

3 cups sifted flour

$\frac{1}{4}$ teaspoon soda

1 cup sour cream

Cream butter and sugar thoroughly. Add egg yolks one at a time, beating after each addition.

Combine flour and soda, add mixture alternately with sour cream to egg sugar combination.

Fold in beaten egg whites. Pour batter into greased and floured 10 inch tube pan and bake in 325 oven for about $1\frac{1}{2}$ hours.

~ Grassmere Collection, 1786-1985

Cocoa Pound Cake - Mrs. Robert Browning, Nashville, Tennessee

1 cups butter
3 cups sugar
½ cups liquid shortening
5 eggs, unbeaten
3 cups sifted flour
1 teaspoon baking powder
½ teaspoon salt
½ cup cocoa
1 cup sweet milk

Cream butter and sugar together. Add liquid shortening then add eggs, beating well. Combine sifted flour, baking powder, salt and cocoa. Add flour mixture alternately with the milk. Blend well. Bake in greased and floured stem pan in 325 oven for about 1½ hours or until cake tests done. Turn on rack to cool.

~ Grassmere Collection, 1786-1985

Green Tomato Pickle - Mrs. Robert Fite

1 peck green tomatoes, 6 large onions, chopped, 1 cup of salt. Let stand all night. Next morning turn off juice and add 2 quarts vinegar, 2 pounds brown sugar, tablespoon each of cinnamon, cloves, black pepper, ginger and mustard. Let come to a boil and cool 20 minutes before putting in jars.

~ Grassmere Collection, 1786-1985

Lemon Chiffon Pie - Venie Hotchkiss

1 tablespoon of gelatin
¼ cup cold water
1 cup sugar
½ cup lemon juice
1 teaspoon grated lemon rind
4 eggs, separated

Soak gelatin in cold water 5 minutes. Beat yolks light. Add ½ cup sugar, lemon juice and ½ teaspoon of salt. Cook in double boiler until mixture coats spoon. Then add rind and softened gelatin. Stir well and cool. When mixture begins to thicken, fold in stiffly beaten whites of eggs to which remaining ½ cup of sugar has been added. Fill a cooked pie shell and chill (if desired). Spread over top a thin layer of whipped cream.

~ Grassmere Collection, 1786-1985

Lemon Pie - Venie Hotchkiss

2 lemons, juice and rind
5 eggs [separated]
1 cup sugar

Beat yolks until light. Add sugar, lemon juice and grated rind. Put in double boiler. Cook till thick and smooth, stirring constantly. Let cool. Fold in ¾ of whites of eggs, beaten stiff. Place in baked crust. Add a little sugar (1 teaspoon to each egg, about 3) to [remaining] stiffly beaten whites. Spread over top and brown lightly.

~ Grassmere Collection, 1786-1985

One Egg Cake

½ cup milk
1½ cups flour

½ cup butter

¾ cup sugar

1 egg

½ teaspoon salt

2½ teaspoon baking powder

½ teaspoon vanilla

Cream butter and sugar. Add beaten egg [yolk]. Sift flour, salt and baking powder together and add alternately with milk. Add vanilla. Fold in stiffly beaten white. Bake [at] 325 for 30 minutes.

~ Grassmere Collection, 1786-1985

[During World War II, food was rationed due to shortages. Ration recipes, that cut down or substituted other things for items such as milk and eggs, became commonplace. One Egg Cake is a good example of a ration recipe as it uses only one egg and very little milk.]

Chocolate Pecan Pie

3½ tablespoons flour, 1 cup sugar, 2 tablespoons butter, 2 eggs, 1½ cups milk, 1 teaspoon vanilla, 3 tablespoons cocoa or 1 square chocolate. Mix the flour, sugar, salt and cocoa if used. Add milk. Cook in double boiler until thick. Remove from fire. Add beaten yolks and cook [a] few minutes longer. When done, add butter, ½ cup chopped nuts and pour into a baked pie shell. If chocolate is used, melt it and add after milk has been added. Make a meringue for the top with egg whites and brown [a] little.

~ Grassmere Collection, 1786-1985

Pumpkin Pie

1 cup cooked pumpkin

¾ cup cream

⅓ cup sugar

3 tablespoons molasses

½ teaspoon cinnamon

½ teaspoon of ginger

¼ teaspoon mace

¼ teaspoon salt

1 tablespoonful flour

Mix the ingredients thoroughly. Put them in the waiting crust and bake for forty-five minutes.

~ Grassmere Collection, 1786-1985

Stuffed Tomatoes - Cook Book of Mrs. A. M. Tigert, 1912

Take eight large round tomatoes of equal size. With a sharp knife remove all the inside, being careful not to break the skins. Put this in a bowl. Add to it a teacup of finely chopped veal or chicken, a teacup of bread crumbs, half a teacup of grated ham, 2 large tablespoons of melted butter, a tablespoon of salt and a teaspoon of pepper. Fill tomatoes and bake forty-five minutes. Green Peppers the same [way].

~ Grassmere Collection, 1786-1985

Egg Sandwiches - Cook Book of Mrs. A. M. Tigert, 1912

Mash the yolks of two hard boiled eggs to a powder, and moisten with olive oil, and a few drops of vinegar. Work to a paste, add, salt, pepper, and French mustard to taste with a drop of Tabasco sauce. Add finely chopped whites, and spread upon sliced, lightly buttered graham bread.

~ Grassmere Collection, 1786-1985

[Graham bread is made with whole wheat flour that has not been preserved or whitened with chemicals such as alum or chlorine.]

Sweet Cantaloupe Pickle - Cook Book of Mrs. A. M. Tigert, 1912

6 pounds of melon, 4 pounds of brown sugar, and 4 pint cups of best vinegar. Make a syrup of the sugar and vinegar, cloves, mace and ginger each of these two tablespoons. Boil fruit (after paring off rind and soft part inside) 15 minutes in alum water, then wash off fruit in fresh water. When the syrup is boiling, put in fruit and let boil until clear, at least an hour and a half.

~ Grassmere Collection, 1786-1985

[Alum powder is used as a preservative in pickling recipes to keep fruits and vegetables crisp. Alum can be omitted if fruit is firm and under ripe.]

White Fruit Cake - Cook Book of Mrs. A. M. Tigert, 1912

1 pound of sugar, 1 pound of flour, ½ a pound of butter, whites of 12 eggs, 1 pound of citron, 1 pound of almonds, 1 pound of Sultana raisins, 1 large coconut grated. Cream butter, add sugar, add whites of eggs and flour, then cocoanut, then almonds, then flavored fruit, one wine glass of white wine, teaspoon of soda and two [teaspoons] of cream of tartar sifted into the flour.

~ Grassmere Collection, 1786-1985

[Sultana raisins are raisins made from white, seedless grapes of Turkish or Iranian origin.

Sultana raisins are smaller than regular raisins and have a golden hue.

Citron is a citrus fruit. If citron is not available, a smaller amount of oranges (½ pound) could be used instead of citron.]

Chocolate Charlotte - Cook Book of Mrs. A. M. Tigert, 1912

Moisten four tablespoons of corn starch with ½ a teacupful of cold milk; add slowly one pint of hot milk; cook in a double boiler until smooth and thick; add 4 oz. of chocolate that has been melted over hot water, and half a cup of sugar; take from the fire and add a teaspoon of vanilla. Pour this while hot into the well beaten whites of 3 eggs; turn at once into a mold and stand away to cool. Serve with a soft custard made from the yolks of three eggs, a quart of sugar; flavor with vanilla.

~ Grassmere Collection, 1786-1985

Popcorn Balls - Cook Book of Mrs. A. M. Tigert, 1912

1 cup of molasses, 1 cup of brown sugar, one tablespoon of vinegar. Boil until it threads. Pour over 3 cups of popped corn and form into balls

~ Grassmere Collection, 1786-1985

Coconut Pie - Cook Book of Mrs. A. M. Tigert, 1912

1 pint of milk, ½ cup of sugar, 2 eggs, 1 cup of grated coconut, ½ [a grated] nutmeg

~ Grassmere Collection, 1786-1985

Chocolate Pie - Cook Book of Mrs. A. M. Tigert, 1912

1 pint of milk, 1 tablespoon of butter, yolks of 2 eggs, 1 cup of sugar, 1 tablespoon of cornstarch, 3 tablespoons of chocolate. Bake and spread with meringue.

~ Grassmere Collection, 1786-1985

Chocolate Pudding - Cook Book of Mrs. A. M. Tigert, 1912

1 quart of milk, $\frac{3}{4}$ cup of grated chocolate. Scald milk and chocolate together. When cool add yolk of 5 eggs, 1 cup of sugar, flavor with vanilla. Bake about 25 minutes. Spread with meringue and brown.

~ Grassmere Collection, 1786-1985

Aster House Rice Pudding - Cook Book of Mrs. A. M. Tigert, 1912

Boil one cup of rice in two cups of water, add while warm 3 tablespoons of butter, 5 tablespoons of sugar, 5 eggs well beaten, 1 tablespoon of nutmeg, a little salt, 1 glass of wine, $\frac{1}{4}$ of a pound of raisins cut in halves, $\frac{1}{4}$ pound of currants, $\frac{1}{4}$ pound of citron sliced, 1 quart cream. Mix well, pour into a buttered dish and bake one hour in a moderate oven. Spread sliced marshmallows on top and brown.

~ Grassmere Collection, 1786-1985

[Citron is a citrus fruit. If citron is not available, a smaller amount of oranges ($\frac{1}{8}$ pound) could be used instead of citron.]

Chocolate Candy Fudge - Cook Book of Mrs. A. M. Tigert, 1912

1 $\frac{1}{4}$ pound granulated sugar, $\frac{1}{4}$ pound Baker's Chocolate, cup of sweet milk, tablespoon of butter, teaspoon of vanilla. Cook ten minutes after it begins to boil. Beat hard five minutes. Flavor with vanilla and pour out on buttered blocks and when cool cut in squares.

~ Grassmere Collection, 1786-1985

Bread Pudding - Cook Book of Mrs. A. M. Tigert, 1912, Attributed to Robert Cook

Arrange slices of buttered bread in a baking dish, sprinkle raisins between layers. Beat two eggs in about a pint of milk, two tablespoons of sugar. Pour over bread and bake until brown. Cover at first to prevent getting too hard on top.

~ Grassmere Collection, 1786-1985

Beat[en] Biscuits - Mrs. Adnella P. Bryant

1 quart of flour, 2 ounces of lard, a pinch of soda, a teaspoonful of salt, milk enough to make a stiff dough. Work all well together and beat with a rolling pin until light. Use flour on rolling pin and board. Make the biscuit with the hands.

~ Norvell Sevier Rose Collection, 1846-1930

Confederate Cakes - Emmeline R. Smiley

One pound of flour mixed with a quarter of a pound of butter. Three quarters of a pound of sugar beaten with two eggs. Flavor with rose-water and brandy spice. Make the whole into a soft dough, and bake in small cakes.

~ Norvell Sevier Rose Collection, 1846-1930

Molasses Cookies - Mrs. Adnella P. Braynt

1 cup of butter, ½ cup of sugar, 1½ cups of molasses, 1 spoonful of ginger, 1 teaspoonful of soda dissolved in a little hot water. Flour enough to make a very soft dough

~ Norvell Sevier Rose Collection, 1846-1930

Watermelon Rind Pickle - Mrs. George Farrat

Prepare rind and soak over night in salt water (1 cup of salt to 1 gallon of water). Drain off the salt water and rinse rinds in clear water. Soak for about ½ hour in alum water (1 tablespoonful of alum to one gallon of water). Make a syrup of one and one half pound of sugar to every pound of rind using 1 pint of water to each lb. of sugar. When syrup thickens take rind from alum water without rinsing with a draining spoon or your hands. Put into the syrup. Add 2 ounces or more of cinnamon sticks and a heaping teaspoonful of whole cloves and 7 pounds of sugar and 2 cups vinegar to 4 pounds of rinds and cook until rind is clear.

~ Norvell Sevier Rose Collection, 1846-1930

[Alum powder is used as a preservative in pickling recipes to keep fruits and vegetables crisp. Alum can be omitted if fruit is firm and under ripe.]

Baked Indian Pudding - Emmeline R. Smiley

Four eggs; one quart of sweet milk; five large teaspoonfuls of Indian-meal; nutmeg and sugar to the taste. Boil the milk and scald the Indian-meal in it, then let it cool before adding the eggs.

Bake three-quarters of an hour. Eat with butter or sweet sauce.

~ Norvell Sevier Rose Collection, 1846-1930

Delicate Indian Pudding - Mrs. Adnella P. Bryant

One quart of milk scalded, two heaping tablespoons of meal, cook 12 minutes; stir into this one tablespoonful of butter, then beat three eggs with four tablespoonfuls of sugar, one-half tablespoonful of ginger, salt to taste, mix all thoroughly, and bake one hour.

~ Norvell Sevier Rose Collection, 1846-1930

White Coconut Drops - Mrs. Adnella P. Bryant

To 1 pound of grated coconut, add ½ pound of powdered sugar and the whites of 6 eggs well beaten; drop on buttered paper in pan and bake. (delicious.)

~ Norvell Sevier Rose Collection, 1846-1930

Brooklyn Hot Cross Buns

For an ordinary measure sift together one quart of pastry flour, two teaspoonfuls baking powder, and a pinch of salt. Rub into the flour a piece of butter the size of an egg. Mix together a pint of milk and water, equal quantities, and one cup of sugar; stir into the flour, add two eggs and mix soft. Cut out into small biscuits, make the cross on the top of each and bake in a very hot oven. Sift powdered sugar over them. Raisins and currants may be added according to individual preference.

~ Norvell Sevier Rose Collection, 1846-1930

Mush Bread - Mrs. Octavia Zollicoffer Bond, Columbia, Tenn.

One pint of sweet milk, boil and stir in meal till as thick as mush. Cool it and add one tablespoonful of butter, one teaspoonful of yeast powder, and salt to taste; three eggs well beaten; if too stiff, allow a little more milk. Bake in a dish and serve hot.

~ Southern Recipes, Florence Wright Matthai Collection

Nut Bread - Mrs. H. B. Carre, Nashville, Tenn.

One egg, one cup sugar, one and one-half cups sweet milk, four cups flour, sifted, four teaspoonfuls baking powder, one small teaspoonful of salt and one-half pound of chopped English walnuts. Mix in order given. Let stand in warm place twenty minutes and then bake in moderate oven about an hour.

~ Southern Recipes - Florence Wright Matthai Collection

Scalloped Potatoes - Mrs. Octavia Zollicoffer Bond, Columbia, Tenn.

Three coffee cups mashed potatoes; add two tablespoons of butter, three of cream, one raw egg, pinch of salt. Stir till creamy. Four hard boiled eggs, sliced. Make alternate layers of each, beginning and ending with potatoes. Grate a beaten biscuit over the top and bake in a pudding dish.

~ Southern Recipes - Florence Wright Matthai Collection

[See Beat[en] Biscuits recipe on page 13.]

Cantaloupe Pickle - Miss Sallie H. Polk, Ashwood, Maury Co., Tenn.

Take ripe melons, cut as you please, taking care to peel nicely, taking out all the seeds and very soft pulp. Put the fruit in a stone jar and pour scalding vinegar on it. This is to be repeated three mornings in succession, keeping the jar well covered. Take melons and weigh, and to every five pounds of fruit put three pounds of white sugar, and pour on enough of the vinegar it has been boiled in to cover it, adding stick cinnamon, cloves, and green ginger, also allspice; of each, five cents worth, except ginger which may or may not be used according to taste. Put the vinegar, sugar and spices on the fire and when the melon is tender enough to run a straw through it, remove from the fire and put in the jar. Pour the syrup over it and let it stand 24 hours, then take out fruit and let syrup come to a boil and pour it on the fruit. The melons will not be good unless perfectly ripe.

~ Southern Recipes - Florence Wright Matthai Collection

Apple Ginger - Mrs. Shepherd Webb, Knoxville, Tenn.

Four pounds each of apples and sugar. Make a syrup of the sugar, adding one pint of water. Pare and cut the apples fine with one ounce of green ginger or white ginger root cut very fine. Put in the syrup with the rind of four lemons cut very fine. Boil all together two hours, slowly or until it looks clear.

~ Southern Recipes - Florence Wright Matthai Collection

Favorite Snow Cake

Beat 1 cup of butter to cream adding 1½ cups of flour and stir very thoroughly together. Then, add one cup corn starch and 1 cup sweet milk in which 3 teaspoons baking powder has been dissolved. Last add whites of 8 eggs and 2 cups sugar well beaten together. Flavor to taste, bake in sheet and put together with icing.

~ Felicia Grundy Porter Papers, 1890-1958

White Perfection Cake

3 cups sugar, 1 cup of butter, 1 [cup] of milk, 3 [cups] flour, 1 [cup] corn starch, whites of 12 eggs, beaten to a stiff froth. Dissolve the corn starch in half the sweet milk and add it to the sugar and butter, well beaten together, then the rest of the milk, and the flour, and whites of eggs. Put 2 teaspoons of yeast powder in the flour. If cream of tartar is used, put it in the flour. 2 teaspoonfuls [cream of tartar] and one [teaspoonful] of soda in the other half of the milk.
~ Felicia Grundy Porter Papers, 1890-1958

Grape Wine - L. L. Caruthurs

Gather the grapes when fully ripe, pick them, and mash them, put them in a stone jar, to every gallon of grapes add half a gallon of warm water, let them remain twenty-four hours, then strain them, and to every gallon of juice, add three pounds of white sugar. I then put them back in the jar, tie a paper over it, and let it remain twenty-four hours longer, strain again, and put the juice in stone jugs, and let it stand three months, keeping it stopped all the time, then rack it off and bottle it. This is the way I make my wine. The same receipt will answer for all kind of wine.
~ Mary White May Papers, 1863-1898

[This recipe was included in a letter written to Mary White May from L. L. Caruthurs. The letter is dated August 2nd, 1890.]

Eggs a la Chine

Hard boil 12 eggs. Have ready a plateful of bread crumbs finely grated. Slice the eggs in thin rings in the bottom of a baking dish, place a layer of the bread crumbs and one of the eggs. Cover with bits of butter and sprinkle with salt and pepper, continue to blend these ingredients until the dish is full, be sure the crumbs cover the eggs upon the top. Over the whole, pour a teacup of rich cream and bake moderately.
~ Mary White May Papers, 1863-1898

Chocolate Pudding

3 oz of chocolate dissolved over a kettle of hot water
Boil 1 quart of milk, beat light the yolks of 6 eggs, pour the boiling milk on them, and sweeten to taste, when cool add thy chocolate (x) and bake. Whip the (egg) whites very light, then whip in gradually 8 tablespoonfuls of powdered sugar until very stiff. Spread on pudding and set in oven to brown. To be eaten cold with cream.
(x) Turn, after adding chocolate, into a baking dish. Bake until set, about 15 or 20 minutes. Spread meringue and set in oven to brown.
~ Washington Family Papers, 1796-1962

Plum Pudding

½ pound of flour
1 pound of raisins
½ pound of butter
½ pound of sugar
10 or 12 eggs
Boil four or five hours in a thick pudding bag. It is better to seed the raisins the day before.
~ Washington Family Papers, 1796-1962

LaFayette Ginger Bread

Cut up in a pan ½ cup of the very best fresh butter, with ½ cup of excellent brown sugar, beat to a cream with a paddle. Add 1 cup of molasses and ½ cup of warm milk; 2 tablespoons of powdered ginger, and 1 heaped teaspoon of cinnamon, mace and nutmeg powdered and mixed; 1 wine glass of brandy (I use coffee now). Beat 3 eggs till very light and thick; 3 cups of flour, which sift and stir alternately with the beaten egg into the batter. Last, mix in the juice and grated rind of one large orange. Dissolve one level teaspoon of soda in a little warm water, and stir in. Beat until very light. A cup full of seeded raisins is an addition. Bake in a loaf, sheet or patty pans, in a moderate oven.

~ Washington Family Papers, 1796-1962

[The substitution of coffee for brandy in LaFayette Ginger Bread is a common example of recipe substitutions during Prohibition.]

Hardtack

4 cups flour

1½ cups water

1 - 2 teaspoons salt

Preheat oven to 400° F. Knead all ingredients together until a stiff dough is formed. Roll out dough. Cut in 3 or 4 inch squares. Poke 4 rows of 4 holes (total of 16) in the top of each square. Bake for 30 minutes on each side. Turn off the oven. Leave hardtack in the oven until the moisture is gone and the squares are cool.

~ Private Collection, ca. 1861-1865

[Although most Civil War soldiers ate Hardtack plain, Hardtack can be fried and covered in sugar if desired.]

Cream Cup Cake

Four cups of flour, two cups of sugar, three cups of cream, four eggs, two teaspoonfuls of saleratus, cinnamon, one cup of raisins; beat it well and bake it quick.

~ Talbot-Fentress Family Papers, 1767-1953

[Saleratus is baking soda.]

Indian Loaf

Two quarts of fine corn meal, dry, one tablespoonful of salt, one and a half pints of flour, one pint of molasses, one pint buttermilk, one teaspoonful saleratus; mix well, and bake about three hours, slowly, in an iron basin.

~ Talbot-Fentress Family Papers, 1767-1953

[Saleratus is baking soda.]

Gingerbread

Six eggs, half pound butter, one quart molasses, one tablespoonful of ginger, one of allspice, two quarts flour, a teaspoonful of saleratus, one teacup of brown sugar

~ Talbot-Fentress Family Papers, 1767-1953

[Saleratus is baking soda.]

Bread Cakes

Soak some crusts of bread in milk, strain them through the colander very fine, beat in four eggs and a little flour, just enough to thicken the substance; add one teaspoonful saleratus, mix all up to make a thin batter, and bake on the griddle.

~ Talbot-Fentress Family Papers, 1767-1953

[Saleratus is baking soda.]

Coleslaw

Cut a hard white head of cabbage in two, shave one-half as finely as possible, and put it into a stew pan, with a bit of butter the size of an egg, one small teaspoonful of salt, and nearly as much pepper; add to it a wineglass of vinegar; cover the stew pan, and set it over a gentle heat for five minutes; shake the stew pan about; when heated through, turn it into a dish and serve as a salad.

~ Talbot-Fentress Family Papers, 1767-1953

Succotash

Take one dozen ears of sweet corn, cut off the kernels, and boil the cobs in three pints of water; wash one quart of Lima, or other fresh shelled beans and put them in the water with the cobs; scald one pound of salt pork and add it to the beans and cobs; let the whole boil together three quarters of an hour, then take out the cobs, add the kernels of corn previously cut from them, and let the kernels the beans, and the pork, boil together fifteen minutes; when done, there should remain water only sufficient to keep them from burning in the pot; serve the pork on a flat, and the succotash in a deep dish.

Succotash is a favorite dish in New England; some prefer it without the salt pork, in that case, butter and salt must be added when the succotash is dished.

~ Talbot-Fentress Family Papers, 1767-1953

Rice Cakes

Boil rice until it is soft; and while warm make it into cakes or flat balls. Dip these balls into a beaten egg, and then roll them into Indian meal till thoroughly coated. This done, fry them in lard, which is better than butter for the purpose. Serve them with sauce, or with butter or cream and sugar.

~ Talbot-Fentress Family Papers, 1767-1953

Virginia Egg Bread

Dissolve one tablespoonful of butter in three and a half pints of milk; add one quart of Indian meal, half a pint of wheat flour, a little salt and two eggs well beaten; mix all well together, and bake in a buttered tin.

~ Talbot-Fentress Family Papers, 1767-1953

Jumbles

Take six eggs, a cup and a half of sugar; one of butter; beat it to a froth, add lemon or rose water and flour enough to roll; cut out with a large tumbler, and cut out the middle with the top of a small canister, to leave a perfect ring. They should be rolled in white powdered sugar, and baked on tins in a quick oven.

~ Talbot-Fentress Family Papers, 1767-1953

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